



Timor Awakening 2023

A renewal and rehabilitation program for veterans founded on solidarity, camaraderie, and holistic health care



EXPRESSION OF INTEREST

Submission of this Expression of Interest (EOI) does not guarantee a place in the program.

I wish to be considered for:

- TA 22, 25 Feb to 5 Mar 2023, Gold Coast.** Holistic Health Peer Mentor Program.
EOI closing date: 20 October 2023.
- TA 23, 22nd April to 3rd May 2023, Timor-Leste.** Holistic Health Peer Support Program.
EOI Closing Date: 20 October 2023.
- TA 24, 16th to 24th June 2023, Gold Coast,** Holistic Health Peer Mentor Program.
EOI Closing Date: 1 March 2023.
- TA 25, 16th to 27th September 2023,** Timor-Leste. Holistic Health Peer Support Program.
EOI Closing Date: 1 March 2023.

The Timor Awakening (TA) program is an immersive, evidence based, peer to peer wellbeing program for veterans and their families (partner, parent or adult child); composing holistic health education, group therapy, mentoring, physical activity and social connection. The program aims to provide renewal, holistic health training and contribute and reduce the instance of veteran suicide, domestic violence, and detrimental effects of service life on veteran families. TA is a program for veterans willing to be accountable and take responsibility to do the work to move in a positive direction in life. The activities and structure in the program are designed to help each veteran make a positive plan towards purpose, identity, to realise their potential, and regain a sense of pride and dignity in their lives.

Before completing this form, please visit the TA website on www.timorawakening.com to gain a deeper understanding about the program. Past program schedules, preparation guides, testimonials, media reports, photo galleries, program reports and videos are available.

This EOI is the first step in the selection process to determine final participants. It is important that you provide enough information on this form to assist with the panelling process. If this is an outdated EOI, e.g., you were forwarded this from previous participant, please use the latest version which can be found on our website www.timorawakening.com/participants.

Signing up to the program is a commitment to be an active member of the group, to be safe and respectful. The programs include a detailed range of confronting issues and activities for people who are choosing to improve their health and wellbeing.



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Key Considerations before completing the EOI:

- ◆ Timor Awakening programs are conceived, coordinated, and conducted by veterans for veterans.
- ◆ Our programs are available to Australian veterans from any service, from any state, **with or without operational service**. Participant do not need to have served in Timor-Leste.
- ◆ In our programs we have 3 expectations: 1. **Be respectful**, 2. **Be safe** and 3. **Be active**.
- ◆ Please consider your spouse/partner, adult age child, parent to accompany you (someone who is a key support for you). They need to submit their own EOI.
- ◆ Priority for this program will be for veterans who have had limited access to veteran support, those who are experiencing personal difficulty, younger veterans and those actively engaged in the veteran/wellness community.
- ◆ Veterans who have completed previous TA programs will be considered a reserve and, if qualified, Peer mentors.
- ◆ Timor Awakening is a program focused on health and well-being.

PERSONAL DETAILS (if filling out by hand, please print clearly):

Surname: _____ First Name: _____ DOB: _____

Mobile: _____ Email: _____

Home Address: _____

Employment: (please circle/bold): Currently Employed / Currently Unemployed / Retired

Type of employment (please circle / bold): Full-time / Part-Time / Casual / Volunteer / Retired

Relationship Status: (please circle/bold): Single / De Facto / Married / Divorced

Do you have children (please circle/bold): Yes / No If yes, # of children: _____

If you have children, are they financially dependent on you? Yes / No

Shirt Size: _____

Hat Size: _____

Food requirements: _____



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SELECTION INFORMATION:

Note: Please take the time to fill in all fields with as much details as possible. The VCA team's ability to select participants for this program is based on the level of detail you provide in this EOI.

Are you committed to change for your health & wellbeing?

Have you read this EOI in full?

How did you hear about the Timor Awakening Program?

Why would you like to participate in the Timor Awakening – Gold Coast Program?

How do you feel you will benefit from the Program?

Have you participated in any form of rehabilitation program previously?

If yes, please describe the program and who it was run by.

Please provide an overview of your military history:

Year of Enlistment:

Year of Discharge:

Service:

Corps/Speciality:

Operational Service:

Additional information of interest:

How many years did you serve, or have you served?

Please explain current injuries, illnesses, or medical challenges (mental and physical) - (Confidential for program, this is a wellbeing and rehabilitation program, and priority is given to veterans in need of healing and growth)

Were you medically discharged?

Yes.

No

If no, what was your reason for leaving the military? _____

Have you ever been diagnosed with a psychological condition?

Veterans Care Association Inc.

Holistic Care of Body Mind & Soul for Veterans, Families & Carers
Reg Charity No: CH2629 ABN: 97 213 464 172



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Yes No Unsure

If yes, please describe: _____

Have you ever received treatment for the above conditions?

Yes No Unsure

If yes, please list the type of treatment (i.e., medication, psychological therapy):

Psychiatrist Psychologist Medication

Please provide detail of your treatment: _____

Please describe your current level of fitness and training:

Are you willing and able to participate in group activities?

What scope would you see in helping other veterans or an Ex-Service Organisations in the future?

Please give us an idea of any qualifications, skills or interests you are willing and able to offer the program? Eg. Current advanced medic, photographer, website support, counsellor psychologist, fundraiser etc.

Media Outreach

With the aim of creating awareness and promoting health in our veteran community we will look for media opportunities to highlight this program and the benefits provided. Do you approve for photos and footage taken from the program to be used for education and outreach? Privacy will be strictly protected if requested.

Yes No Unsure

Please indicate if you are interested in your spouse or caregiver joining you and how it would help.

Name:

Please submit a full EOI and send both EOI's in together.

WHAT HAPPENS NEXT:

EOI's will be held until closing dates. Veterans Care Association will contact you ASAP by email & phone to let you know.



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When the panel is determined you will be notified if you have been accepted for this program, put on a reserve list, or recommended to apply for future programs.

We invite health professionals such as experienced psychologists, holistic health providers, ex-military chaplains with experience in the veteran community to apply as a volunteer for the program, or future programs. Please let us know if you think of somebody that fits in one of these categories that may be a good fit to join.

Please submit your EOI for prior to the closing date via email to support@veteranscare.com.au

Please ask any questions to our participant support liaison, Rowena, at support@veteranscare.com.au

Acknowledgment:

I have read and understand the information in this EOI.

I understand that submitting an EOI does not guarantee a position on the program.

Digital signature is fine.

Signature:

Date:

For further information on the Timor Awakening Program visit

www.timorawakening.com

Timor Awakening is funded with support from Bolton Clarke, RSL QLD and SPAHs.

We acknowledge the volunteer staff at VCA to make this program possible. We extend profound respect and thanks to the Timor-Leste government and Timorese veteran community who make our Timor-Leste programs one of the most of unique programs in the world. It is from these rich experiences in Timor-Leste, from the Timorese Veterans and people, that have formed the basis to develop programs now available in Australia.

We invite all veterans and families to join Veterans Care Association and appreciate any support via donation to allow us to continue helping veterans and their families. A membership and donation form are at the following link:

<http://veteranscare.com.au/donate/>

As a final note we would like to emphasise what the program is, and what it is not. TA is an active peer-to-peer health and wellness program. Alcohol may not be available during the program. Coming on to the program with ongoing alcohol or drug dependencies is not appropriate timing

The Timor Awakening program has been a life changing experience for hundreds of veterans and we look forward to meeting you soon.

Kind Regards, VCA Team.