

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

16 February 2024

EDDISON DAY CLUB 20th BIRTHDAY

Dear Members,

We Invite Everyone To Celebrate 20th Birthday of Eddison Day Club.

The EDDISON DAY CLUB's 20th birthday will be celebrated on Friday the 8th of March at the Irish Club. All past members are cordially invited to attend as well as all other interested Sub-Branch members. People attending are asked to arrive by 11am for a shortened program of activities before lunch and departure at 2pm. All queries should be directed to Ian Gollings on 0405 236 210 for the time being. Please signify your intention to be there by phoning Alex on 02 6285 1931 at the Sub-Branch office.

Cost: \$15.00 per head

Menu: 2 x course alternate

Birthday Cake: Yes, please!

Drinks: Limited bar tab

Transport: On request

RSVP by 1 March 2024



Free Consumer Participation Training - HCCA

Free In-Person Consumer Participation Training.

Are you, or someone you know, interested in learning more about how consumers (all of us) can participate in and improve our health system?

Would you like to learn more about the ACT health system, and have an opportunity to speak up for consumers of health services?

Learn how you can participate and become a representative in this two-day in-person course.

In this training, you will learn more about:

- Navigating the health system - what's available and how to use services
- Saying safe in the health system - understanding the risks of health care
- Health advocacy for yourself and loved ones
- Systemic advocacy for your community

How to become a consumer representative on a health service committee, and the skills and knowledge needed for this role

All are welcome to attend this free training!

Time: 10am – 3pm

Date: Friday 1 March and Friday 8 March 2023 (both days to be completed)

Location: Grant Cameron Community Centre, 27 Mulley Street Holder 2611

Register: Bookings essential. Register on [Humanitix](#) or contact Nadia Owuor via email at reps@hcca.org.au or phone 6230 7800.

If you have any questions or would like more information, please contact HCCA by email at reps@hcca.org.au or phone on 02 6230 7800

RSL & SERVICES CLUBS ASSOCIATION

VETERAN & COMMUNITY ENGAGEMENT

Forum



Steven Pearce



Greg Page



Andy Abey

**MONDAY 4 MARCH
KIRRIBILLI CLUB**



RSL & SERVICES CLUBS

Members/Corporate and Community Partners \$295 | Non Members \$425

Member Clubs and Corporate & Community Partners who wish to be invoiced for their registration please contact
Kiah Kennedy kiahkennedy@rslservicesclubs.com.au or pay via direct debit to secure your place **Payment REF: VCEF2024**

VETERAN & COMMUNITY ENGAGEMENT

Forum



Major Charlie Lynn



Patty Barrett



Robyn Preston

8:00am Registrations Open + Coffee and Networking

8:50am Opening Address from RSL & Services Clubs Association CEO, Margot Smith

9:00am Welcome from Ms Robyn Preston MP, Shadow Minister for Veterans and Member for Hawkesbury

9:10am Good PR – Importance of Stories in Veteran and Community Engagement

Patty Barrett, Director, Good PR

9:50am Focus on Veteran Engagement: Importance and Objectives

Understanding Veteran Needs

Panel Members: Scott Reynolds, Saltwater Veterans, Patrick Lindsay, Lime Tree Studios and Andy Abey, CHRG

10:20am Morning Tea

10:40am Leadership in Veteran Engagement

Victoria Benz, Deputy Commissioner, NSW & ACT, Department of Veterans' Affairs

- DVA Overview
- Collaboration
- Grants: an opportunity to partner and collaborate
- Political Engagement & Advocacy

11:15am Grants: What you need to know

Panel Members: Representatives from L&G, DVA and Office of Veterans NSW

- Compliance with ClubGrants: latest developments
- Applying for grants through NSW Office of Veterans and DVA: things to consider
- What does best practice look like and what might need a rethink

11:50am Strategies to Engage Youth and Schools

Panel Members: Maureen Horne, Gosford RSL, Anne Bennie AWM and Don Tilley, Learning Links

- Youth Engagement Programs and Activities
- Engaging the Next Generation

12:20pm Lunch

1:05pm Leveraging Technology for Outreach

Panel Members: Robert Lopez, Norths Collective; Dave Callan at Mounties, and Venessa Watson, Daily Press

- Utilising Digital Platforms for Veteran & Community Engagement
- Online Resources for Veteran and Community Outreach
- Tools and measurement

1:40pm Strategies for Building Strong Community Relationships

Panel Members: Greg Page, Heart of the Nation, Community Engagement Panel: Jane Mills, P&C Association and Steven Pearce, Surf Life Saving NSW

- Addressing Diverse Community Needs
- Resource Allocation and Partnership Development

2:20pm Strengthening Partnerships with Veterans and Community Organisations

Collaborative Projects with Community Organisations

Panel Members: Gary Sanderfield, Disaster Relief Australia Walter Robinson OAM, President, Cabra Vale Diggers

3:00pm Afternoon tea

3:20pm Leadership in Motion: What does leadership look like in practice

Panel Members: The Hon Charlie Lynn OL OAM, Adventure Kokoda, and John Robertson, Foodbank NSW & ACT

Jen Reynolds, RSL NSW, Mark Brewer, Acting Veteran Family Advocate Commissioner, DVA Vision and Strategy

- Partnering for Sustainable Community Initiatives
- Veteran and Community-Centred Project Development
- Developing Collaborative Projects

4:00pm Forum Wrap Up

4:10pm Close



**THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFENCE PERSONNEL**

MEDIA RELEASE

13 February 2024

VETERAN CLAIMS BACKLOG ELIMINATION IMMINENT

The Albanese Government was elected on a commitment to properly resource the Department of Veterans' Affairs (DVA) to eliminate the unacceptable backlog of veteran compensation claims.

In the Royal Commission into Defence and Veteran Suicide's Interim Report, serious concerns were raised about how the claims backlog - which was at 42,000 in mid-May 2022 – was detrimental to the mental health of veterans.

Thanks to the Albanese Government's increased staffing and resources for DVA, all new initial liability and incapacity claims are now allocated for processing within a two week timeframe – effectively eliminating this part of the backlog and a return to business as usual levels.

As at 31 January 2024, the total number of claims yet to be allocated to a delegate has fallen to 3,697.

DVA is also on track to clear the remaining backlog of Permanent Impairment claims before the end of February so they too reach a business as usual rate of allocation.

The Royal Commission into Defence and Veteran Suicide set a deadline to clear the backlog of compensation claims by 31 March 2024. Thanks to the Albanese Government's investments in 500 additional claims processing staff and in ICT, this target will be exceeded.

Eliminating the claims backlog is a huge step in the right direction and the staff in DVA are to be commended for their tireless work.

DVA's claims workforce is continuing to work on processing veterans' claims as quickly as possible.

While more claims continue to be lodged every day, in November a record 9,800 claims determinations were made which means veterans and families are receiving the support they need, sooner.

DVA is now shifting to a new business as usual working model, aiming to allocate all claims to a processing officer within two weeks of receipt.

MEDIA CONTACT:

DVA Media: media.team@dva.gov.au



Statement from the Secretary of DVA on the Veterans' MATES Program

12 February 2024

The Department is aware that the withdrawal of Defence and Department of Veterans' Affairs (DVA) Human Research Ethics Committee approval on Monday, 5 February 2024 has increased concerns in the veteran community regarding the Veterans' MATES Program (MATES), particularly in relation to the sharing of data. MATES has sought to support veterans and their families to manage their health and aligns strongly with DVA's objective to proactively support the health and wellbeing of veterans.

It is important to note that there has not been any unauthorised access of veteran data. The data has not been made available publicly or for nefarious purposes. DVA only ever provided client data for the purposes of MATES to a trusted organisation, the University of South Australia (UniSA) under strict data security and access policies.

DVA provided the data to UniSA in accordance with the ethics approvals in place at the time. This was done via a secure and carefully controlled channel. UniSA stored the data in a secure facility. Billing data was automatically de-identified before being accessed by researchers for the thematic review under the MATES program. The data did not include doctor's notes. Identifying data was only used to communicate with the veteran themselves, as well as their doctor, in the event that the analysis of the de-identified data revealed risks to the veteran's health. The letters that went to veterans and their doctors provided invaluable insights that supported those veterans receiving the most appropriate treatment possible.

Following an Office of the Australian Information Commissioner decision in April 2023, an external review was conducted concerning the administration of opt-out procedures in the MATES program. The review concluded all other such requests received by DVA to opt out of MATES had been properly implemented.

DVA takes its obligations under the Privacy Act extremely seriously and in August 2023 paused any provision of data to UniSA to enable a thorough examination of the existing arrangements. Since this time, no data transfers have occurred.

On 9 February, the Minister for Veterans' Affairs asked the Department to close down the MATES program and examine options for possible future programs that provide health benefits to the veteran community while meeting community and stakeholder expectations around ethical and data use requirements. Any future program would be subject to a new Ethics Committee approval.

Alison Frame
Secretary

Invitation to COTA ACT's Chief Minister's Concert 2024

You're invited: The annual Chief Minister's Concert with COTA ACT

Join us for a harmonious celebration at the highly anticipated Chief Minister's Concert featuring the prestigious Royal Military College Duntroon Band!

Mark your calendars for Wednesday March 6th, 2024, at the iconic Albert Hall. Immerse yourself in the symphony of classic and contemporary tunes, bring along friends or family for a fun day of music in good company.

Enjoy the morning session at 10:30 am or an afternoon performance at 1 pm. The Royal Military College Duntroon Band promises an unforgettable musical experience for all.

This event is not just about music; it's about fostering connections and celebrating our vibrant community. Admission is FREE, but we encourage a gold coin donation to help us keep such events accessible to seniors in the ACT.

Secure your spot by registering now – it's a first-come, first-served seating arrangement. Don't miss the chance to be part of this extraordinary musical celebration with the Council on the Ageing ACT.

Bringing together the beauty of autumn, music, and community spirit, this event is not to be missed.

Save the date and join us for an uplifting day at the Chief Minister's Concert.



To reserve your tickets and for more information:

[Chief Minister's Concert 2024 - COTA ACT](#)



CROSSFIT KARUNA

Intro to CrossFit - West Gosford

Invictus Australia and the team at CrossFit Karuna would like to invite you to an Intro to CrossFit Night. This family friendly event is designed to accommodate people of all abilities and fitness levels. Come on down and see what CrossFit is all about.

- When:** 13 March 2024
- Time:** 6.30pm - 8.00pm
- Where:** CrossFit Karuna
304 Manns Rd, West Gosford NSW
2250
- Who:** This is a FREE activity for the Defence Community – Serving, former serving & family members
- Provided:** Coaches & Equipment, please bring towel and water



Ready to join!

Scan QR code for registration.

Email us for more info:
jmartyn@invictusaustralia.org

INVICTUS
AUSTRALIA





12 Week Group Fitness Program with UTS

Invictus Australia and the University of Technology Sydney are seeking dedicated participants to join us on a 12 week fitness journey in Holsworthy on Wednesday mornings. This program is open to all members of the defence community including families and of all fitness levels.

When: 21 Feb 24 - 15 May 24

Time: 9.30am - 10.30am

Where: TBC - Holsworthy LGA

Who: This is a FREE activity for the Defence Community – Serving, former serving & family member

Provided: Exercise fitness program from UTS staff and students.



Ready to join in!

Register via the QR code

Email us for more info:
jmartyn@invictusaustralia.org

**INVICTUS
AUSTRALIA**
UNCONQUERED TOGETHER





(not)parkrun Walking Group

Invictus Australia and Soldier On would like to invite all current and former serving military members and their families to join us for a Not Parkrun Walking Group in Maitland. This group is for all ages and abilities. Join us for a walk followed by a coffee at Lavenders cafe.

When:

Friday 19th Jan, 2nd & 16th Feb, 1st, 15th & 29th Mar, 12th & 26th Apr

Time:

9.30am – 11.00am

Where:

Maitland Riverside Carpark

Who:

All former and current serving military members and their families.

To find out more email jmartynd@invictusaustralia.org

INVICTUS
AUSTRALIA
UNCONQUERED TOGETHER

SOLDIER
ON

medibank
parkrun



Veterans Wellbeing Hub Update

Hello,

On 23 January 2024, the Commonwealth Government announced that RSL LifeCare Veteran Services will develop a new Veterans' and Families' Hub in Queanbeyan. The Hub will be available to people across both the Eden-Monaro region and the ACT, connected to 10 RSL sub-branches to provide outreach services across the Southern Tablelands region.

RSL LifeCare has experience operating the Nowra Veterans' and Families' Hub. Given the diversity of experiences and life stages of our veteran community, I will be particularly interested to see what has worked well in Nowra and how we can adapt it to best support the needs of Canberra's veteran community.

As the ACT Minister for Community Services, Seniors and Veterans, I am excited to see progress on this Hub so it can deliver a more integrated and holistic response to the way we support people to live well in their everyday lives.

If you would like to discuss this, please contact my office at:

Davidson@act.gov.au.



**EMMA
DAVIDSON**

ACT Greens
Member for Murrumbidgee

Upcoming changes to Defence's Personal Information Requests

The Department of Defence's Information Access Unit is reaching out to inform your organization about upcoming changes to our Personal Information Request (PIR) process specifically geared towards simplifying and expediting the process through the introduction of PIR in ServiceConnect.

Background:

On August 11, 2022, The Royal Commission into Defence and Veterans Suicide (RCDVS) presented its interim report to the Governor-General. In part, the report identified challenges related to information access for Australian Defence Force (ADF) members and their families, highlighting the complexity and lack of clarity surrounding information access.

Our Response:

In direct response to the RCDVS interim recommendations, Defence established the Information Access Unit (IAU) to streamline information access mechanisms, making the process of requesting and accessing information less complex and more efficient for applicants.

Personal Information Request in ServiceConnect

In a further improvement to support applicants, the IAU is including the Personal Information Request (PIR) process into ServiceConnect. This process will now provide the capability for digital record release.

Transition will commence on 19 February 2024.

The Information Access website will take you directly to the process once launched - [Personal information requests | About | Defence](#)

The improved process will guide applicants on how to confirm their identity via myGovID and support them through the application process.

Applicants will benefit from receiving their records much faster with the ability to access their records on a secure, digital platform.

Key Features include:

Effortless Identity Confirmation: Through ServiceConnect, applicants will be able to confirm their identity seamlessly using their myGovID, eliminating the need for additional Proof of Identity (POI) documentation or signature statements.

Digital Access on Demand: The new process will allow members, ex-members, advocates, and next of kin to digitally access records instantly, rather than waiting for USBs to be mailed and passwords to be provided.

Advocate and Family Support: Advocates and Family members requesting records can upload required identification or relationship documentation on behalf of others, while confirming their own identity through myGovID.

Help Guides at Launch: To assist users in navigating the changes, comprehensive 'Help Guides' will be available at launch on our website, to ensure applicants can easily set up their myGovID and use ServiceConnect.

Dedicated Support: 1800DEFENCE and yourcustomer.service@defence.gov.au will have staff trained to assist with any queries related to the new digital process.

Ongoing Support: the IAU will continue to support existing release methods and the web form to ensure a smooth experience for all applicants. The new PIR process will co-exist with the current web form, offering users flexibility and choice.

Post-launch Engagement:

Following the launch, we will reach out to your organization to gather feedback about your ServiceConnect experience.

We are excited about these positive changes, which were co-designed with current and ex-serving members, their families and representatives, and look forward to offering you a more streamlined and efficient Information Access experience.



RSL WODEN VALLEY SUB-BRANCH DIARY 2024

08 Jan	Office reopens	
09 Jan	WV SB Board Meeting	1330 Corey Room
26 Jan	Australia Day public holiday	Office closed
30 Jan	WV SB OGM	1400 Corey Room
13 Feb	WV SB Board Meeting	1330 Corey Room
27 Feb	WV SB OGM	1400 Corey Room
08 Mar TBC	Eddison Day Club Birthday	Irish Club
11 Mar	Canberra Day public holiday	Office closed
12 Mar	WV SB Board Meeting	1330 Corey Room
26 Mar	WV SB OGM	1400 Corey Room
29 Mar	Good Friday public holiday	Office closed
01 Apr	Easter Monday public holiday	Office closed
09 Apr	WV SB Board Meeting	1330 Corey Room
24 Apr	ANZAC Eve Dinner	1800 Orion Room CSCC
25 Apr	WV SB ANZAC Day Service	0830 Eddison Park
25 Apr	ANZAC Day March AWM	TBA
25 Apr	ANZAC DAY public holiday	Office closed
14 May	WV SB Board Meeting	1330 Corey Room
27 May	Reconciliation Day public holiday	Office closed
28 May	WV SB AGM/OGM	1400 Corey Room
10 June	King's birthday public holiday	Office closed
11 Jun	WV SB Board Meeting	TBA
25 Jun	WV SB OGM Dinner	TBC
09 Jul	WV SB Board Meeting	TBA
30 Jul	WV SB OGM	TBA
13 Aug	WV SB Board Meeting	TBA
27 Aug	WV SB OGM	TBA
10 Sep	WV SB Board Meeting	TBA
24 Sep	WV SB OGM	TBA
07 Oct	Labour Day public holiday	Office closed
08 Oct	WV SB Board Meeting	TBA
29 Oct	WV OGM Dinner	TBC
4-8 Nov	Remembrance Day Poppy Appeal	Canberra
12 Nov	WV SB Board Meeting	TBA
11 Nov	Remembrance Day Service	1030 at Australian War Memorial
26 Nov	WV SB OGM	TBA
10 Dec	WV SB Board Meeting	TBA
04 Dec TBC	WV SB Christmas lunch	1200 for 1230 CSCC TBA
13 Dec	Christmas closedown	From midday

GROUP PROGRAM SCHEDULE

JANUARY – JULY 2024

ACT

BUILDING BETTER RELATIONSHIPS

CANBERRA

Thursday 22nd & Friday 23rd Feb |
9:30am – 4:30pm
2 days

MANAGING PAIN

CANBERRA

Thursday 21st & Friday 22nd March |
9:30am – 4:30pm
2 days

RELAXATION AND STRESS MANAGEMENT

CANBERRA

Friday 5th April | 9:30am – 4:30pm
1 day

STEPPING OUT

CANBERRA

Thursday 16th & Friday 17th May |
9:30am - 4:30pm
2 days

SLEEPING BETTER

CANBERRA

Thursday 30th & Friday 31st May |
9:30am – 4:30pm
2 days

RECOVERY FROM TRAUMA

CANBERRA

Thursday 20th & Friday 21st June |
9:30am – 4:30pm
2 days

UNDERSTANDING ANXIETY

CANBERRA

Thursday 25th & Friday 26th July |
9:30am – 4:30pm
2 days

ONLINE GROUP PROGRAMS

NATIONAL

[View the website for upcoming dates](#)



<https://www.openarms.gov.au/get-support/programs-workshops/upcoming>

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>



1800 011 046
OpenArms.gov.au



BEATING THE BLUES

This skills-based program can help you understand the situations and thinking patterns that can contribute to depression, and learn strategies and techniques to help manage symptoms.

DOING ANGER DIFFERENTLY

This program will help develop a better understanding of anger, recognise the impact that anger can have on you and your relationships and make practical changes.

MANAGING PAIN

An educational and skills based program which assists participants to develop an understanding of pain and focus on strategies to improve their experience of pain.

STEPPING OUT

This program is for ADF members and their partners who are about to, or have recently separated from the military.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help managed disturbed sleep.

PARENTING PROGRAMS

Parenting Programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their families.

BUILDING BETTER RELATIONSHIPS

COUPLES ONLY GROUP PROGRAM

Building Better Relationships can help you rediscover what's important in your relationship, and help strengthen and rebuild the relationship with your partner.

UNDERSTANDING ANXIETY

This program will help you better understand anxiety, and link between thoughts, feelings and behaviour when you are experiencing anxiety.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION & STRESS MANGEMENT

This program provides skills and tools to help you identify and manage stress, and develop relaxation and mindfulness skills that can assist in everyday life.

To register your interest or for the most up to date information visit the Open Arms Website <https://www.openarms.gov.au/getsupport/treatment-programs-and-workshops> or Scan the QR Code



A service founded by Vietnam Veterans, now for all veterans and families



Tickets for international 2024 Anzac Day services now available.

The Department of Veterans' Affairs is pleased to announce that tickets are now available to attend the 2024 Anzac Day Dawn Services in France and Türkiye.

Recognising the 109th anniversary of the start of the 1915 Gallipoli campaign in the First World War, services will be held on the dawn of 25 April 2024 to commemorate our brave Anzacs on the fields where they fell.

The Anzac Day Dawn Service in Gallipoli, Türkiye will take place at the Anzac Commemorative Site within the Gallipoli Peninsula. This will be followed by a mid-morning Australian Memorial service at Lone Pine Cemetery, the site of one of the fiercest battles that the Australians fought during the First World War.

The Dawn Service in France will be held at the Australian National Memorial near Villers-Bretonneux, France, followed by a service at the Digger Memorial, just outside the town of Bullecourt. The local French government will hold a series of smaller services in Villers-Bretonneux and Bullecourt throughout the day.

Kahlil Fegan DSC AM, Repatriation Commissioner said, "Anzac day is a time to come together with your loved ones in solemn reflection of those who have sacrificed so much. There's something truly moving about sharing this experience on the sacred battle fields of France and Türkiye. If you're able to travel, I encourage you to get your tickets today."

Those planning to attend the Dawn Services can get their free attendance passes online at <https://commemorations.teg.com.au/en/>
Early registration is essential. For entry requirements and travel advice for France and Türkiye, visit smartraveller.gov.au.

For those unable to travel, the services in France and Türkiye will be broadcast live on the ABC.



**COFFEE CATCH UP
EVERY FRIDAY 10-12**

Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

The Eddison Day Club will continue to meet for a lunch each Friday at noon until we can once again meet as a reinvigorated Day Club.

Come and join us for lunch at Canberra Irish Club 6 Parkinson St, Weston ACT 2611



Contact Us

Give us a call for more information
or access to our services

RSL Woden Valley
Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611

62851931

admin@rslwoden.org.au
Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

Ever lost your copy of
*e-News, Current Items of
Interest or The Serviceman?*

All our publications are also
readily available to read on
our website

www.rslwoden.org.au