

## DVA health



free, anonymous veterans and their

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 new 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.



## and wellbeing news

Veterans and their families can now get anonymous counselling support with new **Safe Zone Support**. It's a counselling line for vulnerable families who are reluctant to seek

### Coping with Trauma

Five new booklets have been developed to support veterans and their families who are **Coping with Trauma**. These books aim to provide practical information and are designed to provide practical help to veterans and family members who are living with the effects of trauma.

The five booklets are free to download via the At Ease website [www.at-ease.dva.gov.au/resources/coping-trauma-military-family](http://www.at-ease.dva.gov.au/resources/coping-trauma-military-family)

### The National Commissioner for Defence and Veteran Suicide Prevention

The veteran community has welcomed the recent announcement of a powerful new independent body which will be created to investigate all suspected veteran and Australian Defence Force (ADF) suicides and causes to help save lives. The National Commissioner will have the enduring power, scope and resources to investigate suicides and related issues as they arise, rather than being restricted by a one-off review looking at past practices. The National Commissioner for Defence and Veteran Suicide Prevention will be empowered to perform two roles:

- The Commissioner will be an independent and permanent public accountability body, with the same powers of a Royal Commission to compel the production of evidence and summon witnesses, and make findings and recommendations to Government.
- The Commissioner will also provide an ongoing investigative function of individual cases of suicide, working with each state and territory coronial office, making recommendations to Government.



## Veterans Health Week – October 2020 – Social Connection

**SAVE THE DATE** – Veterans Health week will be held from **October 24 – 1 November 2020**.

This year the theme will be Social Connection – Start a conversation at your veteran organisation and consider planning an event. Funding up to \$720 per event available from DVA to support your initiative.

## DVA Grants update



**Supporting Younger Veterans** – Currently assessing 2019-2020 SYV applications.

**Veteran and Community Grants** – Currently assessing VCG Batch 3. VCG Batch 4 - closing date - 28 February 2020.

**Grants in Aid** – Closing date for applications 27

February 2020.

**BEST** – Funding round closed 17 February 2020. Closing date was bought forward to ensure prompt payment within Financial year. Ex-service organisations have been notified of this change.

### Ten TIPS for successful grant applications

1. Register for alerts and never miss a closing date – go to [www.communitygrants.gov.au](http://www.communitygrants.gov.au)
2. Read the Guidelines – even if you have applied before. They may have changed. Tailor your application to meet criteria.
3. Don't apply for things that are not eligible under the guidelines.
4. Know your Organisation's grant history – acquittals, active grants, your Organisation ID number.
5. Include enough detail in your project plan – who, what, where, why, when.
6. Include enough detail in your budget breakdown – particularly for high cost items
7. Include a needs analysis - explain what community need you are meeting and how you consulted with veterans and ex-service groups.
8. Make sure veterans and their families are the main target group for your project
9. Know attachment limits and accepted file types, as outlined in the guidelines . Attach necessary documents.
10. Allow plenty of time for the assessment process.

The DVA Community Support team can assist you discuss project ideas, consult with the veteran community, understand the guidelines.

## Open Arms Group Programs - NSW

The program for NSW January to June 2020 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 workshops..

## Be Connected – IT Literacy and social connection for Seniors



*Be Connected* offers a simple, affordable and flexible program for groups to provide computer training with a focus on people over 50. If your organisation has members who struggle with technology then this is for you. The model allows groups to join their network, train mentors, and provides free training modules to guide learning sessions. Once you

have joined the network, there is also a grant program of 'activation' grants of up to \$2,000 to get networks started with purchase of items like printers, laptops and venue hire. It's simple to join and apply for. For more information go to:

<https://www.beconnectednetwork.org.au/> or call 1300 795 897

If you simply want to find online learning resources to get started with computer basics ranging from how to turn a computer on to online shopping and hobbies visit their website for topics and training locations: <https://beconnected.esafety.gov.au/>

## Disaster support

**Our thoughts go  
state who have  
and floods over**



**out to all of those across the  
been affected by bushfires  
the past few months.**

DHS (Centrelink) is the primary Federal Government agency for responding to disasters. National support services

include: **Disaster Recovery Payment** - The Australian Government Disaster Recovery Payment (AGDRP) provides one-off financial assistance to eligible Australians adversely affected by the bushfires. The rate of AGDRP is \$1000 per eligible adult and \$400 per eligible child. Claims for this payment can be lodged with the [Department of Human Services](#) for a period up to six months. AGDRP is available for people who have been seriously injured, have lost their homes or whose homes have been directly damaged, or are the immediate family members of a person who has died, as a direct result of the bushfires. For more information on eligibility, visit the [Department of Human Services](#) website or contact the Australian Government Information Hotline on 180 22 66 for claims assistance.

**The Defence Service Homes Insurance Scheme** - can be contacted on 1300 552 662 (24 hours or emergencies) or email [insurance@dva.gov.au](mailto:insurance@dva.gov.au) (email response during normal business hours). Clients should provide their name, policy number and brief details of the damage.

Veterans, their families and clients of DVA requiring emergency counselling support can receive this through the **Open Arms** by calling 1800 011 046 (24hrs).

Veterans may also apply for DVA Crisis Payments -

<https://www.dva.gov.au/factsheet-is121-crisis-payments> - dependent on eligibility, or access Lump Sum Advance Payments from their pensions.

Other support services include: Disaster Welfare Assistance Line - 1800 018 444, and RSL NSW Disaster Assistance <https://www.rslnsw.org.au/find-help/disaster-assistance/>

## Health Week and General Events - March

### Melanoma March

01 Mar 2020 to 31 Mar 2020

Melanoma March is your chance to help end melanoma. As Melanoma Institute Australia's annual awareness and fundraising initiative, Melanoma March supports life-changing melanoma research. <https://www.melanoma.org.au>

### Hearing Awareness Week

01 Mar 2020 to 07 Mar 2020

Hearing Awareness Week is Australia's annual event to raise community awareness of hearing impairment and ways to protect your hearing.

[www.hearingawarenessweek.org.au](http://www.hearingawarenessweek.org.au)

### International Women's Day (IWD)

08 Mar 2020

Violence against women and girls is a serious problem, is entirely preventable and we all have a role to play to end violence at home. [www.iwda.org.au](http://www.iwda.org.au)

### World's Greatest Shave

11 Mar 2020 to 15 Mar 2020

Join thousands of extraordinary Aussies by getting sponsored to shave or colour your hair for the Leukaemia Foundation's World's Greatest Shave. You can shave, colour or wax the hair. [www.worldsgreatestshave.com/events](http://www.worldsgreatestshave.com/events)

### Brain Awareness Week

16 Mar 2020 to 22 Mar 2020

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. [www.brainawareness.org](http://www.brainawareness.org)