
Health & Wellbeing Update (June - July)

FREE TRAINING OPPORTUNITIES

Suicide Intervention & Mental Health Literacy Workshops

Open Arms has partnered with RSL Australia to offer free mental health and suicide awareness training to family members, carers, friends, co-workers or others with links to the veteran community. We are looking for ex-service organisations to help identify people who would not usually qualify for free training and to create opportunities in your local area for the SafeTalk, ASIST or Mental Health First Aid training. If your organisation would like to get involved, or to find out more, please see the attached flyer, and contact Open Arms.

Book in ASAP! OpenArms.Coord@dva.gov.au

DVA GRANTS OPEN NOW

Saluting Their Service Commemorative Grants Program - The Saluting Their Service Commemorative Grants Program aims to preserve Australia's wartime heritage and to involve people around the country in a range of projects and activities that highlight the service and sacrifice of Australia's service personnel in wars, conflicts and peace operations. Applications will be assessed in 3 rounds. Information about applying for this round can be found on the [Community Grants Hub](#) and [GrantConnect](#).

PLANNING AHEAD KIT

The [Planning Ahead Kit](#) is now available online. These handy booklets contain information sheets and checklists to assist with preparing for and coping with life changes, such as moving into aged care.

INSURANCE FOR AUSTRALIA'S VETERAN AND DEFENCE COMMUNITY

Natural disasters can affect anyone, including members of the defence community, veterans and their families. You don't have to fight this battle alone. [Watch here](#) (Linked to: [Insurance for Australia's Defence and Veteran community | Defence Service Homes \(dsh.gov.au\)](#))

DVA HEART HEALTH PROGRAM

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

If you would like to discuss these program opportunities or apply to participate, you can visit the Heart Health website on <http://www.veteranshearhealth.com.au/>

Alternatively, you contact Corporate Health Management on **1300 246 262** or email: hearthealth@chm.com.au

Group Heart Health Program- New Program Opportunity

If you are living or working in the **Nowra** and **Vincentia** area or surrounding area we currently have a number of veterans who have registered their interest in this new group program opportunity and are looking for a few more eligible veterans to register. If you would like to improve your general fitness, your knowledge on health and wellbeing and your social connections with other likeminded veterans.

Register your interest or checking eligibility by visiting <http://www.veteranshearhealth.com.au/eligibility> and follow the steps. Alternatively, call the program team on **1300 246 262**.

ANTI-MALARIAL MEDICATIONS HEALTH ASSESSMENT PROGRAM

The Program is open to any veteran who has concerns having taken these anti-malarial medications and offers a comprehensive health assessment to investigate any reported symptoms. Interested veterans can access the program at no cost. For more information please see the [DVA website](#) or call **1800 MEFLOQUINE (1800 633 567)**. A flyer is also attached for local display.

DVA- NON-LIABILITY REHABILITATION

This is a Pilot program launched on 01 January 2022 that will run for 2 years. The intention of the program is to provide clients who do not have any accepted conditions access to time-limited rehab. The client must have ADF service from, 01 Dec 1988 and this support would usually be for 3 – 6 months. For further information and clarification please contact the Rehabilitation Team at NLR@dva.gov.au

AUSTRALIAN VETERANS' CHILDREN ASSISTANCE TRUST



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

DATES OF COMMEMORATION

27th July 2022 - Korean Veterans' Day

DATES OF COMMUNITY SIGNIFICANCE

We encourage organisations to recognise some dates of community significance that reflect your veteran community, this could be through your regular communication channels, or by creating events.

1ST -30th June – Bowel Cancer Awareness Month

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1-30), to raise public awareness of a disease that claims the lives of 80 Australians every week.

13th-19th June – Men's Health Week

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight men's health and what it means to be healthy. The theme of Men's Health Week 2022 is Building Healthy Environments for Men and Boys.

21st June – International Day of Yoga

International Yoga Day about spreading awareness among the masses about the importance of Yoga and its effects upon human health.

27th June – [PTSD Awareness Day](#)

This international day raises awareness about Posttraumatic Stress Disorder (PTSD) to ensure more people know about the condition and more people who suffer PTSD will seek treatment. PTSD is the most common mental health disorder after depression.

1ST -31ST July - [Dry July](#)

Dry July is a national fundraiser, run by Dry July Foundation that encourages people to go alcohol-free in July and raise funds for people affected by cancer.

Having a month off alcohol also has great health benefits and encourages awareness of a healthy attitude to alcohol consumption. The challenge is a perfect fit for workplaces or social groups.

3rd -10th July - [NAIDOC Week](#)

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is usually held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

10th -16th July - [National Diabetes Awareness Week](#)

DANII Foundation is calling on all Australians to support the NATIONAL DIABETES AWARENESS WEEK campaign and help to raise awareness of diabetes nationally during 10th to 16th July 2022. Awareness of Diabetes is a National Public Health issue and much still needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition.

Sunday 24th July - [Stress Down Day](#)

Stress Down Day is a fundraising event to help cover the cost of running Lifeline's 24 hour telephone counselling line - 13 11 14. Workplaces participate by enjoying a day of stress reducing activities, including wearing casual dress to work, in exchange for a donation to the cause.

NSW AND ACT NEWS

The Veterans Employment Program – Employment Workshop

The Veterans Employment Workshop is held across two days and is designed to help veterans actively seeking NSW Government public sector employment and applying for roles. The workshop explains the public sector job application process from job search through to interview. Participants are also provided with resources they can use to confidently put themselves forward for roles.

The next workshop to be held in August 2022 [Register your interest](#)

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DVA - Vocational Rehabilitation

The aim of rehabilitation plan is to assist the veteran to become job-ready with support

from a qualified rehabilitation consultant. **Further enquiries please email**
SFE@dva.gov.au

NSW Flood Assistance- Veterans and families

As many regional centres in Northern NSW still come to terms with the after effects of the recent floods there is still a lot of support available both financially and emotionally. Please see the Veteran support eligibility from RSL LifeCare via
<https://rsllifecare.org.au/veteran-services/wellbeing-support/>

SEEKING ARTICLES

Do you have a story to tell that showcases some of the things happening in your community in health and wellbeing? If so, we invite you to write a short article with a photo and submit it for consideration. Articles should be about 300 words in length with a high resolution photo. You can send those through to your local Community Support Adviser at CSA.NSW.ACT@dva.gov.au.

The deadline for the next edition is **1st July 2022**

Kind Regards
NSW & ACT Community Support Advisory Team

Community Support Advisor NSW & ACT
Mental and Social Health Programs
Department of Veterans' Affairs
CSA.NSW.ACT@dva.gov.au
DVA General Enquiries 1800 VETERAN (1800 838 372)



We respectfully acknowledge the Traditional Custodians of Country throughout Australia and pay our respects to Elders past and present and recognise and celebrate Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and their continuing spiritual and cultural connection to land, sea and community. We also acknowledge and thank our Veterans, their families as well as our wider Veteran support community.

