



"SEMPER PARATUS"

The Official Quarterly Magazine

5th FIELD AMBULANCE RAAMC ASSOCIATION

www.5fdamb.com



"A PROUD MEMBER OF THE RAAMC ASSOCIATION INC."

ACTISAFE

WORKPLACE ERGONOMICS



ELECTRONICS
TABLES



TOTAL
STORAGE SOLUTIONS



LIFTING SOLUTIONS



EXHAUST EXTRACTION



Fax
Email

1300 882 529
sls@actisafe.com.au

1300 852 397



Australian Government

**VVCS – Veterans and Veterans Families
Counselling Service**

Supporting Australia's veterans, peacekeepers and their families

WVCS provides counselling support to veterans, peacekeepers, their families and eligible Australian Defence Force members. WVCS is a specialised, free and confidential Australia-wide service.

WVCS can provide you with:

- individual, couple and family counselling
- after-hours crisis telephone counselling via Veterans Line
- case management services
- group programs for common mental health issues – anxiety, depression, sleep and anger
- psycho-educational programs for couples including a residential lifestyle management program
- health promotion programs, including Heart Health a 52 week supervised exercise and health education program offered in group and correspondence formats.
- Stepping Out, a 2-day 'transition' program for ADF members and their partners preparing to leave the military
- 'Changing the Mix' – a self-paced alcohol reduction correspondence program, call 1800 1808 68 to register

We can help you work through issues such as stress, relationship, family problems and other lifestyle issues as well as emotional or psychological issues associated with your military service.

To arrange an appointment or obtain more information about WVCS please call the number below or visit our website.

Call 1800 011 046*

www.dva.gov.au/health_and_wellbeing/health_programs/vvcs

*Free local call. Calls from mobile and pay phones may incur charges.



Veterans and Veterans Families Counselling Service
A service founded by Vietnam veterans

SWAPP Select provides a range of employment enabling initiatives to assist Defence partners seeking work.

For further information go to our website at <http://www.defence.gov.au/dco>



SWAPP Select
Services Workforce e Access Program for Partners



- Childcare** (max \$250 per child)
- Remote Internet Access** (max \$30)
- Personalised Resume Preparation** (max \$500)
- Training directly linked to an employment offer** (max \$2,500)
- Professional Employment Assistance** (max \$2,500) / **Training** (max \$2,500)
- Professional Re-registration Expense Payments (PREP)**

Defence Service Homes Insurance Scheme

Home & Contents insurance for Veterans (their widows or widowers) or ADF personnel who are:

- Entitled to use a DSH loan (whether used or not),
- Entitled to benefits under the *Veterans Entitlement Act 1986* (including AASM qualifying service), or
- Using the Defence Housing Assistance Act loan.

cover
plus the **care**



To see if you are eligible and to compare the features call
1300 552 662
www.dsh.gov.au



