



RAAF ASSOCIATION – TOWNSVILLE BRANCH

NEWSLETTER – MAY 2019

Branch Patron: Air Commodore Tony Jones

President:	Secretary/Treasurer
Mr Trevor Beams 4 Pullen Court Kirwan QLD 4817 Phone: 07 4773 4310 or 0455 940 615 E Mail: raafatvlbranchpres@gmail.com	Mr Ted Mildren 9 Betony Place Kirwan QLD 4817 Phone: 07 4723 6145 or 0419 665 281 E Mail: raafatvlsectr@gmail.com

Next Branch Meeting

Sunday 12th May 2019

1000 Hours

Community Centre, RSL Retirement Village, Rowes Bay

Next Social Event

Sunday 23 June 2019

8.00am

**Branch Breakfast
Bushland Beach Tavern**

May Birthdays

On behalf of all members, I wish the following members a very Happy Birthday.

4 th May	Kevin Sloane	12 th May	Eddie Albert
13 th May	Noel Butler	19 th May	Neil Cameron
22 nd May	Matthew Harvey	24 th May	Doug Millican
31 st May	Pam Gebran		

If I have missed anyone, please forgive me and have a Happy Birthday.

New Member

A very warm welcome to new member Steve Cox. Steve was a Radio Technician Air before taking his commission as a Aeronautical Engineer and was the Senior Engineering Officer at No 27 Squadron here in Townsville when he retired from the RAAF Active Reserve.

Open Arms Programs

The following is the Open Arms program for Townsville during May. If you wish to attend any of their programs, please contact Open Arms directly.

Good afternoon,

I would like to advise that the next 4 Open Arms group programs are coming up shortly. Places are available in these programs and interested participants (current and ex-serving Defence members and their partners) are encouraged to register as soon as possible by contacting Open Arms on 1800 011 046.

Group Programs - May 2019	Date	Time
Understanding your Anxiety This is a 6 session program which assists participants to understand the link between thoughts, feelings, and behaviour and their impact on anxiety and then develop a sense of well-being through developing strategies to reduce anxiety.	Wednesdays 1, 8, 15,22,29 May & 5 June (2hrs / 6 sessions)	9am – 11am
Stepping Out Making the transition to civilian life can be challenging. This program will provide information, skills and tools to assist Defence members and their partners manage their transition from Defence to civilian life.	Thurs 9 – Fri 10 May (2 days)	9am – 4pm
Doing Anger Differently This is a 6 session program which aims to assist participants to develop an awareness of the warning signs of problematic anger and to develop the tools and understanding to manage anger more effectively.	Mondays 13,20,27,May & 3,10,17 June (2hrs / 6 sessions)	3pm – 5pm
Managing your Pain This is a 6 session program which assists participants to understand the relationship between thoughts, behaviour, lifestyle factors and pain and develop effective pain management strategies including long-term pain management strategies.	Tuesdays 21,28 May & 4,11,18,25 June (2hrs / 6 sessions)	3pm - 5pm

All Open Arms group programs are conducted by facilitators experienced in working with veterans and their families. All group programs are **free of cost** for current and ex-serving Defence members and their partners. Please encourage interested participants to register for group programs by contacting Open Arms North Queensland on 1800 011 046 or email openarms.northqld@dva.gov.au as soon as possible. Interested participants are also encouraged to visit our website (www.openarms.gov.au) for more detailed information regarding group programs. The Open Arms group program calendar is attached.

Thank you very much for your assistance in promoting these groups to potential participants and their partners.

Please contact Open Arms North Queensland on 07 4723 9155 if you have any queries or would like further information regarding the group programs.

Kind regards,

Jillian Kelly

Group Program Coordinator / Psychologist
North Queensland
Open Arms – Veterans & Families Counselling
Tel: (07) 4723 9155 Work days – Tues, Wed, Thurs

Until the next newsletter, kind regards to all and please stay safe.

Ted Mildren