

# RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

9 February 2024

## EDDISON DAY CLUB

### 20TH BIRTHDAY

Dear Members,

**We Invite Everyone To Celebrate 20th Birthday of Eddison Day Club.**

The EDDISON DAY CLUB's 20th birthday will be celebrated on Friday the 8th of March at the Irish Club. All past members are cordially invited to attend as well as all other interested Sub-Branch members. People attending are asked to arrive by 11am for a shortened program of activities before lunch and departure at 2pm. All queries should be directed to Ian Gollings on 0405 236 210 for the time being. Please signify your intention to be there by phoning Alex on 02 6285 1931 at the Sub-Branch office.



# Invitation to COTA ACT's Chief Minister's Concert 2024

You're invited: The annual Chief Minister's Concert with COTA ACT

Join us for a harmonious celebration at the highly anticipated Chief Minister's Concert featuring the prestigious Royal Military College Duntroon Band!

Mark your calendars for Wednesday March 6th, 2024, at the iconic Albert Hall. Immerse yourself in the symphony of classic and contemporary tunes, bring along friends or family for a fun day of music in good company.

Enjoy the morning session at 10:30 am or an afternoon performance at 1 pm. The Royal Military College Duntroon Band promises an unforgettable musical experience for all.

This event is not just about music; it's about fostering connections and celebrating our vibrant community. Admission is FREE, but we encourage a gold coin donation to help us keep such events accessible to seniors in the ACT.

Secure your spot by registering now – it's a first-come, first-served seating arrangement. Don't miss the chance to be part of this extraordinary musical celebration with the Council on the Ageing ACT.

Bringing together the beauty of autumn, music, and community spirit, this event is not to be missed.

Save the date and join us for an uplifting day at the Chief Minister's Concert.



To reserve your tickets and for more information:

## [Chief Minister's Concert 2024 - COTA ACT](#)





## Veterans Wellbeing Hub Update

Hello,

On 23 January 2024, the Commonwealth Government announced that RSL LifeCare Veteran Services will develop a new Veterans' and Families' Hub in Queanbeyan. The Hub will be available to people across both the Eden-Monaro region and the ACT, connected to 10 RSL sub-branches to provide outreach services across the Southern Tablelands region.

RSL LifeCare has experience operating the Nowra Veterans' and Families' Hub. Given the diversity of experiences and life stages of our veteran community, I will be particularly interested to see what has worked well in Nowra and how we can adapt it to best support the needs of Canberra's veteran community.

As the ACT Minister for Community Services, Seniors and Veterans, I am excited to see progress on this Hub so it can deliver a more integrated and holistic response to the way we support people to live well in their everyday lives.

If you would like to discuss this, please contact my office at:

[Davidson@act.gov.au](mailto:Davidson@act.gov.au).



**EMMA  
DAVIDSON**

ACT Greens  
Member for Murrumbidgee

# Upcoming changes to Defence's Personal Information Requests

The Department of Defence's Information Access Unit is reaching out to inform your organization about upcoming changes to our Personal Information Request (PIR) process specifically geared towards simplifying and expediting the process through the introduction of PIR in ServiceConnect.

## Background:

On August 11, 2022, The Royal Commission into Defence and Veterans Suicide (RCDVS) presented its interim report to the Governor-General. In part, the report identified challenges related to information access for Australian Defence Force (ADF) members and their families, highlighting the complexity and lack of clarity surrounding information access.

## Our Response:

In direct response to the RCDVS interim recommendations, Defence established the Information Access Unit (IAU) to streamline information access mechanisms, making the process of requesting and accessing information less complex and more efficient for applicants.

## Personal Information Request in ServiceConnect

In a further improvement to support applicants, the IAU is including the Personal Information Request (PIR) process into ServiceConnect. This process will now provide the capability for digital record release.

Transition will commence on 19 February 2024.

The Information Access website will take you directly to the process once launched - [Personal information requests | About | Defence](#)

The improved process will guide applicants on how to confirm their identity via myGovID and support them through the application process.

Applicants will benefit from receiving their records much faster with the ability to access their records on a secure, digital platform.

## Key Features include:

**Effortless Identity Confirmation:** Through ServiceConnect, applicants will be able to confirm their identity seamlessly using their myGovID, eliminating the need for additional Proof of Identity (POI) documentation or signature statements.

**Digital Access on Demand:** The new process will allow members, ex-members, advocates, and next of kin to digitally access records instantly, rather than waiting for USBs to be mailed and passwords to be provided.

**Advocate and Family Support:** Advocates and Family members requesting records can upload required identification or relationship documentation on behalf of others, while confirming their own identity through myGovID.

**Help Guides at Launch:** To assist users in navigating the changes, comprehensive 'Help Guides' will be available at launch on our website, to ensure applicants can easily set up their myGovID and use ServiceConnect.

**Dedicated Support:** 1800DEFENCE and [yourcustomer.service@defence.gov.au](mailto:yourcustomer.service@defence.gov.au) will have staff trained to assist with any queries related to the new digital process.

**Ongoing Support:** the IAU will continue to support existing release methods and the web form to ensure a smooth experience for all applicants. The new PIR process will co-exist with the current web form, offering users flexibility and choice.

## Post-launch Engagement:

Following the launch, we will reach out to your organization to gather feedback about your ServiceConnect experience.

We are excited about these positive changes, which were co-designed with current and ex-serving members, their families and representatives, and look forward to offering you a more streamlined and efficient Information Access experience.

**THE HON MATT KEOGH MP**  
MINISTER FOR VETERANS' AFFAIRS  
MINISTER FOR DEFENCE PERSONNEL  
**THE HON KRISTY MCBAIN MP**  
MEMBER FOR EDEN-MONARO

**MEDIA RELEASE**



23 JANUARY 2023

**NEW HUB – A WIN FOR VETERANS AND FAMILIES IN THE QUEANBEYAN REGION**

Minister for Veterans' Affairs Matt Keogh and Member for Eden-Monaro, Kristy McBain, have today announced RSL LifeCare Veteran Services will receive a \$5.4 million grant to develop a new Veterans' and Families' Hub in Queanbeyan.

This Hub will be established by RSL LifeCare, working in partnership with RSL NSW and other local ex-service organisations, to develop the dedicated space to support veterans and their families.

The Queanbeyan Hub will be developed in a "Hub and Spoke" model across the electorate of Eden-Monaro and the ACT, connecting to 10 RSL sub-branches in the ACT and in nearby NSW to provide outreach services across the region.

With more than 4,500 veterans in the Queanbeyan region and more than 22,000 in the ACT, this unique model will be so important to ensure veterans and their families across the region can access services and supports close to home.

The proposal continues to build on RSL LifeCare Veteran Services' own strong connections to both the NSW and ACT veteran communities through their existing Hubs.

The expansion of the Veterans' and Families' Hubs network in Queanbeyan is part of the Albanese Government's \$46.7 million commitment to deliver ten Veterans' and Families' Hubs across the country.

For more information about Veterans' and Families' Hubs, visit: [www.dva.gov.au/vfhubs](http://www.dva.gov.au/vfhubs)

**Quotes attributed to Minister for Veterans' Affairs, Matt Keogh:**

"I'm proud to announce that RSL LifeCare Veteran Services, in partnership with RSL NSW will lead the establishment of the Veterans' and Families' Hub in Queanbeyan.

"This Hub, like those being rolled out around the country, will be unique, set up as a Hub and Spoke model to ensure the more than 26,000 veterans in the region can access the services and supports they need and deserve.

"While each veteran community around the country is different, RSL LifeCare will be able to bring the experiences and insights gleaned at their Nowra Veterans' & Families' Hub and their RSL LifeCare Veteran Wellbeing Centres to Queanbeyan.

"The significant consultation undertaken with the local veteran community in the development of the business case for this Hub and ongoing engagement will ensure it is best set up to serve the local veteran community."

**Quotes attributed to Member for Eden-Monaro, Kristy McBain:**

"For the thousands of personnel who leave the ADF each year, transition to civilian life requires major readjustments. It's a significant event for Defence members and their families, and it can be both a challenging and traumatic time.

"That's why this new Veterans' and Families' Hub in Queanbeyan is great news for our community, because it means over 26,000 current and former ADF personnel and their families will be able to access support where they live.

"This is a great way for RSL LifeCare Veteran services to expand their footprint and their ability to support veterans and their families in a friendly and welcoming environment – where their experiences are understood and their military service is respected.

"We want to see local veterans and veteran's groups involved in the development of this Hub to make sure it suits the changing needs of current and former ADF members and their families at all stages of service.

"Whether you need a coffee and a chat, access to wellbeing support, or you just want to meet like-minded friends, you'll be welcome at the Veterans' and Families' Wellbeing Hub in Queanbeyan."

**MEDIA CONTACTS:**

DVA Media: [media.team@dva.gov.au](mailto:media.team@dva.gov.au)



## RSL WODEN VALLEY SUB-BRANCH DIARY 2024

|            |                                   |                                 |
|------------|-----------------------------------|---------------------------------|
| 08 Jan     | Office reopens                    |                                 |
| 09 Jan     | WV SB Board Meeting               | 1330 Corey Room                 |
| 26 Jan     | Australia Day public holiday      | Office closed                   |
| 30 Jan     | WV SB OGM                         | 1400 Corey Room                 |
| 13 Feb     | WV SB Board Meeting               | 1330 Corey Room                 |
| 27 Feb     | WV SB OGM                         | 1400 Corey Room                 |
| 08 Mar TBC | Eddison Day Club Birthday         | Irish Club                      |
| 11 Mar     | Canberra Day public holiday       | Office closed                   |
| 12 Mar     | WV SB Board Meeting               | 1330 Corey Room                 |
| 26 Mar     | WV SB OGM                         | 1400 Corey Room                 |
| 29 Mar     | Good Friday public holiday        | Office closed                   |
| 01 Apr     | Easter Monday public holiday      | Office closed                   |
| 09 Apr     | WV SB Board Meeting               | 1330 Corey Room                 |
| 24 Apr     | ANZAC Eve Dinner                  | 1800 Orion Room CSCC            |
| 25 Apr     | WV SB ANZAC Day Service           | 0830 Eddison Park               |
| 25 Apr     | ANZAC Day March AWM               | 1000 Sub-Branch Contingent      |
| 25 Apr     | ANZAC DAY public holiday          | Office closed                   |
| 14 May     | WV SB Board Meeting               | 1330 Corey Room                 |
| 27 May     | Reconciliation Day public holiday | Office closed                   |
| 28 May     | WV SB AGM/OGM                     | 1400 Corey Room                 |
| 10 June    | King's birthday public holiday    | Office closed                   |
| 11 Jun     | WV SB Board Meeting               | TBA                             |
| 25 Jun     | WV SB OGM Dinner                  | TBC                             |
| 09 Jul     | WV SB Board Meeting               | TBA                             |
| 30 Jul     | WV SB OGM                         | TBA                             |
| 13 Aug     | WV SB Board Meeting               | TBA                             |
| 27 Aug     | WV SB OGM                         | TBA                             |
| 10 Sep     | WV SB Board Meeting               | TBA                             |
| 24 Sep     | WV SB OGM                         | TBA                             |
| 07 Oct     | Labour Day public holiday         | Office closed                   |
| 08 Oct     | WV SB Board Meeting               | TBA                             |
| 29 Oct     | WV OGM Dinner                     | TBC                             |
| 4-8 Nov    | Remembrance Day Poppy Appeal      | Canberra                        |
| 12 Nov     | WV SB Board Meeting               | TBA                             |
| 11 Nov     | Remembrance Day Service           | 1030 at Australian War Memorial |
| 26 Nov     | WV SB OGM                         | TBA                             |
| 10 Dec     | WV SB Board Meeting               | TBA                             |
| 04 Dec TBC | WV SB Christmas lunch             | 1200 for 1230 CSCC TBA          |
| 13 Dec     | Christmas closedown               | From midday                     |

# GROUP PROGRAM SCHEDULE

## JANUARY – JULY 2024

### ACT

#### BUILDING BETTER RELATIONSHIPS

##### CANBERRA

Thursday 22<sup>nd</sup> & Friday 23<sup>rd</sup> Feb |

9:30am – 4:30pm

2 days

#### MANAGING PAIN

##### CANBERRA

Thursday 21<sup>st</sup> & Friday 22<sup>nd</sup> March |

9:30am – 4:30pm

2 days

#### RELAXATION AND STRESS MANAGEMENT

##### CANBERRA

Friday 5<sup>th</sup> April | 9:30am – 4:30pm

1 day

#### STEPPING OUT

##### CANBERRA

Thursday 16<sup>th</sup> & Friday 17<sup>th</sup> May |

9:30am - 4:30pm

2 days

#### SLEEPING BETTER

##### CANBERRA

Thursday 30<sup>th</sup> & Friday 31<sup>st</sup> May |

9:30am – 4:30pm

2 days

#### RECOVERY FROM TRAUMA

##### CANBERRA

Thursday 20<sup>th</sup> & Friday 21<sup>st</sup> June |

9:30am – 4:30pm

2 days

#### UNDERSTANDING ANXIETY

##### CANBERRA

Thursday 25<sup>th</sup> & Friday 26<sup>th</sup> July |

9:30am – 4:30pm

2 days

#### ONLINE GROUP PROGRAMS

##### NATIONAL

[View the website for upcoming dates](#)



<https://www.openarms.gov.au/get-support/programs-workshops/upcoming>

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



## BEATING THE BLUES

This skills-based program can help you understand the situations and thinking patterns that can contribute to depression, and learn strategies and techniques to help manage symptoms.

## DOING ANGER DIFFERENTLY

This program will help develop a better understanding of anger, recognise the impact that anger can have on you and your relationships and make practical changes.

## MANAGING PAIN

An educational and skills based program which assists participants to develop an understanding of pain and focus on strategies to improve their experience of pain.

## STEPPING OUT

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

## SLEEPING BETTER

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

## PARENTING PROGRAMS

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

## BUILDING BETTER RELATIONSHIPS

### COUPLES ONLY GROUP PROGRAM

Building Better Relationships can help you rediscover what's important in your relationship, and help strengthen and rebuild the relationship with your partner.

## UNDERSTANDING ANXIETY

This program will help you better understand anxiety, and link between thoughts, feelings and behaviour when you are experiencing anxiety.

## 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 & STRESS MANGEMENT

This program provides skills and tools to help you identify and manage stress, and develop relaxation and mindfulness skills that can assist in everyday life.

To register your interest or for the most up to date information visit the Open Arms Website <https://www.openarms.gov.au/getsupport/treatment-programs-and-workshops> or Scan the QR Code



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





## Tickets for international 2024 Anzac Day services now available.

The Department of Veterans' Affairs is pleased to announce that tickets are now available to attend the 2024 Anzac Day Dawn Services in France and Türkiye.

Recognising the 109th anniversary of the start of the 1915 Gallipoli campaign in the First World War, services will be held on the dawn of 25 April 2024 to commemorate our brave Anzacs on the fields where they fell.

The Anzac Day Dawn Service in Gallipoli, Türkiye will take place at the Anzac Commemorative Site within the Gallipoli Peninsula. This will be followed by a mid-morning Australian Memorial service at Lone Pine Cemetery, the site of one of the fiercest battles that the Australians fought during the First World War.

The Dawn Service in France will be held at the Australian National Memorial near Villers-Bretonneux, France, followed by a service at the Digger Memorial, just outside the town of Bullecourt. The local French government will hold a series of smaller services in Villers-Bretonneux and Bullecourt throughout the day.

*Kahlil Fegan DSC AM, Repatriation Commissioner said, "Anzac day is a time to come together with your loved ones in solemn reflection of those who have sacrificed so much. There's something truly moving about sharing this experience on the sacred battle fields of France and Türkiye. If you're able to travel, I encourage you to get your tickets today."*

Those planning to attend the Dawn Services can get their free attendance passes online at <https://commemorations.teg.com.au/en/>  
Early registration is essential. For entry requirements and travel advice for France and Türkiye, visit [smartraveller.gov.au](http://smartraveller.gov.au).

For those unable to travel, the services in France and Türkiye will be broadcast live on the ABC.



**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  
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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