

The Riverside Express

Wellbeing

With this the new edition of Riverside Express now in the process of publication, Wellbeing is to the fore in all Sub Branches, Districts and State. When considering how and where you attend to Wellbeing, look to yourselves firstly before considering others. Your wellbeing, your wellness is first cab off the rank because if you are not up to a job due to ill health or other, then you're not fully able to attend to others.

During this year there will be Wellbeing Support Officer training to assist ALL members interested enough to attend. The WSO course will be supported and carried by State RSL trainers and their continued efforts in training 'us' are commended. The dates times and venue are to be advised. Wellbeing Support Officers are all those in the RSL community, the Women's Auxiliary and others interested in supporting Veterans and their families. WSO's once familiarised and trained in what Wellbeing Support is, are there to engage in a variety of exercises in support for our overall Veteran community. More news to follow.

DVA and ATDP

The ATDP operates to better attend to Veterans by having a set series of courses and professional development for Advocates. These courses are Nationally recognised, registered and have unique National qualifications. If Sub Branch members or others are considering becoming advocates for Veterans and their families, then please apply through your Sub Branch. Question Advocates and see what they do for their mates, better still apply through ATDPenquiries@dva.gov.au

Wellbeing Support from SED RSL

Should Sub Branches, members require urgent Wellbeing advice, direction, please contact the Wellbeing Co-ordinator SED RSL on 07 5541 3720, 04398 34087 or vp3@rslsouthqueensland.org otherwise your Sub Branch Advocates & State RSL are on hand for advice.