



DO YOU HAVE WRINKLES?

Brothers and Sisters, this is a very important question. I don't just mean the inevitable physical wrinkles that come with age; I am particularly referring to **wrinkles of the soul**. These are the experiences and events of our lives that impact our thinking and feeling, and change our lives.

We all have these wrinkles of the soul - they come with living!

Our military service in South Africa was certainly an experience that had a major impact on most of us, but everything that has happened to us since we "*klaared out*" has changed us even further.

Here is the important question to ask yourself:

What has happened in my life that has brought me to where I am now?

There are some simple facts that we have to face –

- We are getting older and the events of the past will start to catch up with us
- We are getting older and need to take care of ourselves physically
- We have no access to South African veteran benefits
- We do not qualify for official veteran benefits in Australia

This is why SAMVOA is setting up a Peer Support programme
Help Yourself – Help Another

SAMVOA is committed to providing support and assistance to its members and their families. The National Executive has begun setting up support structures and professional resources for us to access when we need help with our "wrinkles".

This Month's Peer Support Resource

I would like to bring to your attention the very good support & resources provided by

Beyond Blue

- Hotline 1300 22 4636
- Website: www.beyondblue.com.au
- Web Chat 3pm – 12 am daily via the website
- Helpful factsheets about depression, anxiety etc
- Online forums to connect with others
- Resources particularly for Men's issues



Take some time to browse the site and see what they offer.

You are also very welcome to contact me directly via the [Contacts Page](#) if I can provide any support or help to you or your family.

Remember: ***Help Yourself – Help Another***

Veteran Regards,
Pierre van Blommestein



Veteran Pierre van Blommestein
SAMVOA
Welfare Officer