



Robyn Collins
General Manager



I am frequently moved to tears by our clients' stories.

Recently DefenceCare has supported a number of defence families in considerable distress. Our counsellor is helping a number of veterans struggling with mental health issues so severe they are unable to work and have lost almost everything.

We are also helping young families with seriously ill children and one whose child sadly passed away at a very young age.

Our goal is to provide support and assistance during times of crisis, helping our clients get back on their feet as soon as they are able. The donations we receive from sub-Branches and Women's Auxiliaries allow us to continue to help those in need.

I recently had the great privilege of speaking with a widow of a WWII veteran; a woman of immense strength who had cared for her husband after the war until he died, while also raising their three children.

She spoke about all she had endured and how her husband had been affected by the war – hiding under the bed after hearing loud noises and many other symptoms we now know as characteristic of possible mental illness. For two hours she cried as her anger and grief spilled out and she shared stories she had not ever shared with anyone else in her nearly 90 years.

No matter how strong we are, every now and then we need someone to lean on – with your support DefenceCare will continue to be there in times of need.

LAUNCH

DefenceCare has officially launched an advertising campaign to raise \$1.2m to provide crisis support to serving and ex-serving members and their families. At the same time, we also want to raise awareness

among the general community about the work of DefenceCare.



Beginning ANZAC Day, you may have seen television, print or online advertisements about the invisible enemies that veterans face, such as PTSD, depression

and chronic pain – all of which wage a silent war on them and their families. The advertisements graphically depict how it is hard to see what our veterans go through when they return to civilian life. If you would like to take a look at the television advertisements, you can watch them at www.defencecare.org.au/get-involved

All Australians are urged to go to www.defencecare.org.au/donate to contribute what they can. Every little bit helps.

PEOPLE WE HAVE HELPED

Geoff Evans had PTSD and physical wounds from being blown into the air when his Bushmaster-armoured vehicle ran over a road mine in Afghanistan. His brain suffered a severe traumatic injury from his head being violently shaken. It led his being medically discharged – the day after he was promoted to lieutenant.

When he returned from the second tour and was medically discharged from the army, DefenceCare stepped in to help him with adapting to civilian life and getting his pension entitlements from the Department of Veterans' Affairs.

DefenceCare also helped a veteran in her eighties with arteriosclerosis. She served as a nurse in the Royal Australian Army Nursing Corps in Korea, where it snowed



DONATIONS NOT KEEPING UP WITH HIGH DEMAND FOR OUR SERVICES

All RSL NSW sub-Branches have hopefully received an email or letter about the fact that requests for DefenceCare's help are growing rapidly.

Requests for financial assistance, bereavement services, counselling, community support and transition to civilian life services increased by an average of 86% over the past three months. There is no sign of this demand decreasing and this is why we are in urgent need of more donations to continue helping our clients.

DefenceCare is a Tier 1 RSL NSW recognised charity. To make a donation, please make out a cheque to RSL Welfare and Benevolent Fund and mail to:

RSL Welfare and Benevolent Fund,
Level 5, ANZAC House, 245 Castlereagh

Street, Sydney NSW 2000.

Alternatively, a direct deposit can be made into our Commonwealth Bank account:

Account name: RSL Welfare and Benevolent Fund

BSB: 062 016

Account Number: 00050589

If you make a direct deposit into our account, please send an email to defencecare@rslnsw.org.au to let us know the donation amount, date and details of the donor.

Finally, you can donate online at www.defencecare.org.au/donate.

Sincere thanks for your continued support.

the entire time she was there.

When the landlord of the place she rented decided to sell the property, she had nowhere to live. The idea of moving was overwhelming, as an elderly person with her condition should not be doing any heavy lifting, not to mention the stress of suddenly being forced to uproot her life.

DefenceCare met the client to find out how we could help and assisted by paying storage costs and her new home's bond. She is now nicely settled in her new apartment, and says: "I am so very grateful for the all the assistance and kindness shown to me."

A daughter of a Vietnam veteran who is suffering an aggressive form of cancer asked for our help recently. She had to leave work to cope with her cancer treatment and did her best to keep up with bill payments, but couldn't pay her telephone bill. DefenceCare paid the bill to ensure that she can remain in phone contact with her family.

RSL NSW STATE CONGRESS

DefenceCare was at State Congress in Coffs Harbour. We ran the first Health and Wellbeing seminar, where a group of speakers talked openly about their experiences, concluding with a lively panel discussion about physical and mental health in the veteran community.

DefenceCare would like to thank the speakers Dane Christison (Managing Director of In and Out Fitness Organisation), Matthew Johnstone (Mental health advocate, author and illustrator), Ben Burrowes (Veteran) and Tai Chi instructor Paul Parramore, for donating their time to be part of the seminar. Thank you also to Dr Rod Bain for leading the panel



discussion.

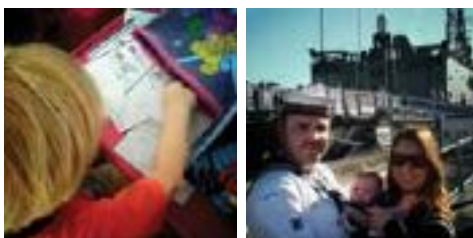
DefenceCare staff members also really enjoyed meeting all the delegates at the DefenceCare stall, where we gave out bags and free resources about men's health, depression, anxiety, PTS and being a carer. Thank you to all those who made a gold coin donation for a reusable DefenceCare coffee cup.

For those who did not get a chance to do Facebook training while you were there, you can still call (02) 8088 0388 or email xluong@rslnsw.org.au to discuss how you can get started on social media.

See you in Coffs Harbour next year.

GOODBYE HMAS NEWCASTLE

DefenceCare helped send off HMAS



Newcastle on 21 April by providing morning tea and a postcard giveaway for children. The postcards could be coloured in by children and sent to their mother or father while they were out at sea.

The crowd at Woolloomooloo Wharf was 500-800 strong, with families spending their last moments together having morning tea and giving each other lots of hugs and kisses.

It was the first time DefenceCare has been present at a ship send-off and it was an honour to support families as they said goodbye to their loved ones.

BE A HERO. FUNDRAISE FOR DEFENCECARE.

DefenceCare is now on the online fundraising website Everyday Hero. If you are passionate about raising much needed funds for veterans, serving members and their families, individuals and sub-Branches can now set up their

very own online fundraising page and begin fundraising! Simply go to www.everydayhero.com.au, search for DefenceCare under the "Charities" tab and follow the prompts. Call 8088 0388 or email xluong@rslnsw.org.au if you need help setting up your fundraising page.

NEW BROCHURES

Brochures outlining DefenceCare's services are now available. You are welcome to call 8088 0388 or email kaustin@rslnsw.org.au to have some delivered to you so you can let veterans, serving members and their families know about how we can help. If you are thinking about fundraising for DefenceCare, the brochures are also a great way for letting supporters know about our charity.

CONTACT US

DefenceCare. Always there.

A charity supporting the Australian Defence Force. DefenceCare was formerly known as the Defence Service Assistance Centre and is part of RSL Welfare and Benevolent Institution (RSL WBI). DefenceCare is a Tier 1 RSL NSW recognised charity.

If you would like to discuss how DefenceCare can assist you and your family, please contact us.

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Fax: (02) 9261 4558

Email: defencecare@rslnsw.org.au

Website: www.defencecare.org.au

Facebook: DefenceCare

Twitter: DefenceCare