

SUB-BRANCH SIGNAL

August 2025

The Sub-Branch Signal is the monthly newsletter of the Returned & Services League of Australia WA Branch Inc. containing the latest news, events, and updates sent to subscribed members via email and published on the RSL WA website.

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From the State President

Mr Duncan Anderson



Victory in the Pacific

Our solemn responsibility is to never forget. On 15 August 2025 it will be 80 years since the conclusion of the Second World War. I ask everyone to take a moment to pause and reflect on the incredible global sacrifice taken to ensure we enjoy the freedoms we do.

I am proud that RSL WA will hold a State Reception. This is the very least we can do for this amazing generation of Australians. We will be privileged to be joined by a number of Second World War veterans. For those able, I encourage you to attend the State War Memorial for a service, please arrive by 10 am.

National

Many may be aware that the election for a new National President is occurring in October. By convention, this process has not been public. However, in response to other jurisdictions making their candidate public, the Board of RSL WA has announced the Western Australian candidate. In making our nomination, the Board considered 2 essential criteria, generational change and an ability to navigate all sides of politics in Canberra to ensure veterans and families are represented in the best possible manner.

Peter Tinley, AM, has 25 years of service in the Australian Army moving through the ranks from soldier to officer. Peter represents generational change that is being demanded by veterans across Australia. As an elected member of the Western Australian Parliament, Peter served in many roles, most notably as a Veterans Minister. He is respected in all corners of politics and is well-versed in how to best achieve outcomes when navigating politics and bureaucracy.

State

Membership. Progress continues to be made with the implementation of the new system. I ask for continued patience as the staff work through specific issues with both individuals and Sub-Branches. I encourage individuals to work through their Sub-Branches to contact State Branch. If required, please take advantage of your Board Patron who will assist where they can. I would like to pass on my sincere appreciation to everyone as we work through this once in a generation change. I am confident it will have significant benefits to the League in the coming years.

Communications. I am aware that the telephone system at RSL WA is problematic. I can assure everyone that this is a mutual frustration with the staff of RSL WA working incredibly hard to answer and return every call made to the office. I have discussed with the CEO who is investigating different call routing options to improve everyone's experience. Please follow up with an email if unable to make contact by phone.

Better Together Ball. The evening was an amazing success. It was supported by the Governor, Federal Minister for Veterans, State Minister for Veterans and industry leaders. The evening highlighted the leadership shown by RSL WA and Legacy WA in collaborating in our support for veterans and their families. The work done in WA is nation-leading, and I am proud to continue this approach. I would like to recognise the amazing teams at both RSL WA and Legacy WA who delivered an outstanding evening that showcased us amazingly well.

Presidents Forums. Thank you to those who made themselves available for the 21 July Forum. I will continue to post dates here along with reminders sent the Friday before. The dates of the Presidents forums for the rest of the year are:

- o 22 September, 1700h, Anzac House and virtual.
- o 20 October, 1700h Anzac House and virtual.
- o 17 November, 1700h Anzac House and virtual.

Looking ahead. Thank you to everyone that has assisted in organising services for Vietnam Veterans Day. The 18th of August represents proud service by so many. Importantly, it highlights to us all what happens when service is, in some cases, not supported well. We should never forget the mistakes of the past. The RSL will always support all forms of service.

Finally, as many Sub-Branched hold their AGM, I would like to extend my personal appreciation for those finishing up as elected officials and those stepping forward. Leadership is never easy, but it is rewarding!

From the CEO

Mr Stephen Barton



From this month onwards, the Sub-Branch Signal will be including updates from our Veterans Service team. The purpose is twofold: one is to highlight the important work that the team undertakes and to ensure it is better known, but also to reinforce its role in achieving our mission of ensuring veterans and their families thrive in the community.

I recently spoke at the RSL WA and Legacy Better Together Ball, noting that:

“In the last 10 days RSL WA has worked on 26 serious welfare cases – they are diverse and complex. And this is typical.

We have a totally incapacitated veteran in a hotel, who cannot shower or cook. We are organising support to two families following the unexpected deaths of two younger veterans. We have a terminally ill veteran, his wife in care with dementia, who needs help paying everyday bills. We have a veteran with a DVA claim pending, who’s family narrowly avoided homelessness but is now paying \$700 a week in rent and doesn’t have enough money left over to buy food for his three kids. And we had the body of an ex-serviceman unclaimed at a morgue.

This why RSL WA and Legacy are here.

But it must be said, for all this, for many, military service can be overwhelmingly positive. It can be life affirming and positively inform and shape the lives of ex-service men and women and their families.”

Military service is inherently unique – there is no other job like it. It is an enormous privilege, but we all know it can pose some challenges down the road. Membership of the League is about making sure we are there to support others.

Relatedly, we are calling for nominations for a new committee for the creation of a new ‘virtual’ Central Sub-Branch. I have written about this in the Sub-Branch Signal before, but in essence it is about broadening our membership options – giving those younger members who might not have time to belong or commit to a physical Sub-Branch, another option for membership and connection.

This is also the spirit behind our recent RSL Activation event on a Thursday night at Anzac House this month. We had around 60 people attend, including current serving, ex-serving, members and non-members. The intent was to provide a forum to build professional connections, networking and fellowship across the service and ex-service communities in WA and Perth.

A special thank you to Orixon for their kind support for the event. We are planning our next event towards the end of the year, with the goal of doubling our attendance.

The overwhelming majority of the people in attendance came from the ‘fourth wave of veterans’, those of the 1999–2015 era, which now constitutes the largest single cohort of veterans, but the smallest group in our membership base.

As it happens, this under-representation is also reflected in the artwork and collections on display on Level 1 in the Anzac Club. To that end, we will be displaying four new items, be it art, photographs, or items, that better reflect that cohort from Remembrance Day 2025 to Anzac Day 2026.

Full details will be released next month, but from 1 September to 20 October, we will be calling for submissions from our members and the broader veteran community.

The four items would reflect the following campaigns: East Timor, Iraq, Afghanistan and other deployments and service (service in Australia, Solomons, UN peacekeeping).

There will be a committee formed to judge the relevant works. Additionally, we could look to include a signing area near the art (similar in concept to the bollards from Tarin Kowt that the Australian War Memorial displayed), encouraging veterans of that campaign to sign their names.

Finally, this month saw RSL WA lead commemorations for the 80th anniversary of the end of the Second World War, with a service at Kings Park on Friday 15 August. If we did not do this, this occasion would be passing by as merely a footnote.

My final reflection on that, is consider too what it means for the service and ex-service community: if our nation lets this significant anniversary creep by without fanfare, with Second World War veterans alive and among us, who will recognise our service in the years to come? This is another reason why we are here.

Veteran Services Update

Advocacy Update

Over the past two weeks, our Claims Advocacy team have received 56 direct requests for assistance with varying degrees of severity. Common conditions remain mental health, tinnitus, and spondylosis which has a serious impact on quality of life and in serious cases can impact ability to work and function independently.

RSL WA's collaboration with the Department of Veterans' Affairs in the delivery of the Claims Lodgement Assistance (CLA) program remains strong. CLA is designed to assist veterans to lodge claims with support of their Advocates and a DVA delegate, lodging claims through the veteran's MyService account. The lodgement of fully completed claims through MyService assists in the streamlining of claims processing. Veterans are encouraged to discuss their claims with an RSL WA Military Claims Advocate who can provide advice and assistance with the most appropriate form of claims lodgement. RSL WA Military Claims Advocacy Services remains a fee free service for veterans.

Welfare Support Update

Over the past fortnight, we have managed 26 welfare cases, involving a broad range of complex needs. Direct consultation and financial assistance has been provided to veterans with total permanent impairment (TPI), veterans facing homelessness, and families struggling to provide basic necessities like food.

Every day people call RSL WA seeking help with a range of different issues. If they do not fall into the scope of RSL WA wellbeing or welfare, they are referred to an appropriate provider to assist.

At this point in time, two key accommodation facilities are at capacity, which include the Veterans Transition Centre in Jarradale and Sir Valston Hancock House in South Perth. The scarcity of crisis or temporary accommodation in Western Australia remains a key challenge for delivering prompt support for those who need it most. RSL WA connects with a wide range of organisations in Western Australia to try to find crisis and transitional housing, however for many veterans they remain sleeping rough, or couch surfing until something becomes available.

To connect with RSL WA, you can email welfare@rslwa.org.au.

Some examples of recent welfare support provided:

- Transport to medical appointments for rehabilitation
- Personal care for a young TPI veteran living in hotel accommodation, unable to cook or shower
- Support for a terminally ill veteran whose wife (with dementia) required car repairs and support to pay rates
- Assistance for families of veterans moving into care
- Support for two families of recently deceased young veterans
- Regular food vouchers for family awaiting a DVA payout, with most Centrelink income going toward housing
- Homelessness
- Multiple food vouchers issued due to financial distress
- Accommodation support request for a veteran in crisis accommodation
- Application for rates and strata fee support
- Two enquiries regarding financial support eligibility for children of veterans
- Referral to chaplain for an unclaimed veteran's body at a hospital
- Support for four funeral expense cases
- Family court legal advice and housing assistance following a separation.

The Better Together Ball 2025



On 2 August 2025, 300 guests gathered at Pan Pacific Perth for the fourth annual Better Together Ball, a collaborative event by RSL WA and Legacy WA to raise funds for Western Australia's veteran community.

The evening featured live entertainment, a gourmet dinner, and fundraising activities including a silent auction and raffle. Attendees included veterans, serving Defence personnel, corporate partners and special guests such as Governor the Hon Chris Dawson AC APM, Minister the Hon Matt Keogh MP, and the Hon Paul Papalia CSC MLA.

Thanks to the generous support of Hancock Prospecting and other sponsors, all proceeds will directly support veterans and their families across WA.

RSL WA and Legacy WA appreciate everyone who helped make the night a success and look forward to continuing to strengthen the Defence community.

80th anniversary of Victory in the Pacific Day: Commemorative Service



Join RSL WA in marking the 80th anniversary of Victory in the Pacific Day with a special commemorative service honouring the service and sacrifice of Australians during the Second World War.

Date: Friday, 15 August 2025

Time: 10:30 am – 11:15 am

Location: State War Memorial, Kings Park

All are welcome to attend this important commemorative event.

Exhibition at the Army Museum of WA

On 7th December 1941 the US Navy based at Pearl Harbour, Hawaii came under attack and thus brought the United States of America into conflict across the Pacific.

Seeing possible threats to our shores and sovereignty, the Government took immediate steps to move troops fighting in the Middle East and the Mediterranean to help reinforce our borders and those of neighbouring Asian countries in the hope of stopping the enemy. Thus began four years of fighting seeing the fall of Singapore, the horrors of the Thai-Burma railway, Sandakan, Kokoda and Milne Bay in PNG.

To mark the 80th anniversary of Victory in the Pacific, on 15 August 2025 the Army Museum of WA has curated a special exhibition honouring the service and sacrifice of Western Australians during the Pacific campaign. Featuring photographs, uniforms, artefacts and storyboards, the exhibition will run from 6 August to 30 August.

There will also be a book sale on Friday 15 August from 10:00 am, offering a wide selection of second-hand and rare military titles.

For more information, visit www.armymuseumwa.com.au.

Expressions of interest: Psychiatric Assistance Dogs Pilot Program

RSL WA, in partnership with Kaizen K9, is continuing to invite expressions of interest for the Psychiatric Assistance Dogs Pilot Program.

Launched as a two-year pilot, the program will see four specially trained psychiatric assistance dogs paired with eligible ex-service members. These dogs are being trained by Perth-based experts Kaizen K9, who bring over 25 years of experience in police and military dog training. The dogs will be able to identify and respond to PTSD symptoms, providing vital support to their veteran partners.

If you are a veteran living with PTSD and are interested in receiving one of these life-changing companions, we encourage you to submit an expression of interest.

Apply now by reviewing the eligibility criteria and completing the online form: [Expression of Interest - Psychiatric Assistance Dogs Pilot Program](#)

Expressions of interest: Virtual Sub-Branch

We are currently seeking expressions of interest from members who would like to be involved in the formation of a new 'virtual' Central Sub-Branch.

This initiative aims to broaden our membership options and provide an accessible platform for members who might not have time to belong or commit to a physical Sub-Branch, another option for membership and connection.

If you are interested in being part of this new model of engagement, we encourage you to register your interest here: [Expressions of interest](#)

National Veterans' Affairs Committee

Communiqué: August 2025

Changing Landscape of Claims Advocacy

Over the past few months, RSL has become aware of increasingly concerning behaviours in the claims advocacy sector – impacting veterans, advocates and DVA delegates. The issue was discussed at the NVAC meeting on 29 July 2025 and this Communiqué was requested by NVAC members.

We are hearing reports of "kickbacks" being offered to individual advocates for referrals, directing clients away from not-for-profit service providers in favour of commercial entities that are driven by profit.

We are aware that some providers are now targeting military sexual assault survivors, putting already vulnerable veterans at risk of further distress.

There are also reports of tampering with medical reports – putting medical professionals at risk of losing their registration.

We have been advised that advocacy firms are submitting claims with up to 100 different conditions and deliberately delaying the processing of claims; all to ensure they are using their own subsidiaries to maximise their profit.

These companies charge much higher fees to DVA for assessments, and have the capital to recruit DVA delegates and RSL advocates by offering very generous salaries in a sector traditionally occupied by volunteers.

These providers are utilising aggressive marketing and engagement strategies and have been targeting RSL Sub-Branches and advocates – as well as other ESOs. They are offering funding for ESO projects and events to demonstrate their legitimacy as a veteran-centric company when, in reality, they are profit driven. This puts the veterans at risk by providing a false sense of legitimacy and altruism.

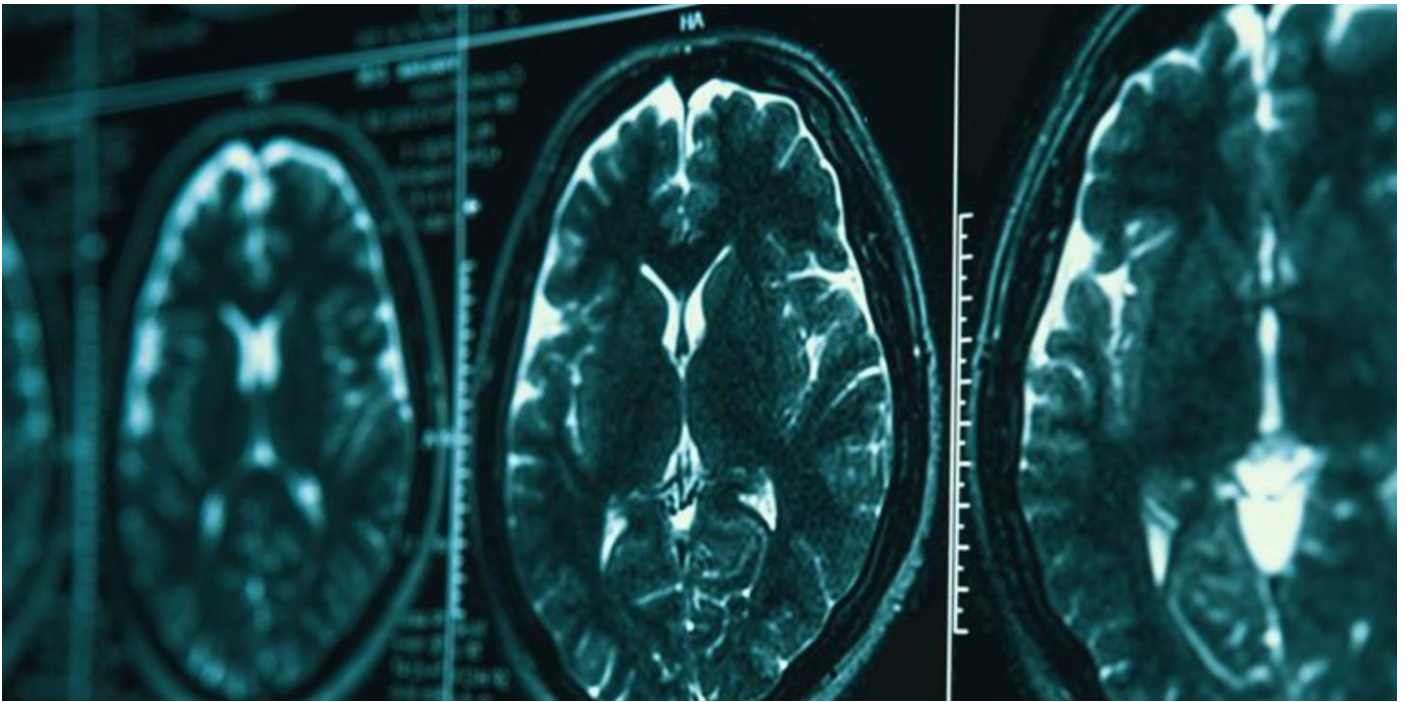
These practices are clogging a system that is already under pressure, with new claims far exceeding the determinations DVA delegates are achieving. Further, these profit driven firms are essentially taking money out of veterans' pockets by knowingly submitting claims for unacceptable conditions, capitalising on the DVA obligation to cover the cost of clinical referral and assessment.

Particularly concerning to RSL, are reports that DVA delegates are facing bullying and harassment, even threats of self-harm. This is not acceptable.

RSL is proud to offer fee-free services as the cornerstone of our support for veterans. We intend to continue to work closely with DVA and the Institute of Veteran Advocates once established, to restore integrity to this vital industry.

We urge caution when engaging with new partners and ask that you keep your advocates informed.

RSL supporting research on brain injuries in ADF



The Returned & Services League of Australia (RSL) has welcomed and is supporting research into brain injuries to service personnel, being undertaken by the Departments of Defence and Veterans' Affairs (DVA).

As well, the RSL has also repeated its call for the Government to establish a brain injury program as recommended by the Royal Commission into Defence and Veteran Suicide.

The incidence and impact of mild traumatic brain injury (mTBI) is also being covered in the RSL's current Scoping Study as a prelude to a major study on the health impacts of service in the Middle East Area of Operations (MEAO Scoping Study).

RSL National President Greg Melick says mTBI is a major concern with evidence showing it can be caused by a mild blow to the head or a violent shaking of the head and body.

"The RSL is supporting research by the Defence and DVA, including work with allies across the five-eyes and other militaries and research agencies, to better understand brain effects from service in the ADF and exposure to explosive action," he said.

“We are aware that Defence and DVA are leveraging the latest research of the five-eyes community, including through regular engagement with the United States’ Veterans’ agencies.

“As well, the incidence and effect of mTBI and other specific physical and mental impacts on veterans of deployment in Middle East conflicts since 2002 will be covered extensively in the RSL’s proposed broad study which is independent of Government.

“The initial scoping study is now underway to establish a road map for this major study that will take place over two to three years where mTBI will be covered in great detail, along with many other aspects of veterans’ deployment in the Middle East and other theatres. The RSL is also aware of at least one other study in Australia and will take account of aspects of that work.

“The Government should now move quickly to establish a brain injury program, as recommended by the Royal Commission, noting that it has only ‘agreed in-principle’ to the proposal, and it is still under consideration,” Greg Melick said.

Australian Kookaburra Kids Foundation



Australian Kookaburra Kids Foundation's clinically designed, free programs are delivered by trained leaders and volunteers to combine mental health education with fun! Their approach breaks down barriers to deliver more effective programs, foster connections, build resilience and teach positive help seeking behaviours and stress coping strategies.

Through camps, activity days and online connect sessions, Australia Kookaburra Kids Foundation provide a unique stepped care model to young people aged 8-18 years who are impacted by family mental illness.

To learn more or get involved, visit: kookaburrakids.org.au

Interactive military education resource boxes

Comet Bay College is developing a series of hands-on Military Education Resource Boxes for students in Years 5–12, supporting learning in HASS, STEM, and Careers.

Each box will include artefacts, activity sheets, and teacher resources to explore Australian military history and ADF career pathways. These boxes will be shared across schools to maximise impact.

They are currently seeking donations of suitable items such as replica artefacts, uniforms, photos, or decommissioned equipment.

For a copy of the wish list or to get involved, please contact Claire on 9553 8100.

Nominations open for Australia Day Medallions

Each year the RSL participates in the Australia Day Medallions program and presents Australia Day Medallions to organisations and individuals that have made a significant contribution to the veteran and ex-service community in Western Australia.

The Australia Day Medallions are reserved for the highest level of recognition and provide a unique way of inspiring and recognising individuals or teams when presented in the lead up to Australia Day, 26 January.

The criteria for receiving the medallion are outstanding achievements, length of service and recognition in a particular field. While there is no nomination form as such, nominations are made in the form of an open letter from a Sub-branch outlining the nominee's details, any referees and the way in which a nominee has met the criteria.

In an effort to achieve uniformity, RSL WA's Honours & Awards Committee advises that a simple template should be used when nominating for the medallion. This template can be found in the Sub-Branch Toolbox on our website, under the Certificates and Awards section or by clicking [here](#).

The award is sponsored by the Australia Day Council for presentation on Australia Day and has Australia wide recognition.

Nominations for the Australia Day Medallions are now open. Please submit all nominations by Tuesday 2 September 2025.

Job Ready: Veterans' Employment Support



Unlock new opportunities with Job Ready Support.

RSL WA and Working Spirit are committed to supporting veterans and their family members on their career journey. If you are looking at transitioning out of the ADF or are a veteran seeking assistance with your career journey, our employment consultants can support veterans with the following:

- Career advice and navigation
- Translating military experience
- Crafting effective CVs and cover letters
- Accessing training programs

There is no cost for ADF veterans and their families.

To access these services, please fill in the form on our website: rslwa.org.au/services/employment

Poppy Appeal 2025



Mark your calendars – the annual RSL WA Poppy Appeal will be held on Friday 7 November 2025.

The Poppy Appeal is one of RSL WA's largest annual fundraising events, both locally and across the State, with the funds raised going directly to providing support to veterans and their families who may be facing an array of challenges resulting from their service for our country.

Our dedicated members, Sub-Branches, volunteers, RSL WA staff, and Defence Force personnel, along with local businesses and community groups, will be out in the community and at many of Perth's train stations to raise funds to support our veterans in need.

Further details will be announced in the coming months.

Plico: Powering WA communities and supporting our veterans

Sponsored content

Plico is a proudly Western Australian clean energy company building a sustainable future, one home at a time. Since 2019, we've helped thousands of households across WA take control of their energy with solar and battery systems that generate, store and use clean power day and night.

We believe clean energy should be accessible to everyone. That's why we offer simple weekly payment options, no big upfront costs, and 10 years of ongoing system support (you can also buy your system outright if you wish). Our systems also form part of WA's first live Virtual Power Plant (VPP), providing critical support to the grid during peak demand and blackouts.

Plico was born in Dunsborough as a community-led project. That spirit of local action still drives us today. Every Plico member joins a collective movement for change, one that links households into a stronger, smarter, and greener energy network.

Backed by sustainable investment partner SUSI, and powered by a passionate WA-based team, we've already installed one in every four solar batteries in the state. And we're just getting started.

As part of our commitment to the community, we're proud to support RSL WA and the veteran families they serve and offer \$500 off the cost of a Plico system (T&Cs Apply*). Additionally, for every Plico system installed through this partnership, we give back \$500 to RSL WA – helping fund vital services for veterans across the state (T&Cs Apply*).

We believe in looking after those who've looked after us. By joining Plico, you're not only saving money and gaining energy independence, you're supporting a cleaner future for WA, and a stronger one for our veterans and their families.

Find out more – plicoenergy.com.au/rslwa

*Plico Terms and Conditions – plicoenergy.com.au/terms-conditions/corporatebenefits-rslwa

Upcoming Events

13th Brigade Open Day

Date: Saturday 30 August 2025

Time: 10:00 am – 2:00 pm

Location: Irwin Barracks, Samichon Road
Karrakatta

Come and see what it's like to be a 13th Brigade soldier, featuring incredible military demonstrations. It's the perfect opportunity for families and soldiers to come together and enjoy a fun-filled day of activities.

Tickets: [13th Brigade Open Day Tickets, Sat, Aug 30, 2025 at 10:00 AM | Eventbrite](#)



A Taste of Europe: Wine & Dine Experience

Date: Friday 5 September 2025

Time: 6:00 pm – 9:30 pm

Location: Anzac Club, 28 St Georges Terrace
Perth

Indulge with us on a trip through some of Europe's finest vineyards and enjoy a four-course international dinner curated by Head Chef Damjan Sibinovic. Each specialty course will be paired with a tasting of an exquisite European wine.

Bookings can be made via phone on 9287 3700 or via the website: anzacclub.org.au/event-6208083



Melbourne Cup Luncheon

Date: Tuesday 4 November 2025

Time: 10:30 am – 2:30 pm

Location: Anzac Club, 28 St Georges Terrace
Perth

Join us for a memorable Melbourne Cup Luncheon at the Anzac Club. Enjoy a delicious three-course meal and three-hour beverage package. Plus, there will be sweeps, a raffle, live entertainment, and prizes for the best dressed!

To book your spot, contact 9287 3700 or visit anzacclub.org.au/event-6108286



Remembrance Day 2025 – WA Commemorative Service

Date: Tuesday 11 November 2025

Time: 10:30 am – 11:15 am

Location: State War Memorial, Kings Park

Every year, at the 11th hour of the 11th day of the 11th month, Australians join people around the world in a minute's silence to honour the service personnel who have lost their lives while serving in wars, conflicts and peacekeeping operations.



**RSL**
Active

Wellbeing Classes

For WA Veterans and their Families

From big events to small moments, RSL Active is bursting with opportunities to get involved, grow and make a difference!

Below is that latest line-up of events and opportunities from RSL Active – packed with ways to connect, grow and thrive! Our program is going from strength to strength, offering a diverse mix of activities that build personal growth, resilience and community spirit. None of this would be possible without your energy, commitment and willingness to get involved.

Got a suggestion? We're all ears and would love to hear from you.

12km City to Surf, Perth

About: If you are participating in the Perth City to Surf, then you are welcome to join the RSL Active team! Whether you walk, jog or run, it's a great way to get involved, meet others and represent RSL Active in a fun and supportive event.

Date: Sunday 31 August

Time: 8:00 am

Location: [Anzac House, 28 St Georges Terrace Perth WA 6000](#)

Registration: Update your City to Surf registration to add RSL Active as your team.

Wednesday and Friday Movement and Coffee

About: North Beach Sub-Branch invite all to join in for a morning of cycling or walking along the scenic, shared pathways of Hilary's coastline, followed by coffee and conversation under the Gazebo of Hillarys Boat Harbour. As the weather begins to warm up, there will also be opportunities to kayak along the coastline, so please be sure to reach out if you would like to participate.

Date: Every Wednesday and Friday

Time: 8:00 am departure for movement, 9:00 am arrival at gazebo for coffee

Location: Hillarys Boat Harbour | 86 Southside Dr, Hillarys WA 6025

Registration: Via email to northbeach.president@sb.rslwa.org.au

Hydrotherapy

About: We are currently seeking expressions of interest for any veterans and their family who would like to participate in hydrotherapy with RSL Active sponsoring the cost of the initial three sessions. Operating in the onsite heated pool and run by qualified physiotherapists, these are small group hydrotherapy sessions.

Location: Avani Physio, Mirrabooka

Registration: Via email to active@rslwa.org.au

Watercolour Painting Course

About: RSL Active is seeking expression of interest from anyone interested in participating in a watercolour painting course. This creative program is designed for all skill levels and provides the perfect opportunity to unwind, learn a new skill and connect with fellow service members in a relaxed and supportive setting. **Limited to 14 participants.**

- Full guidance from a professional watercolour artist/tutor
- All painting materials provided, including a watercolour started kit (paints, brushes etc.)

Location: North of the River (location TBC)

Registration: Via email to active@rslwa.org.au

Light Horse Ultra

About: Looking for volunteers and participants for all events – 24hr/12hr/6hr/3hr.

This event captures an atmosphere like no other event you have ever been a part of.

Volunteers Needed!! To make this event a success, The Light Horse Ultra relies on the help of a big team of volunteers. This is a great way to be a part of the action!

Want to Run? RSL Active are seeking expressions of interest for anyone that would like to partake in the Lighthouse Ultra.

Come and join us as we tackle a truly respectful and memorable occasion.

Date: Saturday 6 and Sunday 7 September

Location: Perry's Paddock, Yellagonga Regional Park, Ocean Reef Rd, Woodvale

More Info: Via email to active@rslwa.org.au

The Resilience Shield: Mind Layer

About: An interactive and personal course that explores wellbeing and resilience through mindfulness, breathing techniques, meditation and gratitude, focusing on practical and accessible methods of incorporating these into our lives.

Limited to 30 participants.

Date: Wednesday 17 September

Time: 9:00 am – 2:00 pm

Location: [Anzac House, 28 St Georges Terrace Perth WA 6000](#)

Registration: Via email to active@rslwa.org.au

20th Edition of the Australian Masters Games

About: Being held in Canberra this year, the 20th Australian Masters Games promises to be one of the best events yet and RSL Australia is inviting members to join **Team RSL** for the opportunity to connect through sport, with mates new and old, while enjoying the challenge and camaraderie that sport brings.

RSL Active, is covering the \$160 Games entry fee for RSL members and providing a Team RSL shirt.

Date: 18–25 October 2025

Registration: Via email to active@rslwa.org.au

More Info: [Canberra | Australian Masters Games](#)

NRL State of Mind Workshop

About: Delivered by ex NRL players, this course will utilise a range of activities to equip participants with the skills and confidence to provide support to a person experiencing mental health, and to help them access appropriate support if needed. The workshop involves both on and off the field activities designed to help participants understand the importance of good mental health and recognise this as an area they can have an impact on.

Limited to 40 participants.

Date: Wednesday 22 October

Time: 3:00 pm – 5:00 pm

Location: [Anzac House, 28 St Georges Terrace Perth WA 6000](#)

Registration: [Confirm your Attendance to NRL State of Mind Workshop](#)

Kalamunda Railway Walk or Run – 4km or 8km

About: RSL Active and Masters Athletics WA (MAWA) are partnering to deliver the annual MAWA Kalamunda Railway Walk or Run. Everyone is encouraged to take part in this event regardless of fitness level, then socialise over morning tea (provided) and coffee afterwards.

Date: Sunday 5 October

Time: 8:00 am

Location: Bibbulmun Track Northern Terminus, Kalamunda

Registration: [Confirm your Attendance to Kalamunda Railway Walk or Run](#)

NRL Harmony Cup

About: Come along to the Harmony Cup to support the ADF Navy Tridents in this Rugby League 9's tournament, take on teams from around the world including Cook Islands, Fiji, Great Britain, New Zealand, PNG, Samoa and Tonga.

Date: Thursday 23 to Sunday 26 October

Location: George Burnett Park, Karawara (South Perth)

More Info: Via email to active@rslwa.org.au

Family Afternoon

About: All veterans and their families are invited to a relaxed, family-friendly afternoon focused on connection and community. Enjoy a safe, welcoming space to unwind and build social bonds with others who share similar experiences. This is a smoke-free and alcohol-free event. **Come along, and be part of something that keeps us connected, strong, and thriving, together.**

Date: Sunday 26 October

Time: 2:00 pm – 5:00 pm

Location: Bell Park Reserve, Rockingham Foreshore

Registration: Via email to active@rslwa.org.au

The Resilience Shield: Social Layer, Comedy Workshop

About: Our interactions with other human beings nourish and strengthen our Resilience Shield. This two-day course uses the comedy to develop resilience, and in turn will allow you to identify the critical social engagements in your life and prioritise these – not only in terms of time, but also in terms of the mindfulness and presence that you bring to each experience.

Limited to 30 participants.

Dates & Time:

1. Thursday 30 October, 9:00 am – 4:00 pm
2. Friday 31 October. 3:00 pm – 7:00 pm

Location: [Anzac House, 28 St Georges Terrace Perth WA 6000](#)

Registration: Via email to active@rslwa.org.au

Yoga

About: This yoga program specifically designed for veterans, first responders and their immediate families/support. This beginner-friendly, trauma-informed program is your gateway to improving physical and mental well-being while building meaningful connections with your community.

Whether you're new to yoga or an experienced practitioner, this program is tailored to meet you where you are.

Where and When: City of Joondalup, West Coast Health Alliance

- Tuesdays, 12:00 pm – 1:00 pm
- Saturdays, 8:00 am – 9:00 am

City of Armadale, Our Veterans Haven

- Thursdays, 10am – 11:00 am

City of Canning, Riverton Sub-Branch

- Tuesdays 9:00am – 10:00 am

Registration Via email to active@rslwa.org.au

Sailing and Yacht Maintenance

About: Sailing On provide the opportunity to take part in the repair and sailing of yachts, helping individuals feel happier and more connected through learning new skills, being part of a team and supporting each other in a relaxed environment.

What's included: Annual Membership to Sailing On, which includes:

- Basic crewing course
- Basic boat maintenance training
- All safety equipment

Where and When: Monday Maintenance

- South of Perth Yacht Club

Saturday Sailing

- South of Perth Yacht Club
- Fremantle Sailing Club

Registration: Via email to active@rslwa.org.au

Strava Running, Walking, Cycling, Swimming, Rowing

About: Strava is a virtual platform for all the RSL Active community to join in and connect, no matter where you are located. Enjoy the motivation and camaraderie of sharing your fitness journey and giving kudos to others in the group.

Registration: Download the Strava App on your device. Search for "RSL Active" in Clubs and hit join!

Online Gaming

About: Veteran Gaming Australia is committed to improving veteran wellbeing through online, digital gaming. Discord is the virtual platform used to connect with other veterans to participate.

Registration: Download the Discord App on your device. Search for "Veteran Gaming Australia" to join the veteran gaming community.

Lost & Found

A number of lost items – including a belt buckle and medals – have been handed in to the concierge at Anzac House. If you think some of these items might be yours, please visit the Concierge Desk.