

July Wellbeing Report 2023

3rd July I attended meeting held with National Service members re White and Gold cards. These meetings have for some time been delivered to the 1950's cohort of Nashos as many seek to gain access to the White Card. The major condition listed for use of this card is for Mental Health with all other ailments, conditions listed as appropriate to each card holder. DVA has an excellent site that outlines the use of this card, who is entitled to receive it and explanations of further conditions. dva.gov.au 'white Card'. 1800 VETERAN [1800838372]

5th July meeting with advocates and WSO's from the Gold Coast District RSL's. Meeting held at Nerang Memorial Club with 25 plus attendees from the wider GCD. Members from Ballina, Tweed Heads came with their Wellbeing Support Officers who were beneficial for all as their respective roles varied across the District in dealing with Advocates and Veteran clients. An NSW Advocate attended and spoke of the difficulties encountered across the border with clients having to travel afar to seek counsel. It is intended to hold a similar meeting with our own District advocates and WSO's. The ATDP has regular catch-up sessions across the State with these being of worth to 'trained' Compensation and Wellbeing Officers.

The Kooralbyn RSL Sub Branch held its regular monthly market day on 9th July which was attended by many from the Valley and Brisbane. This is an opportunity to meet with the board of the Sub Branch and members to discuss needs, wants, RSL and wellbeing of members.

Tuesday the 11th July was RSL SED Board meeting, this gives opportunities to elaborate on the wellbeing of our many Sub Branches. To date all our cohort, appear to be carrying their respective wellbeing activities well with little to no requests for external assistance.

Training for Wellbeing Support Officers will be held at Sunnybank RSL Sub Branch September 19. This ONE DAY 'course' will be conducted by Bob Ikin & Steve Monteath and Eve Lanoux if RSL Qld are on board with this training and major support from the DVA Community Support. The course will be following the ATDP/DVA guidelines. This will be a 'trial course' to gauge alignment with ATDP/DVA content, effectiveness of content and value to District ESO's, WSO's, Veterans and families and numbers of those volunteers willing to aid Advocates, Veterans and families. The more volunteers are encouraged to assist our Advocates, the better our service delivery to them. Further advice will come from the District Secretary.

Sadly, a Veteran has passed and even more sadly this Veteran was homeless. Having met and advised this Veteran about the services RSL has on offer for homeless and referring her to Veteran Services at that time was action that had to be taken to give her a chance. It was an extremely unsettling time for all involved, for those who befriended her and those who thought things were going well it has been a trying time. A Quilt of Valour was presented to this Veteran several weeks prior to her passing. RIP Kathleen Murray, Veteran.

The NEW pack from RSL Q Veteran Services re Sub Branches attending to the homeless Veterans is available and has been forwarded to all 'available' Sub Branches. READ, comment, offer feedback, talk it over, spread the word that there is a course of action that can assist when your Sub Branch is sought out for assistance by those requiring action. There are some Sub Branches who may not have advocates or WSO's on board and think they're not available to assist. Well don't worry, you don't need an advocate or WSO to contact Veteran Services of RSL Qld for their assistance or take a step to the right and ask of fellow Sub Branches you may know have Advocacy available. The list of those with representation are available on the ATDP site 'find an Advocate'.

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