



TIMOR AWAKENING 22

GOLD COAST (TA 22)

Saturday 25 February to Sunday 5 March 2023

**St Georges Defence Suites
192 Marine Parade, Coolangatta QLD 4225, Australia**



OFFICIAL PROGRAM

Timor Awakening is an immersive peer to peer wellbeing program for veterans; composing holistic health education, self-awareness, group therapy, mentoring, counselling, physical activity, historical commemoration and community development. The TA program is centered around group immersion creating a disruption from participant's routine to take pause, learn about themselves and seize responsibility for a positive direction forward in life. Veterans provide each other with inspiration, practical tools, strategies and routines in overcoming trauma and re-establishing purposeful lives. Timor Awakening operates programs in Timor-Leste and at St Georges Defence Suites in Rainbow Bay on the Gold Coast.

www.timorawakening.com

Program Manager – Scott McAndrews

Correct as of 16 January 2023



TA22 SAT 25 FEB TO SUN 3 MAR 2023



Day 1 – Saturday 25 February 2023

Ser.	Time	Activity	Remarks
Theme: Orientation			
1	8:00am – 12:00pm	Travel to St Georges, 192 Marine Parade Rainbow Bay Coolangatta	
2	9 - 12:00pm	Check into rooms	St Georges Coolangatta
3	2:00 -- 4:00 pm	Check in with VCA pastoral carer Familiarisation with facilities and neighbourhood	
4	4:00 pm	Afternoon tea – dining area	Ground floor dining
5	4:30 pm	Program Overview / Circle time	Ground floor recreation area
6	6:00 pm	Dinner	St Georges Dining Area
7		Free time and reflection	

Note: Due to room capacity participants and support volunteers will have shared rooms, with many rooms being two or three bedroom apartments. If you intend to bring your spouse / and children please let us know asap so that we can prioritise a dedicated room, which can include a fold out sofa. The accommodation at S Georges is spacious, very modern and comfortable. The final weekend is the best opportunity for partners and families, though partners are most welcome to join any parts of the program.

Day 2 – Sunday 26 February 2023

Ser.	Time	Activity	Remarks
Theme: Grounding			
1	6:30 am	Morning walk along oceanfront Local walk to Point Danger – stretching and opening up	
2	7.30 – 8:15 am	Wash and Breakfast	
3	8:30 am	Morning Session, Loc: Circle Team building activity	
4	9:15 am	Welcome and introductions / Expectations - TV Room	Michael S Videos: Location + BB Vulnerability
5	10:00 am	Morning Tea	
6	10:30 am	Big Talk – Communication / active listening	Lead: Mick Albrecht Video: Big Talk
7	12:30 pm	Lunch – Rear BBQ area at St Georges	1:30 pm - QOV
8	2:00 pm	Siesta / Swim / Admin	
9	3:00 pm	Holistic Health Overview, Loc: Circle (30 mins)	Gary Stone
10	4:00 pm	Afternoon Tea	
11	4:30pm	TA Wellbeing Plan Introduction, Loc: Circle (20 mins)	
12	5:00pm	Circle Time: grounding and share, Loc: Circle	Intro book project
14	6:30 PM	Dinner – Rainbow Bay SLSC	Colin

*QOV – Quilts of Valour



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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Day 3 – Monday 27 February 2023

Ser.	Time	Activity	Remarks
Theme: Relationships			
1	6:30 am	Morning Health Activity	Lead: VHA
2	7.30 – 8:15 am	Wash and Breakfast	
3	8:30 am	Morning session – Loc: TV Room Book Review Introduction	Video Hindrances to self-mastery
4	9:00 am	Active listening	
5	10:00 am	Morning Tea	
6	10:30 am	PTSD, Moral Injury and Social Isolation John White, DSC	
7	12:30 pm	Lunch – Takeaway – Eat across the road	View of the ocean
8	1.30 – 2:30 pm	Book reading by the sea	
9	3 pm	PTS and Post traumatic growth	
10	4:00 pm	Afternoon Tea	
11	4.30 pm	Circle time – TV Room then Circle	Intro Video: 12 Rules for life
12	5:15 pm	Personal time to enjoy sunset / surf / swim	
13	6:30 pm	Dinner – St Georges Dining Area	

Day 4 – Tuesday 28 February 2023

Ser.	Time	Activity	Remarks
Theme: Body			
1.	6:30 am	Morning Health Activity	Self PT (swim, walk, surf, gym)
2	7.30 – 8:00 am	Wash and Breakfast	
3	8:00 am	Morning session – Loc: TV Room	
4	8:15am	Depart St Georges	
5	9:00am	Farm tour and nutrition workshop	Freemans Farm, Currumbin Valley Veteran David Freeman
6	11:30 am	Travel to Om Café	
7	12:00-1:00pm	Beginners Yoga www.yogaofself.com.au	Om Café, 1206 Currumbin Creek Rd
8	1:00pm	Lunch at Om Café	
9	2:00pm	Return to Rainbow Bay	
10	2:45pm	Team activity - Circle	
11	3:00pm	Suicide Prevention Introduction and syndicate discussion	
12	4:00pm	Afternoon Tea	
13	4:30pm	Circle Time – Reflections of the day	
14	6:30pm	Dinner – Team dinners	





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Day 5 – Wednesday 1 March 2023

Ser.	Time	Activity	Remarks
<i>Theme: The Peer Mentor</i>			
1	6:30	VHA Health Session	
2	7.30 – 8:15 am	Wash and Breakfast	
3	8:30	Intro Session (Grounding, Inspiration)	
4	9:00 – 10:00	Peer support / Mentor qualities and expectations.	Scott
5	10:00	Mornos	
6	10:30 - 11:30	Discussion with RSL Ambassador Mr Peter Rudland Leadership and Ownership inspirations	Scott
7	12:00 – 1:00	Lunch	
8	1:00 – 2:00	Siesta	
9	2:00 – 2.45	Peer support / Mentoring process.	
10	3:00 - 3:50	Mindfulness Practice	<i>Swimmers required</i>
11	4:00 - 4:30	Peer support scenarios and role plays	
12	4:40 - 5:10	Benefits of peer support / mentoring	
13	5:10 - 5:30	Circle Time	
14	6:30	Dinner	
15		Free time and reflection	

Day 6 – Thursday 2 March 2023

Ser.	Time	Activity	Remarks
<i>Theme: Professional Sustainment</i>			
1	6:30	Beach Volleyball	
2	7.30 – 8:15 am	Wash and Breakfast	
3	8:30	Intro Session (Grounding, Inspiration)	
4	9:00 – 10:00	Confidentiality, appropriate behaviours	
5	10:00	Mornos	
6	10:30 - 12:30	Surf Lesson – Rainbow Bay	
7	12:30 – 2:00	Lunch BBQ	
8	2:00 - 3:00	Siesta	
9	3:00 - 3:30	Compassion Fatigue	
10	3:45 - 4:30	Personal Development	
11	4:45 - 5:15	Circle Time	
12	6:30	Dinner	
13		Free time and reflection	





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Day 9 – Friday 3 March 2023

Ser.	Time	Activity	Remarks
<i>Theme: Future Plans</i>			
1	7.00	Morning Health Activity – VHA Integrated Session	VHA
2	7.30 – 8:15 am	Wash and Breakfast	
3	8:30	Wellbeing Plans	
4	9:30 - 10:30	Evaluations	
6	11:00	One on One interviews	Review material
7	1200	Lunch	
8	1:00 –2:30	One on One interviews	Review material
9	3:00 –3:30	Transitions	
10	4:00 – 4:30	Circle time and where to from here?	
11	5:00 – 7:00	Dinner – Family and friends welcome	Sunset dinner on beach

Day 10 – Saturday 4 March 2023

Ser.	Time	Activity	Remarks
<i>Theme: Decompression and Social Interaction</i>			
1	6:00 AM	Morning health exercise	Own PT activity
2	8:00 AM	Breakfast	Self help breakfast
3	Entire day dedicated to decompression, rest, reading, relaxing and reintegration with family.		

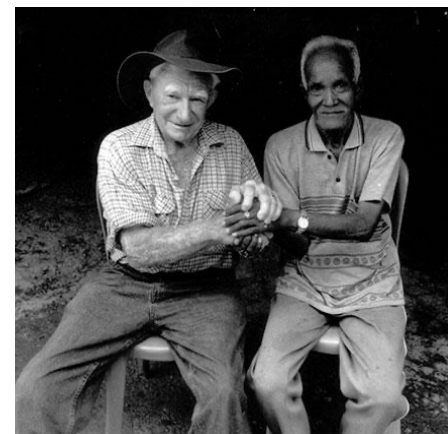
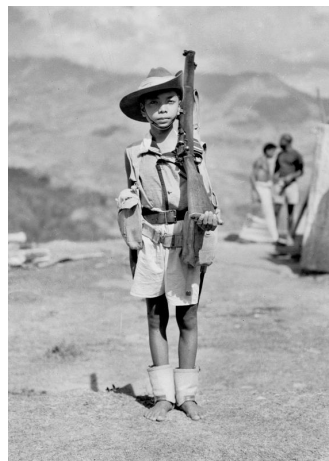
Day 11 – Sunday 5 March 2023

Ser.	Time	Activity	Remarks
1	7:00 AM	Morning health exercise.	Own PT activity
2	7:30 AM	Breakfast.	Pack bags for check out
3	9 – 2 PM	Check out and depart when desired.	All





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