

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Sailing On WA Inc.	<b>Reconnect Sail</b>	5/10/2024	If you want to sail with your family or reconnect with mates then contact us for a free sail and BBQ.	9:00 AM	0447447788	chair@sailingonwa.org.au	South of Perth Yacht Club	Applecross	30/09/2024	hat and sunscreen
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Perth Teppanyaki Dinner Experience</b>	5/10/2024	Connecting with like minded women veterans in the Perth area can be rewarding and can boost morale for future events.	6:00 PM	0401179492	westaust@wvna.org.au	27 Lake St	Northbridge	27/09/2024	a great attitude and a smile
Invisible Injuries Australia	<b>Adrenaline filled Indoor Rock Climbing &amp; BBQ</b>	6/10/2024	Calling all adventure seekers! Join us for an exhilarating day of indoor rock climbing that's perfect for the whole family. Reach new heights, conquer challenges, and create lasting memories together. After the climb, indulge in a delicious BBQ / Catered lunch that will satisfy your appetite. Don't miss this Veterans Health Week event combo of fun and flavour! Reserve your spots now for a day packed with excitement, good eats and connectedness. See you there!	10:00 AM	0409 084 775	benjamin.kane@hotmail.com	72 Robinson Avenue	Belmont	3/10/2024	Comfortable clothes & spare shirt, socks, enclosed shoes, bottle of water, towel. Minimum age: 6   Safety Induction - 15mins   Venue waiver form
Our Veterans Forge	<b>Build and establish a sustainable garden</b>	7/10/2024	The primary goal is to create a sustainable vegetable garden as a therapeutic and collaborative space for veterans. Involving veterans in all stages, from planning to harvesting, will foster connection and strengthen bonds within the RSL and veteran community. After the garden is built, a luncheon will be held to further enhance these connections, celebrating the shared effort and promoting ongoing engagement.	8:30 AM	0408928323	info@ourveteransforge.com.au	73 Frederick Rd	Hamilton Hill	1/10/2024	All tools, plants and materials and a lunch and drinks will be provided for the day .
Returned and Services League of Western Australia	<b>We do Remember Them - Veterans' Health Week</b>	10/10/2024	Unit and Kindred Meeting - Connection Event	10:00 AM	0404695488	gabbyr@rslwa.org.au	28 St George Terrace	Perth	6/10/2024	History of the Association on an A4 sheet so that the information is compiled in a book for a keep's sake to be kept for future generations.
RAAFA	<b>Club Opening Day with New Greens</b>	11/10/2024	It's our Official Club Opening Day with New Greens that consist of our traditional Flaggging-Up ceremony, Veterans' Kick-off Bowling & Distinguished Guests' Speeches from RAAFA Estetez & local community leaders, inviting most of executive members from other Bowling Clubs in Peel Region. It's a great time to get connected each other, socialising & enhancing our Health and eating nutritious Lunch Food with afternoon Teas. It would be a perfect way to start our members to be connected.	9:30 AM	08 9582 5373	bowls@msvillage.com.au	41 Portrush Parade	Meadow Springs	1/10/2024	No, but may bring your own drinks.

Frontline Yoga Incorporated	<b>Body and Breath Connection</b>	12/10/2024	Join us for Veterans' Health Week! This event features an educational session and practical demonstration on the Body and Breath Connection, highlighting the benefits for well-being. Enjoy light refreshments afterward to encourage social connection and camaraderie. All veterans and their families are welcome!	1:00 PM	0410634018	megan@sentirvida.com.au	19 Henderson Dr	Kallaroo	11/10/2024	
City of Mandurah RSL Sub-Branch	<b>Saturday Session of music, fellowship and good food</b>	12/10/2024	The City of Mandurah RSL will host an afternoon music session encouraging the younger veterans and their families to reach out to the senior veterans and their families, so as to learn and understand how they have coped with trauma and managed their health and welfare.	1:00 PM	0428801652	secmanrsl@westnet.com.au	20 Rouse Road	Greenfields	10/10/2024	The City of Mandurah RSL will provide all food, refreshments and entertainment.
Western Australian Assistance and Therapy Dogs Incorporated	<b>Pawsitively Connect with your Community</b>	13/10/2024	Join the team from WAAT Dogs including our 4-legged friends for a social time exploring how animals and assistance dogs can connect us to the community. Veterans and their families can spend time with Eddie 'The Therapy Dog' while also connecting with other veterans and hearing how animals can help connect people with their friends, social groups, hobbies and family.	10:00 AM	0409684559	enquiries@waatdogs.org.au	10 Kenny Street	Bassendean	1/10/2024	Participants are not required to bring anything.
Buddy Up Australia Limited	<b>Buddy Up Rottnest Island Family Fun Day</b>	13/10/2024	Join Buddy Up Australia and members for a family fun day at our favourite island, with an e-bike or BYO tour of the sights, lunch and a round of mini-golf and experience the benefits of maintaining connection with like-minded people.	9:00 AM	0414843155	admin@buddyupaustalia.org	Henderson Avenue	Rottnest Island	1/10/2024	Appropriate weather protection, appropriate clothing for riding bike/playing golf/ and swimming, incl. towels. Sea sickness tablets if required. Water bottle Spending money if desired Helmets if bringing your own bike
City of Cockburn RSL Sub Branch	<b>Army Health Services Reunion WA</b>	13/10/2024	Army Health Services Reunion WA & luncheon encourages former & current serving members attendance as it allows attendees to share experiences & renew old friendships whilst having the opportunity to hear a presentation to be given by a representative from Open Arms.	12:00 PM	0419912068	adam Megan08@gmail.com	73 Frederick Street	Hamilton Hill	7/10/2024	
East Fremantle Skiff Association Inc	<b>East Fremantle Skiff Association Veterans Health Week</b>	13/10/2024	Come join us at East Fremantle Skiff Association and become a part of a welcoming, active, and caring community. Our mission is to foster a sense of belonging and camaraderie among our members while promoting physical and mental health through on water activities. We will provide training and coaching fostering a strong mind body connection.	9:00 AM	0409330811	mikehoner08@gmail.com	77 Riverside Road	East Fremantle	10/10/2024	We recommend that you come prepared, wearing shorts and long/short sleeve T shirt that are comfortable and loose fitting. Suggest you bring a hat and towel and a change of warm clothes dependent on the weather. We will provide sunscreen and water.

Working Spirit Ltd	<b>VetsLink: Connected Futures and Wellness</b>	13/10/2024	Working Spirit is dedicated to empowering veterans through connection and opportunity. This event focuses on bridging gaps in employment and personal well-being, offering workshops, networking opportunities, and resources tailored to veterans. Attendees will gain insights into career development, discover pathways to professional growth, and access essential health services. By fostering a supportive community, we aim to enhance both the professional and personal futures of veterans, ensuring they thrive in all aspects of their lives.	9:00 AM	1300 219 443	events@workingspirit.org.au	1 Wise Street	Joondalup	7/10/2024	Event will be virtual.
RSL Nannup Sub Branch	<b>Veterans Week Interactive Games - Give it a go</b>	15/10/2024	Your RSL invites veterans and their families and community members to a free afternoon of fun with card and board games. Tuesday 15 October at the Nannup RSL Hall. An opportunity to mix with new and old friends to engage in friendly competition. Pick a game that suits your skills or try something new. Afternoon tea will be supplied and you are guaranteed a fun and social afternoon.	2:00 PM	0499509479	Vhansen8@bigpond.com	7 Cross Street	Nannup	15/10/2024	
Bicton-Fremantle Returned and Services League (RSL) Sub-branch	<b>Bowls 4 Dads</b>	15/10/2024	Calling All Dads in the month of October WHAT: Dads Bare Foot Bowls Competition for 4 weeks in October WHY: A fun health and wellbeing initiative for Dads WHEN: 7.30pm - 8.30pm each Tuesday (Starts Tuesday 8th October ) WHERE: Melville Bowls Club Teams of 4. Register via email.	7:30 PM	0414 952 953	ntavani@iinet.net.au	592 Canning Hwy	Alfred Cove	7/10/2024	flat shoes, thongs or bare feet
Our Veterans Forge	<b>OVF Knife making activity</b>	15/10/2024	Knife Making activity: Unlock your creativity and craftsmanship in our hands-on knife-making workshop. Learn the art of transforming a precut blank steel into a sleek, functional paring knife that you can proudly call your own. From designing the blade to shaping the handle, you'll gain practical skills in metalwork, sharpening, and finishing - guided by experts every step of the way. Even if you're a beginner this workshop offers a unique opportunity to create a personalised tool while emphasising safety and fun.	10:00 AM	0408928323	info@ourveteransforge.com.au	Nightingale Rd	Swanbourne	1/10/2024	All equipment, tooling, materials, and PPE will be provided, A BBQ will also be provided for lunch.
City of Mandurah RSL Sub-Branch	<b>Healthy food and exercise with mates</b>	15/10/2024	The City of Mandurah RSL is conducting a day of healthy living and communication workshops to encourage our veterans to look at healthy options during Veterans Week. We will cover basic exercise equipment, water bottles and qualified instructors.	9:30 AM	0428801652	secmansl@westnet.com.au	20 Rouse Road	Greenfields	11/10/2024	Everything will be supplied for the participants.

Our Veterans Forge Inc.	<b>Bowls, Banter and Lunch Veterans Volunteers</b>	16/10/2024	A social session of barefoot bowls followed by group discussion and mental health wellness check in over lunch.  The group places an emphasis the physical and mental health benefits of playing bowls in a social setting with like minded peers. It is an opportunity for individuals to improve their well-being through physical activity, without fear of injury, and enjoy social interactions. It can serve as a check in for those struggling with their health, for peer support.	9:30 AM	0468306130	iain.karen.thomas@bigpond.com	40 Birchley Rd	Yangebup	10/10/2024	There are no requirements that anyone will need to bring. All equipment and food will be provided.
Australian International Military Games	<b>Unconquerable Bonds Elite athlete panel discussion on the importance of connection through lifes journey.</b>	16/10/2024	Hear from a panel of elite athletes about their sporting careers and the importance of keeping connected outside of the bubble of their sport.	5:00 PM	0429568585	tcumpston@invictusaustralia.org	On-line	On-line event	14/10/2024	Stable internet connection
Claremont RSL Sub Branch	<b>TBI Project</b>	16/10/2024	This study has the potential to significantly impact the rehabilitation of individuals with Traumatic Brain Injury (TBI) by providing a novel, non-invasive intervention that can effectively improve cognitive and emotional function and potentially lead to better long-term outcomes. The combination of NIBS and yoga may offer a cost-effective and accessible approach to TBI rehabilitation, with the added benefit of promoting overall well-being and quality of life.	10:00 AM	0418448933	Claremont.president@sb.rslwa.org.au	109 Broome St	Cottesloe	10/10/2024	Bring themselves everything provided.
RSLWA Capel Sub-Branch	<b>Community Bowling</b>	17/10/2024	Never played lawn bowls, here is the chance to try in a friendly social environment. Capel lawn bowls members will be on hand to help you along the way. Your bowls will be supplied. Finish the morning with a lunch of chicken, salad and chatter. All most welcome.	10:00 AM	0427 777 701	capel.rsl@outlook.com	11 Goodwood Road	Capel	10/10/2024	All equipment supplied
SART Holdings Pty Ltd	<b>SAS Resources Fund Keep Connected Sundowner</b>	17/10/2024	Are you an ex-SAS member looking to connect with likeminded peers? Join us for an evening of social connection, learn more about the SAS Resources Trust and how we can support you and your family, and hear from the SAS Association WA Branch about the benefits of being part of a community that nurtures the close comradeship created between past and present members of SASR.	5:00 PM	0499616803	amy@sasresourcesfund.org.au	Campbell Barracks	Swanbourne	7/10/2024	Participants will not be required to bring anything for the event.
Western Australia Branch of the Partners of Veterans Association of Australia Inc.	<b>WA PVA Hillarys Group - Chittering Wildflower Spectacle</b>	17/10/2024	We provide support, information and understanding to current and former Partners and close family members of serving and ex serving members of the Australian Defence Force and their Allies. The friendship of others who understand the "ups and downs" of life with a Veteran. Catching up with someone for a cuppa and a chat when life is busy, provides much needed support and respite from our demanding roles. Activities such as those available during VHW allow us to "Keep connected".	9:00 AM	0412186684	dasmithwapva@gmail.com	Cnr Hepburn Avenue and Hartman Drive	Madeley	7/10/2024	Comfortable shoes, water and sunscreen.

Claremont RSL Sub Branch	<b>Coming Together in Unity and Respect</b>	17/10/2024	Honoring our veterans and active service members by recognizing the vital role of nurses as caregivers in our communities. Fostering connections between the nursing profession and those who have bravely served our country. We aim to provide veterans with the respect, hope, and inspiration they deserve, ensuring they know there are compassionate individuals in their communities who appreciate their sacrifice and are committed to their well-being.	5:00 PM	0418448933	Claremont.president@sb.rslwa.org.au	Nightingale Rd	Swanbourne	15/10/2024	Nil
Returned & Services League Greenbushes Sub-branch	<b>Greenbushes RSL Veterans Health Week Social Event</b>	18/10/2024	Come and join in with the DVA 2024 Mental Health Week with the Greenbushes RSL members for their social connectedness event for fun afternoon of golf, putting, darts, deck quitoes and scrapbooking. Afternoon tea will be provided when you arrive followed by a healthy meal afterwards. The activities commence at 2pm at the Greenbushes Golf Course. RSVP required.	2:00 PM	0427643508	gnbushesrsl@westnet.com.au	Greenbushes Golf Course	Greenbushes	11/10/2024	Own golf clubs / can be shared with other players as this will be an ambrose event. Hat, Sun cream Scrapbooking details TBA on RSVP.
Our Veterans Forge Inc.	<b>OVF spoon carving and BBQ activity</b>	18/10/2024	A Wood Carving Activity followed by group discussion and mental health wellness check in over lunch. The activity includes demonstration, instruction, and supervision of the construction of a wooden spoon utilising various carving techniques. Afterwards, we will share and discuss our finished product over a BBQ and seat around an open fire pit.	10:00 AM	0408628323	info@ourveteransforge.com.au	180 Oxley road	Forrestdale	30/09/2024	All tools, wood and PPE will be provided! Participants will need to bring good humor and a water bottle
Soldiers & Sirens Ltd	<b>Veterans Health Week - Keeping Connected through cuisine and comedy</b>	19/10/2024	It's Veterans Health Week! This year we want to remind you of the good things in life with a night of delicious food, keeping connected, and having a laugh. Join us for canapes and chats, an educational talk about why keeping connected and comedy is good for your health, followed by some good old-fashioned banter between the services with laughs provided by ex-military comics. How can you say no?!	4:00 PM	0447934204	info@soldiersandsirens.com.au	742 Newcastle Street	Leederville	5/10/2024	No just themselves and their sense of humour
Joondalup City RSL Sub-Branch	<b>VHW 2024 &amp; JCRSL Family BBQ with Fun and Frivolity</b>	19/10/2024	Join JCRSL for a fun family BBQ. Enjoy the spring weather, a healthy cooked-for-you, BBQ. Join us in some fun and frivolity of our lawn games or sit back and enjoy the sun and camaraderie from your deck chair. Just be there!	11:00 AM	0476783767	secretary@joondalupcityrsl.com.au	22 Mawson Crescent	Hillarys	1/10/2024	Deck chair, picnic blanket, appropriate weather protection for the day. If you must drink alcohol, you must bring you own and we hope you will be discrete as we will have families there. Medications if required and you are welcome to bring along any balls or games to throw into the mix.

Veteran Gaming Australia Limited	<b>Connect &amp; Play: A Veterans Family Fun Day</b>	20/10/2024	Join us at Planet Royale for "Connect & Play: A Veterans Family Fun Day"! Enjoy a day of arcade games, family-friendly activities and great food. Matt who is a Veteran will share insight into the importance of staying connected. Get ready for a fun filled day of fun and enhancing connections.	11:00 AM	0422598232	enquiries@veterangamingaustralia.com.au	12 Lake St,	Northbridge	Contact organisation	RSVP required by email
Buddy Up Australia Limited	<b>Buddy Up Whiteman Park Family BBQ, Games and Wildlife Tour.</b>	20/10/2024	Join Buddy Up and Members for a family fun day at our favourite wildlife park, with a yummy BBQ, outdoor games and a wildlife tour.	10:30 AM	0414843155	admin@buddyupaustalia.org	233a Drumpellier Drive	Whiteman	14/10/2024	Appropriate weather protection Picnic blanket / chairs Water bottle Spending money if desired
Private WRANS-RAN Womens Association WA	<b>Exploring the caves and Yanchep National Park</b>	21/10/2024	Calling all WRANS and RAN Women to come along and join you shipmates on a walking tour of the Yanchep National Park followed by a yummy lunch.	10:00 AM	0467609989	wranswa@outlook.0414.com	Yanchep National Park, Yanchep Beach Road WA	Yanchep	30/09/2024	Good walking shoes, hat and sunscreen
Invisible Injuries Australia	<b>Pedal for Connection: Swan River Family Ride</b>	23/10/2024	Pedal your way to stronger connections at the Swan River Family Ride! This event is all about bringing veterans, first responders, and their families together for a day of fun and fellowship. Enjoy the stunning river views, engage in meaningful conversations, and promote well-being through the power of connection.	9:00 AM	0412 995 865	fermopt@gmail.com	305 Riverside Drive	East Perth	20/09/2024	Comfortable clothes & spare shirt, enclosed shoes, bottle of water Minimum age: 6   Bike Scrutineering & Safety Induction - 15mins   Bike Hire waiver form
Buddy Up Australia Limited	<b>Buddy Up - Reconnect with your buddies and nature</b>	26/10/2024	Escape to nature and enjoy the simple pleasures of the outdoors and fun games. Stay at the Veteran Transition centre (optional) and start the day with the Jarrahdale parkrun. Return to the VTC for brunch followed by yoga, games and fun. Lunch will also be included.	8:00 AM	0414843155	admin@buddyupaustalia.org	79 Hughes Road	Jarrahdale	21/10/2024	Bring comfortable clothes to run and do yoga in. Swimmers if you are keen for the pool and a change of clothes. Bring sleeping gear if you plan to stay.
Masters Athletics WA Inc.	<b>Whitfords 10.5 km. 7km or 3.5km run or walk at Whitfords Nodes Park</b>	27/10/2024	Please join us for a Sunday 10.5 km. 7km or 3.5km walk or run followed by coffee at Whitfords Nodes Park on Sunday 27 October 2024. Join Buddy Up, Soldiers & Sirens, Invictus Australia, Connected By, RSLWA and Working Spirit for some exercise followed by coffee. Location, course map, details and Sunday run - walk program available on the Masters Athletics WA (MAWA) website. Family and friends welcome.	8:00 AM	0418555977	johnrwwfisher1@gmail.com	Whitfords Avenue	Hillarys	27/10/2024	Wear running or walking kit Sense of humour
Invisible Injuries Australia	<b>Chill &amp; Connect: Yoga, Breathwork, and Ice Bath for Warriors</b>	29/10/2024	Step into a new level of wellness with Chill & Connect, where yoga, breathwork, and ice bath therapy come together to boost your mental and physical health. This event is your chance to connect with yourself and others in a supportive environment.	1:00 PM	0411624406	andy@invisibleinjuries.org.au	47 Forest Rd	Padbury	26/09/2024	Comfortable clothes you can move in. Bathers/Swimsuit for the icebath, towel, Towel and change of dry clothes. *yoga mat, block and strap (if you own)
Saab Australia	<b>Saab WA - Keep Connected BBQ Breakfast</b>	16/10/2024	Saab are Keeping Connected with our Defence Industry Veterans at a local BBQ Breakfast. We will put on a BBQ breakfast with fruit salad platter, breakfast burgers and drinks.	7:00 AM	08 9550 8929	stacey.fitzpatrick@au.saabgroup.com	44B Tesla Road	Rockingham	9/10/2024	Participants don't need to bring anything.

Recovery & Restoration Centre Inc.	<b>VTC Mountain Bikers</b>	20/10/2024	Veteran mountain bikers group at the VTC. We aim to connect our community who have a shared interest in mountain biking. Firstly, a riding team that can support any events within WA particularly the Cape to Cape race and secondly, a design, riding and maintenance team to work on the riding tracks at the VTC.	7:00 AM	0488 188 806	operations@veteranstc.org.au	128 Caves Road	Siesta Park	Contact organisation	Bikes
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