

## DVA Health and Wellbeing News

Veterans and their families can get anonymous counselling support with new **Safe Zone Support**. It's a free, anonymous counselling line for vulnerable veterans and their families who are reluctant to seek mental health care due to concerns about remaining anonymous. This support line will provide mental health care and assist with managing stress, trauma or significant life challenges, with a particular focus on the Special Forces community. Veterans and their families can reach it by calling 1800 142 072 - more information on the service is available [online](#). Safe Zone Support is in addition to the existing Open Arms 24/7 Counselling Line which can be reached on 1800 011 046.

[Health and Wellbeing Apps](#) – There is a range of mobile apps to help with your member's health and wellbeing. They range from tracking and managing alcohol consumption, managing trauma through to building resilience. Check them out to see if they can help your members.

## DVA Grants and Awards

**Health and Wellbeing Funding** – Funding of up to \$2000 is available for health promotion projects and activities to promote and maintain health and wellbeing amongst veteran and community members, focussing on health and wellbeing initiatives that require a small one off financial investment to help get them off the ground. Contact your Community Support Adviser to discuss your project ideas [CSA.NSW.ACT@dva.gov.au](mailto:CSA.NSW.ACT@dva.gov.au)

**Anzac Day Schools' Awards keep it local in 2021** - The 2021 Anzac Day Schools' Awards have launched for another year. We ask that you encourage students and schools in your community to take part and learn more about veteran service and Australian wartime history.

When many of the Anzac Day services last year did not proceed as usual, we saw Australians adapt and commemorate the day in their homes and neighbourhoods. In 2021, we want to continue the focus on local communities with this year's Awards asking, 'What does commemoration look like in your community

As always, there are a number of great prizes to be won, including up to \$5,000, a plaque and certificates for your school.

Entries for the 2021 Anzac Day Schools' Awards close Wednesday, 30 June 2021. For more information, including about award categories, judging, criteria and how to apply, visit the [Anzac Portal website](#).

## Open Arms Group Programs – NSW ACT

The current Open Arms program is attached or contact Open Arms if you have a group of interested people and would like to organise a program in your area. Open Arms offer a range of group programs to assist the serving and ex-serving community, as well as their families

live their best life. Call 1800 011 046 to speak with an Open Arms staff member for assistance in finding the right program for you. Our range of group activities include group treatment programs, relationship retreats and suicide intervention education workshop

To register your interest and for the most up to date information visit: [Open Arms programs-and-workshops](#)

### **Open Arms Community Peer Advisors**

The Community and Peer Advisor roles are a now integral part of the delivery of the Open Arms service and commitment to the health and wellbeing of ADF members be they current, former serving and the families of those members. The role of Peer advisors is to work collaboratively within the regional community engagement team to provide direct support to Open Arms clients.

Peers can:

- Provide personalised peer support services to current and former ADF members and their families.
- Share knowledge gained through our own unique, personal and relevant lived experience and recovery to promote awareness.
- Role model behaviours which promote mental health recovery and wellness for the purpose of the client, community, and stakeholder education and engagement.
- Assist in co-facilitation of the relevant group programs provided through Open Arms.
- Work effectively and cooperatively as members of the Community Engagement Team.
- Represent OA and the peer workforce to strengthen the organisation public profile, in order to further enhance Open Arms responsiveness and reach.

For information on the [Community and Peer Program](#) or to learn more about how the Community and Peer Program could help you, call Open Arms on [1800 011 046](#). The Open Arms' Community and Peer Program is available nationally.

Please see location, subject and date information at the bottom of this email.

## **Community Health and Wellbeing Programs**

### **Seniors Card Writing Competition 2021: Workshops**

The NSW Dept. of Communities and Justice and FAW are again conducting a Short Story Competition. The Top 100 stories will be published in Seniors Stories Vol. 7 and launched in November 2021.

Stories showing senior years are when age doesn't matter and are worth sharing. Tap into your memories, ask family/friends for their anecdotes, or maybe you are witness to others who love living every day to its fullest —and create a short story for others to enjoy.

Entry forms are available from the FAW website [www.fawnsw.org.au](http://www.fawnsw.org.au) the forms are interactive from 1st April, and the entry can be attached.

### **SERVULINK - Service, support and community**

A National, application-based service that will enable the connection of thousands of service providers and community events to our veterans and their families.

Information hub and user-friendly app designed to best meet the veteran and family's expectations in a simple, stress-free and time-effective manner, from any location.

Increasing connectivity across all services, support and community events, for more information email: [info@servulink.com.au](mailto:info@servulink.com.au)

## **OPEN ARMS Group Program Schedule**

### **Lismore**

**MENTAL HEALTH FIRST AID** - Thursday 24 - 25 June | 9:00am - 5:00pm Two Day Workshop

**SLEEPING BETTER** - Thursday 20 – 21 May | 9:00am – 4:30pm Two Day Program

**DOING ANGER DIFFERENTLY** - Monday 7 – 8 June | 9:00am – 4:30pm Two Day Program

### **UNDERSTANDING ANXIETY**

Wednesday 14 April | 9:00am – 1:00pm Half Day Workshop

Tuesday 25 May | 9.00am – 1.00pm Half Day Workshop

Tuesday 13 – 14 July | 9.00am – 4.30pm Two Day Program

### **Greater NSW**

#### **BUILDING BETTER RELATIONSHIPS –**

PORT MACQUARIE - Wednesday 12 - 14 May | 9:00am - 4:30pm Three Day Program

#### **BEATING THE BLUES -**

NEWCASTLE - Wednesday 21 – 22 April | 9:00am – 4:30pm Two Day Program

OLD BAR - Thursday 17 – 18 June | 9:00am – 4:30pm Two Day Program

## SLEEPING BETTER

NEWCASTLE - Tuesday 4 – 5 May | 9:00am – 4:30pm Two Day Program

OLD BAR - Thursday 29 – 30 July | 9:00am – 4:30pm Two Day Program

## MANAGING YOUR PAIN

PORT MACQUARIE - Thursday 8 – 9 July | 9:00am – 4:30pm Two Day Program

## DOING ANGER DIFFERENTLY

OLD BAR - Friday 28 May | 9:00am – 1:00pm Half Day Workshop

## MENTAL HEALTH FIRST AID

PORT MACQUARIE - Tuesday 27 – 28 April | 9.00am – 5.00pm Two Day Workshop

NEWCASTLE - Thursday 3 – 4 June | 9.00am – 5.00pm Two Day Workshop

## STRESS AND RELAXATION

OLD BAR - Friday 23 April | 9:00am – 4:30pm One Day Workshop

## UNDERSTANDING ANXIETY

OLD BAR - Thursday 6 May | 9:00am – 1:00pm Half Day Workshop

## STEPPING OUT

NEWCASTLE - Thursday 29 – 30 April | 9:00am – 4:30pm Two Day Workshop

PORT MACQUARIE - Monday 28 - 29 June | 9:00am – 4:30pm Two Day Workshop

## OPERATION LIFE - SafeTALK

PORT MACQUARIE - Thursday 15 April | 9:00am – 1:00pm Half Day Workshop

OLD BAR - Monday 17 May | 9.00am – 1.00pm Half Day Workshop

NEWCASTLE - Monday 12 July | 9.00am – 1.00pm Half Day Workshop

## OPERATION LIFE - ASIST

NEWCASTLE - Wednesday 26 -27 May | 9:00am – 5:00pm Two Day Workshop

OLD BAR - Wednesday 21 - 22 July | 9:00am – 5:00pm Two Day Workshop

## OPERATION LIFE – ASIST TuneUp

NEWCASTLE - Tuesday 22 June | 9.00am – 1.00pm Half Day Workshop

## UNDERSTANDING ANXIETY

MITTAGONG - Thursday 15 – 16 July | 9:00am - 4:30pm Two Day Program

## BEATING THE BLUES

PENRITH - Monday 24 – 25 May | 9:00am – 4:30pm Two Day Program

SURRY HILLS - Thursday 22 – 23 July | 9:00am – 4:30pm Two Day Program

## SLEEPING BETTER

NORTHERN BEACHES - Monday 29th - 30th March | 9:00am – 4:30pm Two Day Program

PENRITH - Wednesday 21 – 22 April | 9:00am – 4:30pm Two Day Program

## DOING ANGER DIFFERENTLY

SURRY HILLS Wednesday 26 May – 30 June | 9:00am – 11:30am - 6 Week Program (Every Wednesday – Half Day)

## MANAGING YOUR PAIN

SURRY HILLS - Tuesday 18 – 19 May | 9:00am – 4:30pm Two Day Program

## RECOVERY FROM TRAUMA

MITTAGONG - Thursday 13 – 14 May | 9:00am – 4:30pm Two Day Program

PENRITH - Monday 21 – 22 June | 9:00am – 4:30pm Two Day Program

## RESIDENTIAL LIFESTYLE MANAGEMENT

Sydney (TBA)

Part A: Friday 28 – 30 May

4:30pm (Fri Check-in) – 10:00am (Mon 31st Check-out) Part B: Friday 4 – 6 June

4.30pm (Fri Check-in) – 5.00pm (Sun Check-out)

2 Split Weekend Program

## DOING ANGER DIFFERENTLY

SURRY HILLS –

Wednesday 26 May – 30 June | 9:00am – 11:30am 6 Week Program (Every Wednesday – Half Day)

## BUILDING BETTER RELATIONSHIPS

NORTHERN BEACHES - Wednesday 9 – 11 June | 9:00am – 4:30pm Three Day Program

## STRESS AND RELAXATION

NORTHERN BEACHES - Tuesday 8 June | 9:00am - 4:30pm One Day Workshop

PENRITH - Monday 26 July | 9:00am - 4:30pm One Day Workshop

## MENTAL HEALTH FIRST AID

NORTHERN BEACHES - Thursday 6 – 7 May | 9:00am – 5:00pm Two Day Workshop

## DOING ANGER DIFFERENTLY

SURRY HILLS - Wednesday 12 May | 9:00am – 1:00pm Half Day Workshop

## STEPPING OUT

MITTAGONG - Tuesday 6 – 7 July | 9:00am – 4:30pm Two Day Workshop

To register your interest and for the most up to date information visit: [Open Arms programs-and-workshops](#)