



City of Albury

RSL Sub-Branch

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Newsletter

June Edition 2021

City of Albury Sub-Branch 2021 Committee

Patron The Hon Sussan Ley, MP

Historian Howard Jones, OAM



President
Graham Docksey,
OAM, JP



Vice President
& Welfare
Harry Hacking, JP



Secretary
Mark Lunnon



Treasurer
Jan Francis

Committee Appointments 2020/21

Assistant Secretary: Pauline McLeod

Assistant Treasurer: VACANT

Assets Officer: Ann Martin

Assistant Assets Manager: Bill Godde

Welfare Officer: Barry Howard

Membership Officer: Jan Francis

Funerals Officer: Harry Hacking, JP

Activities Officer: Gary Treeve

Security Officer: Mark Lunnon

Purchasing Officer: Noel Francis

IT Officer: Noel Francis

Media Officer: Graham Docksey, OAM, JP

Fundraising Officers: Jeanette & Noel Francis

Newsletter Editor: Jeanette Francis

Library Coordinator: Ann Martin

Welfare Team:

Barry Howard

Harry Hacking JP

Peter Jansen

Funerals Team

Harry Hacking, JP

Graham Docksey OAM,JP

Ann Martin

Chaplain

Fr Alan Kelb, OAM

Fundraising Team

Jeanette Francis

Noel Francis

Pauline McLeod

Dani Jourdain

**Your Sub-Branch meets the third Sunday of each month
Commencing at 11am
General Meetings**

20th June 2021

18th July 2021

15th August 2021

19th September 2021

17th October 2021

21st November 2021

Vietnam Veterans Day

Wednesday 18th August

**There will be a ceremony commencing at 10am
At the memorial garden at the rear of ANZAC House**

**SUB-BRANCH OFFICE HOURS
TUE., WED., THU. 10am -3.30pm**

Thank you

**To all the volunteers who help:
Managing the Reception desk,
Looking after Pensions and Welfare,
Assisting in the kitchen,
Catering,
Cleaning up,
Setting up the meeting room,
Cooking on the BBQ,
Gardening and lawn care,
Setting up chairs at outside events
and the committee
for their ongoing dedication and
compassion for their fellow members.**

PENSION AND WELFARE HELP???

Don't forget that if you require a pension
or welfare assistance,
please phone

ANZAC House (Albury) 02 6021 1241
for information.

If you would like a home visit,
please leave your details at
ANZAC House

527 Wilson Street Albury NSW 2640

YOUR SUB-BRANCH

Volunteers are the mainstay of operations, without them
your Sub-Branch would not continue to exist.

Volunteers include Welfare Officers, who work closely
with all ex-service organizations and the Department of
Veteran's Affairs.

We also need volunteers to look after the reception desk.

We are always looking for volunteers.

*If you have some spare time on your hands,
please give us a ring*

The Veterans Support Centre relies on generosity of
donations to off-set our running costs.

Ex Service Women's Association - Albury

Welcome to our news again and a reminder that we would still very much like to welcome any ladies interested in joining us as a member.

Meetings are held second Tuesday each month at 11.30am at ANZAC House 527 Wilson Street Albury.

We have lunches arranged - day trips to enjoy

We have our own Welfare Officer for anyone needing help or advice.

Please ring Marj 6025 8197 (LEAVE A MESSAGE) or 0409038953 if you would like to enquire about coming along.

Love to see you - join us and meet some old and new friends.

Have some input as to what we as a group can do to enjoy ourselves.

We have a friendly mix of age rank & service among us & can still relate to each other as Ex-service ladies Looking forward to another year ahead. .

General information for Veterans

What is Occupational Therapy?

Occupational Therapists (OT) help people to live their life to their greatest potential. We help people of all ages to be able to complete the tasks in life easier, safer and as independently as possible.

We help by looking at how a task is performed, the "tools" used and the environment that the task is being performed in. We then can provide suggestions for how to complete the task differently, modify the tools being used or make alterations to the environment the task is being done when there are difficulties present. What this looks like will vary for every single person. For example, we may teach someone how to dress their shirt in a way that they can complete it themselves after a shoulder injury limits the movement in their arm, or for a person who experiences extreme anxiety with completing their shopping tasks, we can support them to determine strategies for this task to be completed with less of a negative impact on them.

There is no cost to Veterans for Occupational Therapy, items that may be provided to you through DVA or home modifications that may be required.

Who can receive Occupational Therapy Supports?

You may be able to receive OT if you have an assessed clinical need and a:

- Veteran Gold Card; or
- Veteran White Card and the treatment is for a condition covered by your card

What you can receive

If you are eligible for OT, your therapist will work out a treatment plan with you to suit your needs. Make sure you let your OT know about any similar treatments you've had in the past 12 months.

From 1 October 2019, referrals to this service will be under the Allied Health Services treatment cycle. This means that a referral will last for up to 12 sessions or 1 year, whichever ends first. Treatment cycles place you at the centre of your care and the general practitioner (GP) as your care coordinator. There are no limits to the number of treatment cycles you can have.

You can also have:

- a separate treatment cycle for each allied health service you need; and
- treatment cycles for different allied health services at the same time

How you access Occupational Therapy

1. Get a referral to an OT from:

- your general practitioner (GP)
- a medical specialist
- your treating doctor in hospital; or

- a hospital discharge planner

2. Contact the OT to make an appointment. Confirm they will accept your Veteran Gold Card or Veteran White Card for their services.

<https://www.dva.gov.au/health-and-treatment/injury-or-health-treatments/health-services/occupational-therapy>

The RAP & The RAP Schedule – Rehabilitation Appliance Program

The RAP is a section of DVA whereby suitably qualified health professionals can access items that can help Veterans to get through life safer and easier. These items include but are not limited to:

- Electric recliner chairs when standing up from standard lounge seating is too difficult
- Scooters to help Veterans who are unable to drive to get around their community
- Continence aids when there are some difficulties with managing bladder and bowel movements
- Personal alarms to enable Veterans to get help at all times
- Orientation clocks and medication reminders when Veterans memories aren't as good as they used to be
- Home modifications where there are aspects of their home that is difficult to manage or unsafe – these modifications may include rails beside steps or non slip tape to make the base of the shower less slippery

The RAP schedule is the document that sets out the rules Health Professionals need to follow including what items can be accessed. You will also find:

- if Health Professionals need to seek DVA approval before issuing or ordering the item (Prior Approval)
- if a guideline or special assessment applies to the prescribing of the item
- if the item is on contract (these items must be ordered from contracted suppliers)
- if there are any quantity, value or reordering limits that apply to this item.

A Veterans eligibility for items out of RAP is influenced by whether they have a Gold or White Card. Veterans with a White Card can only access items that directly relate to their approved conditions under DVA. Some items will belong to the Veteran after being issued whereas other larger cost items will remain owned by DVA and will need to be returned to them once the Veteran no longer needs the item.

Locally we have 3 Rehabilitation Equipment Suppliers who are all able to provide select items to Veterans:

- Leef Independent Living Solutions, 38 High Street, Wodonga
- Eden Health Care Solutions, 404 Townsend Street, Albury
- Aidacare, 355 Urana Road, Lavington

<https://www.dva.gov.au/providers/rehabilitation-appliances-program-rap/rap-schedule>



Want Something to do on Thursdays?

Why not come and join in with the fun and frivolity of our Day Club?

We meet each Thursday at ANZAC house in Wilson Street Albury from 10am-2pm and is open to senior members of the Albury community.

Our programme includes: Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and occasional bus trips.

We have morning tea and lunch every week
Contribution weekly is \$8. If you need door to door transport, due to disabilities, this can be provided For information about becoming a member please contact :

The Link Club coordinator:

Danny on 047 224 751

or Administrator:

Jan on 0418 418 159

**We are back and observing COVID rules so feel
safe to come along and enjoy one another's
company.**



A visit to the newly refurbished monument by Link RSL Day Club members with an informative guided tour by, President of Albury RSL Sub Branch, Graham Docksey.



PRESIDENTS CORNER–WINTER 2021

Welcome to the Winter edition of the sub-Branch Newsletter to the sound of rain drops on the roof, crisp grass under foot and the endless leaves on the paths. Thank you, Jan, for your work in pulling together another newsletter to keep our members informed on the happenings in their sub-Branch. Several other sub-Branches have simply closed their doors over the past several months, but we continue to soldier-on with improvements in the meeting room, gardens and phones calls and assistance when needed.

Recently at a monthly meeting we had a guest speaker talking about the Rehabilitation Appliances Program (RAP). The schedule of items, the guidelines and forms are available on www.dva.gov.au. (RAP program).

I strongly encourage you to look at the schedule and then discuss this with your GP or Health professional.

This is your sub-Branch so please get involved whether it be doing a few hours in the reception area or assisting on Remembrance or ANZAC Day.

ANZAC Day this year was held under a COVIC-19 Safe Plan, and I am pleased to say that the community understood the conditions under which we could conduct both the Dawn and 10am Services. The 9am March was also conducted under a Strict COVIC Safe Plan with only Veterans and Descendants being allowed to participate. The community turned-out to applaud the veterans. Perhaps one of our best Marches.

The sub-Branch is active with continued improvements to the Albury War Memorial and is working closely with the Albury City Council to ensure that Albury has the finest War Memorial in regional Australia. If you get an opportunity to drive up there to have a look you will be amazed at the outstanding result.

Our interest is now on a refurbishment of the nearly 70-year-old World War Two Bowl. Plans have been completed and the plans have been out for community consultation. The community is very supportive of the improvements planned. We look forward to this plan being implemented over the next two years.

With the pending withdrawal of Australian forces from Afghanistan later this year, the sub-Branch is already in discussions with Albury City with regards an Afghanistan plaque and interpretive plaque for the memorial.

Planning is well underway for the 2021 Remembrance Day Service to be held in St Matthew's Church Albury. (Pending Public Health Orders at the time). Monthly meetings continue to be very well attended and most productive with many members remaining for the luncheon afterwards and a friendly chat. So come along you are most welcome. Often, we have a guest speaker.

The Sub-Branch continues to support DVA sponsored activities such as Veterans Health Week with further details to be provided by DVA.

I continue to remain grateful for the support of my committee members.

Best wishes to you all and stay safe.

Graham,

June 2021

ANZAC DAY









Community Foundation/Border Trust Presentation



The Big Give

Jan, Graham, Harry, Mark
Jenny & Noel, attended the
Big Give at the Atura

ACE Radio 2AY & Edge
FM community grants
With Philanthropic Partner
the Geoff & Helen
Handbury Foundation.
Presented by Kev Poulton

Project :ANZAC Day
2022

Service: Equipment Hire



***Albury RSL Sub-Branch
PO Box 175
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