

Chair

Senate Foreign Affairs, Defence and Trade

References Committee

P.O Box 6100

2nd June, 2015

Parliament House

Canberra ACT 2600

Dear Senator

Thank you for the opportunity for me to present a submission to your Committee inquiry into The mental health of Australian Defence Force {ADF} personnel who have returned from combat, peacekeeping or other deployment, with particular reference to ;

f. the support available for partners, carers and families of returned service personnel who experience mental ill-health and PTSD.

In S.A we have 5 support groups.

1. The Partners of Veterans Association of Australia Inc (S.A Branch)

This group started in S.A in June 2000 attached to N.S.W national body. In 2003 S.A. became a branch and was incorporated in March 2004.

We have a constitution and a S.A branch Management with a President, Vice President, Secretary, Treasurer, 4 Committee members and an Ambassador (Claudia Cream ) OAM.

We are a support group offering Friendship, Information and Understanding.

We hold a retreat each year for members, Bus trips and other social functions.

We fundraise so as to help partners, expartners or/widow/er of all former Australian Defence Force (ADF) members and their Allies are eligible to join.

Our fundraising is done by BBQ,s at Bunnings, Kent Town, Boot sale at Brighton High School and other social functions.



## 2. Health and Harmony

This group was originally started by The Vietnam Veterans Counselling Service but unfortunately they ran out of funding and we now meet at Legacy House on the 4th Thursday of each month, 10.30 - 1pm.

We do not have a committee, we are just a support group that have speakers and a shared lunch. We also have outings and a Christmas lunch. We do not receive any funding, we all put in \$2.00 each meeting to cover the cost of tea, coffee and milk plus have a lucky envelope draw to raise some money to help to have trips.

## 3. Veterans & Veterans Families Counselling Service . 49 Frome Rd. Adelaide

Veterans, Partners and Families can have Counselling at this service.

## 4. Legacy.

Legacy Adelaide and Nationally now offers support to Families of current serving ADF members and incapacitated service personnel. Respite for Wives and Families can be arranged for weekends or maybe outings for Wives and Families eg, pictures, zoo.

## 5. In Adelaide we also have 3 Coffee groups.

(1) Clare - 3rd Tuesday of each month - Contact Rosemary Pulford

(2) Southern Suburbs - 2nd Thursday of each month- Contact Margaret Cooper or Pam Gaskin

(3) North Eastern - Modbury - 2nd Thursday of each month meets at The Salvation Army, Tea Tree Gully, Oasis Cafe. Contact Ann Stanton

Thank you for allowing me to put in this submission.

Yours Sincerely,

Margaret Cooper