Connection with the Community
Coffee & Cake Morning Tea Defence Spouses/Partners

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:** Alley Break Café, 2/4-6 Kingsway, Cronulla  
**Time:** 10.30 am  
**Date:** Friday 13 March 2015

**RSVP essential for reservation numbers by close of business Tuesday 10 March 2015 to**

dco.liverpool@defence.gov.au (please provide name, number attending and mobile contact information)

Regards,
DCO Liverpool/Sydney

Images courtesy Department of Defence
The Role of the Family in Australian Defence Force Member Rehabilitation

We’d like to hear from you!

The Australian Institute of Family Studies (AIFS) is working with Joint Health Command to learn more about the experiences of Defence families. In this study, we are talking to families where a Defence member has undergone rehabilitation in Defence for physical and/or mental health issues.

So if you are an adult family member of a serving Defence member who either:

- is undergoing rehabilitation; or
- has completed rehabilitation since 2012

we would like to hear from you.

The findings of this research will help Joint Health Command understand how they can better serve the needs of seriously wounded, injured or ill Defence members and their families.

Interviews will be conducted over the telephone at a time that suits you and will take about 45 minutes to an hour to complete.

The Department of Defence has commissioned AIFS to do this research, but we will not provide names or details of anyone who participates in the research to the Department of Defence—your information will be confidential.

Are you interested?

For information on the study, including how to participate, contact the AIFS research team:

Phone: 1800 352 275 (local call, higher charges from mobile phones)
Email: defence-family-study@aifs.gov.au

You can also register your interest in the project at our website:


Australian Institute of Family Studies  ■  Level 20, 485 La Trobe Street, Melbourne VIC 3000 Australia
■  Phone: (03) 9214 7888  ■  Fax: (03) 9214 7839  ■  www.aifs.gov.au
Stepping Out of Defence

DefenceCare Wellbeing and Employment Seminar

Date: 8 March 2015
Time: 10:00am–2:00pm
Location: Maze Function Centre, Level 2, Penrith RSL
8 Tindale Street, Penrith
Cost: FREE

A seminar for current and ex-serving men and women of the Australian Defence Force and their families. Information sessions, stalls and children’s entertainment will be available on the day.

Sorry no child minding.

Speakers

10:00am-12 noon Employment & Finance
10:00-10:30 Sorting your finances post Defence.
John Sexton, Financial Counsellor. Creating Links
10:30-11:00 Kick starting a career after Defence.
Brad Copelin, L&D Solutions.
11:00-11:30 Securing our Veterans’ Future. Employment for veterans and their partners. Ron Browne, ClubsNSW.
11:30-12:00 Setting up your own business. A veteran’s journey.
Sean O’Loughlin, Emergency Australia.

12 noon-2:00pm Health & Wellbeing
12:00-12:30 Help if you’re caring for a veteran.
12:30-1:00 Health issues after Defence.
1:00-1:30 A veteran’s story. A successful recovery.
Dane Christison, In and Out Fitness Organisation.
1:30-2:00 Pain Management and Exercise.

You’re welcome to come along for all or part of the day.
Snacks, meals and drinks are available for purchase on Level 1.

Please visit www.penrithrsl.com.au for dress regulations.
Thank you to the Penrith RSL Club for generously donating the venue for this event.

DefenceCare is a charity and not-for-profit organisation helping current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or crisis.

Level 5, ANZAC House
245 Castlereagh Street, Sydney NSW 2000
T: (02) 8088 0388 (8:30am to 4:30pm Monday to Friday)
F: (02) 9261 4558
E: defencecare@rslnsw.org.au
W: www.defencecare.org.au
Images courtesy of Department of Defence.
ADF Transition Seminar

Sydney 11-12 March 2015

When: Wednesday 11 March 2015 and Thursday 12 March 2015
Where: Burwood RSL, 96 Shaftesbury Rd, Burwood, NSW

Why: ADF Transition Seminars have been designed to assist you with preparing for your transition to civilian employment, by providing information and directing you to additional sources of information. The following topics are addressed during the seminars:

- Your Career and You
- Your Money and You
- Transition Support Benefits
- Transition Support and Administration
- Reserve Service
- Superannuation
- Health Insurance
- Presentation by Department of Veterans' Affairs
- Presentation by Veterans and Veterans’ Family Counselling Services

Members are advised to attend this two day seminar 3 - 5 years prior to separation and then again within the last 12 months.

We also strongly encourage members to bring along their spouses or partners to the seminars.

How: To apply, complete Part A & B of the AC853-4 smart form and select Sydney Central from the drop down options. Alternatively print and email to ADFTC.Sydneycentral@defence.gov.au or fax 02 4587 1236

Contact: ADF Transition Seminar Coordinator Susan Downey on (02) 9393 2843 or ADFTC.SydneyCentral@defence.gov.au

Cut off Date: COB Monday 2nd March 2015

St Christopher’s
CATHOLIC PRIMARY SCHOOL HOLSWORTHY
ACTIVITIES – DISPLAYS – SHOWBAGS – TOURS

205 Heathcote Rd Holsworthy T 9825 3251 E info@stcholsworthy.catholic.edu.au
W www.stcholsworthy.catholic.edu.au

A caring Catholic school striving for excellence
Relaxation and Mindfulness

Veterans, Partners and Family
1 Day Program

WHERE: SYDNEY
WHEN: 18 March 2015 - 9.30 am - 4.00 pm
REGISTRATION: ASAP

This program focuses on practical and proven relaxation strategies and mindfulness skills to support emotional wellbeing.

To register for group programs, or to make further enquiries please contact VVCS on 1800 011 046 or visit www.vvcs.gov.au for more detailed information on group programs, eligibility, or to register your interest. Note: VVCS is not responsible for travel or accommodation requirements associated with program attendance.

PTSD Management Program

WHERE: Sydney
WHEN: 29 April 2015 – 1 day program
REGISTRATION: by 01 April 2015

This workshop aims to provide participants with knowledge about PTSD and how it impacts on people's behaviour, thinking patterns and mood.

Relationships Program

WHERE: Sydney
WHEN: 4 & 5 May 2015
REGISTRATION: by 23 March 2015

The program is designed to help emotionally committed couples enhance their their relationship. The program explores what makes a good relationship and aims to increase partners' understanding of each other, improve communication, enhance intimacy and help couples plan ahead.
Friends of Camp Gallipoli Discount Price

Camp Gallipoli is a once in a lifetime opportunity for everyone in New South Wales to come together on the 100th anniversary of the landings at Gallipoli to sleep out under the stars as the original Anzacs did 100 years ago.

At Centennial Park families, schools and community groups are invited to join in a special night of remembrance, entertainment, mateship and the birth of that special ANZAC spirit. The venue will have spaces set aside for camping using swags, just like the Diggers did. There will be entertainment, special guests, movies, documentaries, great food options and a very special Dawn Service on Anzac day itself.

**Special Ticket Price: $99**

**How to Buy**

To purchase tickets to Camp Gallipoli in Centennial Park – Sydney simply head to ticketek.com.au and follow the prompts to Camp Gallipoli & enter the below code to get access to the Friends of Camp Gallipoli discounted ticket price.

**FRIENDSCG**

Camp Gallipoli 24th – 25th April 2015


**National Families Week –**

Calmsley City Farm – 31 Darling St, Abbotsbury - Sunday 17 May 2015
Join the DCO Liverpool/Sydney Newsletter Email
Register

Would you or your partner like to receive information via email? DCO Liverpool has created a community email data base 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 Areas

Holsworthy Family Group - Proudly Supporting Defence Families
We are a tri-service community house located at the new Holsworthy Barracks precinct, in the Liverpool Military Area. Our aim is to support military families when selling into a new location by offering programs that allow interaction with the community and help 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.

Staff & Contact Details
Holsworthy Family Group
Building G229, Soldiers Way, Holsworthy Barracks | Liverpool Military Area
MAIL: P.O. Box 6064 Hammondville NSW 2170
Phone: 02 8782 8524
Email: holsworthyfamilygroup14@yahoo.com.au
Facebook: https://www.facebook.com/HolsworthyFamilyGroup
Website: www.holsworthyfamilygroup.org (coming soon)
Community Centre Coordinator: Cassandra Deon
Phone: 0477 202 890
Email: holsworthyfamilygroup14@gmail.com

Executive Committee
Our 2015 Committee comprises of the following volunteer members:
President: Jenna Pepper
Treasurer: Corinne Mendham
Secretary: Celeste Craig
Public Officer: Cassandra Deon

Our 2015 KIDS Program

Parents are encouraged to participate along with their child in all of the kids programs and activities. Excursions must be accompanied by a parent.

Wednesday Creative Kids (10am - 12pm)
Come along with your kids to participate in a structured craft activity according to the weekly theme and playtime. ($3members/$6non-members)

Funtime Fridays (9:30am - 11:30am)
Come along with your kids for a structured activity, song/dance or storytime and playtime. ($3members/$6non-members)

Funtime Fridays 6+ (Fridays/times vary)
A once a month afterschool and evening program for older children. Activities vary but include movie nights, discos, and gardening. (Fees vary as program may take place offsite)

Little Adventures (Times/days vary)
A monthly program for the younger children to participate in activities and excursions. (Fees vary)

Around the World with Little Passports (During playgroup)
A program run during our weekly playgroups where we focus on a different country each month. Kids and parents can participate in cultural learning about each country, take part in traditional song and dance, eat a variety of foods and learn a few words of a new language. (Fees included in playgroup)

Sitting Like a Frog (During playgroup/occasional program)
A yoga and meditation program for the parents and the little ones to participate in together. We will explore topics of mindfulness and how to incorporate mediation into daily activates in the home or school. (Fees included in playgroup unless otherwise specified)

School Holidays Camp (Times/days vary)
Our school holidays camp will commence in 2015 with a variety of activity choices including, sports, art, science and nature .(Fees vary)
Our 2015 ADULT/PARENTS program

The majority of our adult programs are available with a carer at an additional subsidised fee

**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 in the playroom. ($2 for craft, Carer: $5 for 1 child or $10 multiple children/Non-members add $3)

**Healthy Living** (Times/days vary)
An adult learning program where we explore topics of nutrition, children’s dietetics/meal planning, fitness and mindfulness as well as participate in healthy activities such as yoga, Pilates and walking. (Fees vary)

**Book Club** (Monthly/times vary)
Join us once a month for a new book and a great discussion! A few books are available to members for loan from the centre. ($5 members/$10 non members)

**Defence Empty Nesters No Kids (DENNKS)** (Times/days vary)
DENNKS is our program dedicated to Defence couples without children or children who are older and moved out of the family home. Events are held on an occasional basis and include attending the theatre, wine tastings, dinners out, etc. (Fees vary)

**Adult Workshops & Recreation** (Times/days vary)
Our adult programs include but are not limited to; Resume writing, interview preparation, hobby workshops, Monthly book club, fitness programs, and outings. We aim to offer programs to our members based on what they ask for, so please suggest what you would like to see this year! (Fees vary/Carers fees apply)

**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).

Phone: 02 9874 4052
Email: kissingpointcottage@gmail.com
Facebook: [https://www.facebook.com/groups/kissingpointcottage/](https://www.facebook.com/groups/kissingpointcottage/) (secure page – please send us a friend request)
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 particia.laurenceson@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