

Health and Wellbeing UPDATE



June, 2023



Welcome to Winter everyone, and a warm hello from me, the new Health and Wellbeing Coordinator at Bendigo RSL. Over the next few months, I hope to meet many of you either here at the RSL or out in the community enjoying one of the many activities that are happening around town. Please keep reading to find out more about what's on in June.

Health topic - Shingles



- Shingles is a skin rash causing pain and blistering which usually appears on one side of the face or body.
- Shingles is caused by the same virus responsible for chickenpox.
- A vaccine is available for people aged 50 years and over.
- A free vaccine is available people aged 70
- The free vaccine is available for people 71-79 up to October 23.

For more information

- **NURSE-ON-CALL** Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- **National Immunisation Infoline** Tel. 1800 671 811

What's on

Core Programs

- Mon to Wed - **RSL Sheds** 9am - 12pm
- Every Sunday - **CrossFit** - 8am - Veterans only group
- Every Wednesday - **Crossfit** - 5.30 - Group Fitness
- Thu 15 & Thu 29 - **Yoga** - 11am -12pm -Kangaroo Flat Hall

Activities

- Friday 16th June - **Veterans Morning Tea** - 10.30am - BDRSL
- Sunday 2nd July - **Veterans Golf & lunch** - 10am - Neangar Park
- Friday 7th July - **Walk, Talk, Cuppa** - 9am - Thrive Fit
- 10 day Free Pass- **Gurri Wanyarra Wellbeing centre** -



I encourage you to try the Veteran's Golf, it is a Pitch and Putt format, so it only takes about 1hour and includes lunch at the BDRSL Bistro.

Numbers are limited so please RSVP to healthwellbeing@bendigorsl.com.au

Other Activities



Walk, Talk, Cuppa Repeat

Did you know that walking is often referred to as the Wonder Drug? It helps reduce the risk of Cardio-Vascular disease, Stroke and Type 2 Diabetes. It also helps with balance and bone health. Best of all it's FREE.

Join Ben from Thrive Fit at 28 Abel St, Golden Square, at 9am for a morning walk on Friday 7th July. (walk at your own pace) and then finish off with a cuppa on us.

RSL Active



Veterans Park Run

Park Run delivers weekly 5km events in parks across the country and is focused on bringing communities together and having fun. Park Run in Bendigo is based at the Bendigo Botanic Gardens every Saturday. Park Run is a fun and growing recreational activity that suits all ages and all fitness levels.

To join, you just need to register for Parkrun and then become part of TEAM VETERAN run club. (you don't need to be a runner, walkers and rollers are all welcome) Joining Team Veteran is a great way to build connections, share experiences with family and friends, stay active and enjoy the outdoors.

Online Veteran's Yoga

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being.

If you are unsure about attending our in-person yoga classes at Kangaroo Flat, why not join in a fun and relaxed online group using the free ZOOM account.

Just log in every Monday and Wednesday evening from 6pm – 7.30pm.

The classes are courtesy of RSL Active Altona and no registration is necessary. Contact Vicki for more info.



Soldier On



Vet Connect Families

A family weekend program that aims to bring veteran families together, provide opportunities for family social connections, developing new and improved relationship skills, and working towards future goals.

- Puckapunyal - Sept 2023
- Sale - Sept 2023
- Wodonga - Nov 2023

Scan the QR code to register your expression of interest

DVA Wellbeing programs

VETERANS HEART HEALTH PROGRAM DVA FUNDED FREE 12 MONTH PROGRAM



Practical
Exercise



Nutritional
Education



Healthy Lifestyle
Management



Social
Connections



Improved
Well-being

The program is free and open to all veterans and peacekeepers with operational service and those covered under the ADF firefighter scheme who have not previously participated in the program.

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

TO APPLY OR FIND OUT MORE - We are currently looking for expressions of interest to form a Bendigo Heart Health group. Please contact the Health and Wellbeing coordinator if you like to discuss this opportunity or apply to participate

Support



Ask Izzy

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more. It is free and anonymous, with thousands of services listed across Australia.

And if you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to wifi.

www.askizzy.org.au

FOR MORE INFORMATION about meeting times, registration and how to join in any of these activities, contact the Health and Wellbeing Coordinator PH: 5443 7097 EMAIL: healthwellbeing@bendigorsl.com.au