Welcome to Sydney & Liverpool Expo!

Defence Community Organisation is hosting a family day and expo to welcome Defence families residing in the Sydney & Liverpool catchment areas.

Come along and meet the DCO Sydney & Liverpool team and join in a day full of excitement and fun for all ages. A wide range of activities & amusement rides for children, teenagers and adults, plus information and craft stalls.

Food stalls will provide a sausage sizzle, Mexican Tacos, authentic Cuban Cantina street food will be available for a small fee. There will be a coffee van where you can purchase a range of hot and cold drinks.

Local community and sporting groups will be assisting in making this an eventful and exciting day out.

Where: Moorebank Rugby League Oval (next to Moorebank Sporties), Heathcote Rd, Moorebank.

When: Sunday 08 February 2015 from 10 am to 1 pm

- No requirement to RSVP updates will be provided via dco.liverpool Facebook page.
- LIKE Defence Community Organisation on Facebook to receive updates and event info in your newsfeed.
Connecting with the Community
Absence from Home Support for Defence Spouses/Partners

**Free Absence from Home Support Luncheon**

DCO is hosting another event on Sunday 01 February 2015 from 12 noon to 2 pm at North Ryde RSL Club, a light lunch will be provided.

Come along and meet DCO staff in a relaxed friendly environment. If you are a partner of a member (Civilian or military) and your spouse is away from home for work reasons such as deployment, MWDU, course, exercise etc, this morning tea is for you. It provides you with the opportunity to get together with others who are in a similar position and have a chat in a friendly environment. *All Defence spouses are welcome, as it is an opportunity to meet other partners. However, if your partner is not away then the luncheon will be at their own expense.*

**Where:** North Ryde RSL Club  
**Address:** Cnr Pittwater & Magdala Rds, North Ryde  
**Time:** 12 noon – 2 pm  
**Date:** Sunday 01 February 2015

**RSVP** essential for catering purposes by close of business Tuesday 27 January 2015 to  
[dc0.liverpool@defence.gov.au](mailto:dc0.liverpool@defence.gov.au) (please provide name, number attending and mobile contact information)

Regards,  
DCO Liverpool/Sydney
Free Coffee & Cake Morning Tea

Come along and meet staff from DCO Liverpool in a relaxed friendly environment. Bring your ideas to discuss how DCO and Defence families can work together. This morning tea is open to Defence spouses from all over Sydney & metropolitan areas.

Where: Moorebank Sports Club  
Address: Heathcote Rd, Moorebank  
Time: 10.30 am  
Date: Tuesday 24 February 2015

RSVP essential for reservation numbers by close of business Friday 20 February 2015 to [dco.liverpool@defence.gov.au](mailto:dco.liverpool@defence.gov.au) (please provide name, number attending and mobile contact information)

Regards,  
DCO Liverpool/Sydney

Images courtesy Department of Defence
KISSINGPOINT COTTAGE OPEN DAY
Proudly Supporting Defence Families

Date: Sunday 15 February 2015 – 10am to 1pm free entry all welcome
Where: Kissingpoint Cottage 282 Kissing Point Road, Dundas NSW

Petting zoo, face painting, water play, sausage sizzle & bake sale plus discounted membership on the day.

DCO Support for Dependants with Special Needs

For more information click here

Kissingpoint Cottage Welcome Event –
282 Kissing Point Rd, Dundas - Sunday 15 February 2015

National Families Week –
Calmsley City Farm – 31 Darling St, Abbotsbury - Sunday 17 May 2015

To access VVCS Group Program & Residential Lifestyle Program Calendar click here
Join the DCO Liverpool/Sydney Newsletter Email Register

Would you or you partner like to receive information via email? DCO Liverpool has created a community email database that enables us to electronically forward all types of relevant information to you including upcoming community activities, DCO activities, news from the Defence groups and workshops taking place in your area. If you would like to be kept informed on what’s happening in your area, please call 8782 8526 or email dco.liverpool@defence.gov.au and provide your home email address. Registering your email address will ensure you receive information in a timely manner for the duration of your stay in the Sydney/Northern Beaches/Eastern Suburbs/Inner West/Sutherland Shire & the Liverpool Military Area. Your email details will be held in the strictest of confidence and only used to alert you to upcoming events.

A Quick Guide to What’s on in Your Local Area
To access links please double click on click here below

Campbelltown area please click here
Sutherland area please click here
Warringah area please click here
Parramatta area please click here
Pittwater area please click here
Manly area please click here
Randwick area please click here
Liverpool area please click here
Go4 Fun Healthy Kids Program for more information click here
North Sydney area please click here
Willoughby area please click here

Women’s Health Quick Links

Liverpool Women’s Health—Calendar of Events for more information click here
Cumberland/Parramatta Women’s Health for more information click here
Campbelltown/Camden Women’s Health—for more information click here
Caringbah Women’s Health Information Centre for more information click here

Parenting Courses & Events Quick Links

North Sydney & Beaches, Eastern Suburbs, South Sydney, St George, Inner West, Macarthur & Wingecarribee, Liverpool & Fairfield, Bankstown - Parenting Events Calendar for more information click here & enter suburb required.
Defence Community Interest Groups
Sydney/Liverpool Military

Holsworthy Family Group, Moorebank: (Located at the new Holsworthy Barracks precinct building G229 Soldiers Way, Holsworthy Barracks) provides a venue for Defence spouses and families to interact, and assist new families with settling into the area and meeting new friends. The Club is a tri-service community house in the Liverpool Military Area.
Our aim is to support military families in settling into a new location, to interact with the community, and make new friends. We offer programs to partners, children and serving members in a fun, supportive environment where everyone understands the unique lifestyle of the Defence force.

Our sessions are:
**Monday Coffee, Craft & Chat (9.30am – 12.30pm):** Parents can create a craft together of their choice and share in morning tea. The kids are with a carer on the other side of the door. ($2 for craft, Carer: $5 for 1 child or $10 multiple children/Non-members add $3)
**Wednesday Creative Kids (10am – 12pm):** Come along with your kids to participate in a structured craft activity and playtime. ($3 members/$6 non-members)
**Funtime Fridays (9.30am – 11.30am):** Come along with your kids for a structured activity and playtime ($3 members/$6 non-members)
**Little Adventures (Times/days vary):** A monthly program for the younger children to participate in activities and excursions. (Fees vary)
**Adult Workshops & Recreation (Times/days vary):** Workshops & Training, Monthly bookclub, fitness programs, and outings. (Fees vary).

For more information contact us on 0477 202 890 visit our Facebook page at www.facebook.com/holsworthyfamilygroup, or email Cassandra Deon on HolsworthyFamilyGroup14@yahoo.com.au

Anklebiters Play Group, Located at the Howell VC Club (OR’s Mess) Building 153, Randwick Barracks, Provides a venue for Defence spouses and children to interact. Session times Thursday 0930 – 1130, first two (2) visits are FREE. For more information please contact DCO Sydney on 9393 3314.

Kissingpoint Cottage, Dundas is a tri-service community house in the Sydney district of Ermington/Dundas. Our aim is to support military spouses and their children in a fun and friendly environment where everyone understands the unique lifestyle and challenges faced by Defence families. If you are new to the area or would simply like to make new friends, come along and try some of our weekly sessions. We would love to meet you!

**Tuesday 10.00am to 12noon - Drop In & Play Day**
A volunteer opens the Cottage and members are welcome to catch up with each other while the kids play. In 2015, we would like to start a parent-led Playgroup for bubs under 18 months and pregnant mums-to-be. Older siblings are also welcome. If you are interested please contact us. Casual membership - $2 per family

**Wednesday 10.00am to 12noon - Playgroup 0-5yrs**
A great opportunity for your child to participate in a Coordinator-led session while you socialise with other mums. Bring a piece of fruit, drink bottle & hat for your child. Casual membership - $3 per family

**Thursday 10.00am to 12noon - Mums Exercise Group**
Drop in, have a chat or exercise while your children play. Bring your own morning tea. Casual membership - $3 per family

**Friday 10.00am to 12.30pm - Adult Craft & Kids Crèche**
Come along to our Friday craft group. Bring along your own project, participate in a pre-planned craft activity or just have a chat. Your children will be cared for onsite by our two very experienced carers. Casual membership - $5 for craft; $10 for Crèche per family

For more information, please contact us on the details below or feel free to simply drop in. We are open Tuesday to Friday from 10am to 12.30pm. You’ll find us at 282 Kissingpoint Road, Dundas (the house with the orange fence).
Local Guides, Scouts & Cadet Band Information

**Eastern Suburbs Girl Guides - Leader**, Maroubra Beach Senior Guides, District Leader, Eastern Beaches, Sydney Central Division, Southern Sydney Rivers Region

wombygga@telstra.com  T 0417 258 016  F 02 9663 2560

**Scouts N.S.W.—Hume Region - Scouts Defence Families Co-ordinator**

Patsy Laurenceson  (m) 0407 700 789 or email partcialaurenceson@bigpond.com

Transferring from interstate is now easier. We have Groups in your area waiting to welcome you so why not join up now.

Contact Patsy on her mobile or e-mail for more information and assistance. Alternatively call Hume Regional Office during business hours on (02) 4628 4994.

**The Australian Army Cadet Band**

Do you want to learn to play music? Or you may already play, then this is the opportunity for you.

Male or Female, 12—18 year olds

We are not only a concert and marching band, we also participate in Music and military training involving, weekend bush camps, rock climbing, Abseiling, adventure training, leadership, music camps, touring trips etc.

All uniforms & military equipment supplied.

For information contact Jay Huntley on 0405 000 825 or email jay.huntley@gmail.com