

CHRISTMAS NEWSLETTER

DECEMBER 2009



"SEMPER PARATUS"

The Official Quarterly Magazine

5th FIELD AMBULANCE RAAMC ASSOCIATION

www.5fdamb.com



"A PROUD MEMBER OF THE RAAMC ASSOCIATION INC."

SV Scalabrini Village

Phone: 02 9606 0477

- First Class Retirement Facility
- Professional, Caring Staff
- Caring for our Aged Community

65 EDMONDSON AVENUE, AUSTRAL NSW

Proud to support 5th Field Ambulance RAAMC Association



Services Include:

- General Practitioners 5 days per week
 - Counselling
- WalkAbout Group
 - Dietitian
 - Podiatrist
 - Paediatrician
- Health Prevention and Promotion Programs

'For Better Goori Health'

Phone: 02 6681 5644

Fax: 02 6681 5912

Email: bullinah@internode.on.net

120 Tamar Street, Ballina NSW 2478

An Initiative of the Northern Rivers General Practice Network

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FENCING AUSTRALIA



PO Box 6062
Westdale NSW 2340

Telephone:
61 2 6761 5861

Fax:
61 2 6761 5661

ACN 094 085 953
ABN 41 094 085 983
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AS/NZA 4801:2001, AS/NZA ISO14001:2004, AS/NZS ISO9001:2008

Fencing Australia Pty Ltd is able to:

- supply materials
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- provide budget estimates
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Fencing Australia Pty Ltd motivated and skilled teams specialise in fencing in regional/remote areas. Fences erected in remote, regional and metropolitan areas include telecommunications security compounds, antilimb mesh with razor tape and rural fencing.

Email: enquire@fencingaustralia.com.au
www.fencingaustralia.com.au

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REDUCE STAFF RISK
INCREASE PROFESSIONAL DEVELOPMENT

Training available in:

- Model of practice
- Responding to challenging behaviours
- Communication
- Positive behaviour support
- Mandatory training
- Least restrictive practise

Synapse Training provides effective training and positive behaviour responses through a range of resources and comprehensive training and education programs.
Visit our site at www.synapse.org.au – call us on 07 3367 1049 or email biaq@braininjury.org.au



synapse
TRAINING

Proud to support 5th Field Ambulance RAAMC Association



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

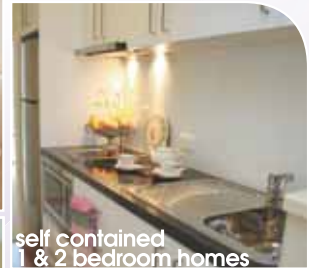
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Defence Service Homes Insurance Scheme

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.

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and to compare the
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www.dsh.gov.au



Australian Government
Department of Veterans' Affairs

