

The following are remarks taken from the comments section of a retirement Survey. They are edited for spelling but are not edited for 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 vehicle helps the most.”*

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

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

*“Just as the fire service was a part of my life, retirement is part of my life. I enjoy the fire service and the guys I worked with. I am now enjoying retirement. Life has its ups and downs. If you waste 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.”*

*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.*

*Information can be obtained from Retirees Peer Support program*

Message Box



## Retirees Peer Support Program



Supported by Health & Safety Branch

## What is the Fire and Rescue NSW Retirees Peer Support Program?

We are Retired members of Fire and Rescue NSW who with support from the Health and Safety Branch, volunteer our time to offer support to staff that have transitioned into retirement.

The program also supports family members and individuals experiencing personal difficulties or mental health issues such as depression, anxiety, substance abuse, P.T.S.D., anger and family breakdown.

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

### Confidentiality:

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

## Peer Support Team:

Graham Manners	Keith Hall
Mark Wilson	John Bedford
Bob Gouttman	Chris Jurgeit
Scott Kelly	Greg Reid
Phil Vale	Garry Evans
Paul McIvor	Robert Smith
Dean McHardie	Marcus Baker
Pat Johnston	Chris Leddy
Alan Fitches	Chris Reeks

### Contact Details:

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

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

**Or, just give us a call**

**Duty Officer: 0477 342 750**

**Wellbeing Co-ordinator: 9265 3910**

### Professional Support Providers:

**Beyondblue:**

[www.beyondblue.org.au](http://www.beyondblue.org.au)/ 1300 224 636

**Lifeline:**

[www.lifeline.org.au](http://www.lifeline.org.au) 13 11 14

**Mensline:**

[www.mensline.org.au](http://www.mensline.org.au)/ 1300 78 99 78

**Suicide call back service:**

[www.suicidecallbackservice.org](http://www.suicidecallbackservice.org) 1300 659 467

**Palliative Care N.S.W**

[www.palliativecarensw.org.au](http://www.palliativecarensw.org.au) (website will show contact phone number in area)

**More resources can be found at:**

[www.bluepages.anu.edu.au/](http://www.bluepages.anu.edu.au/)

## Handy check list to retirement:

Seek **financial advice**, earlier rather than later. Consider having a **well check** by a psychologist prior to retirement.

A retired Peer Support team member can advise you about options.

Consider **aged care**, will, power of attorney, guardianship.

### Set achievable goals for retirement:

- ❖ Volunteer work
- ❖ University / TAFE degrees
- ❖ Hobbies
- ❖ Sport
- ❖ Health-Gym, walking, golf etc.

**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 Brigades Retirees Association. Check website for list of functions:

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

Attend regional retirees B-B-Q's.

Attend coffee get together in your area.