



Robyn Collins
General Manager



This week I attended my uncle's funeral, made all the more special by a wonderful funeral tribute by Des Green from South Lake Macquarie sub-Branch.

RSL Funeral Tributes give so much to families. They provide a window into their loved one's service to their country and an important part of their life.

Des's tribute to Don Thurecht was engaging and educational. Des spoke about Don as Lance Bombardier in WWII, serving in heavy fighting in PNG. He spoke about Don's family, where all four siblings (including his sister, my mother Freda) enlisted during WWII and five other Thurechts from Longreach also joined the war effort (as did another 19 Thurechts from Queensland - all related).

Des also talked about Don's role in Auburn sub-Branch, where he was a life member and, in the past, a delegate to State Congress and Western Metropolitan District Council.

DefenceCare contacts many sub-Branches after calls from families asking for a funeral tribute for a recently deceased loved one. On behalf of the families who benefit from the tributes, our sincere thanks to volunteers like Des who give their time to support fallen comrades.

DefenceCare actively supports many older veterans and their families as age and illness bring new challenges. For many older Australians, the stress of illness and incapacity can be reduced if you prepare in advance.

The NSW government has set up a website with information and tools on planning ahead at www.planningaheadtools.com.au. If you can't access the internet, we encourage you to ask a relative or friend to show you the site

on a computer or download the resources for you.

The site talks about topics such as preparing a will, different types of powers of attorney and how to plan for your future health care. It features a series of videos and you can also download a transcript of the video to read what has been said.

If you don't have anyone to help you find out more information on planning for your future as you get older, call DefenceCare on 8038 8088 and we will put you in contact with someone who can help.

PEOPLE WE HAVE HELPED

In June 2010 a helicopter crash caused multiple injuries for 2 Commando Sergeant Garry Robinson: a traumatic brain injury, broken ribs, a broken lower spine, dislocated and broken hip, fractured leg and internal bleeding.

When Garry's wife Katrina heard what had happened, she flew to a military hospital in Germany and knew she needed to prepare their three teenage children before he returned home. "I took photos of Garry and showed them to the kids. They coped better than I had expected when Garry returned home for more treatment, but I am sure it was hard for them."

When the accident occurred, family members, Garry's mates and the 2 Commando unit pulled together to help out. DefenceCare supported the family by paying for house cleaning services while Katrina focused on helping her husband recover. DefenceCare also arranged for Garry and his son to see a football game together to help them bond and move forward.

"I went to the hospital to be by Garry's bedside seven days a week for more than two years while Garry was in hospital. I would leave home at 8am, stay there all day and left at 8pm," said Katrina.

Due to his badly fractured leg that wasn't healing, Garry had no choice but to have his leg amputated in 2011. His injuries brought on bouts of anger and depression.

Garry is now back at home and undertakes rehabilitation three days a week.



"Garry is much better now. He is walking independently and can do things by himself now and has his own confidence.

"What DefenceCare did for us just made things much easier – it was a load off our shoulders. Thank you for the help and support and helping us through the tough times." says Katrina.

DefenceCare also helped an elderly Army veteran who passed away recently and his widow. We assisted his widow with some overdue bills and the cost of the funeral. The client was referred to us from a sub-Branch and we are grateful that we were able to help during this difficult time.

After being medically discharged from the Navy, another client faced serious financial issues exacerbated by her major depressive disorder. She also needed help with a complex claim to the Department of Veterans Affairs. Unable to work and close to losing her home, she asked for DefenceCare's assistance. DefenceCare helped with the entitlements claim and paid overdue bills. "I really appreciate the help DefenceCare gave me financially and emotionally. Peter Pocock (DefenceCare's Community Support Worker) was especially approachable and supportive and was always available to me when I needed to talk to someone."

RSL LIFECARE HELPS WITH A CAR!

RSL LifeCare recently donated a car to DefenceCare to help a young veteran and his family during a difficult time in their life. The car will also be used to help other

veterans in need in the future.

We are very grateful for the support of RSL LifeCare for younger veterans in need.



Without their generosity, we could not have helped a veteran

support his children during this crisis.

DefenceCare and RSL LifeCare are part of the RSL NSW family, supporting veterans and their families throughout their life and in times of need.

UPDATING SUB-BRANCHES ON THE PROGRESS OF CLIENTS REFERRED TO DEFENCECARE.

DefenceCare is in contact with many sub-Branch Welfare and Pension Officers on a regular basis, with clients being referred both to and from sub-Branches. Sometimes these referrals come via third parties such as the VRB.

DefenceCare is always looking for ways to improve our service to sub-Branches and as a result of a recent suggestion, where we can identify the source of the referral, we will make contact with the relevant sub-Branch to let them know we have received the referral and are now working directly with the client.

MINUTE TO REMEMBER 2013

To commemorate Remembrance Day and help make the ritual of honouring Australia's war heroes more relevant to young people, DefenceCare will be running the Minute to Remember campaign for the second year running.

The campaign will involve sending out an SMS message to participants to remind them to turn their phones off at 11am on 11 November 2013 and will give them the opportunity to make a donation to DefenceCare.

If you have not already



DO YOU KNOW A BUSINESS OR LICENSED CLUB INTERESTED IN HELPING VETERANS AND THEIR FAMILIES?

If you do, we would appreciate you letting them know that DefenceCare is a charity in need of support. DefenceCare helps current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or crisis.

Many RSL, service and other registered Clubs donate to veterans' welfare causes (under Category 2 funding) and may still have funds available for charities in need. Businesses as well often like to give back

to the community and are looking for a charity making a real impact.

Businesses are welcome to go to our website and the page on becoming a corporate supporter at www.defencecare.org.au/get_involved/become-a-corporate-supporter to find out more about DefenceCare and how they can help.

Feel free to show your club or business this article and ask them if they would like to donate or support the defence community. If you need more information call DefenceCare's Marketing and Sponsorship Manager, Xiong Luong, on 9264 8188 ext 502.

done so, go to www.facebook.com.au/DefenceCare, "like" DefenceCare's page and you will be notified when the campaign begins.

FUNDRAISER SPOTLIGHT: AN INJURED VETERAN RAISING MONEY FOR OTHER INJURED VETERANS.



Vanessa was medically discharged at the rank of a Sergeant in the Australian Army. She is not only taking part in DefenceCare's Veterans' Health Week Fun Run-Walk on 19 October,

she is also using the opportunity to raise funds for DefenceCare.

"I couldn't think of a better to charity to support if I tried, the work these guys do to help our veterans is phenomenal, so when I found out they were holding a fun run I knew I had to participate to show my support. I am passionate about supporting our injured veterans," says Vanessa.

Vanessa is asking anyone who is willing to donate to go to her online fundraising page to give what they can. "I ask each and every one of you to support me, an injured veteran, raise money for other injured veterans. Remember any donation you make over \$2 is tax deductible! So come on, dig deep and support both me and DefenceCare."

Donations can be made at <https://give.everydayhero.com.au/vanessa-s-run-for-veterans> before or after the fun run. Donations go to DefenceCare to help current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or crisis.

CONTACT US

DefenceCare. Always there.

DefenceCare is a charity helping current and ex-serving members of the Australian Defence Force and their families in times of injury, illness and crisis. DefenceCare is part of RSL Welfare and Benevolent Institution and is a Tier 1 RSL NSW recognised charity. ABN: 61 603 206 488. DGR: 752 766 491. CFN: 12317.

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

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