

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
North West Tasmanian Veteran Welfare Board Inc.	<b>Mental First Aid Connection</b>	1/10/2024	We will support this on social media and distribute printed flyers at the Veterans' & Families' Centre. Our "Keep Connected" event empowers veterans with skills to identify and support mental health issues through workshops, guest speakers, and networking opportunities. The event emphasises strong social connections, effective communication, immediate aid techniques, and connecting with expert resources. Join us to build a resilient, supportive community where veterans can thrive.	10:00 AM	0406429184	theveteransandfamiliescentre@gmail.com	4-5 - 10 Marine Tce	Burnie	20/09/2024	No everything will be provided
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Tasmania High Tea for Women Veterans in Hobart</b>	5/10/2024	The support and understanding gained from connecting with like minded women veterans can contribute to the overall health and happiness. Staying connected post and during the Defence can be difficult due to location and always moving around due to posting. It's important to maintain those friendships to decrease the chance of isolation.	12:30 PM	0427121982	tasmania@wvna.org.au	Hadley's Orient Hotel 34 Murray St	Hobart	28/09/2024	An awesome attitude and a smile
Returned & Services league of Australia (Tasmania Branch)	<b>Generations Connect fun day</b>	11/10/2024	Join us for Generations Connect Fun Day on Friday, October 11th! This exciting event brings together all ages to celebrate the theme "Keep Connected." Enjoy a variety of different intergenerational interactive activities that foster intergenerational bonds between Veterans, family and those who have connection to the Veteran community. Don't miss this opportunity to bridge the generation gap and create lasting connections. Visit our website for more details and join the fun!	10:00 AM	0477613435	admin@rsltas.org.au	64 Angelsea Street	Hobart	4/10/2024	Just themselves and money for food if required.
Railton RSL Sub Branch	<b>Railton Speed Meet</b>	12/10/2024	Railton RSL presents a new initiative on how we as a community may get to know each other better.  The Railton RSL Speed Meet to be held at the Railton RSL on the Saturday the 12th October 2024 at the Railton RSL.  Come and enjoy a new way of getting to know your community and the veterans that live within it.	1:00 PM	0490848698	railton.rslsub@gmail.com	52 Foster Street	Railton	1/10/2024	Only the cheat one page sheet provided on registration

Hobart Legacy Incorporated	<b>Stitchology with Merrill</b>	13/10/2024	Time to see your artistic and creativity flourish, Merrill has over 30 years in teaching stitchology and will guide you to your full potential. There is a strong history of stitching for relaxation and connectiveness. Open to all Legatees, beneficiaries and veteran families.	1:00 PM	0499 990 151	admin@legacyhobart.com.au	11 Hutchins Road	Kingston	1/10/2024	No
Buddy Up Australia Limited	<b>Buddy Up Fish and Chipper Kayaking</b>	13/10/2024	Fish and Chipper Kayaking strengthens veteran connections through a kayaking adventure on the River Derwent. Departing from Marieville Esplanade, Sandy Bay, participants will buddy up in battle kayaks, fostering teamwork and bonding as you paddle to Elizabeth St Pier, Hobart. There, participants will enjoy freshly cooked fish and chips on the water. This event highlights the 'Keep Connected' theme by combining shared adventure with the simple joy of eating together, encouraging lasting friendships and community among veterans.	4:00 PM	0414843155	admin@buddyupaustalia.org	Marieville Espanade	Sandy Bay	4/10/2024	Water, regular medication, comfortable, waterproof clothing.
Buddy Up Australia Limited	<b>Buddy Up - Connecting Through History: A Journey to the Sydney Cove Collection</b>	13/10/2024	Join Buddy Up members to explore the Sydney Cove Collection at QVMAG Inveresk, engaging with Tasmania's maritime history and fostering connections through a shared cultural experience. Following the tour, members will enjoy lunch at Blue Social, featuring local Launceston flavours. This gathering promotes the 'Keep Connected' theme by encouraging veterans to share stories, build relationships, and strengthen their sense of community, supporting mental well-being and social engagement in a relaxed and supportive environment.	11:00 AM	0414843155	admin@buddyupaustalia.org	2 Invermay Road	Launceston	6/10/2024	Regular medication Comfortable footwear
Sorell RSL Sub - Branch Inc.	<b>Bingo Monday Afternoon</b>	14/10/2024	Sorell RSL presents Bingo every Monday starting on October 14th at 12.00 Noon.	12:00 PM	0419360630	info@sorellrsl.org.au	49 Cole Street	Sorell	7/10/2024	The only thing which the participant need to bring is a happy disposition and sense of fun
Mates4Mates Limited	<b>Virtual Vets</b>	15/10/2024	Keen to keep connected on the social media platforms? Not sure how to navigate the world facebook, Instagram and LinkedIn?  Stay connected safely with our social media guide for veterans and family members! Learn how to connect with loved ones, share memories, find opportunities and make new friends while protecting your privacy online. Join us today for a secure and enriching social media experience!	2:00 PM	(03) 6242 8940	tasmania@mates4mates.org	313 Wellington Street	South Launceston	7/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="http://www.rslqld.org/vfwc/new-client">www.rslqld.org/vfwc/new-client</a> Bring your smart Phone or Laptop if they would like to work along as the webinar runs

Launceston Legacy Inc.	<b>We are all in this together with a common purpose and mutual support</b>	16/10/2024	The Tasmanian winter is over, and summer is just around the corner. Time to get out and "Keep Connected" with friends who share a common purpose, and provide mutual support with other widow's club members. Come to the VHW function at Legacy House on Wednesday 16th October. Be sure to inform Legacy's welfare team of any widow's club members who are in hospital, in poor health or with mobility issues.	11:00 AM	0448 029 408	admin@legacylaunceston.com.au	59 York Street	Launceston	9/10/2024	Everything will be supplied. Participants do not need to provide anything.
The Australian Federation of Totally and Permanently Incapacitated Ex Serviceman and Women	<b>Tackling the Kokoda Trail</b>	17/10/2024	Experience the Kokoda Trail through the eyes of Ex Servicemen and Women who trained and participated in this emotional and educational event which allowed them to reconnect with other like minded persons.	10:00 AM	0436616143	tpitas@outlook.com	Argyle Street	North Hobart	10/10/2024	No
Mates4Mates Limited	<b>Social Media Skills Keep Connected</b>	17/10/2024	Keen to keep connected on the social media platforms? Not sure how to navigate the world Facebook, Instagram and LinkedIn? Join Mates4Mates to learn about using social media to stay connected safely. Learn how to connect with loved ones, share memories, find opportunities and make new friends while protecting your privacy online. Join us today for a secure and enriching social media experience!	2:00 PM	(03) 6242 8940	tasmania@mates4mates.org	206-208 New Town Road	New Town	7/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="http://www.rslqld.org/vfwc/new-client">www.rslqld.org/vfwc/new-client</a> Bring your smart Phone or Laptop if they would like to work along as the webinar runs.
Mates4Mates Limited	<b>Connect with the Community</b>	17/10/2024	Are you looking for opportunities to build your community connection? Come along and gain some valuable information on the organisations that are available within your local community to connect with like-minded people, learn new skills or apply the valuable knowledge and skills that you have.	6:00 PM	(03) 6242 8940	tasmania@mates4mates.org	RSL Launceston 313 Wellington Street	South Launceston	11/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="http://www.rslqld.org/vfwc/new-client">www.rslqld.org/vfwc/new-client</a>
Vietnam Veterans Association Australia Launceston Sub-branch Inc.	<b>Connected in Time of Conflict Connected in Time of Peace.</b>	17/10/2024	Calling all Veterans, partners, families and friends. We need to "Keep Connected" and become involved more actively, other than just getting together on Anzac Day and on Vietnam Veterans Memorial Day. We have shared a common combat experience; we need to share a common social connection and provide mutual support by staying connected with each other. Social inclusion prevents social isolation, loneliness and mental problems. Come and join your mates and "Keep Connected" on Thursday	5:30 PM	0419 394 022	matann@bigpond.com	39 Grubb Street	Mowbray	8/10/2024	Veterans do not need to provide anything. Everything will be provided.

Australian International Military Games	<b>Join 'Team Veteran' at Burnie parkrun</b>	19/10/2024	Whether you are running, walking, rolling or volunteering, the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at Burnie parkrun this Veteran Health Week and sign up to "Team Veteran." We will have free Team Veteran shirts to give to those who sign up to the team and information on the importance of keeping connected. Free coffee/drink on us post event.	9:00 AM	0429568585	tcumpston@invictusaustralia.org	North Terrace	Burnie	18/10/2024	Wear comfortable sports clothes and bring a water bottle.
Australian International Military Games	<b>Join 'Team Veteran' at Launceston parkrun</b>	19/10/2024	Whether you are running, walking, rolling or volunteering, the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at Launceston parkrun this Veteran Health Week and sign up to "Team Veteran." We will have free Team Veteran shirts to give to those who sign up to the team and information on the importance of keeping connected. Free coffee/drink on us post event.	9:00 AM	0429568585	tcumpston@invictusaustralia.org	UTAS Stadium, at Gate 10	Launceston	18/10/2024	Wear comfortable sports clothes and bring a water bottle.
Australian International Military Games	<b>Join 'Team Veteran' at Hobart's Queens Domain parkrun</b>	19/10/2024	Whether you are running, walking, rolling or volunteering, the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at Hobart's Queens Domain parkrun this Veteran Health Week and sign up to "Team Veteran." We will have free Team Veteran shirts to give to those who sign up to the team and information on the importance of keeping connected. Free coffee/drink on us post event.	9:00 AM	0429568585	tcumpston@invictusaustralia.org	2 Upper Domain Road	Queens Domain	18/10/2024	Wear comfortable sports clothes and bring a water bottle.
Hobart Legacy Incorporated	<b>Back to Conningham</b>	20/10/2024	Back to Conningham will help keep past and present Legacy beneficiaries connect by revisiting the site are of Conningham camp which was the site of Camps for Legacy Children from 1962 to 1977. This era of support for veteran's children saw many team building events which anecdotally helped to build the confidence of many children of veterans who gave their lives or health as a consequence of their war service	1:00 PM	0499 990 151	admin@legacyhobart.com.au	344 Conningham Road	Conningham	1/10/2024	They don't need to bring anything, however weather permitting they may like to bring swim suits.

Wynyard RSL Subbranch inc	<b>Wynyard RSL - Veteran 8 Ball Competition</b>	20/10/2024	This event is promoting a casual but competitive day for our local and interstate veterans who like the challenge of 8 ball. We are organising this event with the support of our local Burnie, Wynyard, Somerset 8 Ball association with this competition to support the values of keeping connected in our community. With this event supporting our local organisation and assisting veterans to be apart of other community clubs and organisations.	12:00 PM	0416628437	john.findlater@wynyardrsl.org.au	9 Goldie Street	Wynyard	30/09/2024	The competitors are able to bring their own pool cues. If not available we will have them to use.
Buddy Up Australia Limited	<b>Buddy Up Kuuma: Reconnect and Rejuvenate</b>	26/10/2024	"Kuuma: Reconnect and Rejuvenate," offers veterans a unique opportunity to unwind and reconnect with nature, themselves, and each other. Set in a bespoke sauna, participants will enjoy sweeping views of the Tasmanian landscape while benefiting from the healing power of heat. Guided by a dedicated skipper/sauna master, the experience focuses on mindfulness and relaxation, providing a serene environment that fosters meaningful connections and personal rejuvenation.	3:30 PM	0414843155	admin@buddyupaustalia.org	40 Marina Drive	Baretta	19/10/2024	<p>To ensure a comfortable and enjoyable experience, here is a list of items that are essentials:</p> <ul style="list-style-type: none"> <li>- Swimwear</li> <li>- Towels - We would recommend bringing 2 towels. One to use as a seat cover inside the sauna and a second one for drying yourself after your experience.</li> <li>- Water bottle - Hydration is key before, during and after your experience. Please bring a water bottle. Filtered water fountain is available onboard at your convenience.</li> <li>- Warm loose clothing - The experience is in the elements and the Tasmanian air is fresh 90% of the time, so make sure to bring warm loose clothing to change back into following your sauna session.</li> </ul> <p>Suitable for children aged 10-17 but need to be accompanied by an adult.</p>