



AWARENESS OF POST TRAUMATIC STRESS DISORDER

BIG LAP 4 PTSD

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Mission Details

Project Name:	Big Lap 4 PTSD
Project Managers:	Mark Burnett Pete Miller
Commencement Date:	26th April 2023
Starting Location:	East Sale Airforce Base
Duration:	6 Months

Company Details

Company Name:	Big Lap 4 PTSD
ACN:	634473779
ABN:	25 634473779

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Executive Summary

Commencing the day after ANZAC Day 2023, a small dedicated team of military veterans will circumnavigate Australia by motorcycle over a 6-month period. Accompanied by family members, we will visit facilities dedicated to veterans and defence bases to talk about Post-Traumatic Stress Disorder (PTSD).

The objective of this mission is twofold:

1. To raise awareness of the causes and effects of PTSD, and to encourage, veterans and their families/carers and military personnel to reach out for help early.
2. To educate on the development of well-researched and tailored mental health services and programs for the younger veterans' community.

Who are we?

The organising team is made up of two veterans of the Australian Defence Force:

- Mark Burnett
 - 11 Years Army - Royal Australian Engineers
 - Veteran of UNTAG Namibia 1989
 - Current job – Manager Works, East Gippsland Shire Council
- Pete Miller
 - 33 Years, Royal Australian Air Force, retired Aug 21.
 - Veteran of 5 Deployments to Butterworth, Pakistan, Middle East incl UAE and Afghanistan

How do we intend to help?

The concept of the Big lap 4 PTSD

By meeting veterans and their family members at RSL Sub-branches and current serving personnel at bases and by supporting dedicated institutions.

Over a 6-month period, we will travel around Australia and stop at RSL's and defence bases to raise awareness of PTSD, its causes and effects and more importantly what can be done to get your life back on track. Some of us have been there so we're speaking from explicit experience.

An interactive presentation will be delivered by veterans who have personally lived the experience and trained professionals (psychologist/Psychiatrists) with guest speakers invited to share their experiences, sufferance's and successes. It is proposed that the main body of the presentation will run for approximately 45 minutes with an interactive session beyond that up to 90 mins, and will be structured as follows:

- What is PTSD and how it affects the mind
- Potential causes
- Early signs and how it can affect daily life
- How it can evolve into a longer-term problem
- How to manage and overcome it
- How can family and friends help
- What support is available

The Rider Team

The rider team will be made up of Mark and Pete.

The Support Team

Family members will make up the Support Team for the Big Lap riders:

- Elisabeth Burnett – Support for Mark
- Tracee Evers – Support for Pete

The support team will travel in vehicles behind the rider team. They will also carry all equipment, spares and materials necessary for the success of the Big Lap mission.

Casual Riders

Riders from the community will be invited to join in for a casual ride along any leg of the journey, predominantly a day ride.

Date of Departure

26-April-2023 (Day after Anzac Day)

Muster Point

East Sale Airforce Base, Victoria

The Route

The intended route (subject to agreement and variation) will be from the muster point at East Sale Airforce Base – Seymour – Wagga Wagga – Canberra – Ingleburn – Newcastle - Singleton – Ipswich – Gaythorne – Townsville – Darwin – Broome – Geraldton – Bullsbrook – Victoria Park –

Rockingham – Albany – Woomera – Salisbury – Werribee – Swansea – Claremont - Devonport and back to East Sale.

Refer to Appendix 1 - ***Biglap4PTSD Strip Sector Maps RSL Sub-Branch stopover locations***

Why are we doing this?

As a member of the defence forces, we have experienced what it's like to live an exhilarating life filled with adventure, challenges and achievements, a life of regimented structure, comradery, teamwork and endless moral support, a life dedicated to others. We also know that some of you may have seen and experienced first-hand the violence and destruction that man can bring upon man.

And because we know that once you leave that life, you often feel on your own having to find yourself a meaningful place in a more individualistic civilian society. Trying to reconcile these two very different worlds can create anxiety, stress and ultimately lead to severe mental health issues.

Did you know:

Many don't seek help early, they let the problem fester until they feel there is no option but self-destruction.....

Current statistics show that 1 in 20 veterans will end up homeless. (**The State of Homelessness in Australia's Cities Report**)

Suicide has claimed more Australian soldiers' lives than any war since 1999, 56 soldiers have been killed while on active duty, 457 veterans have taken their own lives! (**Australian Institute of Health and Welfare, Australian War Memorial & Get the Data**)

And the above figures grow daily!

It doesn't have to be like this....There are numerous support services out there for military personnel and veterans just waiting for that first contact to be made. There are also traditional and non-traditional therapies, medications and psychological treatments that can turn your life around, get you back on a positive track and living a life of fulfillment and hope. You just need to take that first step and reach out. Many of us have and we are testament that it can and will work. Don't become a statistic, help yourself, take that step to a life worth living.

Facilitation of the interactive presentations

RSL Sub-branches can help us with:

- Advertising around the facility. Templates of printable posters and flyers will be provided for each RSL to print and distribute. An email will also be provided for internal distribution
- Allocating an appropriate room with projection equipment
- Providing us with additional information such as contact details for a nominated point of contact

A day to day snapshot

1600 at latest	Arrival at RSL destination, locate camping facility and set up
1800	Dinner
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0630	Breakfast
1000 - 1130	Awareness presentation
1200 - 1300	Lunch break
1300 - 1600 (tourist spot)	Visit of point of interest, nearby military base, museums or surrounds
1800	Dinner
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0630	Breakfast
0900	Ready to ride with rest breaks every 100km

Organisational Aspects

The Route

The mission intent is to circumnavigate Australia, passing through all states and territories in an anti-clockwise direction commencing at East Sale Airforce Base in Eastern Victoria. The route has been selected to include several ex-service organisations and defence bases in each state. Additionally, an attempt will be made to deliver the presentation at defence bases of all three military service branches Army, Navy and Airforce.

Rest & Recreation

Extended breaks to recuperate and sight see will be pre-planned. These may be at any place of interest and will generally last between 1 to 5 days. R & R breaks may also be arranged at short notice to accommodate any poor weather or mechanical issues; however, every effort will be made to maintain movement to allocated destinations within the program timeframe.

Weather

Travel days will generally be during fine weather. Where or when necessary, travel may occur in adverse weather conditions however this will be decided by the organising team at the time. Travel will be avoided during extreme weather events.

Accommodation and Meals

- At RSL Sub-branches when and where possible
- Free camping at designated stopping points
- By invitation from veteran's motorcycle clubs or defense organisations at their respective establishments

- Hotels or other formal accommodation houses

Mechanical and Breakdowns

- One of the support vehicles will be towing a Jayco Base Station which can be utilised to carry a Motorcycle in the event of a major breakdown
- Major breakdowns requiring repairs will need to be carried out at the nearest motorcycle workshop.
- Minor repairs will be carried out by the team riders upon identification of the issue.
- Some commonly used spares will be carried by the support vehicles.

Communications

- One support vehicle will be equipped with mobile phone booster equipment.
- All riders will carry smartphones
- The support team will also carry mobile phones
- Each of the support team vehicles will contain a 40 channel UHF radio, either fixed or handheld.

Health & Safety

- One of the riders will be a qualified advanced first aider
- One of the team riders will be a qualified mental health first aider
- A portable first aid kit will be carried by one of the rider team members
- All mobile phones will contain the *Emergency+* application
- A high-risk remote area first aid kit (including a defibrillator) will be carried in one of the lead support vehicles
- Should an accident of any kind occur, first on the scene will deliver first aid treatment, he/she will take charge of the scene and direct further assistance by local ambulance or police as deemed necessary.
- Covid 19 – Restrictions will be researched and understood by all members of the BigLap team from state to state. Hand sanitizers, masks and social distancing will be applied as applicable at the time of the journey.

Refer to Appendix 2 - ***Big lap 4 PTSD Risk Assessment & Safe Work Method Statement***

Advertising & Promotion

Promoting the mission will occur well in advance of its commencement date with a view to getting the word out to as many veterans and their families as possible. In addition, it is hoped that media agencies will assist with promotion to encourage sponsorships and donations. Flyers and business cards will also be designed and printed to assist with face to face promotion. The Website and Facebook page will contain all relevant information about the mission and will be the portal for anyone wishing to express their interest in being a part of the rider or support team. There will also be the ability to sponsor and donate to the mission through these interfaces. The Jayco Base Station will be decaled and will act as a mobile sign board promoting the mission.

Financials

Funding & Material Support for the Big lap 4 PTSD

It is hoped that all the mission objectives will be fully funded by:

- Sponsorships
- Donations – Fuel, Spares, Vehicles, Camping Equipment, Caravans, Accommodation & Meals and General Provisions etc.
- Work in kind donations
- Grants
- General monetary donations

Accounting of all funds raised

Funds raised for the Big lap 4 PTSD will be utilised to cover both mission objectives (raising awareness of PTSD and raising money for targeted institutions) and for ancillary costs associated with the journey.

The full list of institutions is still to be determined and may include:

- Whiskeys Wish (Comfort Dogs)
- Soldier On
- Wounded Warriors
- Ward 17 – Austin Hospital Heidelberg, Victoria

The organisation has an ABN and is registered as a Not for Profit Charity Organisation with Deductible Gift Recipient status (GDGR1).

A certified accountant will be engaged, and annual financial audits will be carried out by a 3rd party accounting firm certified to undertake this level of independent oversight. A full report of all transactions through the accounts will be conducted on completion of the mission.

Appendices

Appendix 1 – Big lap 4 PTSD Strip Sector Maps and RSL Sub-branch Stopover Locations

Appendix 2 – Big lap 4 PTSD Risk Assessment & Safe Work Method Statement