

RSL WODEN VALLEY SUB-BRANCH ENEWS



Special edition weekly Lockdown eNews 3 September 21

Dear members,

Three down but with a two-week extension to follow!

While the extra lockdown time is not really unexpected, I'm sure many of you will be looking forward to some of the 'freedoms' that are included in the lockdown provisions that apply in the ACT for the next two weeks. Please read the provisions carefully and ensure you apply the ACT's rules and not get confused with any that apply to NSW or other jurisdictions unless they affect you directly or they complement the ACT's.

Our business-as-usual plans are working well: the Executive and Office Manager, and the Welfare Team are meeting by telecon once a week. The latter is also allowed to conduct urgent visits when necessary, and is otherwise staying in touch with our members and responding to the feedback from our telephone callers. They're also managing several difficult welfare cases as best they can. The E&A team is primarily working from home but are allowed to access the office if they need documents.

We continue to receive a good deal of information about current issues that demonstrate the range of work various parties are doing on behalf of veterans and their families and other items that are likely to be of interest to many veterans.

I'm sure that I'm not alone when I note with some mixed feelings, that Spring has sprung, the blossoms are blossoming, and the days are getting warmer. Hopefully, we'll all be released soon, and we'll be able to enjoy some time in the sun.

Similarly, I look forward to seeing many of you at the next OGM and the dinner that are scheduled for 28 September and 26 October, respectively.

Thanks to everyone who is helping in any way and please keep up the good work up.

Stay safe, stay in touch with family and friends, and please call the office if you need a hand with anything.

Kind regards to all,

Jim Gilchrist

PS Please ensure you read to end of the newsletter; or, at least, go to the end first, just in case you miss something you might enjoy!

Dear members,

Due to the ACT COVID lockdown, the Sub-Branch OGM scheduled for Tuesday 31 August 2021 has been cancelled.

The next OGM is scheduled for Tuesday 28 September 2021.

Regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary

OPEN
Veterans & Families
Counselling
ARMS

 Call us 24Hr 1800 011 046

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



Responding to the situation in Afghanistan

Those who have served in the ADF had made a difference to the lives of so many people, and nations. This includes specific actions with the people of Afghanistan. Nothing will diminish the difference that this service made. Australia's veterans did all that was asked of them and Australia will always be grateful for their service.

Remember, if you or someone you know of needs support, that support is available. Veterans and their families can call Open Arms on **1800 011 046**, or anonymous support is available from Safe Zone on **1800 142 072**. Both numbers are available 24/7.

<https://www.openarms.gov.au/responding-situation-afghanistan>



RSL CALLS FOR SUPPORT FOR AFGHANISTAN EVACUEES

30 Aug

MEDIA RELEASE

Australia's peak veterans' organisation, the Returned & Services League of Australia (RSL), has called on veterans and the wider RSL community, especially veterans from Middle East operations, to help Afghan families settle in Australia.

RSL National President Greg Melick said many of those now being repatriated to Australia helped the Australian Defence Forces (ADF) in the past, and Australian veterans could now help to repay the favour and assist the Afghans to settle into a new lifestyle in this country.

"The reality is that many of these people may not speak English, and we may well have to interpret for the families of our former Afghan interpreters," he said.

"Understanding that Afghan families are now quarantining and will likely settle throughout the nation, I encourage RSL Sub-Branched around Australia to give whatever assistance they can to help these people to merge into Australian society.

"These Afghan families who have supported or have associations with Australia, have escaped a tragic situation in their home country and many will be traumatised and in fragile mental conditions.

"ADF veterans will have some understanding of this, and they can now return some of the support they received in Afghanistan.

"As an example, RSL Western Australia has already offered facilities in Veteran House for further wellbeing assessments for the Afghan migrants through doctors, dentists and other specialists on hand there."

Greg Melick said the RSL provided similar assistance in the mid-1970s, helping many South Vietnamese families resettle in Australia and today, several RSL Sub-Branched are led by veterans of the Vietnam conflict.

ACT lockdown extended



The ACT lockdown has been extended until midnight Friday 17 September 2021.

There will be some amendments to restrictions, including for lower risk outdoor activities.

These amendments came into effect from 5:00pm Thursday (2 September), and include:

- one household (any size) or up to 5 people can gather outdoors for up to 2 hours for exercise or non-organised recreation.
- outdoor playgrounds, fitness stations and dog parks will reopen. Canberrans are asked to ensure they maintain physical distancing wherever practicable.
- the number of people able to attend a funeral increased to no more than 20 people (excluding the people necessary to conduct the funeral).
- the number of people able to attend a wedding increased to no more than 10 attendees (excluding the celebrant, but including persons being married and two witnesses).
- other religious ceremonies which are time critical are permitted to go ahead with no more than 10 people (excluding those conducting the service).
- the recommencement of services that operate outdoors and where physical distancing can be maintained, such as outdoor maintenance and gardening and dog grooming services.
- ACT schools will continue with remote learning for the rest of Term 3. All ACT public schools and Early Childhood Education and Care services, including out of school hours care, will remain open for children of parents and carers who cannot work from home and vulnerable children.

There will also be a staged reopening of the construction sector under stringent COVID safe requirements from Friday 3 September 2021.

This webpage will be updated with further information on these changes prior to them coming into effect.

The ACT is currently in lockdown and Canberrans are being asked to stay at home to assist in our response to positive cases of COVID-19 in the ACT.

The lockdown commenced at 5:00pm Thursday 12 August 2021 and will continue until midnight Friday 17 September 2021.

These restrictions are to help slow the spread of the virus and allow contact tracers to do their work. Essential reasons you can leave your home during this lockdown include:

- to buy essential groceries and medicine
- to access essential healthcare including in-home care
- for essential work
- to exercise outdoors for two hours per day in your region
- to get a COVID-19 test
- to get a COVID-19 vaccination.

Read more : <https://www.covid19.act.gov.au/act-status-and-response/lockdown>



Royal Commission into Defence and Veteran Suicide

A message to everyone in the Defence and Veteran communities

My name is Nick Kaldas and I am the Chair of the Royal Commission into Defence and Veteran Suicide.

I am writing to you to let you know who we are at the Royal Commission and what we hope to achieve as we deliver on the very important task that we have been set.

As you may know, on 8 July 2021 the Governor-General, His Excellency General the Honourable David Hurley AC DSC (Retd), issued Letters Patent which established the Royal Commission.

I and my fellow Commissioners, the Hon James Douglas QC and Dr Peggy Brown AO, will produce an interim report by 11 August 2022 and a final report by 15 June 2023. Our terms of reference are broad, and we are empowered to investigate a wide range of issues, themes and factors.

And to do this we need your help and your stories, so that we can learn as much as we can about the issues and situations surrounding the deaths by suicide of defence personnel and veterans. We want to hear, learn and then act, informed by your accounts and your experiences.

We will also review previous inquiries and research, as well as look at experiences in other comparable countries.

We will do our best to ensure that everyone, including individuals, family members, communities, organisations and their members, are supported to tell their stories. There will be a variety of ways in which this can be done: written submissions, private sessions, public hearings, and more.

We will support you with counsellors, if you need that as you engage with our process, and we will work to ensure that your own support networks, including health and family networks, are there to assist you, as they are best placed to know what works for you.

As we are currently in the establishment phase of staffing-up the Royal Commission with a group of dedicated people who will assist us to deliver on our important task, we appreciate your patience as we get things underway.

We will periodically post updates on the activities of the Royal Commission on our website. However, to ensure you are kept up to date with the latest on the Royal Commission activities, please go to our website www.defenceveteransuicide.gov.au and sign up to receive our regular email updates.

I look forward to working with you to ensure lessons are learned that will prevent future deaths by suicide.

Yours sincerely

Nick Kaldas APM
26 August 2021



August 2021

Legal assistance - Royal Commission into Defence and Veteran Suicide

As part of the Royal Commission into Defence and Veteran Suicide two types of legal assistance arrangements will be available - a legal financial assistance scheme and a national legal advice service.

Legal financial assistance scheme

Legal financial assistance may be available for individuals or organisations giving evidence or formally engaging with the Royal Commission into Defence and Veteran Suicide.

Eligibility for legal financial assistance

Legal financial assistance may be provided to an entity for their reasonable legal representation and disbursement costs where they are:

- called, or granted leave to appear, as a witness at a public or private hearing
- requested to attend a private session of the Royal Commission (if the Royal Commission authorises legal representation to be present)
- requested to attend or are attending an interview of the Royal Commission
- requested to provide a written statement that will be used as evidence of the Royal Commission
- required to comply with a notice to produce issued by the Royal Commissioner.

If your organisation has been called by the Royal Commission, the organisation will be assessed to determine whether it can meet the cost of its legal representation without incurring serious financial difficulty.

If you have been called in your personal capacity, you will be exempt from an assessment of financial circumstances.

Apply for assistance

To submit an application, download and complete the [Application form for legal financial assistance](#).

Scan and email your completed application with supporting documents to finass@ag.gov.au.

If you cannot send your application by email, call:

- Legal Financial Assistance Casework on 02 6141 4770 or 1800 117 995 between 8.30am – 5.00pm, Monday to Friday.

If you are deaf, or have a hearing or speech impairment contact us through the National Relay Service and give 02 6141 4770 as the number you would like to call.

Supporting information on financial circumstances

Organisations must provide full details of the applicant's financial circumstances. This includes:

- annual income from all sources
- total value of assets
- total balance of savings/shares.

Attach supporting documentation to the application, such as:

- the last 6 months of bank statements
- latest tax assessments
- annual financial statements.

We treat all information you provide to support the application in confidence.

Costs that are covered

We will pay for reasonable legal representation and disbursement costs that you may incur if you are formally engaging with the Royal Commission, for example, costs you incur as a witness for the Royal Commission. These could include your solicitor's costs (such as attendance or preparation of documents) and disbursements (such as solicitor's travel, photocopying).

Refer to the publication [Commonwealth legal financial assistance - Assessment of costs](#) for detailed information of what is payable and at what rate.

Find out more about financial assistance in the [Commonwealth Guidelines for Legal Financial Assistance 2012: Addendum for the Royal Commission into Defence and Veteran Suicide](#).

Assessment timeframes

Completed applications will be assessed within 21 days. Incomplete applications will not be assessed. We will notify you if your application is incomplete to request missing information.

If you receive less than 21 days' notice of appearing or attending an interview of the Royal Commission, we will try to assess your application before the date of your appearance.

Payments process

If a grant is approved, we will only pay after the work has been performed and you have lodged a claim with us. The [Commonwealth legal financial assistance - Assessment of costs](#) sets the maximum amount that we can pay under grants.

National legal advice service

A legal advice service will be established for people who want to engage with the Royal Commission. The legal advice service will operate nationally and provide legal advice and information to assist Australian Defence Force personnel and veterans, their families, carers and supporters to access and engage with the Royal Commission. It will be an independent, trauma-informed, culturally safe and accessible service. The legal advice service will enable people to understand their legal rights and options in engaging with the Royal Commission.

The legal advice service will provide referral to counselling and other support services to ensure a holistic and cooperative approach to assisting people to engage with the Royal Commission. The legal advice service will not require the individual to be a formal witness of the Royal Commission.

The service will run for the duration of the Royal Commission. It is anticipated the service will be available in September 2021. More information about the legal advisory service will soon be available on Attorney-General's Department's website at [Commonwealth Legal Financial Assistance](#).

Find out more

For more information including a copy of the guidelines governing the process for legal financial assistance visit the Attorney-General's Department's [website](#).

Contact the Legal Financial Assistance Casework team:

- call 02 6141 4770 or 1800 117 995 (between 8:30am and 5:00pm, Monday to Friday)
- email finass@ag.gov.au

If you are deaf, or have a hearing or speech impairment contact us through the National Relay Service and give 02 6141 4770 as the number you would like to call.



The Hon Andrew Gee MP

Minister for Veterans' Affairs
Minister for Defence Personnel
Federal Member for Calare

MEDIA RELEASE

1 September 2021

Honouring those who defended Australia during the Second World War

Today marks Battle for Australia Day when we pause to remember the bravery of the thousands of Australians who defended our country from direct attack by the Japanese during the Second World War and in campaigns to our nation's north.

The Minister for Veterans' Affairs and Defence Personnel Andrew Gee said these attacks brought the war to Australia's doorstep and posed a real threat to the Australian people.

Land, air and sea battles were fought against the Japanese as they advanced through the islands to the north including the Dutch East Indies, Papua and New Guinea as well as the Coral Sea.

This was the first time in the history of European settlement that the Australian mainland came under attack. On the morning of 19 February 1942, Darwin and its 2,000 civilian residents came under attack from 188 Japanese aircraft, with the city suffering devastating casualties.

Around 250 Australians and other nationals were killed on that day, and further lives were lost as the Japanese air raids continued across northern Australia in 1942 and 1943.

Bombing raids were sustained from Townsville and the Torres Strait in the east, to Port Headland, Broome and Derby in the west.

On 1 June 1942, Sydney was also placed on the front line when HMAS *Kuttabul* was sunk in the harbour following an attack by Japanese midget submarines. This resulted in the tragic deaths of 19 Australian and two British sailors. Just one week later, Newcastle was also shelled by a Japanese submarine on 8 June 1942.

During the Pacific war, Australians fought in treacherous conditions and jungle terrain along the Kokoda Track as the Japanese attempted to advance south towards Port Moresby.

The six month battle fought along this mountainous trail resulted in victory for Australia, despite the Japanese being almost in sight of Port Moresby.

Australia's losses were heavy with more than 2,165 killed alongside 930 Americans who died during the fighting in Papua.

Critical battles including the Battle of the Coral Sea, Milne Bay and the Kokoda Track helped turn the tide in the Pacific war, with the Battle of Milne Bay recognised as one of the first Allied land victories against the Japanese.

In March 1943, Australia joined our US allies in a strike force to repeatedly attack a convoy of 16 Japanese ships carrying essential supplies and reinforcements. The two day Battle of the Bismarck Sea resulted in Australian and US forces sinking and damaging the enemies ships in what was to be the last occasion the Japanese attempted to reinforce their military operations in Papua.

At a time when our nation was under direct threat, thousands of Australian men and women served and protected our shores from invasion.

The Australian War Memorial estimates that in the Second World War 3,000 to 4,000 Indigenous Australians enlisted to serve.

As we mark this anniversary it is important to recognise that the families of serving Australians should never be forgotten, and those who were left to experience the grief and unimaginable trauma of losing loved ones who fought to secure Australia's freedom.

Almost one million Australians served, overseas and at home, during the Second World War and over 39,000 Australians lost their lives. We will always remember their courage and selfless sacrifice in the defence of our nation.

Australians commemorate the Battle for Australia Day on the first Wednesday of September each year.

For more information on the Battle for Australia Day and the stories of veterans who served, go to the Department of Veterans' Affairs [Anzac Portal](#).

MEDIA CONTACTS

Minister Gee's office: 0459 966 944

DVA Media: 02 6289 6466





Read more:

[Latest news for veterans | Department of Veterans' Affairs \(dva.gov.au\)](#)

1800 011 046	1800 142 072
1800 624 608	1800 628 036

Welcome to the latest edition of *e-news*, which includes snapshots of articles that you'll find on the [Latest News for Veterans](#) page on the DVA website.

News

[Supporting our veteran community](#)

[Updates to our COVID-19 vaccination FAQs](#)

[Disability Pension changes](#)

[More face-to-face services for Australian veterans and their families](#)

['Claim travel expenses' function improved on MyService](#)

[Entitlements for those who served in the former Yugoslavia or the Tanker War](#)

[Stuart Smith appointed Defence Engagement Commissioner](#)

COVID-19

[Telehealth services extended to 31 December](#)

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Health and wellbeing

[Veterans' Health Week 2021](#)

[Changes to exercise physiology arrangements](#)

[Mental health support for White Card holders](#)

[AIHW report helps paint a picture of the veteran community](#)

[Expressions of interest open for Adaptive Sports Program](#)

[Managing chronic pain with mind and body](#)

Transition

[#OurVeterans – Pete Nugent](#)

[#OurVeterans – Shamiso Rahman](#)

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Commemorations

[Vietnam Veterans' Day](#)

[Additional commemorations](#)

ESO News

[From Commando to business success](#)

Self-Employment Support programs

Good afternoon colleagues,

I am writing to inform you of two new **Self-Employment Support Programs** for veterans and their families, which commenced on 13 August 2021. The programs are:

New Business Assistance with NEIS (New Business Incentive Scheme): This program can assist veterans and their families to explore whether self-employment is something that may be a good fit for them.

Prince's Trust Australia Enterprise Program: This program delivers education programs and activities specifically to veterans and Defence spouses to start their own business, build capacity, sustainability and increase business competitiveness.

For more information on the programs, refer to the attached information sheet.

Please share this with your members and veteran community contacts.

Take care,
Victoria

Victoria Benz

Deputy Commissioner, NSW & ACT

Department of Veterans' Affairs

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

e Victoria.benz@dva.gov.au

EA: Tania Lam

t (02) 9213 7890 | e dc.nsw.and.act@dva.gov.au

EO: Sue Cooney

t (02) 9213 7425 | e dc.nsw.and.act@dva.gov.au



Starting your own business

If you, or a family member are considering starting your own business, help through the New Business Assistance with NEIS (New Business Incentive Scheme) and the Prince's Trust Australia (PTA) Enterprise Program will be offered from 1 July 2021.

If eligible, individuals may access one or both programs, in any order they choose, allowing people to choose the type, scope and timing of their participation.

How can NEIS help?

Exploring Being My Own Boss Workshops and New Business Assistance with NEIS helps you explore whether self-employment is for you. If you think it is – you can participate in training to develop a business plan so you can start your own business and receive business mentoring once you get started.

From 1 July 2021, serving ADF members with an identified transition date, as well as the partners and adult children of serving ADF members (relevant proof will be required) can access these services while still in the ADF. Accessing these services prior to leaving the ADF will help you make informed decisions about your future.

Exploring Being My Own Boss Workshops

Exploring Being My Own Boss Workshops are delivered for 50 hours. Veterans and their families have the option of accessing these workshops at a time to fit in with work commitments.

Topics covered include:

- Getting Started - Learning to think like an Entrepreneur
- Idea Validation - Mitigating risks in your business
- Brand & Design - Making your business look good
- Going Digital - Getting your business online
- Connecting To the Ecosystem
- Startup Essentials - Your legal and tax requirements
- Dollars and Sense - Managing the numbers in your business
- Sell Sell Sell - How to acquire customers forever
- Pitching and Communication - Crafting your elevator pitch
- The New World of Business - The changing face of work

New Business Assistance with NEIS can help veterans and their family members to start their own new business by providing:

- Accredited small business training
- Help to develop a business plan
- Personalised business mentoring from a NEIS provider
- NEIS Allowance for up to 39 weeks and NEIS Rental Assistance for up to 26 weeks (if eligible)

More details are available in the [NEIS self-employment factsheet for veterans](#).

More information

Exploring Being My Own Boss Workshops and New Business Assistance with NEIS are available nationally. For more information about these programs visit: <https://www.dese.gov.au/employment/support-self-employment>

To find out more and check your eligibility, contact your local [NEIS provider](#).

Prince's Trust Australia Enterprise Program

Prince's Trust Australia (PTA) provides veterans and their families with the confidence, skills and networks they need to safely explore business ownership and engage successfully in the rapidly changing business world.

Prince's Trust Australia Enterprise program delivers education programs and activities specifically to veterans and Defence spouses to start their own business, build capacity, sustainability and increase business competitiveness.

Four streams of support are provided:

1. **Enterprise Online:** Facilitated digital sessions designed to build confidence, networks, and introduce participants to the small business landscape, skills for the future and business frameworks including identifying market need, Jobs To Be Done Theory, understanding value proposition, prototyping and testing, and the art of storytelling
2. **Enterprise Connect:** Facilitated and self-directed digital learning designed to improve technical and enterprise skills, financial capability, operational responsibility, and development of a business plan.
3. **Enterprise Meetups and Campaigns:** Facilitated sessions supporting business development, networks and engages business leaders
4. **Enterprise Accelerator:** Intensive program designed to launch a business or scale an existing business, supported by mentors and delivered in collaboration with a co-working hub

Prince's Trust Australia regularly promote their upcoming programs on their website, and through their [Facebook](#), [LinkedIn](#) and [Instagram](#) social media sites. Follow these sites to get the most current information.

More information

For more details on the Prince's Trust Australia Enterprise Program, and to register your interest visit: <https://www.princes-trust.org.au/defence-members-and-their-families/enterprise-program/>

To sign up for the program register via <https://bit.ly/Enterprise2021EOI>



27 August 2021

Dear Supporters,

This update comes to you from locked-down Canberra. The Australian War Memorial was directed to close to the public, with staff working from home, and the Development Project construction works have paused.

Lockdowns notwithstanding, we have now entered the final stage of the National Capital Authority (NCA) public consultation process. With early and enabling works approved, the current national consultation seeks public feedback on the architectural designs of our three Main Works packages: the new Southern Entrance, the CEW Bean Building extension, and the new Anzac Hall and Glazed Link.

Public submissions are **now open**. This is an opportunity for all Australians to offer valued feedback on the project's proposed designs, and to share ideas for design improvements. **Submissions close at 5pm on 10 September.**

I encourage you, as supporters of the Memorial, to participate in this consultation. It is important for the NCA to hear from you, especially if you believe, as I do, that the architectural solutions will enhance the Memorial's important role, in generating a deeper understanding of the contribution made by our service personnel to upholding Australian values. **Submissions are to be made directly to the NCA via an [e-form](#).**

Information on the consultation process, the architectural design plans, and video presentations on each package of work are available for review on the [NCA's website](#).

In response to concerns raised in earlier phases – and to some you might also see online – I want to be clear: the iconic heritage façade of the Memorial building will not change. Nor will the Commemorative Area housing the Roll of Honour, the Pool of Reflection, the Hall of Memory, and the First and Second World War galleries. The Development does not come at the expense of our veterans, but instead is key to their support, which is needed now as much as ever.

While I hope that our lives may soon return to a new normal, my thoughts are with the people of Afghanistan and our remarkable women and men who have served there with courage and compassion over 20 years. The Development will give us the space to honour the 39,000 women and men who served in Afghanistan as well as those who served in other recent conflicts and operations. We will tell their stories, in their words.

In coming weeks we will be in touch with advice to support your visitor experience. We look forward to welcoming you back, but until then visit us at www.awm.gov.au, where we have much to share.

Yours sincerely,

A handwritten signature in black ink, appearing to read "Matt Anderson", with a horizontal line extending to the right.

Matt Anderson PSM
Director

GPO Box 345
Canberra ACT 2601
tel: (02) 2643 4211
web: www.awm.gov.au



Australian Government Department of Veterans' Affairs ...



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We will soon be turning MyAccount off, and want to make sure you are prepared for this change.

When MyAccount closes, MyService will become your one-stop access point for all your DVA online services. MyService has been designed to make it easier for you to manage your business with DVA online, and we are continually taking on your feedback and making improvements.

If you haven't logged into MyService for a while, take some time to login and look around here: dva.gov.au/my-service

To read more about this change, including info on how to save your MyAccount correspondence, visit dva.gov.au/about-us/online-services/moving-my-service



Australian Government
Department of Veterans' Affairs



MyService

A new way to claim

for current and former serving ADF members and their families

From Australian Services website - Covid-19 Vaccination

<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/log-in>

As at 31 August 2021

Get free online proof of your COVID-19 vaccinations

Don't be scammed. Getting proof is free once you've had all required doses of a vaccine approved

for use in Australia .

[1]

Your vaccination provider first needs to add your vaccination details to the Australian Immunisation Register (AIR) so you can get proof. This can take up to 10 days. You can then go online to get either:

- **an immunisation history statement or COVID-19 digital certificate .**

Your immunisation history statement shows all the immunisations you've had that are on the AIR. This includes your COVID-19 vaccinations.

The COVID-19 digital certificate shows only your COVID-19 vaccinations.

You can use your device to show proof. You can also add your COVID-19 digital certificate to either your Apple Wallet or

Google Pay for easy storage. If you're using an iOS device, you can use the Safari or Chrome browsers. If

you're using an Android device, you need to use the Chrome browser.

Next steps

Use our handy tool to help you find out how to get proof of your COVID-19 vaccination . It can help you to set up online accounts if you haven't already.

If you have myGov linked to Medicare, you can sign in and follow the links to access either:

- **your immunisation history statement
COVID-19 digital certificate.**

For the latest COVID-19 updates and advice , go to the Australian Government website <https://www.myhealthrecord.gov.au/for-you-your-family/howtos/frequently-asked-questions>

Hard copy: Australians who cannot access their vaccination certificates online can have their immunisation history printed and mailed to them. Call the Australian Immunisation Register on 1800 653 809 (Monday to Friday 8 am to 5 pm) and ask them to send your immunisation history statement to you. It can take up to 14 days to arrive in the post. You can also contact the Australian Immunisation Register through

[Australian Immunisation Register - Services Australia](#) or email: air@servicesaustralia.gov.au

From ABC Canberra

ACT residents will be allowed to gather in groups of five outside of their homes for two hours a day from 5pm Thursday, September 2.

Here are some of your questions answered:

1. Can five different people from five different households meet up outside?

Yes, but ACT Health is calling for common sense behaviour from the community to remain COVID safe including staying in their region, wearing masks and social distancing. While meeting you can take part in 'non-organised recreational activity.'

2. What is non-organised recreational activity?

An ACT Health spokesperson said non-organised recreational activity "includes, but is not limited to, jogging or walking, or having a picnic in the park. These activities can be conducted with your household or group of 5."

3. If my household exceeds five people (two parents and three children, for example) can I go outside for the allocated time?

Yes, no matter the size, an entire household can gather outside for two hours for non-organised recreational activity.

FROM ACT HEALTH



We want to make sure all Canberrans are receiving the healthcare they need during lockdown.

Telehealth remains the best option for people who need health care in quarantine – whether that's with their GP, through CALMS or the National Home Doctor Service.

If you're unwell or need medical care during lockdown or in quarantine, there are options available to find the right care for you:

GP Care

You can contact your local GP to arrange a Telehealth appointment. If you don't have a regular GP, you can find one near you at healthdirect.

CALMS

If you can't make an appointment with your regular GP you can contact CALMS, the Canberra After-hours Locum Medical Service, to speak to one of their GPs. CALMS clinics are open after hours on weekdays and weekends. A fee applies for consultations.

healthdirect

If you feel unwell, but aren't sure what to do, you can call healthdirect for advice.

healthdirect is staffed by registered nurses who can give you information on the type of treatment you need. healthdirect is available 24/7.

Call 000 in an emergency

If you experience a health emergency while you're in quarantine, call 000 immediately, and inform the operator that you are in quarantine.

Remember, medical support is always available. For more information on any of the services listed, visit

 <http://covid19.act.gov.au/.../accessing-care-and-support>



Happy Father's day this weekend to all our members. In honour of your day, a Dad joke:

Dad told me he got over his addiction to chocolate, marshmallow, and nuts.

He said, "I won't lie, it was a rocky road!"

