

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

19 April 2024



WODEN VALLEY SUB-BRANCH ANZAC MORNING REMEMBRANCE CEREMONY 2024



Join us at Eddison Park, Phillip
Thursday 25 April 2024
Commencing at 08:00 am



ANZAC APPEAL 2024

Dear Members,

The 2024 ANZAC Appeal will be conducted between Saturday, 20 April 2024 and Wednesday, 24 April 2024, generally between 9am and 5pm.

At this stage, we will only be at Coleman Court, Weston, as the space allotted to Charities at Westfield Woden has proved to be less than helpful.

Previously we have also had a table staffed by a volunteer at peak times at Kambah, Wanniasa and Mawson shops. However, the usual very willing and valued folk will be unavailable this year, so any other assistance would also be appreciated. Comprehensive training will be provided!!!

Once again, Please contact me or Alex if you could spare some time to help at the stand.

Jan Properjohn

Treasurer

RSL Woden Valley Sub-Branch

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ANZAC DAY 2024



On Thursday 25 April 2024, the [Australian War Memorial](#) will mark the Gallipoli landings in 1915, as well as commemorating all Australians who have served and died in military operations.

The 2024 Anzac Day commemorative program includes:

- Dawn Service at 5.30 am
- RSL ACT Branch Veterans' March at 9.30 am. Those wishing to participate must read the guidelines and register to march.
- Last Post Ceremony at 4.30 pm

LEARN MORE

<https://www.actrsl.org.au/commemorations>



Carers Friendship Group 2024

Held The Second Wednesday of each Month

Corey Room

RSL Woden Valley Sub-Branch

Second Floor, Grant Cameron Community Centre

27 Mulley Street, HOLDER ACT

Second meeting for 2024: **Wednesday 8th of May**

10:00am to 11:30am

Contact us on 62 887 470 to book a place.



**Come and join us for a fun morning offering support,
friendship and a laugh.**

ACT Government's Home Energy Support Program

Home Energy Support Program Article

ACT Government rebates available for sustainable home upgrades

The ACT Government is providing eligible homeowners with up to \$5,000 in rebates to replace gas appliances with efficient electric alternatives, improve ceiling insulation and to install solar.

Eligible applicants are homeowners who hold one of the following:

Pensioner Concession Card

Veterans' Affairs Gold Card

Australian Health Care Card.

Households that have already made upgrades are noticing reduced power bills and are enjoying homes that are warmer in winter and cooler in summer.

The rebate may be combined with a zero-interest loan of up to \$10,000 to further reduce or remove the upfront costs through the [Sustainable Household Scheme](#). Not sure where to start? Contact the ACT Government's Sustainable Home Advice Team who will support you to understand how to access rebates and interest free options to make sustainable home upgrades.

Email: SustainableHomeAdviceProgram@act.gov.au

Phone: 1300 141 777 (weekdays 9am to 5pm excluding public holidays)

More information about the Home Energy Support Program can be found [here](#).



**Rebates
available for
energy efficient
upgrades**

 Find out if
you're eligible

 **Everyday
climate
choices**

 **ACT
GOVERNMENT**

Produced by Environment, Planning and Sustainable Development Directorate

President's Newsletter

Website: [The Returned & Services League of Australia - RSL Australia](https://www.rsl.org.au)

Thank you for subscribing to receive this newsletter. Each quarter, I endeavour to summarise the work RSL Australia has been doing to support and advocate for veterans and their families.

2024 promises to be a year of change, and the first quarter has demonstrated this. It's been a busy start to the year. The RSL has:

submitted a **Pre-Budget Submission** to Treasury requesting the Australian Government make provisions in the 2024-25 Budget to strengthen the health and wellbeing of Australia's veterans and their families,

submitted a **response** to the Aged Care 2023 Exposure Draft,

submitted an **evaluation** of the pilot Wellbeing and Support Program (WASP) run by DVA,

Shared a **paper** on the urgent need to review and uplift the DVA fee schedule so veterans don't experience barriers to healthcare,

Written a **letter** in support of DFWA on Military Invalidation Payments.

Significant consultation across the League is also underway to provide a response to the draft Veterans' Entitlements, Treatments and Support (Simplification and Harmonisation) Bill 2024 before the consultation period closes on 28 April.

Staying abreast of policy issues and veterans' affairs

Key policy issues in the veterans' affairs space are discussed by a council of delegates from each of the RSL State Branches at the [National Veterans' Affairs Committee \(NVAC\)](#). In the first quarter topics of discussion have included: The [Royal Commission](#), how to inform and engage members in [advocacy matters](#), the [Pre-Budget Submission](#), the [Legislative Reform](#), addressing the scarcity of Claims Advocates, and responding to the [Aged Care 2023 Exposure Draft](#).

The committee meets every two months. RSL Members are invited to submit topics for discussion via the [web form on the RSL Australia website](#).

Focusing on Defence and National Security

Many people who've served in uniform still feel a commitment to the national security of our country. They want to understand why governments are making decisions, and they want to have their voice heard. The [RSL Defence and National Security Committee](#) was set up in late 2023 to offer a voice to our members.

In the first quarter, the committee has discussed Personnel Recruitment (targets not being met), AUKUS (Challenging fiscal and personnel demands), Navy Surface Combatant Force, and issues faced by the Australian Defence Industry.

Members are invited to submit topics for discussion via the [web form on the RSL Australia website](#).

ANZAC Day 2024



This ANZAC Day, join the RSL in honouring all who have served our nation. There's no greater way to honour our ANZACs – and all who followed in their footsteps – than by attending an ANZAC Day service and keeping the ANZAC spirit alive. Services and events will take place across the country.

Find a service

[ANZAC Day 2024 — RSL Australia](#)

Japan-Australia Grassroots program



The Japan—Australia Grassroots Exchange Program provides descendants of Prisoners of War with an avenue for healing and understanding. In March, Mr Duncan Anderson RSL Deputy National President, Ms Joy Derham, daughter of Lance Corporal John ‘Jack’ Lonsdale (POW from 1942 – 1945), and Mr Trent Beilken, grandson of Private Robert Rolls (POW 1942), were invited to Japan in the spirit of reconciliation.

Over 300 care packages sent to ADF deployed overseas



In March, RSL volunteers spent the day at the 39 OSB Randwick Army Barracks packing care packages for members of the ADF and the Australian Federal Police who are deployed overseas on military operations. They generously give their time to show their appreciation to our service men and women. Thanks to our volunteers, over 300 care packages are on their way!

RSL Active - Connecting veterans, enhancing support circles



The RSL Active program offers recreation, events and activities for veterans and their families. There's something for everyone, from cycling to hiking, pottery to yoga, sailing to swimming. [The RSL Active Strava Clubs](#) have also been gaining popularity as a way to connect virtually, share fitness goals and participate in friendly challenges. Get involved, enhance your social and support networks and join the fun!

R S L A c t i v e

[RSL Active - Sport and recreation — RSL Australia](#)

For more regular updates, please follow our social media channels (links below). Each month a [summary of RSL Australia's work](#) is also published to the RSL Australia website.

Greg Melick

RSL Australia National President



Department of Veterans' Affairs

Key services

-  **MyService**
- Veteran Cards
- Mental health and support services
- Support for families
- Claim processing



Scan to access
DVA key services

Community support

- Ex-Service & Veteran Organisation support
- Health and Wellbeing Funding
- Building community capacity
- Volunteer support



Scan to access
DVA community
support

**Visit dva.gov.au or call
1800 VETERAN (1800 838 372)**

BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

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

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 AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

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

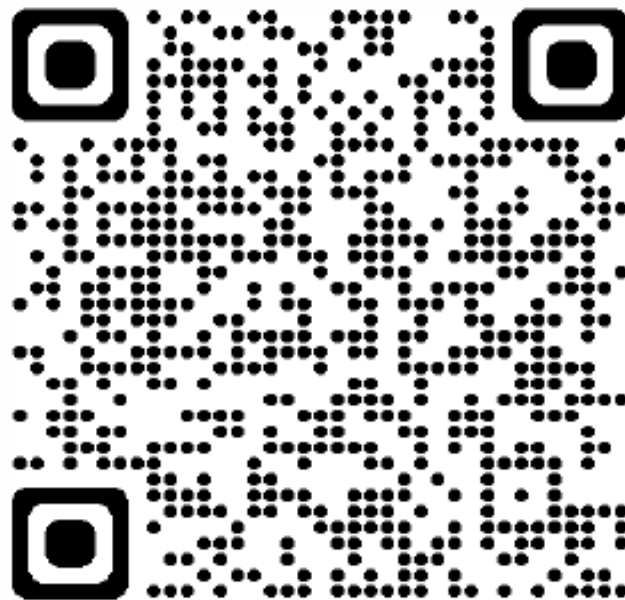
STEPPING OUT

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

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

OPEN ARMS GROUP PROGRAMS



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



UNDERSTANDING ANXIETY [Program registration | Open Arms](#)

WAGGA WAGGA

Thursday 2nd & Friday 3rd May |

9:30am – 4:30pm

- A program that teaches you strategies and skills for managing anxiety
- Understand the impact of military training and experiences on anxiety.
- Learn strategies to challenge/change unhelpful thoughts and behaviours.
- Discover lifestyle factors for managing anxiety.

Develop a Relapse Prevention Plan.



STEPPING OUT [Program registration | Open Arms](#)

CANBERRA

Thursday 16th & Friday 17th May |

9:30am - 4:30pm

- A workshop that examines the civilian transition process in both practical and emotional terms
- Discover key issues related to personal and social adjustment following discharge.
- Receive knowledge, skills and resources to assist you in making the transition to civilian life.

ADF members attending the program will be considered 'on duty at another location'.

SLEEPING BETTER [Program registration | Open Arms](#)

CANBERRA

Thursday 30th & Friday 31st May |

9:30am – 4:30pm

- Develop an understanding of the sleep process and factors impacting on sleep.
- Learn ways to reduce or eliminate factors detrimental to sleep and to introduce or enhance those beneficial to sleep.

Explore and understand the impact of sleep disturbances on mood, behaviour and relationships.

You can register from the links above or by calling 1800 011 046.

We hope to see more registrations for the groups.

If you have any questions, please do not hesitate to contact us.

Kind regards,

Naomi

Naomi | Social Worker

Group Program Coordinator/Clinical Care Coordinator ACT & SNSW

Open Arms – Veterans & Families Counselling

1800 011 046 [Open Arms - Veterans & Families Counselling](#)





**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

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Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611

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

Office hours are
9am-3pm Mon-Fri

PS.

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Interest or The Serviceman?***

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our website**

www.rslwoden.org.au