



“Your Local Club”

“Your RSL”

“Ringwood RSL”

March/April 2024 Newsletter

Equine Therapy Program -From the Horse’s Mouth

Located in Bayswater North, From the Horse’s Mouth (FTHM), is a FREE four-week introductory program developed specifically to enhance Veteran wellbeing by incorporating equine assisted learning through meaningful experiences, in a support group environment. It is provided by a collaborative community effort through a consortium of organisations; Ringwood RSL, Equestique Horse Riding and Bright Community Services. This utilizes the existing experience and expertise of many for the benefit of the veteran community.



FTHM promotes veteran mental health and wellbeing using the principles of groundwork with horses to bundle skills and manage mental health. The program creates an environment for Veterans to receive peer support, learn horsemanship skills, develop new life skills to manage depression and anxiety, increase social connections and provide referrals for veterans to other helpful ongoing community services. The property is easily accessible via public transport with a bus stop directly out the front of the property.

Delivered Fridays 10-12:30, over four weeks. We are now receiving expressions of interest for the April and May groups.

To Register your interest the below link or QR Code:



**REGISTER
YOUR
EXPRESSION
OF INTEREST
HERE ---->**



reception@ringwoodrsl.com.au

Participant’s 1 feedback:

“As you know, horses are honest and respond appropriately to the connection felt between both parties. In many cases it's probably the first occasion where veterans feel they're in an honest collaboration regarding their circumstances. The connection veterans and

horses share are important and valuable towards the healing transformation between veterans and horses. The emotional connection and ability to learn new values towards purpose, meaning and identity for life to continue after service is shared between the veterans and horses”.

Participant's 2 feedback:

"I've learnt how importance in the way one views one's own life story and the potential to reframe the story in a more positive way."

"I have learnt the safety that can be found on well-trodden pathways of others".

"I have learnt the importance of being aware of one's emotional state and developing appropriate strategies to calm down before reaching frontal cortex shutdown."

"I have learnt it is possible to use the skills developed even from different experiences to achieve future goals".

"I have made new social connections through this program that I can continue to nurture, and I have been introduced to other support services for veterans".

"My favourite part about the course was interacting with the horses. I would strongly recommend this program to another veteran". Veteran

Participant's 3 Feedback:

"Through this course I learnt that I am not alone, and my story can help others relate through shared lived experience".

"I learnt to be aware of the things that are troubling me so I can work step by step towards obtaining positive outcomes and goals"

"I learnt to recognise my transferrable skills to be able to adapt to new situations. Through reframing I learnt to take the thoughts that pull me down and make me fearful and transform them to into those that give me confidence and strength to move forward and believe in myself".

"I found the content of this course helpful and relevant and made new social connections".

"My favourite part was communicating with the horses and receiving reciprocal acceptance from them".

I would strongly recommend this program to another veteran". Veteran

2024 Annual General Meeting

Sunday 24th March @ 10.30.

All Service, Affiliate and social members are invited to attend and participate.

The agenda includes consideration of amendments to State Branch By Law 10A and consequent amendments to Ringwood Sub Branch rules.

ANZAC Commemorations

ANZAC Sunday 21st April features the march from Target Square to the Clock Tower Memorial with assembly at the Square at 09:30, stepping off 10:00 and the commemoration service at the Clock Tower at 10:30. After that, light refreshments at the Sub Branch for all participants.

ANZAC Dawn Service. Monday 25th April at the Ringwood Clock Tower at 05:30 for a 06:00 commencement. Following the service, the Sub Branch is open to the community with a free breakfast, as well as other ANZAC Commemorations (Canberra, Melbourne, Gallipoli), the ANZAC Day clash between Essendon & Collingwood @ 3.20PM and GWS vs Brisbane Lyons @ 7.30PM on the big screen and entertainment including two up, and the Ringwood RSL Pipe Band during the day.



Veteran Games

BUSINESSES, BRANDS & VOLUNTEERS CAN ALSO GET INVOLVED

HEAD TO WWW.VETERANGAMES.COM

HOSTED BY
VETERAN SUPPORT FORCE LTD
 - ACNC REGISTERED CHARITY
 - DEDUCTIBLE GIFT RECIPIENT (DGR) STATUS

LET THE GAMES BEGIN!

FOCUSING ON

Key Findings from the Royal Commission into Defence and Veteran Suicide Interim Report

- CONNECT WITH COMMUNITY
- PROACTIVE PHYSICAL HEALTH
- PROACTIVE MENTAL HEALTH
- SHAPING A POSITIVE VETERAN NARRATIVE
- COMING TOGETHER WITH PURPOSE

KEY DETAILS

WHEN & WHERE?

17 & 18 AUGUST

NUMINBAH VALLEY, GOLD COAST

WHAT'S INVOLVED?

- TEAM OBSTACLE COURSE
- TEAM TUG-OF-WAR
- PROBLEM SOLVING EVENTS +MORE!
- FAMILY FESTIVAL AREA & SPECTATOR ATTRACTIONS

HOW TO COMPETE?

- FORM YOUR TEAM OF 8
- REGISTER AT WWW.VETERANGAMES.COM
- START TRAINING

DONATE

CONTRIBUTE TO THE CAUSE

ALL DONATIONS ARE TAX DEDUCTIBLE

The Veteran Games Australia 2024 will be conducted during the period 17th & 18th August on the Gold Coast.

Competitions will include a Team Obstacle Course challenge, Team Tug-of-War, and a number of other Military styled activities designed to test the teamwork and problem-solving skill-sets of competitors. Veterans (current and former serving) will be required to form and register their own team of eight (plus 2 reserves) and pass a basic fitness test in order to compete.

The Sub Branch will again be fielding a team and part sponsoring a second so if you are interested, please contact Jason Isaac through reception on 98766604.

Committee Elections 2024



The results of the election for the positions whose tenure was up are;

President – David Jamison unopposed

Junior Vice President – Christian Bolog unopposed

Secretary – Rob Swenser unopposed

Committee Positions- members elected;

Neil Treadwell; Des Myers & Kim Brown.

The President congratulates those who have been elected the Committee and thanks the unsuccessful candidate, Kevan Andrews, for his willingness to serve on the Committee had he been elected.

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"Ringwood RSL"

WELFARE CAR RAFFLE

WIN ME



WIN ME

NEW - Hyundai Venue

Drawn ANZAC Day 25th April @ 1PM
TICKETS \$20 ea Only 2,000 Tickets

www.ringwoodrsl.com.au