*The following are remarks taken from the comments section of a Retirement survey. They are edited for spelling but are not edited as to content.*

*“I planned my retirement by having paid up my bills by time of retirement. I believe this is extremely important for a successful retirement”.*

*“Exercise is what keeps you young. Having things paid off at retirement such as house and vehicles helps the most”.*

*“Best thing I have ever done. I do recommend to be prepared to retire. To continue working is not retirement, just a change of work”.*

*“Retired about 2 years before planned (was targeting 25 years) when offered disability retirement for hearing loss. If you are financially ready it is a really incredible experience. Spending more time with family and friends has been a real bonus”.*

*“Just as FB was a part of my life, retirement is part of my life. I enjoyed the FB and the guys I worked with. I am now enjoying retirement. Life has its ups and downs. If you waste your time worrying about what you missed, you’ll miss what you have. What a shame that would be”.*

*“Did not think retirement needed to be planned, soon learnt it did. Need to search for new interests and goals. Information can be obtained from Retirees Peer Support program”.*

Plan your retirement, set achievable goals, look after your health and importantly maintain connection with fire service as it has been a big part of your life.

|  |
| --- |
| Message box |

F:\Fire Rescue NSW Retirees Peer Support Program\FRNSW logo\FRNSW logo\fire_and_rescue_NSW_logo.png

Retired Members

Peer Support Program

[](https://www.google.com.au/search?rlz=1T4ADRA_enAU474AU475&biw=1600&bih=721&tbm=isch&q=good+mental+health&revid=1344713619&sa=X&ved=0ahUKEwjGytvGhqnKAhVm3KYKHfXgDMUQ1QIIGw)

Supported by Health Promotion

Well-being Co-ordinator

**What is the Fire & Rescue N.S.W. Retiree Peer Support program?**

We are retired members of Fire & Rescue N.S.W, supported by FRNSW Health Promotion team, volunteering our time to offer support to retired firefighters and families transitioning into retirement. The program also supports individuals experiencing personal difficulties or mental health issues, such as depression, anxiety, substance abuse, PTSD, anger and family breakdown.

We are not counsellors, but can be someone you can talk to and discuss professional help in your local area such as counsellors, psychologist, psychiatrist and other help providers. Your first call is often your G.P. Statistics tell us that one in five people experience one form or other of mental health illness and reaching out for help is essential to good health.

**Confidentiality**

All conversations are strictly confidential. Information about you is not shared with anyone unless authorised by you.

**Contact details**

Just make a call:

FRNSW Retirees Peer Support Program

**Wellbeing Co-ordinator 9265 3910**

**Website & Gmail address:**

[**www.retiredfirefightersupport.com.au**](http://www.retiredfirefightersupport.com.au)

[retiredpeersfrnsw@gmail.com](mailto:retiredpeersfrnsw@gmail.com)

**Or, just give us a call.**

**0477 342 750** (Duty Officer)

Retirees Peer Support Team Members:

Graham Manners

Keith Hall

Mark Wilson

John Bedford

Bob Gouttman

Chris. Jurgeit

Scott Kelly

Greg. Reid

Phillip Vale

Garry Evans

Paul McIvor

Robert Smith

Dean McHardie

Marcus Baker

**Professional Support providers**

**Beyondblue**

beyondblue.org.au

1300 224636

**Life line**

lifeline.org.au

131114

**Directory of services**

**Palliative care NSW**

palliativecarensw.org.au

(Website will show contact in your area)

**Black Dog Institute**

[**www.blackdoginstitute.org.au**](http://www.blackdoginstitute.org.au)

**Handy check list prior to retirement**

* Check with your superannuation provider for any requirement prior to retirement
* Consider having a well check prior to retirement with a psychologist .A retired peer can talk to you about options.
* Consider age care (Will, Power of attorney, guardianship)
* Set goals for retirement
  + Volunteer work
  + University/TAFE degrees
  + Hobbies
  + Sport
  + Health … Gym, sport, walking

*It can be very easy to become ‘twice the person you used to be’.*

Do not under estimate the importance of family and friends

* Make an effort to stay in touch with FRNSW by:
* Joining Fire Brigade Retirees association. Log onto their website for list of functions.

[www.nswfbr.org.au](http://www.nswfbr.org.au)

* Join in on the coffee/breakfast mornings and regional retirees B.B.Q’s

**For more information contact a retired peer support member.**