

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

27 May 22



Open Arms - Veterans & Families
Counselling



From Open Arms facebook page

Loneliness isn't the same as being alone.

If you feel lonely it might be because you are missing the kind of relationships that make you feel secure, comforted and content.

It might be hard at first, but seeking out good social supports, or spending more time with those closest to you, can help.

If you're not sure who to spend time with, think about some of the networks you're a part of where you can connect with others. It might be people who you share activities and hobbies with. Over time, you can work on building a wider support network by reaching out to people you don't see as often or have lost contact with.

You can try using our social connections tool to help you think about people you might like to connect with - <https://www.openarms.gov.au/.../behavi.../social-connections>

If you're feeling overwhelmed by feelings of loneliness, we're here to talk 24/7.



1800 011 046

[#OpenArmsSupport](#)

24Hr CRISIS SUPPORT ▾

Search

Call us 24Hr 1800 011 046

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

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MEETING NEWS

AGM/OGM

An AGM/OGM will be held at 1400 hours on Tuesday 31 May 2022 in the Sub-Branch Office. Light refreshments will be provided following the OGM.

CANCELLATION OF THE OGM DINNER SCHEDULED FOR TUESDAY 28 JUNE 2022 - PROPOSED AFTERNOON TEA

Dear members,

Due to the uncertainty surrounding the COVID situation in the ACT, the Sub-Branch Board has decided to cancel the OGM dinner scheduled for Tuesday 28 June 2022. We regret having to make this decision but feel that it is the most prudent course to take for our members.

In lieu of the dinner and to offer an opportunity for camaraderie to members, the Board has suggested that an afternoon tea be held from 1500-1700 hours on Tuesday 28 June 2022 in the Corey Room at the Sub-Branch office, Holder with light refreshments provided.

To gauge the level of interest in the above proposal, I would be grateful if you would advise if you might attend. Your response by 26 May 2022 would be appreciated.

Regards,

Greg



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GEARS Training

The Woden Valley Sub-Branch will be co-ordinating Group Emotional and Relationships Training (GEARS) on 21 June for 12 weeks.

Dr Jonathon Lane will conduct this Training using the resources of the Military and Emergency Services Health Australia which is part of the Hospital Research Foundation Group. No financial gain is had by anybody apart from normal wages.

These classes will run for 12 weeks on each Thursday from 6 pm till 8pm in the training room at the Woden Valley RSL Sub-Branch commencing in early June 2022 at Grant Cameron Offices at 14 Mulley Street in Holder.

Dr Lane will attend in person at the 1st, 6th and 12th.

The course will be restricted to 10 persons with a reserve of 2 extra (in case someone drops out)

The preference is for serving military, or those recently transitioned or about to or military veterans.

Please contact the reception at WVRSL Sub-Branch on (02) 6285 1931.

A message from the ACT Chief Health Officer



Friday 20 May 2022

Hello,

Influenza vaccinations at the Access and Sensory clinic

The Access and Sensory clinic is a valued and specialised vaccination service for people living with disability, their carers and family members.

I am pleased to let you know that the Access and Sensory clinic will also soon offer free influenza vaccines to people aged 10 years and over with disability, and their carers.

As we head into winter it's important that Canberrans are protected from influenza (flu), noting that the 2022 flu season is expected to be more severe than the last two years.

Please be aware that:

- bookings for all vaccinations at the Access and Sensory clinic are essential.
- influenza vaccinations bookings will open from Monday 23 May 2022 – with appointments available from Monday 6 June 2022.
- vaccination bookings can be made by calling the ACT COVID-19 vaccination priority booking line on (02) 5124 3999, between 8:00am and 5:00pm, Monday to Friday.

the clinic continues providing COVID-19 vaccination services to people who need it.

The clinic will increase its operating hours to help meet vaccination demand over the winter months.

From Monday 6 June 2022, the Access and Sensory Clinic will open 3-days a week:

- Monday – 8:30am to 3:00pm
- Tuesday – 8:30am to 3:00pm
- Saturday – 8:30am to 3:00pm

The clinic is located at 24 Parkinson Street, Weston. Accessible parking and building access is available.

I encourage you to please share this information with your stakeholder networks and service users.

I want to thank the sector for the commitment and dedication you have shown to making sure all Canberrans have equitable access to vaccination services throughout the COVID-19 pandemic. I am grateful for your continued support.

Regards,

Dr Kerryn Coleman
ACT Chief Health Officer

*I acknowledge the traditional custodians of the ACT, the Ngunnawal people.
I acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.*



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT Scholarships

Hello,

AVCAT scholarships, including the **Long Tan Bursary**, are tertiary scholarships for the children and grandchildren of Australian ex-serving veterans. Scholarships are \$4000–\$6000 per year for three years.

Applications open on 18 August 2022, Vietnam Veterans' Day, and close at midnight AEDT on 31 October 2022.

Apply online at avcat.org.au

Applicants must be:

- Enrolled or planning to enrol in a full-time course for one or more academic year's duration at university TAFE, or RTO in 2023
- The child, stepchild, foster child, or grandchild of an Australian ex-serving veteran
- An Australian citizen or permanent resident
- In receipt of, or eligible to receive, Centrelink payments including Youth Allowance, ABSTUDY, Austudy, VCES or an accepted means-tested Commonwealth government payment in 2023
- The Long Tan Bursary is sponsored by the Australian Government Department of Veterans' Affairs. View the complete list of AVCAT Scholarship sponsors [here](#).

Find information about scholarships, the application process or scholarship eligibility at avcat.org.au.

Spread The Word

Share on [socials](#), hang a [poster](#), hand out a [flyer](#), or drop [this notice](#) into your newsletter.

- Find Out More : [Scholarships | Australian Veterans' Children Assistance Trust \(avcat.org.au\)](https://avcat.org.au)

Kind Regards
Len Russell
CEO AVCAT



PLAY
RUGBY LEAGUE

COMPETITIONS

CANBERRA REGION RUGBY LEAGUE /

The RAMS home games scheduled

<https://www.playrugbyleague.com/Competitions/Competition/2022-blumers-lawyers-canberra-raiders-cup-first-grade-388669?team=389872>

SATURDAY 7TH MAY - Round 5 v West Belconnen Warriors

SATURDAY 28TH MAY - Round 7 v Belconnen United Sharks

SUNDAY 5TH JUNE - Round 8 v Gungahlin Bulls

SATURDAY 2ND JULY - Round 11 v Yass Magpies

SATURDAY 9TH JULY - Round 12 v Queanbeyan Kangaroos

SATURDAY 30TH JULY - Round 15 v Goulburn City Bulldogs

Pls call Anthony : 0402 243 183 and confirm procedures for getting tickets.



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.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



Contact Us

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

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HOLDER ACT 2611**

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

Office hours are
9am-3pm Mon-Fri

PS.

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our website**

www.rslwoden.org.au