

advertise

AUSTRALIAN WAR WIDOWS



QUEENSLAND



Supporting War Widows since 1947

REACH OUT TO OUR COMMUNITY!

The AWWQ Bulletin is jam-packed with information for our members, and presented with a professional and eye-catching design. Contents typically include home allied health services, articles on grief and loss, group news (from our 28 Sub Branches around QLD), DVA updates, a "What's On" section, recipes, and most importantly, member stories from as far back as WWII!

Below: An article from our most recent edition. Next page:: Front covers of the AWWQ Bulletins

YOUNGER WAR WIDOWS

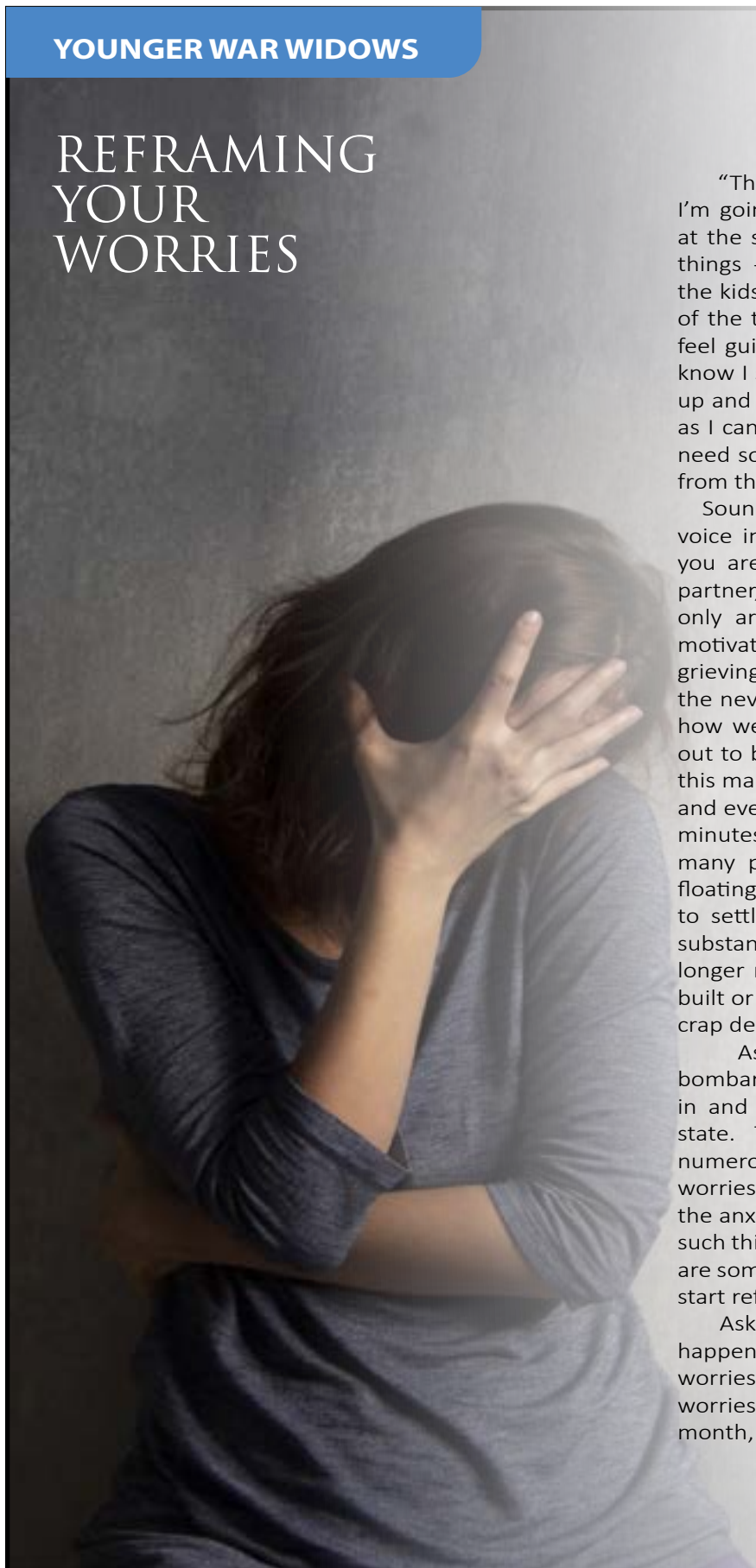
REFRAMING YOUR WORRIES

"The kids are going to be late to school again. I'm going to be late to work. I wish I had stopped at the shops last night after work to pick up a few things - but I was so tired and had to get home to the kids. I feel bad leaving them with my parents all of the time. Even when I am at home with them, I feel guilty for not giving them the quality of time I know I should be giving them. My to-do list is piling up and I haven't had a moment to myself in as long as I can remember. Why is life so hard? I really just need some quiet space to curl up in a ball and hide from the world for a little while."

Sound familiar? Don't you wish that little annoying voice in your head would just leave you alone? If you are managing everything in life without your partner, things can get pretty overwhelming. Not only are the daily tasks difficult, but finding the motivation and energy during and after a period of grieving and adjustment exacerbates that feeling of the never-ending 'spin cycle'. We have an image for how we want our life to be. But when things turn out to be different, we lose all sense of control and this manifests as grief, hopelessness, anger, injustice and even numbness. And that is just in the first few minutes of the day! Following a catastrophic event, many people describe feeling untethered - like a floating helium balloon that cannot find a place to settle. They feel lost, without purpose, lacking substance and wandering around like a ghost that no longer recognises themselves, the world they have built or the future they had planned for. It is a pretty crap deal.

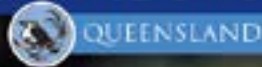
As if the grief wasn't enough, you are also bombarded with worries and fears that seem to move in and cohabit with your weakened emotional state. The mind starts racing and coming up with numerous 'worst case scenarios'. Some of these worries are reasonable but many are not. However, the anxiety feels the same to you. While there is no such thing as one method that helps everyone, there are some simple activities that are useful to help you start reframing your worries and anxiety.

Ask yourself, "what's the worst thing that can happen to me from this moment forward? What worries me going forward?" Write down all of your worries about the future - those of tomorrow, next month, next year or 20 years from now. Continued...



BULLETIN

AUSTRALIAN WAR WIDOWS

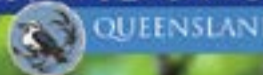


Spring Edition 2019

- New CEO Welcome
- A Matter of Balance
- Supporting People After Loss
- A Beautiful Life
- Friendship Day
- Jessie Vasey Day is coming

BULLETIN

AUSTRALIAN WAR WIDOWS



SPRING HAS SPRUNG!

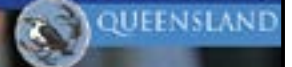
In this issue:

- Northern focus
- Your rights
- Friendship week
- Health feature
- AWWQ year in review
- Date claimers

SPRING EDITION 2019

BULLETIN

AUSTRALIAN WAR WIDOWS



Share their stories

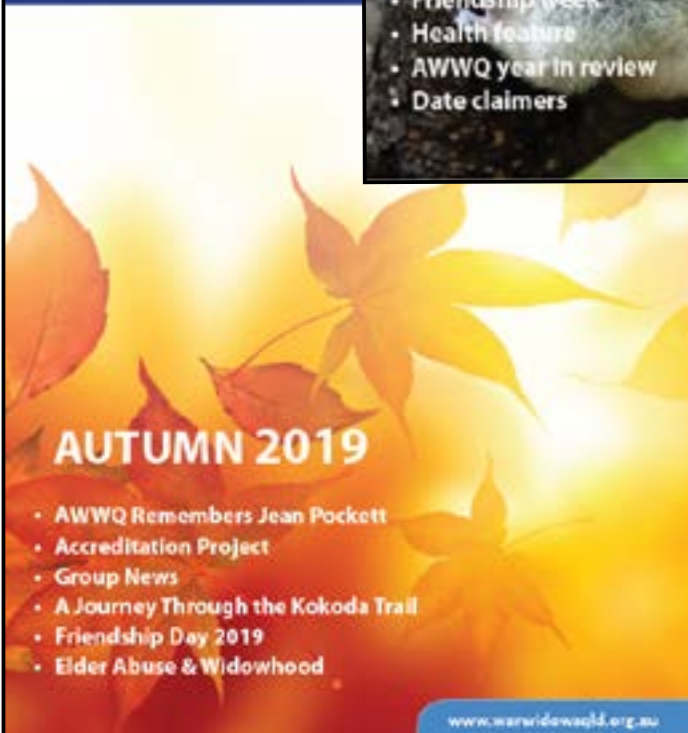
What you need to know?

Meet the Support Coordinator

www.awwq.org.au

BULLETIN

AUSTRALIAN WAR WIDOWS



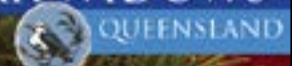
AUTUMN 2019

- AWWQ Remembers Jean Pockett
- Accreditation Project
- Group News
- A Journey Through the Kokoda Trail
- Friendship Day 2019
- Elder Abuse & Widowhood

www.warwidowsqld.org.au

BULLETIN

AUSTRALIAN WAR WIDOWS



MERRY CHRISTMAS!

In this Issue:

- Detecting Scams
- Your liver
- Beautiful Bonsai
- Remembering Betty Luke
- Calcutta - Bombay
- Jessie Vasey Day Photos

SUMMER EDITION 2019

IMPORTANT INFORMATION

ABOUT US

Australian War Widows Queensland (AWWQ) is a registered charity that was founded in 1947 to support and advocate for War Widows and their families affected by defence services. There are currently 28 Sub Branches across Queensland.

THE BULLETIN

The AWWQ Members' Bulletin is published quarterly and delivered to our membership base, corporate partners and defence community stakeholders. Collectively, approximately 3000 Bulletins are sent out to 'captive' readers. The Bulletin was first published in 1947 and continues to be an important source of information for War Widows and the defence community.

CONTENT

Advertising must be of benefit / interest to our members and align to our values of honour, friendship, support and advocacy. AWWQ reserves the right to reject applications for advertising content that does not align to our values.

DEADLINES

The AWWQ Bulletin is published quarterly in March, June, September and December. Booking and art deadlines are due on the last day of the month before (February 28th, May 31st, August 31st and November 30th). Early bookings may secure a better choice of position.

TECHNICAL SPECIFICATIONS

Images should not be delivered embedded in Word or any other Microsoft product, or should not be used after being extracted from Word etc. The Bulletin is produced in standard A4 portrait format. If you require design assistance from our team, please let us know and we can provide a quote. Half and quarter-page ads in the Bulletin are not actually half or quarter of a standard A4 page. Suitable margins must exist between page sides and other ads on the page. Double-page and full-page ads are based on standard A4 vertical size.

DELIVERY

Submitted artwork may be changed at any time before applicable deadlines. In the case of multiple-issue bookings, the advertiser may change artwork from one Bulletin to the next (at no cost) – but the onus is on the advertiser to notify the AWWQ of any desired change, and

to supply the new artwork before the applicable deadline. AWWQ reserves the right to use your previous art when new art is not received by the applicable deadline. Full charges apply for booked space when delivery deadlines are not met, regardless of what art is used to fill the space.

ACCEPTANCE OF ADVERTISING

AWWQ reserves the right to reject or request alterations to advertisements for any reason, including but not limited to when artwork does not meet the standards or ethics of the magazine, is 'flawed' in any technical respect, is deemed distasteful, offensive or defamatory or contains messages deemed contrary to the values of AWWQ.

AD PLACEMENT

AWWQ has sole discretion in deciding ad placement and will give weight to the suitability of an ad being in proximity to a particular story or the suitability of a particular ad being in proximity to any other ad.

CANCELLATION

Any booked ad may be cancelled before the booking deadline of the Bulletin without cost. Any ad cancelled after the relevant deadline must be paid for in full. An ongoing booking secures larger discounts and indicates a level of commitment, but, can be cancelled with 30-days' notice without penalty. In all cases, the onus to cancel or alter any booking remains with the advertiser.

INDEMNITY

The advertiser warrants that their advertisement, artwork or product does not breach any laws including but not limited to trademark, copyright, privacy, defamation, discrimination, censorship etc, and indemnifies AWWQ and its' staff, volunteers and Directors from any loss or cost arising from any breach whether deliberate or accidental. While all care will be taken, AWWQ does not accept liability for any loss or damage caused by failure to publish supplied artwork, or through any other error, omission, inclusion or placement once the final proof has been approved. AWWQ does not warrant that colours can be matched perfectly. AWWQ reserves the right to alter prices at any time. However, a customer who has signed a booking agreement will be exempt from such price variations until the current agreement ends, at which time a new price may be negotiated.

ADVERTISING APPLICATION FORM

Company Name		ABN	
Authorised Representative		Phone	
Address			
Email		Website	
Advertising Preference	Double page spread Full page 1/2 page 1/4 page 1/8 page Business name listing		
Signature		Date	

RATES

Size	Price (Inc GST)
Double page spread	\$1,920.00
Full page	\$1,200.00
1/2 page	\$819.50
1/4 page	\$544.50
1/8 page	\$379.50
Business Name Listing	\$275.00

Australian War Widows Queensland
41 Merivale Street South Brisbane QLD 4101
www.warwidowsqld.org.au
Email completed for to: advertising@warwidowsqld.org.au
ABN 88 009 708 810



We support them
because they supported us.
Australian War Widows Queensland

Free call: 1800 061 945 | advertising@warwidowsqld.org.au