



# INVICTUS GAMES

SYDNEY 2018

EVERY NIGHT  
OCT 20-27

**ABC** + **iVIEW**



#IG2018

# INVICTUS GAMES

SYDNEY 2018

The ABC is proud to be the official broadcaster of the Invictus Games Sydney 2018, which will be held across Greater Sydney, including Sydney Olympic Park and on and around Sydney Harbour, from Saturday, 20th October – Saturday, 27th October.

Established four years ago by HRH The Duke of Sussex, the international multi-sport event will see 500 competitors take part in 11 adaptive sports: archery, athletics, indoor rowing, a driving challenge, powerlifting, road cycling, sailing, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby. The Games will also feature wheelchair tennis and a golf event for competitors and their families and friends.

The ABC will broadcast 100 hours of live, original and curated Invictus Games-inspired content including *Invictus Games Today*; local and international documentaries; news, science, sport, health and children's programs; the opening and closing ceremonies; and live coverage of the events. Leading up to and during the eight days of competition, ABC will broadcast gutsy, remarkable, touching stories about overcoming the odds that will inform, entertain and truly inspire audiences.

The ABC will have multi-platform coverage across our scheduled radio and TV programs as well as on ABC NEWS TV and radio channels and on our digital channels. The Games will be streamed live on ABC iview and on the ABC TV and iview social channels.

**For further information and interviews please contact Kim Bassett on 03 8646 2580 or [bassett.kim@abc.net.au](mailto:bassett.kim@abc.net.au). For images visit [abc.net.au/tvpublicity](http://abc.net.au/tvpublicity)**



Without  
Limits



## OPENING CEREMONY

SATURDAY, 20TH OCTOBER, 7.30PM AEDT ON ABC TV + ABC IVIEW

## CLOSING CEREMONY

SATURDAY, 27TH OCTOBER, 7.30PM AEDT ON ABC TV + ABC IVIEW

Broadcast live from the forecourt of the iconic Sydney Opera House, the Invictus Games Sydney 2018 Opening Ceremony will celebrate the power of the human spirit by sharing personal stories of recovery, endurance, rehabilitation and overcoming adversity from the many rich and diverse cultures that make up the Invictus Games family.

ABC TV's coverage of the opening ceremony will be anchored by Chris Bath, with co-host Anthony "Lehmo" Lehmann and Dylan Alcott, with Curtis McGrath as military expert commentator.

The closing ceremony will be a celebration of the Games, broadcast from Sydney Olympic Park. ABC's coverage will be anchored by Chris Bath with co-host Anthony "Lehmo" Lehmann and Dylan Alcott, with Curtis McGrath as military expert and commentator. Grammy-nominated artist Aloe Blacc will perform as will Australian alternative rock band Birds of Tokyo, along with other performers to be announced soon.

Both ceremonies will be broadcast on ABC TV and streamed live on ABC's iView and on ABC TV and iView's social channels, for viewing live around the world.

**Production details:** ABC TV Executive Producers: Kirsty Bradmore and Frances O'Riordan. Head Regional, Local Sport and Events: Kath Earle.

# FIGHTING SPIRIT – THE WHEELING DIGGERS’ INVICTUS GAMES DREAM

TUESDAY, 16TH OCTOBER, 8.30PM,  
ABC + ABC IVIEW

This deeply moving one-hour documentary goes behind-the-scenes of the Invictus Games Sydney 2018 to follow the formation of the Australian Defence Force wheelchair rugby team as they struggle to reclaim their lives on and off the court, and strive to wear the green and gold at the Games.

Once again, these wounded warriors will put their bodies on the line in service of their country. Only this time, the battlefield is a stadium court, their armour of choice is a combat wheelchair and their adversaries are amongst some of the most inspirational Service men and women in the world.

This story begins on day one of selections, 25 serving personnel and veterans from all over Australia gather in Sydney to stake their claim for one of 11 Australian jerseys up for grabs in the “Wheeling Diggers” wheelchair rugby team. The selection criteria are unlike any other sporting event, competitors are not selected on performance but how the experience will benefit their ongoing recovery and rehabilitation.

Amongst the veterans trying out is 47-year-old former special forces soldier Peter Rudland, his Invictus Games preparation includes undergoing his 31st operation since his Blackhawk helicopter crash in 2010.

For 24-year-old Navy Marine Technician Mark Daniels, trying out for Invictus Games Sydney 2018 is just another chance to prove that he is not defined by his injury. Mark lost his leg when he was hit while riding his motorbike by a distracted driver in 2015. He has spent the past two years fighting to remain in the Navy.

For many trying out for the Invictus Games, it’s the unseen injuries that affect them the most, such as PTSD (Post Traumatic Stress Disorder) which has claimed more defence lives back home in the past two years than the 14-year war in Afghanistan. Forty-year-old Air Force veteran Trudi Lines is trying out for the Invictus Games Sydney 2018 to help her cope with the transition back into civilian life. While for 42-year-old Matthew Blunt, applying for his first Invictus Games has given him a reason to leave his own house.

This is a story about a very special team of wounded warriors who are united by their physical and mental hardships and their determination to remain ‘*unconquered*’ through the universal language of sport.

**Production details:** Writer/Director, Brad Cone. Producer, Bel Cone. Producer/Editor, Andrew Brismead. A Threefold Film production for ABC TV. ABC Commissioning Editor, Julie Hanna. Head of ABC Factual, Steve Bibb. Narrated by Chris Bath.

*Fighting Spirit – The Wheeling  
Diggers' Invictus Games Dream*



# WITHOUT LIMITS

THURSDAY 18TH AND 25TH OCTOBER, 8.30PM, ABC + ABC IVIEW

This two-part observational documentary series heralds the Invictus Games Sydney 2018 with an ambitious 1000-km expedition across Western Australia's remote Kimberley. Starting in Broome, a team of Australian and British wounded and injured veterans set off along the rugged Gibb River Road in adapted 4x4s, bonding on the road and in bush camps, and pushing themselves on a gruelling trek through the remote Wunnamurra Gorge. As they pull together they begin to share intimate stories of their injuries and discuss the difficulties and issues they face having left the Services.

The trip is led by former Parachute Regiment officer, Martin Hewitt. Martin was shot in Afghanistan in 2007, subsequently losing the use of his right arm. In 2011 he joined HRH The Duke of Sussex and a team of British wounded veterans on an unsupported trek to the North Pole, as filmed in the BBC's Harry's Arctic Heroes.

British veteran Shaun Stocker, 27, from Wrexham in Wales, was a Private Fusilier in the Royal Welsh First Battalion, Infantry Regiment. At the age of 19, and just six days before the end of his tour in Afghanistan, he stepped on an IED. He lost both his legs and was blinded. He spent six years in hospital and has regained 30% vision in one eye. The other Brit is Keanie Trick, 23, from Devon. An aircraft technician, Keanie is awaiting medical discharge. She suffers from chronic pain in her pelvis and spine after a fall from an assault course in training. Keanie also suffers from severe depression and anxiety. Like so many veterans, she's unsure about her future away from the Forces.

The Brits join up with their Australian teammates Dean West and Matt Tolson at the NORFORCE base in Broome. Dean West, 45, from Brisbane was a Corporal in the AAI (Australian Army Infantry). In 1993 he was involved in a serious vehicle accident on a training mission in Malaysia. Five of his fellow soldiers died, including Dean's best mate. As well as spinal and brain injuries, he has battled severe depression and PTSD (Post Traumatic Stress Disorder) – open and emotional, he's passionate about the importance of talking about mental health. Matt Tolson, 32, from Caboolture, Queensland, was a private in the AAI. He suffers from severe pain in his back and knees and acute PTSD (Post Traumatic Stress Disorder) from being exposed to traumatic events whilst peace keeping in Timor Leste. Accompanying Matt on this journey is his assistance dog, a black Labrador called Hades.

Two months after setting off on this remarkable journey the veterans meet up with HRH The Duke of Sussex and share the story of their extraordinary expedition: a journey that fully captured the Invictus spirit, a fighting spirit and a belief in what is possible to achieve after injury.

**Production details:** ABC Head of Factual, Steve Bibb. ABC Commissioning Editor, Julie Hanna. Executive Producer, Lucy Carter Series Producer/Director, Benjamin Crichton. Producer/Director, Nicola Comber.



*Without Limits*



## YOU CAN'T ASK THAT – INVICTUS GAMES

STARTS SUNDAY, 21ST OCTOBER AT 6.50PM  
AND CONTINUES WEEKNIGHTS DURING  
THE GAMES, ABC + ABC IVIEW

*The Invictus Games is for sick and wounded soldiers.  
What's wrong with you?  
What the hell's Invictus Games  
and why should we care?  
How did you go from being a broken soldier  
to representing Australia?*

*You Can't Ask That*, a proudly homegrown ABC original format, puts misunderstood and marginalised Australians front and centre. During the Invictus Games Sydney 2018, ABC and ABC iView will screen a series of six mini-episodes of *You Can't Ask That - Invictus Games* featuring former and current members of the Australian Invictus Games team in this unique program. *You Can't Ask That – Invictus Games* asks the hard questions and allows the competitors to answer in their own words with conviction, candour and humour.

**Production details:** Series Directors/Producers: Kirk Docker and Aaron Smith. ABC Executive Producer, Lou Porter.

## INVICTUS GAMES SYDNEY 2018

STARTS ON SUNDAY, 21ST OCTOBER,  
5PM ON ABC + ABC IVIEW

Each night Amanda Shalala and Niam Owens will present a one-hour wrap up of the day's competition from Sydney's Olympic Park. Service men and women from around the world will compete over eight days in a series of sporting disciplines and each night between 5-6PM we'll see highlights of the sports as well as hear from some of the competitors who've taken the field of play that day.

**Production details:** ABC Executive Producer: Kristy Bradmore.  
Associate Producer: Janet Gill

*You Can't Ask That –  
Invictus Games*



## INVICTUS GAMES TODAY

STARTS ON SUNDAY, 21ST OCTOBER,  
7.40PM ON ABC + ABC IVIEW

FROM MONDAY, 22ND OCTOBER,  
8PM ON ABC + ABC IVIEW

*Invictus Games Today* will be a lively half hour entertainment program hosted by Chris Bath with co-host Anthony “Lehmo” Lehmann, Dylan Alcott from triple j and former Invictus Games competitor Damien Thomlinson, as well as a rotating team of current Invictus Games Sydney 2018 competitors, military personnel, mental health professionals and sports experts, and some surprise familiar faces. *Invictus Games Today* will be broadcast live out of the Invictus Games precinct at Sydney Olympic Park. *Invictus Games Today* will capture – and help create – the spirit of the Games, delivering a nightly news segment, a roundup of results and achievements, plus features on the competitors and the family members and friends who support them. The program will be broadcast on ABC’s main television channel, on ABC iView and on ABC’s international television channel ABC Australia, throughout Asian and the Pacific.

**Production details:** ABC Head of Entertainment and Factual: Josie Mason Campbell. ABC Executive Producer: Frances O’Riordan. JAM TV Executive Producer: Luke Tunnecliffe. JAM TV Supervising Series Producer: Rachel Miller. Co-Ordination Creative Producer: Graham Burrells. Director: Gary Deans.

## AUSTRALIAN STORY

MONDAY, 15TH OCTOBER, 8PM,  
ABC + ABC IVIEW

*Australian Story* presents the remarkable story of Special Forces Sniper Team Commander and Invictus Games competitor, Garry Robinson, who survived a Blackhawk helicopter crash in Afghanistan in 2010 in which a number of his friends were killed. This special episode follows his recovery, including the crucial role played by his family.

**Production details:** Executive Producer, Caitlin Shea. Producer, Jennifer Feller.

# CATALYST – BIONIC REVOLUTION

TUESDAY 23RD OCTOBER, 8.30PM, ABC + ABC IVIEW

Australia's flagship science documentary program, *Catalyst* presents a remarkable story about the inspiring topic of 'bionic humans'. Dr Nikki Stamp meets three Australians whose lives are transformed by artificial body parts, and scientists whose cutting-edge work merging biology with technology reveal a world on the cusp of a bionic revolution. In country Victoria, a young girl is about to get her first artificial hand. In Melbourne, a woman is about to have an advanced cochlear ear switched on, and on the Gold Coast, a Paralympian is about to trial new bionic feet.

Ever since Nikki was a child, she's wanted to mend broken bodies. Now, as a cardiothoracic surgeon, she does that almost every day, increasingly with the use of bionic or artificial body parts. As Nikki discovers in this episode, the remarkable work being done to merge biology with technology is transforming millions of lives and offering up medical possibilities we couldn't have dreamed of a few short years ago.

In Berlin, Nikki meets with Bertolt Meyer, a professor with one of the most advanced bionic hands in the world. With individual motors and pressure sensors for the fingers, a rotating thumb and phone app control it's an impressive prosthetic, but at around \$80,000 AUD it's also out of reach for many. In country Victoria, Nikki visits Mat Bowtell, a retrenched engineer who's invested in 3D printers to make affordable prosthetic hands for anyone who needs them. We watch on as he gives one to Lois, a six-year-old girl who was born without fingers on her left hand. Now, prosthetic hands don't have

sensory awareness, but as Nikki discovers at the University of New South Wales, Australian scientists have made some significant discoveries that may one day give prosthetic hands the ability to feel.

One human sense where Australian scientists have made incredible progress is with the transmission of sound. Louise, a 44-year-old woman who's been deaf since birth, is about to have an advanced cochlear implant switched on for the first time. As she prepares for the switch on, she wonders, "This life change for me, is it going to make it better or is it going to make it worse? I don't know."

As Nikki continues her journey into the world of bionic medicine, Professor Gordon Wallace reveals a virtual Aladdin's cave of 3D printers and human stem cell engineering at the University of Wollongong. At every step, Nikki sees scientific advances that make her rethink the future of bionics – from the generating of biological body parts to the power of robotics to allow a paralysed man to regain mobility, to moving a robotic arm with just her thoughts, and finally, a mini-brain, grown from a piece of skin, that's as advanced as the brain of a 10-week-old foetus. What Nikki ultimately discovers, is that the future of bionics is huge, just like the human spirit that drives its progress and its use.

**Production details:** Executive Producer, Aidan Laverty. Producer, Belinda Gibbon.



## GARDENING AUSTRALIA

FRIDAY, 26TH OCTOBER 7.30PM,  
ABC + ABC IVIEW

*Gardening Australia* presents the remarkable and inspiring story of former member of the Australian Army Special Air Service Regiment (SAS), Peter Rudland and how his love of gardening helped to rebuild his life.

After 28 years in the military Peter Rudland retired with his young family to a large, lush property on the NSW/Queensland border.

Peter survived a horrific helicopter crash in Afghanistan in 2010 that claimed the lives of three of his comrades and injured eight others. His injuries were extreme, but he's been able to rebuild his body and life through a combination of sport and a love of plants. A member of the Australian team for the Invictus Games Sydney 2018, he hopes to repeat his gold medal performance on the recumbent bike at last year's Toronto Games and add to it a medal in the wheelchair rugby.

Plants have always fascinated Peter Rudland none more so than the trees in his bonsai collection. "My two (older) daughters bought me a bonsai plant back in early 2003 when they were little. It's a Chinese Elm and has the same year of birth as my eldest child so is very special to me." That tree sparked an interest in learning the Penjing or Chinese style of the art.

**Production details:** Executive Producer, Gill Lomas.

## ABC KIDS AND ABC ME

ABC's Invictus Games Sydney 2018 coverage is for the whole family, with many ABC ME and ABC KIDS programs featuring an array of Invictus Games-inspired content for younger audiences.

## MY INVICTUS GAMES HERO

FROM 6AM SATURDAY 20TH OCTOBER  
IN THE ABC ME APP

Leading up to the Invictus Games Sydney 2018, *My Invictus Games Hero* profiles the Model family. We follow their journey to the Games through their eyes.

Matt Model is competing in both athletics and indoor rowing, and his twin 11-year-old boys Cohen and Noah will be right there cheering him on as his biggest fans. We head to their home town of Port Macquarie on NSW's beautiful Mid-North Coast to find out what life is like as the family prepares for Matt's first Invictus Games.

**Production details:** Executive Producer, Anna Allbury. Producers, Matt Gibb, Samantha de Alwis, Jack Yabsley. Head of ABC Children's, Libbie Doherty. An ABC ME Production.





## LAP OF HONOUR

FROM 6AM SATURDAY 20TH OCTOBER  
IN THE ABC ME APP

Knox Gibson embodies the Invictus spirit. He is an enigmatic sport-loving 11-year-old who lost part of his arm in a lawnmower accident when he was little, but that doesn't define him or stop him.

During the Invictus Games Sydney 2018 Knox will be ABC ME's junior reporter, in this 3 x 5 minutes series. In each episode Knox and an Invictus Games competitor will head out for a lap around the oval at the Sydney Academy of Sport and Recreation, sharing their sporting experiences and stories of resilience and courage.

Knox meets Invictus Games Sydney 2018 competitor Emilea Mysko. Emilea competes in cycling and indoor rowing and encourages Knox to have his very first go on a rowing machine.

Knox meets Jocelyn McKinley. Jocelyn competes in archery and gives Knox and insight into what it takes to train for the Invictus Games Sydney 2018.

Knox meets Invictus Games Sydney 2018 competitor Matt Model. Matt will be competing at his very first Invictus Games, in both athletics and indoor rowing. Knox and Matt chat about the 'Invictus Spirit' and who inspires him to keep achieving.

**Production details:** Executive Producer, Anna Allbury. Producers, Matt Gibb, Samantha de Alwis, Jack Yabsley. Head of ABC Children's, Libbie Doherty. An ABC ME Production.

## PLAY SCHOOL

FROM MONDAY 22ND, OCTOBER, 9AM,  
ABC KIDS AND ABC KIDS IVIEW

This Invictus Games-inspired series explores how important wellbeing is to good physical health. In this special series of *Play School – Move Your Body*, children can discover a range of physical activities that help build confidence and learn about various aids to physical movement, from wheelchairs to bikes! Children can explore all the different ways they can move their bodies. From specialised swimming, horse riding, dancing and soccer programs to a playground that caters to all age groups and abilities!



Lap of Honour

**ABC + iVIEW**

## GIGGLE AND HOOT!

MONDAY 22ND OCTOBER, THROUGHOUT THE DAY, ABC KIDS AND ABC KIDS IVIEW

Jimmy Giggle and the Owl Pals are super excited for the Gigglus Games – the most hootastic event in the Land of Giggle and Hoot! Hootogadget is especially excited and loves helping with her big wing! When Hootogadget was a mini owl she hatched from her egg with one little wing and one big wing.

Hootogadget's little wing doesn't stop her from completing her missions, rainbow sliding, helping everyone do their 5 Steps to Bed and doing anything!

Sometimes she just does things in her own way.

The Gigglus Games include Rainbow Slide Championships, Cloud Bouncing Championships and Mini Hootball Championships. There's a hootastic small stadium where the toys sit with their flags and cheer as Giggleosaurus, Giggle Spikey, Mini-Hoot and Giggle Wings compete in the Gigglus Games. Everyone is a winner and each participant gets a hootastic prize medal. The Gigglus Games will have an epic finale with flutter cannons showering the stadium in celebration!

## INTERSTITIALS

Hourly interstitials will air across ABC's main channel leading up to the competition and during the week of the Invictus Games Sydney 2018. They will comprise of profile features of competitors; explainers of the various adaptive sports; lives crosses with ABC reporters and competitors; golden moments from each day's competition; and highlights from *Invictus Games Today*.

## ABC RADIO

ABC Radio will present Invictus Games-inspired content throughout the eight days of competition. ABC Capital City stations, the 47 regional bureaus and Grandstand will broadcast related stories, features and coverage. Plus, Richard Fidler will talk to Invictus Games Sydney 2018 competitors on Conversations and ABC NewsRadio will provide news bulletins and coverage across each day of competition.

## ABCNEWS

ABC NEWS, the most trusted news source of local, national and world news, will present highlights and live crosses throughout the competition. People in Australia and around the world will be able to access coverage of the Invictus Games Sydney 2018 on ABC NEWS television, radio and online. The extensive coverage will include stories and broadcasts across ABC digital outlets that will preview the events, interviews with some of the competitors and their families and friends, plus ABCNEWS will showcase photo-rich features and strong personal stories right throughout the Invictus Games.

ABCNEWS Highlights include:

- Daily coverage in TV and radio bulletins and regular updates
- Live coverage each morning on ABC News Breakfast and live coverage across the day on News Channel
- 7pm News crosses live to the opening and closing ceremonies
- Daily coverage on ABC News online

# IVIEW

ABC iview will be the dedicated home of all live sport competition, with informative coverage by ABC's team of specialist commentators. In unprecedented coverage, iview will exclusively stream events including athletics, road cycling, swimming, sailing, wheelchair basketball and wheelchair rugby. iview will also be the home of all video on demand with competitor profiles, the opening and closing ceremonies, the documentary *Fighting Spirit – The Wheeling Diggers Invictus Games Dream*, as well as each episode of *Invictus Games Today*.

## IVIEW AND SOCIAL MEDIA LIVE STREAM SCHEDULE:

### **Saturday 20th October**

7.30pm - 9pm, Opening Ceremony, Sydney Opera House

### **Sunday 21st October**

9.30am – 12.30pm Road cycling time trial

11.30am – 4.50pm Sailing

1.30pm – 6pm Road cycling criterium (bike race)

### **Monday 22nd October**

9am – 1.30pm Indoor rowing

4.30pm – 8.30pm Sitting volleyball (pool play 3)

### **Tuesday 23rd October**

9.30am – 12pm Swimming heats

1.30pm – 6.15pm Powerlifting (session 1)

2pm – 4pm Sitting volleyball semi-finals

5.30pm – 9pm Sitting volleyball medal finals

### **Wednesday 24th October**

9am – 12.30pm Powerlifting (session 2)

9am – 12.15pm Wheelchair rugby (pool play 1)

1.15pm – 4.25pm Wheelchair rugby (pool play 2)

1.30pm – 6.30pm Powerlifting (session 3)

5pm – 10pm Swimming finals

6.30pm – 9.40pm Wheelchair rugby (pool play 3)

### **Thursday 25th October**

9am – 5.05pm Athletics (session 1)

2.30pm – 4.10pm Wheelchair rugby semi-finals

5.30pm – 8.55pm Wheelchair rugby celebrity match and medal finals

### **Friday 26th October**

9am – 11.35am Wheelchair basketball (pool play 1)

10am – 3.05 pm Athletics (session 2)

1pm – 3.35pm Wheelchair basketball (pool play 2)

5pm – 9.05pm – Athletics (session 3)

5pm – 8.30pm Wheelchair basketball (pool play 3)

### **Saturday 27th October**

9.30am – 11.40am Wheelchair basketball semi-finals

1pm – 3.40pm Wheelchair basketball medal finals

7.30pm – 9pm Closing ceremony, Sydney Olympic Park

For rolling coverage of the Invictus Games Sydney 2018 follow ABC TV + iview on Facebook, YouTube, Instagram and Twitter.

**Production credits:** ABC Executive Producer: Kirsty Bradmore.  
Head Regional, Local Sport and Events: Kath Earle



# INVICTUS GAMES FACTS & FIGURES AND FAQs

'Invictus' is Latin for 'unconquered'.

## WHAT IS THE INVICTUS GAMES?

The Invictus Games is an international adaptive sporting event for wounded, injured and ill veteran and serving defence personnel. Injuries may be visible or invisible. The Invictus Games use the power of sport to inspire recovery, support rehabilitation and generate a wider understanding and respect for defence personnel who are striving to overcome physical and emotional challenges. The Games also recognise the critical role of family and friends in the recovery process and seeks to motivate and inspire the competitors and all who strive to triumph over adversity. Rather than an elite sports competition, the Invictus Games are for competitors of all abilities and seeks to ignite their 'unconquerable' spirit.

## WHEN AND WHERE DO THE INVICTUS GAMES TAKE PLACE?

The first Invictus Games were held in September 2014 in London, the second in May 2016; a third were staged in September 2017 in Toronto and Sydney will host the Invictus Games this year from 20 – 27 October. The Games will take place across Greater Sydney, including Sydney Olympic Park and on and around Sydney Harbour.

## WHO FOUNDED THE INVICTUS GAMES?

HRH The Duke of Sussex founded the Invictus Games in 2014 after a visit to the US-based Warrior Games, a sporting competition for ill and injured American service members and veterans. He was inspired to create an international version of the Games that would invite active and veteran service men and women to compete. The Duke of Sussex is the Patron of the Invictus Games Foundation and continues to drive awareness and support for the Invictus Games to positively change the lives of wounded, injured and ill active and veteran defence personnel.

## WHAT IS THE LEGACY OF THE INVICTUS GAMES?

The Invictus Games is more than a sporting event – it is a celebration of achievement and determination. The Games will generate a wider understanding and respect for those who serve their country and recognition for the family and friends who support them. Invictus Games Sydney 2018 will shine a light on the issues facing our wounded, injured and ill active and veteran service men and women. Invictus Games Sydney 2018 will provide an opportunity to have a long-term impact through association with and development of supporting programs and services in the areas of education, health and wellbeing, employment, adaptive sports and the promotion of a more cohesive Ex-Services Organisation (ESO) community.

# INVICTUS GAMES FACTS & FIGURES AND FAQs CONT.

## PARTICIPATING NATIONS:

Afghanistan, Australia, Canada, Denmark, Estonia, France, Georgia, Germany, Iraq, Italy, Jordan, Netherlands, New Zealand, Poland, Romania, Ukraine, United Kingdom, USA.

## HOW MANY RETURNED SERVICE MEN AND WOMEN ARE THERE IN AUSTRALIA?

The Department of Veterans' Affairs has 285,181 clients – 164,304 are veterans and 121,162 are dependants – children/spouses.

## WHAT SPORTS ARE IN THE INVICTUS GAMES SYDNEY 2018?

The sports for the Invictus Games Sydney 2018 include archery, athletics, indoor rowing, a driving challenge, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby. The 11th sport is sailing, which will debut in Sydney. There will also be competition in wheelchair tennis and, the day before the Games opening ceremony, a golf open for competitors, their family and friends.



# INVICTUS GAMES SYDNEY 2018 IMPACT

## ADAPTIVE SPORT

The Games will encourage greater participation and highlight the benefits of sport for servicing and non-servicing members which assists in their rehabilitation and building personal resilience. The Games have already seen the creation of coherent adaptive sporting programmes for the serving and veteran community, and to date there are 170 people who have thus far enrolled in the ADF's (Australian Defence Force) adaptive sporting programme that is designed to support the recovery and rehabilitation of people with physical and mental illness and injury.

## HEALTH AND WELL-BEING

The Invictus Games Sydney 2018 will highlight the mental health challenges faced by active and veteran defence service personnel and how these can be overcome by active participation in sports and other group activities.

## EDUCATION

Through raising awareness across Australia, and formal education programmes in schools, the Invictus Games Sydney 2018 will help to educate the community about the benefits of sport, the importance of mental health and well-being and the nature of service and life in the military in order to build stronger communities, develop greater personal resilience and provide opportunities for personal development.

## EMPLOYMENT

There are 160,000 veterans in the workforce; many are likely to want to be active and relevant members of the workforce involved in roles in which they feel engaged, stimulated and have a sense or working in support of a high purpose. Some struggle during the transition from military service with a resultant impact on their health and well-being (1 in 4 suicide attempts cite the inability to secure worthwhile employment as a reason).

## INVICTUS GAMES SYDNEY 2018 AMBASSADORS

### HIS EXCELLENCY GENERAL, THE HONOURABLE, SIR PETER COSGROVE AK MC, GOVERNOR GENERAL OF THE COMMONWEALTH OF AUSTRALIA

Sir Peter Cosgrove is a former Chief of Army and Chief of the Defence Force. He is very passionate about the welfare and care afforded to returned service men and women. Throughout the Invictus Games, he hopes to increase public support for veterans and celebrate the service they have given to Australia, while standing up for those who are at risk of being left behind.

### ANNA MEARES, OAM, OLYMPIAN, CYCLING

In 2005, Olympic gold medallist Anna Meares was recognised with an Order of Australia (OAM) for her services to cycling and the community. In a career that spanned more than 15 years, Anna also overcame adversity, recovering from a horrific crash in which she suffered a broken neck, to claim an Olympic silver medal seven months later at the Beijing 2008 Olympic Games.

### IAN THORPE, OAM, OLYMPIAN, SWIMMING

Ian Thorpe is the most successful male Australian Olympian. He was an ambassador for the Invictus Games in Orlando in 2016 and continues his role this year. He received a Medal of the Order of Australia (OAM) in 2001 for “services worthy of particular recognition.”

### CURTIS MCGRATH, OAM, PARALYMPIAN AND FORMER INVICTUS GAMES COMPETITOR

Curtis McGrath served for more than 10 years in the Australian Army as a combat engineer. While deployed to Afghanistan, he stepped on an improvised explosive device and had both legs amputated. He went on to compete in the Invictus Games in 2016 and 2017. The Invictus Games provided a springboard to the elite adaptive sport and also in 2016 he competed in the Paralympic Games in Rio and claimed a gold medal in the K1 200m KL2 Paracanoe event. He is now an elite sportsman and motivational speaker, inspiring people to overcome adversity to achieve their goals.

### DAVID BECKHAM OBE

David is one of the world’s most respected sporting champions. He is the first English football player to win league titles in four countries: England, Spain, the United States and France. He retired in May 2013 after a 20-year career, during which he won 19 major trophies.

### THE HONOURABLE BRENDAN NELSON, AO, DIRECTOR – AUSTRALIAN WAR MEMORIAL

The Director of the Australian War Memorial since 2012, he is also Patron of Legacy Australia, Patron of Soldier On and ambassador for the Reserve Defence Forces. He previously had a long career in politics, including serving as the Minister for Defence and Leader of the Opposition.

## INVICTUS GAMES SYDNEY 2018 AMBASSADORS CONT.

### STEPHEN MOORE, FORMER WALLABIES CAPTAIN

Former Australian Rugby Union footballer and captain of the Wallabies. He was one of the first people involved in the bid to bring the Invictus Games to Australia after being inspired by playing a game of wheelchair rugby at a soldier recovery centre in Darwin.

### LEESA KWOK, RSL LIFECARE MANAGER

Leesa works with RSL LifeCare looking after veterans and war widows in aged care. Legacy Australia client and ambassador, Leesa's partner was a member of the Australian Invictus Games Team in 2016 and 2017 and she was there to witness the positive impact the event has on all. Her partner, Jamie, will compete in the Invictus Games Sydney 2018. Leesa is regularly called on to speak about the impact on partners and children of a veteran living with PTSD.

### JAMES SPITHILL, DUAL AMERICA'S CUP WINNING SKIPPER

James is the youngest ever, and dual, America's Cup winning skipper. Leading the way to promote sailing as a sport open to all, regardless of age and disability.

### GUS WORLAND, RADIO AND TELEVISION PRESENTER

Gus Worland is a television and radio personality, best known for his series of television programs Man Up, An Aussie Goes Barmy, An Aussie Goes Bolly and An Aussie Goes Calypso and Marathon Man. In 2009, he took up the role of co-host of Triple M's breakfast show in Sydney. He was awarded 'Best On Air Newcomer' in 2010. Gus is a sporting tragic, has been married for 20 years to Vicky and has three kids.

### HAMISH BLAKE, RADIO AND TELEVISION PRESENTER

Hamish Blake has been among Australia's most popular entertainers for more than a decade. He's best known for his top-rating radio show, podcast and TV series, with close friend and collaborator Andy Lee. Outside of his broadcasting commitments and inspired by a trip to Afghanistan in 2008, Hamish is a passionate advocate for veterans' health and wellbeing. He understands the power of sport to help recovery and rehabilitation. In 2015, as an Ambassador for ex service organisation Soldier On, Hamish and Cadel Evans joined a group of veterans in Italy for a 3-day cycling challenge in the Trios Etapes Giro.

## INVICTUS GAMES AWARENESS

Avoid referring to the Invictus Games as a “Paralympic-style event.” The preferred description is “an international adaptive sports event” or “an international sporting event.”

The Invictus Games is an international sporting event for wounded, injured and ill (former and currently servicing defence personnel) OR (service men and women whether currently serving or retired) OR (veterans and active service men and women) OR (veterans and active service defence personnel). It is not an event only for injured soldiers.

Remember that the range of disabilities can include those that are visible as well as those that are invisible.

Participants are referred to as *competitors* rather than athletes.

The Invictus Games are not about sport at the elite level, but about using the healing power of sport to inspire and support recovery from life-changing injury or illness.

Acceptable references: “wounded warriors” or “wounded, injured and ill.”

People with a disability NOT disabled people.

The Invictus Games does not publish or recognise a medal tally or table.

## INVICTUS GAMES SYDNEY 2018 AFFILIATIONS:

Legacy NSW

The ADF

RSL NSW

Beyond Blue

Mates4Mates

Soldier On

War Widows Guild of Australia

R U OK?

## STATISTICS REGARDING VETERANS' MENTAL HEALTH

46.4% OF TRANSITIONED ADF MEMBERS ARE ESTIMATED TO HAVE EXPERIENCED A MENTAL DISORDER IN THE PREVIOUS 12 MONTHS.

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

PTSD (17.7%), PANIC ATTACKS (17.0%), AGORAPHOBIA (11.9%) AND SOCIAL PHOBIA (11.0%) WERE THE MOST COMMON TYPES OF ANXIETY DISORDERS IN THE TRANSITIONED ADF.

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

ALMOST THREE IN FOUR TRANSITIONED ADF MEMBERS ARE ESTIMATED TO HAVE MET CRITERIA FOR MENTAL DISORDER AT SOME STAGE IN THEIR LIFETIME THAT IS EITHER, PRIOR TO, DURING OR AFTER THEIR MILITARY CAREER.

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

THE MOST COMMON AFFECTIVE DISORDER TYPE IN TRANSITIONED ADF WAS DEPRESSIVE EPISODES (11.2%).

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

ONE QUARTER OF TRANSITIONED ADF MEMBERS WERE ESTIMATED TO HAVE MET CRITERIA FOR POST TRAUMATIC STRESS DISORDER (PTSD) IN THEIR LIFETIME (24.9%).

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

COMPARED TO 2015 REGULAR ADF, NEARLY THREE TIMES AS MANY TRANSITIONED ADF HAD HIGH TO VERY HIGH POST TRAUMATIC SYMPTOMS (24.3% V 8.7%).

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

JUST OVER 20% OF TRANSITIONED ADF EXPERIENCED SUICIDAL IDEATION, PLANS OR ATTEMPTS IN THE LAST 12 MONTHS.

**Source:** Mental Health and Wellbeing Transition Study 2018: Mental Health Prevalence.

## STATISTICS REGARDING VETERANS' MENTAL HEALTH

BETWEEN FIVE AND TEN PERCENT OF THE GENERAL COMMUNITY ARE LIKELY TO DEVELOP PTSD AT SOME POINT IN THEIR LIVES, COMPARED TO BETWEEN FIVE AND 20 PERCENT OF VETERANS (DEPENDING ON THE NATURE OF THEIR WORK AND DEPLOYMENT HISTORY).

**Source:** DVA Health and Wellbeing Mental Health

<https://www.dva.gov.au/health-and-wellbeing/mental-health/posttraumatic-stress-disorder-ptsd>

BETWEEN 2001 AND 2015, THERE WERE 325 CERTIFIED SUICIDE DEATHS AMONG PEOPLE WITH AT LEAST 1 DAY OF ADF SERVICE SINCE 2001. OF THESE, 51% (166) WERE EX-SERVING AT THE TIME OF THEIR DEATH, 28% (90) WERE SERVING FULL TIME AND 21% (69) WERE IN THE RESERVES (BUT THAT ONLY INCLUDES PERSONNEL WHO JOINED FROM 2001).

**Source:** Figures from the Australian Institute of Health and Welfare (AIHW – 19/01/18)

# LANGUAGE AND GUIDELINES

The advice below has been prepared with the assistance of the Australian Defence Force (ADF), ABC Editorial Policies, and the Trauma Lead.

## AVOIDING HARM AND OFFENCE:

Use 'person with disability' rather than 'disabled person'

Take care not to make gratuitous references to disabilities.

A disability is not necessarily a handicap.

Don't use collective terminology. People with disabilities are often referred to as a category of people and this can be de-personalising and offensive. These terms include such things as the disabled, the handicapped, the blind, the deaf, the deaf and dumb.

Avoiding terminology which implies being a victim or terminology which is not accepted by those with the disability. This includes terms such as suffering from, afflicted by, crippled by, wheelchair-bound, invalid, mentally handicapped, retarded or similar words in reference to development.

Take care to not imply that all mental illnesses are the same.

Avoid stereotypes.

Ask the competitor prior to the interview if they are comfortable talking about their injuries or illness.

Avoid topics outside of their journey through sport and how the Invictus Games has assisted their recovery and rehabilitation.

# LANGUAGE AND GUIDELINES

The advice below has been prepared with the assistance of the Australian Defence Force (ADF), ABC Editorial Policies, and the Trauma Lead.

## LANGUAGE:

Should focus ability rather than disability.

People who have a disability are multi-dimensional, their disability is only one characteristic.

Ask the individual how they prefer to describe the disability or medical issue.

It is acceptable to describe a person as “someone who uses a wheelchair”, followed by an explanation of why the equipment is required.

Avoid “confined to a wheelchair” or “wheelchair-bound” as these terms describe a person only in relationship to a piece of equipment. The terms also are misleading, as wheelchairs can liberate people, allowing them to move about, and they are inaccurate, as people who use wheelchairs are not permanently confined in them, but transfer to sleep, sit in chairs, drive cars, etc.

Amputation refers to the removal of a bodily extremity, usually during a surgical operation, for a variety of reasons. Amputee is the acceptable term for someone who has undergone an amputation

The term ‘mental illness’ covers a wide range of symptoms, conditions, and effects on peoples’ lives.

Refer to someone as having PTSD (Post Traumatic Stress Disorder) only if the information is relevant to the story and the person has been formally diagnosed.

The term ‘flashback’ may be used to denote reliving an event that triggered the PTSD.

Not every experience of PTSD or mental health is the same. Individuals will use a variety of words and phrases to describe their experience.

Always understand that for some returned service personnel with PTSD or other mental issues, questions or stories may trigger flashbacks or a response they aren’t comfortable with.



## FURTHER INFORMATION CAN BE FOUND AT:

### **Mindframe**

<http://www.mindframe-media.info/>

### **People with Disability Australia**

<http://pwd.org.au/resources/language-guide/>

### **National Centre for Disability Journalism**

<http://ncdj.org/style-guide/>

A silhouette of a person in athletic wear holding a smartwatch against a sunset background. The person is wearing a dark t-shirt, shorts, and white sneakers. The smartwatch is held in their right hand, and the watch face is visible. The background is a sunset with orange and yellow clouds and a dark horizon line.

# IT'S GAME ON