

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

23 June 2023

REMINDER!

SUB-BRANCH ORDINARY GENERAL MEETING (OGM)

27 JUNE 2023

Dear members,

A reminder that the next Sub-Branch OGM will be held at 1400 hours on Tuesday 27 June 2023 in the RSL Sub-Branch office in Holder.

Light refreshments will be provided following the OGM.

We look forward to seeing you there.

Kind regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

P: (02) 6285 1931

E: secretary@rslwoden.org.au

W: www.rslwoden.org.au

RSL Woden Valley Sub-Branch AGM/OGM

on Tuesday 30 May 2023



2023 KING'S BIRTHDAY HONOURS AWARD TO SUB-BRANCH MEMBER

Sub-Branch member Barry Campton was awarded the Order of Australia Medal (OAM) in the 2023 King's Birthday Honours for services to veterans and their families with Legacy Canberra.

Our congratulations go to Barry for this honour.



Greg Kennett
Secretary
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Your People of Post Grant application has been successful!



Hi Gregory,

It gives us great pleasure to advise that Woden Valley RSL Sub-Branch has been approved for a grant of \$1000 to support POP-A230255: Christmas Visits with Gifts.

We would like to thank your organisation for all the wonderful work you do for your community. We would also like to congratulate Arnold [Andy] Milne for nominating your organisation.

Australia Post is proud of its role in connecting communities, and the People of Post Grants program is a great way for our team to support organisations they are passionate about.

Funds will be transferred from Australia Post into your nominated bank account in the next 30 business days.

We'd love to celebrate with you by generating some local media and will be contacting a number of successful applicants over the coming weeks. Please register your interest [here](#).

We look forward to hearing about the continued progress of your project. We'll send you an email asking you to complete an acquittal form and provide a photo of the project in action.

To read about this year's successful grant recipients and find out more about Australia Post's community programs, please visit our [website](#).

Congratulations again and thank you for the important work you are doing in your community.

Kind regards,

Nicky Tracey
General Manager Community & Stakeholder Engagement
E: grants@auspost.com.au
T: [1300 765 772](tel:1300765772)

Sandakan Memorial ceremony Friday 26 May 2023

Significant annual ceremony last Friday 26 May 2023 at the Aust War Memorial to honour those who died during the Sandakan death march on 29 May 1945. This was the 78th anniversary of that terrible event. It was hosted by the Director of the AWM, Matt Anderson, the commemorative address was given by Professor Christine Helliwell, emeritus professor from the ANU, the ode was read by Rear Admiral Rachel Durbin CSC RAN, representing the Chief of Navy, wreaths were laid by diplomatic, political and military representatives including newly appointed His Excellency Mr Kazuhiro Suzuki, Ambassador for Japan . Also in attendance was RSL WV Sub-Branch member, sister Betty Mills, seen here with her friend, RSL WV Sub-Branch chaplain, Mick O'Donnell who delivered the prayer and blessing.



Death of member

MERNA GILLARD

24 July 1931 - 17 May 2023



Vale Merna Gillard 24 July 1931, Ascot Vale, Victoria>17 March 2023, Canberra

Popular Sub-branch member Merna Gillard was recently farewelled at a service at the Pines Aged Care facility. Merna, 62 years the loving wife of Reg, who was a former RAAF Air Commodore and defence attaché. They'd know each other since kindergarten days in Melbourne and married on 31 March 1956 in Adelaide. The service was well attended by their family, Bruce, Ian (in Tasmania), Brian and Peter and the extended family who watched via on-line streaming, and many sub-branch members. Merna had a fascinating life including time as an air hostess with TAA, and partly because of Reg's official duties in different parts of the world, she was an excellent cook and function arranger. She was a keen gardener, liked dogs, loved nature, and volunteered with the Red Cross, and All Saint's church at Ainslie. She and Reg were popular supporters of the Eddison Club lunches held regularly at the Irish Club.



MEDIA RELEASE

For immediate release 6 June 2023

Human toll of veteran homelessness revealed. Economic costs to top \$4.6 billion in next 30 years

A ground-breaking report commissioned by not-for-profit body Housing All Australians (HAA) has revealed the alarming extent of veterans' homelessness in Australia.

Entitled *Give Me Shelter: Leave No Veteran Behind*, the study conducted by professional services firm RPS, a Tetra Tech company, found that if left unaddressed, the cost of veterans' homelessness to the Australian economy will reach \$4.6 billion in the next 30 years.

"It is crucial that we acknowledge the future costs associated with the unintended consequences of failing to provide housing for all Australians, particularly those who are most vulnerable, such as our esteemed veterans," said Rob Pradolin, Founder and Executive Director of Housing All Australians.

"Homelessness among service personnel is not just a personal tragedy but a collective failure of society. These brave men and women who have served their country with honour and sacrificed so much should never face the harsh realities of experiencing homelessness.

"Our duty as a society is to ensure that veterans are provided with the support and resources they need to reintegrate into civilian life and have a place to call home." he said.

The Returned & Services League of Australia (RSL) has demanded urgent community attention to the report and the staggering incidence of veteran homelessness it exposes – an issue now costing Australia \$344 million a year due to veterans not participating in the economy or employment, and veteran deaths by suicide.

RSL Australia President, Greg Melick said the numbers and costs were unacceptable and called on Federal, State and Territory Governments to take urgent and immediate action.

"Many of these veterans have risked their lives for our country and to protect our way of life, experiencing events that impact their mental health. We need to house these veterans not only because it makes economic sense, but importantly, because it is the moral thing to do," Greg Melick said.

Give Me Shelter: Leave No Veteran Behind identified several risk factors contributing to veteran homelessness, including being single, unemployed, experiencing financial strain, physical injuries, disabilities, mental health issues, limited social connections, and a higher number of lifetime traumatic events.

The veterans most vulnerable to becoming homeless are those transitioning out of the armed forces, and those aged 35 or under. Close to 6,000 or 5.3% of Australia's half a million current and former service personnel experienced homelessness in the past year, a rate nearly three times higher than that of the broader population.

However, the research by RPS found that only 1.1% of veterans access homeless support services, in contrast to 3.4% of the general population. *Give Me Shelter: Leave No Veteran Behind* also revealed that the suicide rate among female veterans is 107% higher than the general population, and nearly 30% higher for men, while the financial cost of all veteran suicides is estimated to total \$140 million annually.

RPS Chief Executive Officer – Australia Asia Pacific, Meegan Sullivan, whose team led the research said having access to the first ever Census data about military service has allowed Australia to examine the true human and economic costs of veteran homelessness in a way that was never possible before.

“Veteran’s homelessness is a big issue, but it’s not an insurmountable one. With a better understanding of the numbers and factors that contribute, we can start investing as a community in solutions that support veterans to remain in housing, and stay happy and healthy,” Ms Sullivan said.

Give Me Shelter: Leave No Veteran Behind provides a very strong business case for governments, agencies, and communities to work together and collaborate on comprehensive strategies and initiatives that ensure no Australian is left without a home, especially our veterans.

Greg Melick said the report made salutary reading and its findings must be addressed by governments as a key priority in their own efforts to deal with the national homelessness issue.

“The time for action is now if we are to remove this great inequity imposed on our veterans and if we are to mitigate this unacceptable economic and social cost to our nation,” he said.

ENDS

RSL National Media contact: Tony Harrison – 0417 318178 tony.harrison@rsl.org.au

About Housing All Australians

HAA was established in 2019 as a not-for-profit, to facilitate a private sector voice, and re-position the discussion and action on social and affordable housing as economic infrastructure for a prosperous Australia. HAA is a group of private sector individuals and corporates with a shared vision that is in Australia’s long term economic interest to house all Australians, including those on low incomes.

About RPS

RPS, A Tetra Tech Company, defines, designs and manages Australia Asia Pacific’s most successful infrastructure, development and resources projects.

From the transport infrastructure that keeps our cities moving, to the masterplanned communities and commercial projects that enhance regional centres, RPS collaborates with industry, government and the community to take critical projects from ideas to reality.

A diverse, yet highly integrated network of consultants, we help our partners to identify and capitalise on opportunities, while formulating effective strategies to achieve their goals.

rpsgroup.com

[ACT Government Cost of Living Assistance](#)

Dear members,

The ACT Government has provided a means by which you can research the concessions and assistance to which you might be entitled.

Links for other State/Territory bodies that have the same facility are provided below.

“The ACT Government provides support to Canberrans by offering a range of discounts, rebates and subsidies. We aim to help people who need it most by making sure that people can cover the cost of essential goods and services.

Explore this site or try our savings finder to discover more than 65 ways that the ACT Government can support you and help with the everyday cost of living. Our savings finder will take you through a series of simple questions and provide you with a list of savings that might be relevant to you.”

ACT – Information [Home - Assistance \(act.gov.au\)](#)

and savings information [Savings Finder - Assistance \(act.gov.au\)](#)

For other States/Territory

NSW – Savings Finder Service NSW	Qld – Queensland Government Concessions Finder (services.qld.gov.au)
Victoria – Savings Finder Service Victoria	WA – Find Government concessions, rebates, subsidies and allowances Western Australian Government (www.wa.gov.au)
SA – SA.GOV.AU - Concession finder (www.sa.gov.au)	NT – Savings finder NT.GOV.AU
Tasmania – tasmania	



ESORT Update – 9 May 2023

The Douglas decision and Treasury Laws Amendment Bill

Members were provided an update on recent action to inform ESORT members of the impacts of the *Douglas* decision and Schedule 9 – *Treasury Laws Amendment (2022 Measures No. 4) Bill 2022*.

On 5 May 2023, DVA facilitated an information session for interested representatives from ESORT, the Younger Veterans Contemporary Needs Forum and other organisations, from representatives of the Australian Taxation Office (ATO), Treasury, Commonwealth Superannuation Corporation and the Department of Defence.

At the 5 May meeting, the ATO provided an update on the tax implications of the *Douglas* case to date, and the ATO's strategy for contacting affected veterans. Treasury advised of the progress of the *Treasury Laws Amendment (2022 Measures No. 4) Bill 2022*, including Schedule 9, which introduces the Veterans Superannuation Tax Offset.

DVA Veteran and Stakeholder Engagement Strategy

The Department has established the Stakeholder and Communications (SEC) Division. A primary objective for SEC is to enhance engagement with veterans and other key stakeholders through delivery of a new DVA Veteran and Stakeholder Strategy (the Strategy). This will be developed using best practice engagement design and methods, including involvement of key stakeholders at critical points and providing greater opportunity for ESORT members and the broader veteran community to shape and influence DVA priorities and participate both formally and informally.

DVA invites ESORT members and other veterans who are interested in participating in the development of the Strategy to email engagement@dva.gov.au. Discussions to inform the development of the Strategy will commence in June 2023.

Advocacy Services Reform

DVA understands there is a strong interest in the reform of advocacy services. A working group chaired by the DVA General Counsel and comprised of nominees from ESOs with appropriate experience and relevant subject matter experts is being established to consider this issue.

The work will be informed by previous reviews and papers and will acknowledge the changing environment, including commercial entrants into the marketplace, the emergence of some state-funded advocacy services, the work of the Joint Transition Authority in Defence, the establishment of the Veterans' and Families' Hubs and the consultations currently underway about a pathway for legislation reform.

Options for advocacy services reform, developed by the working group, will be discussed in detail at the next meeting of the ESORT in October 2023.

Review of Administrative Appeals Tribunal

The Australian Government has announced a reform of Australia's system of administrative review. This will abolish the Administrative Appeals Tribunal (AAT) and establish a new federal administrative review body. The reform includes a transparent, merit-based system of appointments. The new federal administrative review body will be designed to:

- be user focused with simpler, more accessible procedures
- provide support for vulnerable applicants
- be flexible to respond to changing needs
- provide effective and efficient case resolution.

The reform, which includes a transparent, merit-based system of appointments is intended to engender public trust and confidence; and improves the overall quality of administrative decision-making in government.

This work is being led by the Attorney General's Department and is being guided overseen by an expert advisory group. Public and agency submissions into the review closed on 12 May 2023. Additional information will be provided as it becomes available.

Further information on the Review of the AAT is available at:

www.ag.gov.au/legal-system/new-system-federal-administrative-review.

DVA Modernisation Program Supporting Systems and Claims Processing Improvements

The DVA Modernisation Program seeks to improve the experience for veterans, families and advocates interacting with DVA and the efficiency of the claims administration service by addressing issues that inhibit the ICT ecosystem from operating at its best.

This is an 18 month program of work that supports the immediate response to Recommendation 3 of the Interim Report of the Royal Commission into Defence and Veteran Suicide.

The immediate claims improvement projects will be delivered by June 2024. These include a pilot of the digital veteran card in the myGov wallet and improvements within the system such as document upload, nudge messaging; task notifications; and improved data sharing between DVA and Defence. Co-design sessions to inform this work commenced in late April and will continue throughout 2023.

One component of the DVA Modernisation program is a partnership with the Behavioural Economics Team of the Australian Government (BETA) in PM&C on simplification of medical forms for compensation. This project will assist with the administration of the claims processing system and veterans' services by making it simpler and easier for medical practitioners to provide supporting medical reports for veterans. The partnership will deliver results by 30 June 2023.

This measure directly responds to Recommendations 2 of the Royal Commission "Enhancements to support claims processing", and it is recognised that the vast majority of claims in the backlog are incomplete and require additional information in order for them to be determined.

Comments or feedback relating to medical forms project can be provided directly to sally.dennington@dva.gov.au.

Improvements to DVA Claims Administration – tri-Act claims

The Department has completed a number of initiatives to improve the processing of complex claims. It now provides information on the DVA website encouraging veterans with a tri-Act claim to speak with an accredited advocate or DVA, to ensure the claim is complete and investigation ready.

The website information, including dual and tri-Act claims information, was developed in consultation with the Multi-Act Claims Working Group, the Operational Working Party and ESORT.

This information can be found at:

[What to expect after you have submitted a compensation claim | Department of Veterans' Affairs \(dva.gov.au\)](#)

[Making a claim for a service-related condition | Department of Veterans' Affairs \(dva.gov.au\)](#)



Update 24 May 2023 - 50th anniversary of the end of Australia's involvement in the Vietnam War

The Australian Government will mark the 50th anniversary of the end of Australia's involvement in the Vietnam War with:

- a televised Commemorative Service (service) at the Australian Vietnam Forces National Memorial on Anzac Parade, Canberra on Friday 18 August 2023; and
- production and distribution of a Commemorative Medallion (medallion) and Certificate of Commemoration (certificate).

Commemorative Service on 18 August 2023

Overview

Location: Australian Vietnam Forces National Memorial
Anzac Parade, Campbell, Canberra

Date/Time: Friday 18 August 2023
Pre-Service commences at 10:00am
Commemorative service commences at 10:30am

Broadcast

The service will be broadcast live across Australia by the Australian Broadcasting Corporation (ABC) and streamed online. The ABC will also make the broadcast available to other networks to provide all members of the community the opportunity to acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War.

Ticketing for in-person attendance

All attendees must register in advance. An attendance pass is essential for entry to the service. Further information regarding attendance passes will be announced by DVA shortly and made available on the DVA webpage.

Planning your attendance

Attendees are encouraged to plan their journey and arrival times carefully. We encourage you to arrive early to ensure you have sufficient time to progress through ticket scanning and be seated before the service commences.

A pre-service program commences at 10:00am, it is an educational experience designed to provide a deeper understanding and appreciation of the Australian experience of the Vietnam War.

Seating is allocated on a first-come, first-served basis. Accessible seating and support are provided to those who need accessible assistance.

Complimentary tea, coffee and (limited) bottled water will be available onsite.

Travel to the service

Attendees can travel by the following means:

- Chartered shuttle bus
 - Transport Canberra will provide free chartered bus services to and from the Commemorative Service. Board the shuttles at the City Interchange Bus Station in Canberra City only. Shuttles will not stop at other bus stops en route.
 - The shuttles include seated and standing positions. Seating is not guaranteed.
 - A dedicated accessible shuttle is also available for attendees with accessibility requirements. The dedicated shuttle is equipped with 'Easy Access' low floor accessibility and will operate from the City Interchange Bus Station in Civic.
 - Attendees do not need to pre-register to catch the chartered shuttle bus. On the day, passengers will need to present their attendance pass in either electronic or paper form to Transport Canberra staff.
 - The chartered shuttle service, including the accessible shuttle, will include return services on conclusion of the Commemorative Service. Attendees catching the return shuttle need to commence boarding from 11:50am. Shuttle buses will depart at 12:00pm for return to the City Interchange.
 - Further information about the chartered shuttle bus and accessible assistance shuttles departure timings and will be available soon on the DVA webpage.
- ACT public transport
 - ACTION bus service, including the light rail, will provide free travel to and from the city and the commemorative service. Attendees will need to present their attendance pass in either electronic or paper form to Transport Canberra staff.
 - Attendees will need to make their own way from the bus stops, these are located in close vicinity to the Australian Vietnam Forces National Memorial.

- Private vehicle
 - Travel by private vehicle is not recommended. There is very limited on-street parking available in the vicinity of Anzac Parade.
 - Limited reserved parking on Anzac Park East is available for those requiring accessibility parking and can present an appropriate government issued Disability Parking Permit.
- Taxi (this method of travel is to be arranged by attendees at their own expense).
- Walk, cycle or scooter.

Note: There will be road closures in place surrounding Anzac Parade and Anzac Park between Constitution Avenue and Currong Street/Blamey Crescent. Access to these roads will be by authorised vehicles only.

Please click this link to obtain ticket to the Service:

[50th Anniversary of Australia's involvement in the Vietnam War Commemorative Service – 50th Anniversary of Australia's involvement in the Vietnam War Commemorative Service \(50years.org.au\)](http://50years.org.au)

Commemorative Medallion and Certificate

While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, the Commemorative Medallion and Certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home. The medallion and certificate is available to every living Vietnam War veteran, widows of Vietnam War veterans or other family members. Only one medallion is available per Vietnam War veteran/family. The medallion is provided free of charge.

The medallion is presented in a display case with a card that has an expression of gratitude and also explains the medallion's design. The design of the commemorative certificate complements that of the medallion. The design includes the Commonwealth Coat of Arms, 'Australia Remembers' wording and includes the signature of both the Governor-General and the Prime Minister. The certificate is contained within its own folder, and is suitable for independent display, framing and mounting.

The obverse design of the medallion features the Commonwealth Coat of Arms with 'Vietnam War' inscribed at the top and 'Australia remembers' at the bottom. The medallion's reverse design features words of thanks at the bottom, with the years 1962-73 inscribed at the top to represent the years in which Australia was involved in the Vietnam War. The medallion also features depictions of a UH-1 Iroquois "Huey" Helicopter, HMAS Sydney (III) "Vung Tau Ferry", and an Australian soldier holding an SLR.

How to obtain a medallion and certificate

Applications are made online at this [link](#):

www.dva.gov.au/recognition/commemorations/commemorative-services/commemorative-services-australia/50th-anniversary

Who can I talk to if I require assistance to apply?

If you are having difficulties completing the online application and require assistance, please phone 1800 VETERAN (1800 838 372) between 9am and 5pm AEST Monday to Friday, and when prompted say the word 'medallions'. You can also email commemorations@dva.gov.au.

Planned Vietnam Veterans Vigil 3 August 2023

Dear All,

One of the events being planned in commemoration of the 50th anniversary of the end of Australia's involvement in the Vietnam War is a Vigil to be held at gravesites and memorials throughout Australia and overseas on 3 August 2023. This would be a great opportunity for Scheyvillians to pay their respects to our graduates who were Killed in Action and also perhaps to those classmates who have passed since.

Our KIA and their gravesites are;

2LT J. Fraser- Nerang QLD

2LT A.D. Jellie- Pasadena SA

2LT T.E. Langlands- Beresfield NSW

2LT I.G. Mathers- Holland Park QLD

2LT D. Paterson- Pasadena SA

2LT K.P. Rinkin- Taree NSW

2LT G.C.Sharp- Tamworth NSW

2LT L.A.Taylor- Box Hill VIC

In addition, we all know of others who have since passed.

We have several months to prepare. Give some thought to how we might be able to pay due homage to our fallen classmates on 3 Aug.

A Vigil at the gravesites of the above would be the least we could do. Perhaps a commemorative gathering locally afterwards.

More can be found on <http://www.vvv.org.au>

A worthwhile endeavour.

Regards

Brian Cooper

National Deputy Chair and Commemoration Liaison

Comments and ideas welcome please

Brian Cooper

bctcooper@gmail.com

0418373874

Health & Wellbeing Update June/July 2023



2023 INTERNATIONAL MEN'S HEALTH WEEK

#menshealthweek

The theme of Men's Health Week 2023 is **Healthy Habits** - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

What are you doing to recognise, celebrate and create opportunity for men in your community to create some healthy habit changes? If you have an event that engages men during men's health week, why not register and [List your event - AMHF - Australian Men's Health Forum](#).

For more information about Men's Health Week go to [Men's Health Week | 2023 \(westernsydney.edu.au\)](#) or [Getting into the habit of Men's Health Week 2023 - AMHF - Australian Men's Health Forum](#)

What is a habit?

A habit is something that is routine to you and that you repeat, often without knowing it.

Good habits include:

- healthy diet and exercise
- healthy sleep habits
- healthy relationships
- assertive communication
- work-life balance
- time management
- stress management

relaxation and mindfulness

For more information about good habits and how to create them go to [Creating healthy habits | healthdirect](#)

The importance of good habits – Defence Health

“We are what we repeatedly do. Excellence then, is not an act, but a habit.” Aristotle

We often say things like: “I should exercise more” or “I wish I could eat better.” What do you actually need to form good habits to lead a healthier, happier and more productive life? Can you really change your life by forming good habits?

We are creatures of habit. Our brains love automating a sequence of steps to create routine — it saves space for all the other important decision-making processes. So, it’s important we form habits which better our lives, rather than ones with negative repercussions.

How to build good habits

There are a few things you can do to really make a good habit stick and increase your chances of success.

- **Get rid of excess options.** Keep your choices for mealtime simple to avoid ordering take away meals.

Use **‘if-then’ planning to remind yourself of your goals.** A useful technique to resist temptation and build good habits.

- **Identify and eliminate possible obstacles or triggers** such as turning off your phone by 9pm on weeknights to avoid excessive scrolling.
- **Don’t let a slip up derail you.** If you eat that chocolate biscuit or miss a session at the gym, chalk it up to experience. Work out what caused the slip up and start fresh tomorrow.
- **Seek support.** Find those who can help you stick to your new habits. Exercise with a friend or join a running group.

Replace a habit with another good. Substitute snacking times with healthy snacks like a handful of nuts or rice crackers.

Defence Health is a not-for-profit private health insurance organisation committed to the wellbeing of their members. For more tips or to see if you are eligible to join, visit

www.defencehealth.com.au or call **1800 335 425**.

COMMEMORATION

Vietnam War commemorative medallion and certificate

To acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War, the Department of Veterans' Affairs will produce a Commemorative Medallion and Certificate of Commemoration.



The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War. Please note that only one medallion is available per Vietnam War veteran. While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, this medallion and certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home.

To apply go to [Vietnam War commemorative medallion and certificate | Department of Veterans' Affairs \(dva.gov.au\)](#)

NEW SOUTH WALES NEWS

NAIDOC Week at Singleton

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life. NAIDOC Week is a great opportunity to support your local Aboriginal and Torres Strait Islander community.

The Singleton NAIDOC Committee would like to invite local Community Service Providers to the NAIDOC Flag Raising Ceremony and Family Fun Day that will be held at the Singleton Showground on Wednesday 5th July 2023 from Time 10-2pm

The Committee is seeking interested Community Service Providers to join us during the event and to provide information stalls providing service information to members of our community.

For more information or to register, please contact naidocsingleton@hotmail.com.



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.



Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility>



How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 248 282 at any time to speak to one of our team.

Heart Health Team – DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:
CHM Corporate Health Management Pty Ltd
Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142
Direct: 1300 248 282
Email: hearthealth@chm.com.au
Web: <http://www.veteranshearthealth.com.au>



**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 at a reinvigorated Day Club.

Come and join us for lunch.



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.

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