

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

5 November 21

This year the RSL Poppy Appeal celebrates its historic centenary.

For 100 years the Poppy Appeal has enabled the provision of assistance to veterans and their families.

Through the Poppy Appeal, you can contribute to changing the lives of veterans and their families. Every current and former Service person of this great nation deserves our support. Your support or donation can help provide support to thousands of veterans and their families.

The Sub-Branch needs the help of volunteers to continue the tradition of selling poppies in November.

Please call the office on 6285 1931 if you can spare two hours at Cooleman Court Shopping Centre between the 6th and 11th of November to support the Poppy Appeal.



JOIN US EACH FRIDAY FOR GOOD COFFEE, CAKE AND CONVERSATION



Did you know veterans (both women and men) informally gather at the Sub-Branch each Friday from 10am to noon to chat with others from a range of military experiences. Hear about services we offer if you need any assistance. It's also a lot of fun. Every Friday in the Corey Room from 10am to 12, enjoy free brewed coffee with something fresh and sweet at a safe place to share your experience as a Veteran.

RSL Woden Valley Sub-Branch
is pleased to invite members and their guests
to the

ANNUAL CHRISTMAS LUNCH

Wednesday 15 December
12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip

\$40 per person

Menu (alternate service)

MAIN

***Roast Turkey or
Slow Roasted Black Angus Sirloin***

DESSERT

***Traditional Christmas pudding or
White Chocolate Pannacotta (gf)***

***Charge includes soft drinks, selected wines and beers.
Spirits at own expense.***

Please RSVP by 3pm 8 December 2020
Phone 62851931 or email admin@rslwoden.org.au

Dear members

If you are visiting the Sub-Branch next week, please note we have been advised that the side carpark will be cordoned off for repairs on Friday 5 November. You should be aware that the front carparks are for two-hour periods only, but there are longer term school carparks to the right hand side of the Grant Cameron Community Centre.



16 hrs · 🌐

The Australian War Memorial is pleased to reopen to the public – with a new temporary entrance – on Wednesday 17 November 2021.

The new temporary entrance, on the eastern side of the main building opposite Poppy's café, will be the main visitor entry point for the next three years as works on the Memorial's Development Project continue.

Visitors will require timed tickets to enter the Memorial galleries, and also to attend the daily Last Post Ceremony at 4:45 pm in the Commemorative Area.

Ticket bookings open tomorrow Wednesday 3 November, for visits from Wednesday 17 November.

Ticketing information: <https://www.awm.gov.au/visit>

[#OurContinuingStory](#)



On 11 November 2021 the Australian War Memorial will hold the Remembrance Day National Ceremony which will be broadcast live on ABC from 10.45 am AEDT and streamed live on the Memorial's Facebook page.

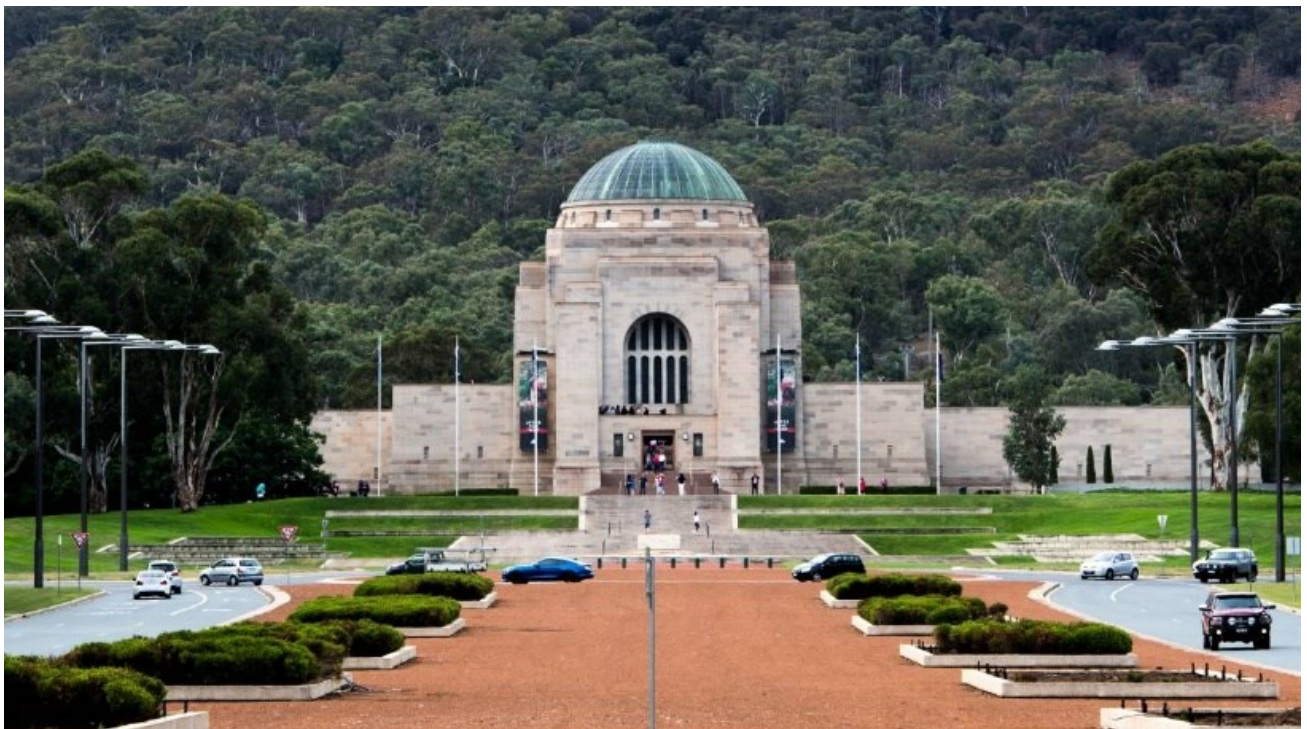
The ceremony will include a formal wreath laying and the observance of one minute's silence at 11 am.

This year's ceremony will be held in a reduced format and attended by a limited number of guests and members of the public. In line with the ACT Government's COVID-19 guidelines, 500 ticketed attendees will be able to attend.

Tickets will be available for members of the public to book online from 10 am AEDT on Friday, 29 October 2021.

Tickets are free and will be required for entry.

The Remembrance Day Last Post Ceremony will be live streamed on the Memorial's Facebook page and website at 4:45 pm AEDT.



Release of Veterans' Advocacy Research Project

The *Baseline Study of Current and Future Availability of Ex-Service Organisation Advocacy Services Research Project* was commissioned by DVA to collect data on the capacity of the Advocacy workforce. and undertaken by the UNSW Social Policy Research Centre. The project was undertaken by UNSW Social Research Centre, and involved a literature review and surveys of ESOs and advocates.

While decisions taken to protect participants' privacy and encourage participation limited testing of the data, it does indicate the capacity of the advocacy workforce is declining quickly.

- 43 per cent of advocates are over the age of 70; although 53 per cent of those enrolled in the Advocacy Training and Development Program (ATDP) training are under 60 years of age;
- advocates work an average of 15.4 hours per week (volunteers 12 hours; paid advocates 25 hours), and one third of advocates intend to reduce their hours;
- only half of the current advocates expect to continue for more than five years; and
- only 56 per cent of ESOs intend to provide services for more than five years; over 16 per cent indicated they intend to cease providing services, while a further 7 per cent only expect to provide services for the next one to two years.

The report contains many other observations and data about advocates and the services they provide.

This valuable information will inform Government's consideration about how it will support advocacy services in the future, and will also help ESOs to plan for the provision of future advocacy services.

The report has been released in full and is available on the DVA website: [Veterans' Advocacy Research Project | Department of Veterans' Affairs \(dva.gov.au\)](#)

Regards,

Victoria

Victoria Benz

Deputy Commissioner, NSW & ACT

Department of Veterans' Affairs

t (02) 9213 7878 | ext 417878 | m 0417 654 347

Extension/Cessation of the Defence Reparation Scheme

As you may be aware, the Australian Government extended the Defence Reparation Scheme by a further 12 months to **30 June 2022**.

Applicants must contact the Commonwealth Ombudsman on or before **30 June 2022**, and either submit a report of abuse, or provide written notification of their intention to submit a report, with completed reports to be lodged by **30 June 2023**.

Our Office is requesting your assistance to notify your stakeholders about the extension of the scheme and the deadline for applying for a reparation payment. The attached factsheet outlines important information about who may apply for a reparation payment and when and how applications must be made. We would be grateful if you could provide this factsheet to your stakeholders.

Kind regards,

The Defence Force Ombudsman team

DefenceForce.Ombudsman@ombudsman.gov.au

Defence Reparation Payments

The deadline to apply for a payment under the Defence Reparation Scheme (the Scheme) has been extended to **30 June 2022**.

Why was the Scheme extended?

The Scheme has had a positive impact for individuals who experienced serious abuse while serving in the Australian Defence Force. Extending the Scheme gives members who may not have been aware about the Scheme previously, the opportunity to report their experience of serious abuse in Defence and apply for a reparation payment.

What do I need to do to apply for a reparation payment?

To apply for a reparation payment under the Scheme, you must contact the Ombudsman's Office (the Office) by **30 June 2022** and either:

- submit a report of the abuse you experienced in Defence, or
- provide a written notification that you intend to submit a report of abuse. If you notify us you intend to submit a report, you must submit the full report by 30 June 2023.

People who do not submit their report or intention to report to the Ombudsman's Office by **30 June 2022**, will not be eligible to receive a reparation payment under the Scheme.

How do I lodge my report or notice of intention to lodge a report?

Reports of abuse can be made directly to the Ombudsman's Office by calling **1300 395 776** or by completing the Abuse Reporting form found [here](#) and sending it by:

- **Email** to defenceforce.ombudsman@ombudsman.gov.au or
- **Post** to GPO Box 442 Canberra ACT 2601

To provide a written notification that you intend to submit a report of abuse, please:

- send an email to defenceforce.ombudsman@ombudsman.gov.au by 30 June 2022, if you have not submitted a report of abuse by that deadline
- and say in your email: "I intend to submit a report of abuse in Defence by 30 June 2023"

After sending us your intention to report, you must submit your full report by 30 June 2023. If we do not receive the full report by that date, we cannot recommend a reparation payment.

Contact us

defenceforce.ombudsman@ombudsman.gov.au

1300 395 776

GPO Box 442
Canberra ACT 2601

The Defence
Reparation Payment
Scheme has been
extended to 30 June
2022.

Do I need a representative?

The Ombudsman is independent of Defence. You do not need legal or any other professional representation to report abuse to the Ombudsman or receive a reparation payment under the Scheme.

If you need help completing the form or if it causes you distress, please contact our Liaison Team for support on **1300 395 776**.

What is a reparation payment?

The Ombudsman can recommend that Defence make a reparation payment in response to a report of serious abuse, if:

- **the abuse occurred on or before 30 June 2014**
- the Ombudsman receives the report of abuse by 30 June 2022, or a person provides a notice of intention to report abuse by 30 June 2022, and then submits their report in full by 30 June 2023
- the Ombudsman is satisfied the report involves the most serious forms of abuse and/or sexual assault.

The purpose of a reparation payment is to:

- acknowledge that abuse can have a lasting and serious impact
- recognise that, in the past, Defence did not respond appropriately in many cases, and
- acknowledge that mismanagement by Defence of verbal/written reports or complaints about abuse is unacceptable.

A reparation payment is not paid as compensation for any physical, psychological, emotional or financial injury, or loss or damage suffered by a person as a result of abuse.

How much can be paid?

The Ombudsman's Office may recommend Defence make:

- a payment of up to \$45,000 to acknowledge the most serious forms of abuse, or
- a payment of up to \$20,000 to acknowledge other abuse involving unlawful interference accompanied by some element of indecency.

We may also recommend an additional payment of \$5,000 if satisfied that Defence did not respond appropriately to the incident of abuse. The maximum total payment we can recommend is \$50,000.

What happens after 30 June 2022?

The Office may still receive reports of abuse, but we will not be able to recommend a reparation payment under the Scheme for any reports received after 30 June 2022, unless a person has provided written notice of their intention to report abuse by the deadline and subsequently submits their report in full by 30 June 2023.

For this reason, the Office encourages people who have experienced abuse in Defence to contact us as soon as possible, or by 30 June 2022 at the latest.

Where can I find out more?

For more information about reparation payments see our website on the following link: [Reporting abuse in Defence - Commonwealth Ombudsman](#).

Please note: This document is intended as a guide only. For this reason, the information should not be relied on as legal advice or regarded as a substitute for legal advice in individual cases. To the maximum extent permitted by the law, the Commonwealth Ombudsman is not liable to you for any loss or damage suffered as a result of reliance on this document. For the most up-to-date versions of cited Acts, please refer to the [Federal Register of Legislation](#).

Upcoming programs and workshops

10-Nov | Canberra

Mental health first aid

Australian Capital Territory

Two Day Workshop (10 & 11 November)

Register interest

[More info](#)

22-Nov | Canberra (AT CAPACITY)

Applied Suicide Intervention Skills Training - ASIST

Australian Capital Territory

Two Day Workshop (22 & 23 November)

Register interest

[More info](#)

6-Dec | Canberra

Managing pain

Australian Capital Territory

Two Day Program (6 & 7 December)

Register interest

[More info](#)

9-Dec | Canberra

Understanding anxiety

Australian Capital Territory

Three Day Program (9, 16 & 23 December)

Register interest

[More info](#)

13-Dec | Canberra

Mental health first aid

Australian Capital Territory

Two Day Workshop (13 & 14 December)

Register interest

[More info](#)

14-Dec | Canberra

Sleeping better

Australian Capital Territory

Two Day Program (14 & 15 December)

Register interest

[More info](#)

4-Mar | Canberra

Residential lifestyle management

Australian Capital Territory

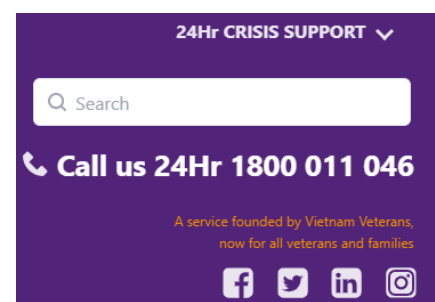
Two Weekends (4-6 March & 11-14 March)

Register interest

[More info](#)

For registration click link below:

https://www.openarms.gov.au/get-support/programs-workshops/upcoming?field_state_target_id=15&field_session_type_target_id=All





We hope you are taking the opportunity to enjoy some of the Veterans' Health Week activities happening both in person and online.

More than 720 events that focus on veteran wellbeing have kicked off across Australia as part of our country's largest Veterans' Health Week to date.

A full list of Veterans' Health Week events and information about how to register is available on the DVA website: www.dva.gov.au/vhw.

Free DVA Heart Health Program – Individual and Group Program Opportunities



The Department of Veterans' Affairs (DVA) is offering a 52-week program designed to improve physical health and wellbeing for returned veterans, peacekeepers and those covered under the ADF firefighter scheme. It is available to individual veterans, as well as groups.

TO APPLY OR FIND OUT MORE

Please find **attached** a brochure with more information. If you would like to discuss these program opportunities or apply for them, you can visit the Heart Health website on <http://www.veteranshearthealth.com.au/>

DVA TV

We are thrilled to advise that DVA has launched its newest communication channel to provide updated information, support and recognition to the Defence and veteran community.



DVA TV will publish a wide variety of video content to a YouTube Channel dedicated to veterans and their families, about DVA's services and the support that is available to them. Content on DVA TV will range from guides to accessing support, such as how to use MyService, to capturing and sharing commemorative services, showcasing individual stories of service and posting important announcements from the department.

DVA TV will provide overviews and insights into the services available to the veteran community, including support for families, mental health programs, financial assistance and claims support, transition stories and messages of hope such as the positive impact programs such as the Psychiatric Assistance Dogs

Program is having on veterans' lives.

We are keen to ensure that DVA TV provides informative videos on what you want to know more about in the ex-service community and I welcome your suggestions for future content. Please feel free to email suggestions to communications@dva.gov.au.

We hope DVA TV will have a positive impact and help to empower veterans and their families to be the best they can be. Don't forget to [subscribe to the channel](#) to be notified of new content!

Remembrance Day 2021



As Remembrance Day approaches, we are excited that Victorians will be able to acknowledge such a significant day on the Veteran Calendar.

Click here to access the [Remembrance Day Kitbag](#) which includes a suggested order of service with flag protocols, music, sample speeches, the Ode of Remembrance, activities and social media tiles. We've also included ideas on personal ways you can commemorate at home.

Remembrance Day on 11 November is a time to recognise and remember all those who have lost their lives or suffered in wars, conflicts and peacekeeping operations. Lest we Forget.

Veterans' Health Week

16 October to 24 October 2021



Australian Government
Department of Veterans' Affairs



**Strength
for Life**

Live longer. live stronger

Despite the limitation of COVID with number restrictions, we had a good turnout of members that attended the two sessions offered. This year's key focus was Get Moving (physical activity).

The energetic team from Strength for Life, Diane Percy and Duncan Craig, presented our veterans with excellent direction on how to add strength building into our exercise routine. Equipment consisting of resistance bands and acupressure balls were given to our veterans to spark their interest into physical activity. The session was interactive and informative.

The Strength for Life program provides an excellent incentive to get moving, socialise and be supervised which is important to ensure the exercises are performed correctly. Each program is individually tailored to each participant and designed to assist people to live safely in their homes for longer.

Strength for Life is conducted at various venues across the ACT.

Contact: strengthforlife@cotaact.org.au ph: 6282 3777

