



Australian Government  
Department of Veterans' Affairs

# VETERANS' Health Week



keep connected

## 13-20 OCTOBER 2024

### Information for Event Organisers

Veterans' Health Week (VHW) is being held from 13 to 20 October 2024 and is themed *Keep Connected*. VHW is an annual DVA initiative that aims to address common health issues faced by the veteran community, promoting health and wellbeing in the everyday life of veterans and families. This year's theme shines a spotlight on the importance of staying socially connected to family, friends and peers, and the flow-on effects that being social can have on mental health and overall wellbeing.

### Participate in VHW

Running or participating in a VHW event is a fantastic way to support your local veteran community and raise awareness of why keeping connected matters. Events can help veterans and families to connect with their local communities and try something new. Veterans can connect with a range of programs and initiatives available through DVA by attending these events.

Ex-service and community organisations with an established link to the veteran community are encouraged to host an event for their local community in support of VHW. Eligible organisations can receive \$1000 in one-off funding from DVA to support their event.

### Tips for Organising an Event

- Spread the word – let your community know about your event
- Connect with a local ex-service community group who is hosting a Veterans' Health Week event
- Register to attend a VHW event on the DVA website
- Connect your event to the theme *Keep Connected*
- Tailor your event to your local veteran community
- Partner with another group, organisation, club or service provider and host a joint activity
- Encourage participation and include wider community participation
- Reach out to veterans and their families in your community and encourage them to attend your event
- Apply for funding from DVA to support your event
- Check out the kitbag on the DVA website for resources.

### Event Ideas

- Host a community bike ride
- Arrange a comedy night
- Art or creative activity to promote social connectedness
- Provide a community meditation or yoga event
- Bingo night
- Arrange a guest speaker or presenter to talk about keeping connected.

### More Information

**For more information, including how to apply for funding to support your VHW event and access event resources, visit [www.dva.gov.au/vhw](http://www.dva.gov.au/vhw)**

