

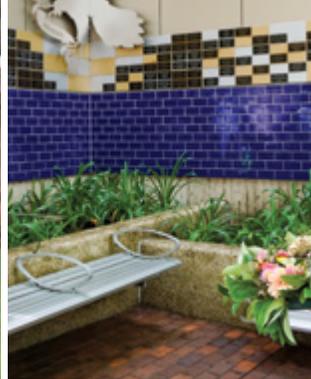


NSW POLICE LEGACY
Caring for the Police Family

Caring for the **Police Family**

**Supporting the families of those who serve
and protect our communities**







Welcome to the Family.

NSW Police Legacy provides care and ongoing support to the families of police officers who have suffered a loss.

We provide support to families through the provision of meaningful benefits, services, and advocacy. We take pride in being an inclusive organisation. Regardless of whether a police officer was serving or retired, or the circumstances of their death, our obligation is to those left behind.



We honour the history and proud traditions of the NSW Police Force.

We embrace the camaraderie and unique bond shared across the police family, and take pride in providing compassionate, continuous, and long-term support to the people in our care.



Legatee support

We have created this booklet as a guide to helping you understand the services offered, and also to act as an introduction to our team. Throughout this booklet you will find QR codes which will link you directly to the website page which will provide you with further details about each service and program.

We understand the complex and difficult emotions that you are feeling after the death of your loved one. We are here to ensure no Police Legatee is left feeling isolated or alone. The Community Support team is a specialised team and includes a Community Support Manager, Community Support Officer, and Community Support Youth Officer.

The support and needs of our legatee children and young adults are very different to that of our solo parents and senior legatees. To ensure that we provide targeted support to all our legatees we have three portfolios: Children and Youth, Solo Parents/Legatees, and Senior Legatees.

A team member will contact you shortly to introduce themselves.

Please remember we are always only a phone call away, and we encourage you to talk to us. Our contact numbers are listed here.

Community Support Team contact information:

Legatee Solo Parents

- » Leisa Doherty
Community
Support Manager
9060 0701

Senior Legatees

- » Nicole Hawick
Community
Support Officer
9060 0717

Children and Youth

- » Lauren Smith
Community
Support Youth
Officer
9060 0713





Our services

Our support services are tailored to three key groups of legatees; Children and Youth, Solo Parents/ Legatees, and Senior Legatees.

Children and Youth Support



Our aim at NSW Police Legacy is to enrich the lives of the children and young people in our care. We offer specialised support services and early intervention for grief and bereavement.

We also offer leadership and self-discovery opportunities.

Research shows that the impact of the loss of a parent at an early age can have a significant impact on the education, mental health, and wellbeing of a child and young adult. Our programs and services are aimed to meet the individual needs of our young legatees and improve long term social outcomes for legatees who find themselves in challenging situations in a complex society.

Programs provided include:

- » Grief and Bereavement psychological referrals
- » Mentoring and leadership programs
- » Safe Driver program, including 10 driving lessons
- » Transition to employment programs
- » Youth Wellbeing programs
- » Bi-annual Camps 8 to 18yrs
- » Young adult camp 18 to 25yrs
- » Social connection online meetups (age group specific)
- » Transition from school to tertiary education support program
- » Education Grants
- » Scholarships
- » Trekking and self-discovery camps

The programs, services and support we offer are bespoke, and tailored to the individual developing needs of our young legatees. We work in partnership with local support organisations to ensure holistic, person-centred, meaningful support.



Solo parents and legatees under the age of 65



The Community Support Manager aims to strengthen the legatee family's support and social networks, as well as enhancing the parent/child relationship impacted by the circumstances of the death of the family member.

We can assist with a range of support options to address feelings of grief, stress, concern, isolation, and of feeling overwhelmed.

Services offered are:

- » Grief and Bereavement psychological referrals
- » Parenting programs both online and in person
- » Wellbeing programs
- » Social connection and networking opportunities
- » Education Upskilling Grants
- » Special Assistance Grants
- » External support referrals
- » Accredited financial advisor support service
- » Advocacy support
- » We can also support you by advocating on your behalf if you need assistance with government departments, solicitors, superannuation, and other local services.

Senior Legatees (65+)



Supporting our valued senior community and ensuring they live their best life in times of adversity is a priority. After the loss of your partner, we ensure you do not have to face life challenges alone.

Our Community Support Officer understands the difficulties you are facing and has specialised experience in supporting you through grief and bereavement. We offer an individualised, holistic, person-centred approach to your support, and understand everyone has different circumstances and issues they are facing.

Support services offered:

- » Specialised grief and bereavement psychological support
- » Advocacy service for various issues such as pension applications, council assistance, medical assistance, My Aged Care applications, and personal safety support
- » Personal care plans
- » Social connection events to prevent social isolation and loneliness
- » Supply of Personal Care alarm system to over 65's living alone
- » Referral to external support services
- » Community Buddies
- » Wellbeing checks
- » Computer skills



Social connections

Online and face-to-face social events are held throughout the year to create a unique bond and shared purpose.

Parents' Network

Our Parents' Network is open to parents who have suffered the loss of a child who was a former or serving NSW Police Officer. We work hard to ensure your loved one is always remembered. We acknowledge the unique pain of parental grief and understand there are additional factors that affect your grief. We encourage participation in our social connection events to foster a sense of belonging and community for parents with a shared sense of loss.

Support offered:

- » Referral to support services
- » Social connection events throughout the year
- » Psychological support referrals

Annual Social Connection Events

NSW Police Legacy have created a community of support and shared experience. Community events are designed to give every legatee the opportunity to make friendships and to come together collectively to feel that they are not alone. It helps to provide a circle of safety and community, and prevents social isolation.

Annual Christmas Lunch

In addition to more than 70 social connection events held throughout

NSW over the year, the annual Christmas Luncheon held in Sydney is highly anticipated and enjoyed by Police Legatees from across the state.

Children's Christmas Party

Held annually, our children's Christmas party is a joyful celebration, and a chance for our children to reconnect with their peers. Our children form strong friendships at camp, and they look forward to any opportunity to connect at other times throughout the year.

Family Day

Each year we enjoy lunch at a beautiful Sydney location that appeals to all age groups, with activities for the children and youth, music from the NSW Police Band, and the opportunity for our NSW Police Legacy Family to reconnect.

Staying Connected



Keep informed through our private Facebook group "NSW Police Legacy Connect" for legatees and volunteers only. Information is posted frequently, and your interaction is encouraged in the group. Follow the link above and ask to join. And follow our general social media updates on Facebook, Instagram, Twitter, and LinkedIn.



Resources

Resources for adults

Australian Centre for Grief and Bereavement

1800 642 066 | grief.org.au

Grief line

24/7 support either online or phone.

1300 845 745 | griefline.org.au

National Centre for Grief and Bereavement

Dedicated to helping children and their families rebuild their lives after grief.

1300 654 556 | childhoodgrief.org.au

Standby

Support after suicide.

1300 727 247 | standbysupport.com.au

The Compassionate Friends NSW

Providing support to bereaved parents

1800 671 621 | tcfnew.org.au

Resources for children

Good Grief

Supporting children.

1300 379 569 | goodgrief.org.au

Headspace

A service for ages 12 – 25 with a focus on early intervention.

headspace.org.au

Kids Helpline

Free and available 24/7 online counselling ages 5 to 25.

1800 551 800 | kidshelpline.com.au

Reach Out

Online mental health counselling service for parents and teenagers.

reachout.com

Apps

All apps available for download via Google Play and App Store.

MyGrief

Online source of grief and bereavement support from the Australian Centre for Grief and Bereavement.

Balance

Meditation and sleep. Improve stress and sleep and more with the world's first personalised meditation program.

Insight Timer

Guided meditations and talks led by mindfulness experts, neuroscientists, psychologists, and teachers.



Visit the website for a more comprehensive list of resources.



Checklist

Who to inform when someone dies

- Family members and friends.
- Employer or educational establishments.
- Health professionals. You will also need to cancel any outstanding hospital, dental, podiatry, or other health related appointments.
- Agencies providing care such as social services, home carers, meals on wheels and day centres.

Australian Death Notification Service

- Find out more about informing companies and organisations. Australian Death Notification Service (deathnotification.gov.au) is a free online government initiative to help you contact multiple organisations using a single online notification.

Financial organisations

- Banks/National Savings/building societies.
- Insurance companies (i.e., life, building, contents, medical, car, travel).
- Pension providers.
- Credit card/store card providers.
- Any other financial institutions must be informed so that any accounts solely in the deceased's name can be frozen to prevent fraud. You should also inform companies/organisations

with joint accounts, although these should normally still be accessible by the other joint holder.

Property and utilities

- Mortgage provider.
- If the deceased lived in rented accommodation, inform the local authority, housing association or private landlord.
- Building and property insurance companies to ensure continued cover especially if the property is left unoccupied.
- Utilities companies (electricity, gas, water, telephone, TV, internet); arrange transfer of account details if necessary.

Government offices

- Centrelink to cancel any benefits to the deceased or their carer. 132 300
- Australian Electoral Office 132 326
- Australian Tax office 132 861
- Medicare 132 011
- Local government offices that provide services such as bus passes, taxi vouchers and library membership.
- Clubs/membership organisations and social groups.
- Service NSW 13 77 88
- My Aged Care 1800 200 422



NSW POLICE LEGACY

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Contact Us

NSW Police Legacy

Email: info@policelegacynsw.org.au | Website: policelegacynsw.org.au

Postal Address: PO Box 20065, World Square NSW 2002

With thanks to our Charity Partners

