RSL Day Clubs

##### **A Brief History**

* Day Clubs were first established in NSW in 1977 as a joint venture between the Australian Government Department of Veterans’ Affairs (DVA) and NSW Branch of the Returned and Services League of Australia (RSL).
* Although sponsored by the RSL and supported by the DVA, each Day Club is open to **any** **interested member** of the community under the rules of the Day Club.
* The first ACT Day Club was established in the Woden- Weston Creek area, by Woden Valley RSL Sub-Branch Inc. and is supported by DVA.

**What is a Day Club?**

* Each Club provides social and activity opportunities for older and socially isolated people, mostly still living at home, but who are unable to attend programs offered in their local community.
* The Clubs meet in local community halls one day a week between 10am and 2pm.

**Ongoing Support**

* The Eddison Day Club is sponsored by the Woden Valley Sub-branch of the RSL in the ACT.
* DVA Day Club Consultants provide support and training for volunteers. The DVA Consultants visit each Club regularly and are available to advise the volunteers on any aspect of operating a Club.

**Volunteering at a Day Club**

Each Club is run entirely by volunteers who are drawn from both the ex-service and wider communities.

Volunteer positions include coordinating the Club, managing the finances and conducting the day-to-day operations of the Club

Members and Volunteers do not have to have any connection with the Service or Ex-Service community.

**What happens at The Eddison Day Club?**

10.00am Arrival and welcome.

* Gentle Exercises - an exercise routine suitable for older adults
* Morning tea
* Mind Alive! A program of mentally stimulating and interesting activities.
* Community involvement – entertainment, speakers
* Lunch
* Leisure activities - cards, table games, socialising.

2.00pm Farewell and departure

**The Eddison Day Club meets every Friday at 10am (except for Good Friday or any other Public Holiday) at the Irish Club in Parkinson Street, Weston Creek.**

A nominal fee per day is charged to cover the cost of morning tea, lunch and miscellaneous expenses.

*For further information, contact:*

**The Woden Valley RSL Sub-branch** on 6285 1931 between 10am and 2pm, Monday to Friday, or

**DVA Day Club Consultants** on 1800 555 254 ext 7225 or 7482

Other Day Clubs in the ACT region

Batemans Bay

Braidwood

Gungahlin

Merimbula

Nowra

Queanbeyan

Sussex Inlet

Tumut

Wagga Wagga

West Wyalong

There are over 70 other day clubs elsewhere in metropolitan and

Country areas of NSW.

Members attending are also required to be a member of the Irish Club in Parkinson Street, Weston Creek, as required by the ACT Government.

November 2014

**The Eddison Day Club**



*Members of the Eddison Day Club work together to solve a “Mind Alive” challenge.*

*A* friendly and caring group that really makes a difference for seniors in our local community.

***Sponsored by Supported by***

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| **rsl_badge**  **Woden Valley**  **RSL**  **Sub-Branch Inc.** |  |