

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

3 March 2023

Dear members,

We have a special guest joining us at the Coffee Catch Up next Friday 10 March from 10am in the Corey Room. Michael (Mike) Crane DSC & Bar, AM and Chair of The Order of Australia Association (ACT Branch). He will give an illustrated presentation on the history and protocol behind the various Australian honours. About thirty minutes, then questions finishing around 11:30. The usual hospitality of cake and coffee will be provided. All veterans and their partners are most welcome.

Let me know if you're coming via email: jeep1945@hotmail.com as this will be well-attended. A donation in the red tin will cover costs.

Best wishes,

REV. Mick O'Donnell



Open Arms - Veterans & Families Counselling

When faced with an emotionally difficult time, it's common for us to turn to our families or closest mates for support.

Listening and validating someone's feelings can make a big difference but it's important to be aware of the signs and to know when your loved one may need formal care.

Starting the conversation doesn't have to be tricky, you can say something as simple as, "I'm here to support you in any way I can, but it might be a good idea to call Open Arms for advice?"

For info on supporting someone you're worried about visit our website <http://spr.ly/61883sgg4>

If you or someone you know needs support. We're here

24/7  1800 011 046

 **OPEN ARMS**
Veterans & Families Counselling

1800 011 046
OpenArms.gov.au

For all current and former ADF personnel and their immediate family members



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

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.

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

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>



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 246 262** 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 246 262

Email: hearthealth@chm.com.au

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

Where carers can find support



Sargoon, carer to his daughter.

A carer is someone who looks after a family member or friend with disability, a medical condition, mental illness, or someone who is frail due to age.

If you are a carer, you can get help and support through Carer Gateway.

What Is Carer Gateway?

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers.

Carer Gateway has many services that can help you with any daily challenges, emotional and financial stresses that you may experience in your role as a carer.

How do I use Carer Gateway services?

You can talk to a Carer Gateway service provider by calling **1800 422 737** Monday to Friday between 8am and 5pm. Carer Gateway staff will talk through what you need and help you to find services and support. If you want to talk with someone in your language, you can phone the Translating and Interpreting Service on **131 450**. The Translating and Interpreting Service provides access to interpreters who speak more than 160 languages. The service is available 24 hours a day, 7 days a week.

Carer Gateway also has a national website (carergateway.gov.au) that has online services and information to support you as a carer.

Carer Gateway provides many services, including:



Coaching

If you want to learn new ways to manage stress and improve your wellbeing, the self-guided coaching courses on the Carer Gateway website can help you.



Counselling

If you are feeling stressed, anxious, sad or frustrated, a professional counsellor can talk through your worries and help you. You can talk one-on-one, in-person with a professional counsellor in your area or on the phone in the comfort of your own home. If you want to talk with someone in your language, you can phone the Translating and Interpreting Service on 131 450.



Respite care

'Respite' or 'respite care' is when someone else takes care of the person you care for. You might need emergency respite care if you suddenly find you can't provide care, for example if you are ill or injured. You can also plan respite care so that you can have a break. To arrange emergency respite care, or planned respite care, call Carer Gateway on 1800 422 737 to talk about options in your area.

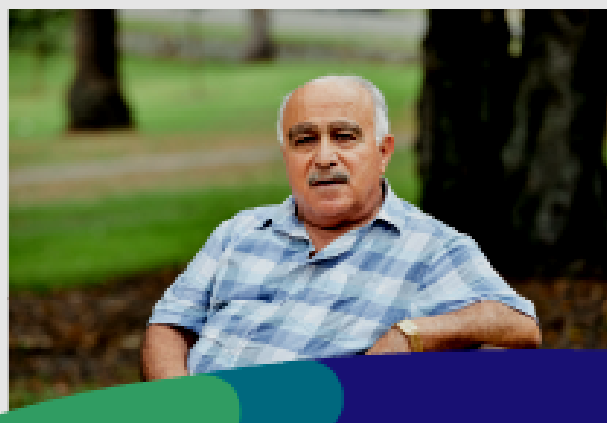


Connect with other carers

If you feel alone or want to get advice from other carers, Carer Gateway can help you meet with people in similar caring situations to share your stories, knowledge and experience. You can meet local carers in-person and share advice and learn from each other in a safe space. The Carer Gateway website also provides an online forum that you can join and become part of a supportive online community with other carers.

'A significant amount of time and energy goes into caring for someone, but you also need to take time for yourself.'

Sargoon, carer to his daughter.



Online skills courses

You can learn new skills through short interactive online courses on the Carer Gateway website. The courses will help you in your caring role and provide information on how to take care of your own wellbeing, deal with stress and legal issues.



Financial support

As a carer, you may be able to get financial help. There are two financial support packages available to eligible carers through Carer Gateway. You may be able to get funding to buy a one-off practical support in the form of equipment or an item to assist you in your caring role. You may also be able to get funding for a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au or you can phone **1800 422 737** Monday to Friday between 8am and 5pm.

War Widows Family Day on Saturday 4 March 23 at Robert Poate Centre, Bellenden Street, Crace ACT.

Please register your interest and find further details on the registration link in the flyer.



REGISTER NOW



SATURDAY 4TH MARCH

ROBERT POATE CENTRE, BELLENDEN STREET CRACE ACT



featuring free activities for the kids,
free ice cream for all ages



Marist College Canberra - Footsteps Day Information - Defence Service Day 22/3/23

Dear members,

Marist College Canberra has again invited the Sub-Branch to participate in its Footsteps Day program at the Ex-Service section of the Woden Cemetery on Wednesday 22 March 2023. Last year several of our members participated and overall considered it a worthwhile activity. For those who participated last year, your comments have been passed on to Marist College.

Attached is the Footsteps Day program. Note that our involvement is proposed for the Sessions 1 and 2, and Sessions 3 and 4 which are between 0930-1145 hours and 1245-1440 hours, respectively. Members who wish to participate can choose to do so for all or any of those sessions. I would be grateful if those members who intend to participate could advise me accordingly by no later than Friday 3 March 2023.

The following paragraphs are extracted from the Marist College email to me, for your additional information:

Marist College Canberra will be hosting another Footsteps day (Year 9 College program) devoted to giving students a detailed understanding about our Defence Forces and the sacrifices that our veterans have made.

Similar to last year we would love to invite members of the Woden Valley RSL to attend as guides at the Defence section of the Woden Cemetery, which would include:

- *Paying our respects at the Defence Service section, including a short 20min ceremony*
- *Students learning about the story of Corporal Ernest Corey*
- *Discussing with students what 'Defence service' is by a veteran (Woden RSL volunteer) who is on-site, spending time with our Year 9 students at the cemetery*

Finally, the students placing small Australian flags at each grave, to recognise that individuals service to Australia.

Whilst this is earlier than Anzac day, it is necessary to complete this on Wednesday 22 March due to the impending school holidays. The flags will be regathered later in the week and will be relaid by volunteer Marist College staff before Anzac Day, to protect them from the weather (and the Cockatoos).

Please note that there are 8 Houses (divided into 4 groups) that attend four separate sites over the course of the day on a rotational basis.

Kind regards,

Greg



Greg Kennett
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Footsteps: Defence Service Day Itinerary 22/3/23

	Session 1 9:30am -10:15am (45 minutes)	Session 2 11am – 11:45am (45 minutes)	Lunch	Session 3 12:45pm -1:30pm (45 minutes)	Session 4 2pm – 2:40pm (40 minutes)	
Grp 1 Conway & Darlo	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 	First World War presentation by Historical Society (Theatrette)	12:15pm-12:45pm	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	
Grp 2 Lavalla & Haydon	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 		12:15pm-12:45pm	First World War presentation by Historical Society (Theatrette)	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection
Grp 3 Crispin & Patrick	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 		12:15pm-12:45pm	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 	First World War presentation by Historical Society (Theatrette)
Grp 4 Mark & McMn	First World War presentation by Historical Society (Theatrette)	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 		12:15pm-12:45pm	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time

Changes to COVID-19 testing arrangements in the ACT

Information about changes to ACT Government COVID-19 testing arrangements for people living in Canberra and the surrounding region.

These changes come into effect with the ending of the ACT's COVID-19 Management Declaration Framework on **28 February 2023**.

Under the Declaration, the only remaining public health direction – which requires people who test positive using RAT to report their result to ACT Health – will also end.

Canberrans are strongly encouraged to continue reporting their positive RAT results using the form which remains on the [ACT COVID-19 website](#).

Reporting positive RAT results helps ACT Health to direct people to information about supports and healthcare. It also helps us to monitor and respond to the ongoing impacts of the virus on the community. The information helps to inform Territory health policy, as well as the nature of services and assistance provided to the community and health-related facilities.

ACT Health is reminding Canberrans that, if symptomatic, testing for COVID-19 continues to be an important COVID Smart behaviour. COVID-19 remains a serious illness, particularly for those people at risk of severe disease.

Where you can get a free rapid antigen test (RAT)

From 1 March 2023, the ACT Government is expanding its free RAT program so that all Canberrans continue to have access to free COVID-19 testing.

Canberrans can collect free RATs from certain ACT Government locations, including:

Libraries ACT locations (excluding Heritage Library) – where you can collect up to 3 free RATs per person, per visit. There are nine locations across the ACT, so there's somewhere you can pick up a free RAT close to home. For information on your nearest branch, visit www.library.act.gov.au or call 6205 9000.

Access Canberra service centres – where customers can collect a RAT after transactions.

RATs are already available at Canberra Health Services facilities, including hospitals, Walk-in Centres and health centres, where visitors are encouraged to do a RAT before entering.

For the safety of staff and visitors, please do not visit or try to collect RATs from any of these locations if you're unwell and have COVID-19 symptoms. Plan ahead and have some RATs at home or ask someone else to collect some for you.

Community groups can also contact Community Services Directorate to arrange a bulk order for RATs, if needed. Arrangement can be made by emailing socialrecovery@act.gov.au

RATs are also widely available for purchase across Canberra, including at pharmacies, supermarkets, and other retail stores.

Most Canberrans, including children supervised by an adult, can use a RAT in the comfort of their own home and get results within minutes. Once you know if you have COVID-19 you can take appropriate steps to look after

Accessing PCR testing

The ACT Government's COVID-19 testing centre at Garran will permanently close at the end of the day on 28 February 2023.

Despite its closure, the ACT Government continues to ensure equitable and timely access to PCR testing for Canberrans who need a PCR test.

From 1 March 2023, there will be changes in the way COVID-19 testing can be accessed in the ACT. These changes are being made so that healthcare remains accessible to everyone as we move away from emergency settings.

Testing for COVID-19 using PCR may be preferable for:

people who are at higher risk of a severe COVID-19 illness. PCR testing may provide a positive result earlier in their illness which can be important for those who are eligible for antiviral medications.

other people who are recommended to have a PCR test by their GP or treating doctor (including those who are unable to use a RAT).

Individuals who may benefit from a COVID-19 PCR test and who are concession card holders can access PCR testing without a pathology form. This includes the following concession cards:

Pensioner concession card

Commonwealth seniors' health care card

Health care card (including Low-income health care card)

Department of Veterans' Affairs gold, white or orange cards

ACT Government Service Access Card

Pathology collection centres are spread across the ACT so that people who need to get a COVID-19 PCR will be able to access one close to home. A list of participating collection centres and access information will be on the [ACT COVID-19 website](#).

People who may need additional support or can't attend a collection centre to get PCR testing can contact ACT Pathology and let them know about the support or assistance they need.

Like any other type of pathology testing, PCR tests remain available to all Canberrans who have a pathology referral form from your primary care provider.

ACT Health continues to encourage people to have a discussion with their medical professional about what COVID-19 testing and treatment they may need before they become unwell, especially if they are at higher risk of severe COVID-19 illness.

These new testing arrangements reflect the ACT Government's commitment to ensuring ongoing access and service delivery for COVID-19 related illness, with a focus on supporting priority groups who are at greater risk – much like other notifiable respiratory diseases.

Thank you for your ongoing support of the public health response. Should you have any questions or concerns, please contact the Office of the Chief Health Officer's at ACTHealthOCHO@act.gov.au

Kind regards

Office for Seniors and Veterans



**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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Visit us on the web at
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Office hours are
9am-3pm Mon-Fri

PS.

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