

# DFWA NSW BRANCH

# NATTER

A NEWS SHEET PRODUCED FOR THE INTEREST OF NSW MEMBERS JULY 2013

---

## TO DATE IT'S BEEN 'SHOULDERS TO THE WHEEL' FOR THE NSW BRANCH EXECUTIVE

*Half the year has flown by and it's been a busy six months for your NSW Branch Honorary Executive.*

Warren Brash and Neil Murray have represented the Association at Resettlement Seminars, to inform serving members of the ADF who are leaving the Service, of advice and counselling available to them to help in their transition to civilian life,

Many hours are spent in preparation, presentation and travel for these Seminars and you would be impressed with the PowerPoint display at each of the venues. As a membership recruiting tool, these presentations have helped many young Service men and women who would otherwise not have known of the assistance the DFWA offers them. Other Seminars are planned for the next few months in Newcastle, Burwood and Nowra.

Also, John King our resident counsellor, has been joined by Dr Barry Wright in the Branch office in Victoria Barracks, Paddington, where appointments are arranged on Wednesdays between 9.00 and 3.00 by phoning (02 8335 5447. to particularly assist those with DVA claims

Other members of the Executive have represented you at War Memorial Ceremonies with the laying of books and wreaths and Secretary Alan Hind,

along with others, called on Prime Minister, Julia Gillard during her visit to Rooty Hill in March and acquainted her with the Association's position on the inequity of the current indexation of military superannuation pension.

In addition to the Association's regular activities we draw your attention to the 52<sup>nd</sup> Annual General Meeting to be held in the Sergeants' Mess, Victoria Barracks, Paddington on Tuesday 3 September. We look forward to seeing you there. Later we will let you know when and where the popular luncheon will be held, it goes without saying you will also be most welcome to attend this function.

Last but not least, Ralph Derbidge will be sending you raffle books shortly and it would be most appreciated if you would give them your attention as they are the Association's main means of support. Revenue from the Annual Raffle assists us in meeting the administrative costs of participating Branches among our other activities.

And so, enjoy the rest of the year and know that the DFWA NSW Branch will continue to look after ADF members and your interests with vigour and commitment.

## FINANCIAL INFORMATION SERVICE

*The Federal Department of Human Services' Financial Information Service (FIS) offers free, independent education and financial information through seminars, or you can talk to an FIS officer by phone or by appointment. You do not need to be receiving a government payment to talk to them.*

### How it work

Financial Information Service officers provide information to help people make informed decisions about investment and financial issues.

They are not financial planners and do not give or sell advice or purchase investment products.

The seminars are aimed at people in the workforce, people who are about to retire and those who have already retired. They are free and you can attend

as many as you like. Bookings are essential.

Topics covered in the seminars are: creating wealth, understanding superannuation, understanding different kinds of investments, Aged pension and accommodation options in retirement.

Contact the FIS – call 132 300.

Website: [www.humanservices.gov.au/fin](http://www.humanservices.gov.au/fin) and to find a list of local seminars call 136 357 to make a booking.

## VOLUNTEER WORK

There is no legislative definition of voluntary work in the scores of various Act and Regulations that affect military pensions. However in policy terms, voluntary work is defined as unpaid work for a recognised community or welfare organisation. Voluntary work for such institutions does necessarily mean that the person has the capacity to do paid work.

Unpaid work for friends or a business enterprise formed for the purpose of making a profit is not classified as voluntary work.

For example, a recipient of incapacity payments and/or certain disability pensions who works several hours in a job that aims to make a profit may be found to be able to undertake paid work and therefore ineligible for their current rate of payment. The same person volunteering as an advocate, pension or welfare officer would not be deemed capable of paid work purely on the basis of that voluntary work alone.

*DVA encourages veterans and members of the ex-service community to volunteer to assist community or welfare groups.*

## MILITARY HISTORY SOCIETY

This Society exists in order to encourage the study of military history through presentation and research. It includes events, reconnaissance and news for those interested in military history from ancient and modern times from Australia and the globe. See the website: [www.mhnsw/info](http://www.mhnsw/info).

## DVA MENTAL HEALTH SUPPORT GOES ON LINE

*Veterans and Australian Defence Force members seeking mental health support will benefit from a new web portal, 'At Ease', developed by the Department of Veterans' Affairs.*

The new 'At Ease' portal offers pathways to achieving mental fitness and resilience, self-help tools, access to professional support, treatment options, healthy drinking and clinical information for GPs and mental health professionals.

It provides a gateway to a series of mental health-related videos, smart-phone apps and a raft of hard copy resources that promote self-help and awareness of behaviours that may be damaging to individuals, families, friends and work prospects.

Our veterans and service personnel are some of the most resilient people in the country, but they are not immune to the effects of their work – their mental health can suffer. The key message of the 'At Ease' portal is: 'Don't suffer in silence'.

Eligible serving or ex-serving Defence personnel, or their families, who are concerned about their mental health visit [www.at-ease.dva.gov.au](http://www.at-ease.dva.gov.au) or call the Veterans' Families Counselling Service (VVCS) on **1800 011 046**.

## Mental Health and Wellbeing after Military Service

The transition back to civilian life after military service poses many challenges, not only for the ex-serving member but also for their family members and friends. It is a major change in lifestyle that is inherently stressful. However, most people are resilient and successfully make the adjustment with the support of family and friends.

Sometimes, a little extra help – information, self-help or professional support is needed. There is a booklet published by the Department of Veterans' Affairs and Australian Centre for Posttraumatic Mental Health,

The book, '*Mental Health and Wellbeing after Military Service*' is available to download, view online or order in hard copy from: [www.at-ease.dva.gov.au](http://www.at-ease.dva.gov.au).

Included in the contents are topics on:

- ◆ The challenges of transitioning to civilian life.
- ◆ The impact of transition on other aspects of your life.
- ◆ Why it is important to take action to cope with the stress of transition
- ◆ Why it is important to recognise mental health conditions.
- ◆ Posttraumatic Stress Disorder (PTSD) – managing symptoms and treatment.
- ◆ Alcohol and other drug use.
- ◆ Self-harm and suicide.
- ◆ Common symptoms of depression.
- ◆ The impact on family – domestic violence.
- ◆ Treatment options – Treating depression; generalised anxiety; social anxiety

## NSW BRANCH DONATIONS SINCE FEBRUARY 2013

***Thank you very much for the donations we have received recently, your generosity is keeping the Association going. Just a gentle reminder to renew your subscription if you have not yet done so as numbers count when it comes to lobbying politicians.***

Mrs L Adams, Harrington; Mrs R D Bridges, Darling Point. FLTLT L N Chanter, Merewether; Mrs K E Connor-Brown, Terrigal; Mrs E M Gravell, Turramurra; CMDR R H H Hay, Parma via Nowra; LTCOL P J Hayden, Morisset;

Mrs B J Hayles, Lugarno; - Macleay RSL Sub-Branch; WO2 R I Lawrance, Orange; Mr K Marsh, Normanhurst; FSGT C Marshall, Wyndham Vale, Mr B P Mayne, Banora Point; Mrs C McLennan, Mosman; Mrs L Millar, Mosman

### ELECTRONIC FUNDS TRANSFER (EFT) IS EASY

*If you wish to pay membership fees or make a donation just quote your surname and initials and the nature of your deposit, for example: membership, donation etc to:*

**Bank ADCU. A/name Defence Force Welfare Association  
BSB No. 642170. A/c No. 521911**

*Please note: Use the word 'Defence' NOT DFWA in the descriptor*

### **Ballot arrangements for attendance at Anzac Day Commemorations 25 April 2015 – Gallipoli Peninsula, Turkey**

*Those Australians who have already booked tours to attend the commemorations at Gallipoli in 2015 should contact their tour operator immediately regarding arrangements if they are unsuccessful in the ballot.*

*Tour operators are not in a position*

*to offer attendance at the official Anzac Day services at Gallipoli on 25 April 2015 until the ballot has been finalised.*

*Individuals may also wish to consider the terms of their booking under the Australian Consumer Law website at:*

[www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).

**It is important to note if you are visiting the DFWA NSW branch office in Victoria Barracks, Paddington, the general security level at VB has increased with AFP personnel permanently on-site and visitor's vehicles may be searched prior to entry.**

