Merry Christmas

DCO Sydney & Liverpool offices would like to take this moment to wish you and your family a very Merry Christmas!

May the joy and peace of the season be with your family and friends.

Whether you spend it with others or on your own, remember that the holiday lasts for only a very short time each year — so savour it.

Support during deployment

If you would like to receive regular contact from us during your family member’s deployment, you must register with the Defence Family Helpline on 1800 624 608.

Families can access a range of support during the ADF member’s absence. We provide regular deployment support calls, 24-hour advice and referrals, social work, and assistance with emergency and crisis, as well as special assistance for children dealing with parental absence. The member’s unit is also there to help and will run programs of support for you.

Family support during deployment

You can also read about maintaining your mental health and wellbeing during challenging times in our Mental health section.

DCO provides a range of support services, practical assistance and products to support Defence families during times of deployment and family member absence.

Time apart from families due to deployments, training or other Service requirements is an integral feature of Defence life. Our services seek to inform and prepare you for these times and provide you with support to make these experiences manageable, positive and strengthening ones for your family.

By being informed, preparing and planning, and employing coping strategies, both children and adults can use the challenge of deployment as an opportunity to step up and face new responsibilities, mature and grow, and develop their self-reliance and self-confidence.

To access any of these deployment support services or products, contact the all-hours Defence Family Helpline on DefenceFamilyHelpline@defence.gov.au or 1800 624 608.

Planning for and guidance through deployment

We have a variety of information and resources available to familiarise you with what you might expect from each stage of deployment. Our resources will also give you practical guidance for each stage, such as outlining administration you should carry out pre-deployment, different ways of communicating with the deployed family member and hints and tips to readjust as a family when the member returns.
DCO Support for Dependents with Special Needs

For more information click here

Welcome to Liverpool Expo –
Moorebank Sports Club –Sunday 08 February 2014

Welcome to Sydney Expo - TBA

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 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**

**Holsworthy Family Group, Moorebank:** (Located at the new Holsworthy Barracks precinct building G229) 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 Moorebank.

Our aim is to support military spouses and enjoy each others company (particularly when your partner is deployed) in a friendly, fun environment where everyone understands the unique lifestyle of Defence members.

Our sessions are:

- **Monday Coffee, Craft & Chat:** This enables you to have a break from the kids and some time for yourself. The kids are only on the other side of the door.
- **Wednesday Playgroup:** Come and have a play (A volunteer opens the cottage and members can come along and catch up with each other while the kids have a play.)
- **Friday Kidzplay:** Come and have a play (A volunteer opens the cottage and members can come along and catch up with each other while the kids have a play.)

**Little Learner Toy Library plus lots more including workshops.**

For more information contact us on 0477 202 890
visit our Facebook page at [www.facebook.com/holsworthyfamilygroup](http://www.facebook.com/holsworthyfamilygroup), or email 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** provides a venue for Defence spouses and families to interact, and assist new families with settling into the area and meeting new friends. Please contact Donna the Coordinator, at the cottage on 02 9874 4052 Tuesday to Friday 9:30 – 2:30.

Kissingpointcottage@gmail.com or to visit the DCO Website [click here](#)

Kissingpoint Cottage is a tri-service community house in the Sydney suburb of Ermington.

Our aim is to support military spouses and enjoy each others company (particularly when your partner is deployed) in a friendly, fun environment where everyone understands the unique lifestyle of Defence members.

Our sessions are:

- **Monday Playgroup:** come and have a play (A volunteer opens the cottage and members can come along and catch up with each other while the kids have a play.) from 10
- **Tuesday Mums ‘n’ Bubs:** this Playgroup is for people who are pregnant or have a child under 18months. Older siblings are welcome. 10-12
- **Wednesday Structured Playgroup:** organised craft activity, shared fruit morning tea and outside time. 10-12:00
- **Thursday Various Activities:** Casual Playgroup, a day where kids have fun while the parents relax and have a chat. This day often turns into lunch with families getting take away and eating together.
- **Friday Craft Group with Crèche:** 10-12:30 Craft varies from easy to challenging and we have a carer on site who watches the littlies (for a small fee). This enables you to have a break from the kids and some time for yourself. The kids are only on the other side of the door (though they can't see you), so if you are a little worried about leaving them or if they need you, you’re there. Some of our members travel from the Eastern Suburbs and Moorebank to attend.

So come along and meet us, we would love to have you join us. Please request to join our Facebook page “Kissingpoint Cottage – supporting Sydney Defence Families” and have a look at what we have been up to, for more information visit [https://www.facebook.com/#!/groups/kissingpointcottage/](https://www.facebook.com/#!/groups/kissingpointcottage/)
**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  
[mailto:wombygga@telstra.com](mailto: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 partialaurenceson@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](mailto:jay.huntley@gmail.com)