Connecting with the local community
Defence Spouses Moring Tea – Mt Annan Botanical Gardens

Free coffee & cake morning tea

Come along and meet staff from DCO Sydney/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 (children are welcome to attend at parents expense)

Set in the tranquil surrounds of the Australian Botanic Garden, Melaleuca House is the perfect spot for both relaxing and socialising.

WHERE: Melaleuca House - Mt Annan Botanical Gardens, Narellan Rd, Narellan

WHEN: Thursday 03 March 2016 - 10.30 am – 12.00 noon

RSVP essential for reservation (be quick as number as limited) email by close of business Wednesday 02 March 2016 to dco.liverpool@defence.gov.au (please provide name, number attending and mobile contact information)

Regards,
DCO Liverpool/Sydney

Images courtesy Department of Defence
Connecting with the Local Community
Sydney & Liverpool Absence from Home Support – Maritime Museum

Free morning tea for partners of ADF members who are absent from home

Come along and meet DCO staff in a relaxed friendly environment. If you are a partner of a member and your spouse is away from home for work reasons - such as deployment, MWU, course, exercise - this morning tea is for you. It's an opportunity to get together with others who are in a similar position and have a chat in a friendly environment.

All Defence partners are welcome, as it is an opportunity to meet other partners. If your partner is not away, you are still most welcome to come to attend at your own expense.

WHERE: Maritime Museum – Darling Harbour – Sydney

WHEN: Sunday 20 March 2016 from 10.00am to 12.00 pm

RSVP: RSVP essential for reservation numbers by close of business Wednesday 16 March 2016 to dco.liverpool@defence.gov.au (please provide name, number attending and mobile contact information)

www.defence.gov.au/dco
www.facebook.com
Connecting with the local community
Defence Spouses Moring Tea/Absence From Home Support - Cronulla

Free coffee & cake morning tea

Come along and meet staff from DCO Sydney/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 (children are welcome to attend at parents expense)

**Where:** Alley Break Cafe - 2/4-6 The Kingsway, Cronulla

**WHEN:** Tuesday 05 April 2016 - 10.30 am – 12.00 noon

**RSVP essential for reservation (be quick as number as limited) email by close of business Friday 01 April 016 to dco.liverpool@defence.gov.au (please provide name, number attending and mobile contact information)**

Regards,
DCO Liverpool/Sydney

Images courtesy Department of Defence
DCO Partners, parents and families – for more information contact the Defence Family Helpline on 1800 624 608

**Partners**
Partners of ADF members can access a range of services, including education and employment funding, support during the ADF member’s deployments, help connecting with community support and resources, and resilience-building programs.

**Parents**
We offer information and support services for parents of ADF members to help you understand and manage the challenging aspects of having a son or daughter in the Services.

**Special needs**
DCO provides practical assistance to Defence families who have dependants with special needs. This assistance especially focuses on reducing the impact of relocations and minimising any interruption to specialist services that the dependant needs.

**Family health care**
Find links and information about health care for Defence families, and mental health and wellbeing.

**Financial assistance and advice**
There are a number of Defence services and allowances available that Defence families may be able to access.

### SME RTF – Merlin Entertainment Annual Passes
Passes are available for Defence families for a small fee, $20/day for all other Defence unit members. Passes consist of 2 adults & 2 kids covering all attractions detailed below:-

- Sea Life Sydney Aquarium (NSW)
- Wild Life Sydney Zoo (NSW)
- Madame Tussauds Sydney (NSW)
- Manly Sea Life Sanctuary (NSW)
- Illawarra Treetop Walk (NSW)
- Sea Life Melbourne Aquarium (VIC)
- Underwater World Sea Life Mooloolaba (QLD)
- Wild Life Hamilton Island (QLD)
- Kelly Tarleton’s Sea Life Aquarium (NZ)

Passes can be hired out by contacting CSC on (02) 8782 8932 or Duty Room (02) 8782 8979

Collection during working hours SME HQ BLD 242, Chatham Ave, Steel Lines Holsworthy Barracks
After hours – SME Duty Room.

---

### Taronga Zoo Passes
JLU-E Moorebank
Passes are available for a small fee $25/day consisting of 4 adults from JLU-E Moorebank – Moorebank Ave – Moorebank – contact Kevin Baker on 02 8782 8056

SME – Holsworthy Barracks
Passes are available for a small fee $20/day for Defence unit members - contact CSC on 02 8782 892, or SME Duty Room on 02 8782 8979, alternatively the Duty NCO on 0434 659 608

Victoria Barracks
Passes are available for a small fee $20/day consisting of Family pass from Victoria Barracks – Moore Park Road - contact 02 8335 5170

HMAS Penguin
For more information please contact HMAS Penguin on (02) 9647 5255

Maritime Museum Passes
Passes are available for a small fee $10/day consisting of 4 adults from JLU-E Moorebank – Moorebank Ave – Moorebank – contact Kevin Baker on 02 8782 8056

Passes are available for a small fee $10/day consisting of Family pass from Victoria Barracks – Moore Park Road Pass Office - contact 02 8335 5170

ADF Holiday Accommodation Sites


For information regarding RAAF holiday accommodation go to http://www.raafholidays.com.au/

For information regarding Army holiday accommodation go to http://www.armyholidays.com.au/

For information regarding Armed Forces Vacation Club go to https://www.afvclub.ca/

For information regarding Navy Cadets go to http://www.navycadets.gov.au/unit-finder?findaunit_search=sydney

For information regarding RAAF Cadets go to http://www.aafc.org.au/wings/3-wing/
Planet X Youth Centre – North Sydney

Planet X Youth Centre is a place for people who are aged 12 to 18 years, living, working or studying in the North Sydney area.

It is a relaxed, safe environment for young people to socialise, have fun and make use of the free facilities. Activities available include: a pool table, computers and internet access, table tennis, Playstation 3 and 2, DVDs, board games, sports equipment and much more.

Planet X run organised activities like BBQs, ‘Girls Only’ nights, cooking lessons, sports activities, pool and table tennis competitions, art programs, youth events and excursions.

There is a well equipped music studio where young people can jam or record their songs using the latest technology.

Planet X also offers homework assistance, referrals to other services, information about a wide range of issues like education and employment, and also helps young people with resumes and job skills.

Location: Planet X is the white music-shell building located in St Leonard’s Park (close to the corner of Falcon and Miller Sts) and is open Wednesdays to Fridays 12pm to 6pm & Saturdays 1pm to 5pm.

For more information contact 02 9959 5537 or email planetx@bigpond.net.au

A Quick Guide to What’s on in Your Local Area

To access links please double click on click here below

Campbelltown area - What's On - Campbelltown City Council
Sutherland area - What's on - Sutherland Shire Council
Warringah area - All Events | Warringah Council
Parramatta area - Event Calendar | Parramatta City Council
Pittwater area - Pittwater Council-Event Calendar
Manly area - Manly Council - What's On
Randwick area - What's on - Randwick City Council
North Sydney area please click here
Willoughby area please click here

Women’s Health Quick Links

Cumberland/Parramatta Women’s Health—Cumberland Women’s Health Centre | CWHC offers a wide range of services to all women of all creeds who reside in the following areas: Parramatta, Holroyd, Baulkham Hills and Auburn LGAs
Campbelltown/Camden Women’s Health— Women's Health NSW - Women's Health Centres NSW
Caringbah Women’s Health Information Centre—Caringbah Women’s Health Information Centre

Parenting Courses & Events Quick Links

North Sydney & Beaches, Eastern Suburbs, South Sydney, St George, Inner West, Macarthur & Wingecarribee, Liverpool & Fairfield, Bankstown - Parenting Events Calendar - Home | Resourcing Parents & enter suburb required.

*Highlighted information is being forwarded on behalf of other agencies and groups and does not necessarily indicate DCO support or involvement. The intention is to provide information to readers so that they can self select and research its suitability for them individually.*
Defence Community Interest Groups
Sydney/Liverpool Military Areas

Holsworthy Family Group –
Holsworthy Family Group is a Tri Service Community facility established to support Defence Families posted to the Sydney/Liverpool Area. We are able to offer Defence families a variety of activities and programs due to the hard work of our Committee and Centre Coordinator. Our Community facility provides a broad range of activities, events and programs to match the needs of ALL Defence families, this includes Lateral Families, Families with young/school age/teen children, Families with no children, Families with both parents serving and MWDU families.

Our regular activities/programs include:

Mondays: Craft & Chat from 9.30am - 12.30pm – We have a Registered Childcare worker so you can come and relax with some old and new friends, bring in your own piece of work or start creating a new one with our supplies. Cost is $5 for childcare.

Wednesdays: “Creative Kids Playgroup” 9.30am – 12pm – We do art work based around a theme for the week, story time and free play. Please bring a PIECE OF FRUIT. Cost $3 per family.

Friday's: “Fun Time Fridays” 9.30am - 11.30am – We will be doing free play and story time. Please bring a PIECE OF FRUIT. Cost is $3 per family.

Monthly: Wine and Dine Thursdays – Held on the last pay day Thursday of the month from 7pm, this event is for women only and will be held at different restaurants around the Liverpool/Sydney area.

Monthly and School Holiday Kids Zone – Events caters for 5-12yrs of age. Events will be held on the last Friday of the month as well as in the holidays.

For more information contact coordinator@holsworthyfamilygroup.org or visit our website our Facebook page for the most up to date information on our programs.

Email: info@holsworthyfamilygroup.org
Facebook: https://www.facebook.com/HolsworthyFamilyGroup
Website: www.holsworthyfamilygroup.org

Holsworthy Family Group
Phone: 02 8782 8524 or 0477 202 890

Kissingpoint Cottage, Dundas

Kissingpoint Cottage will be closed for Christmas / Stand down period from COB 13 Dec 2015. The reopening date will be advised in the New Year.

Anklebiters Playgroup, Randwick Barracks

Tuesdays: Storytime, Craft, Toys & Coffee 9.15am – 11.30am
Building 153, across from the Howell VC Club (OR's Mess)
Tea & coffee is provided, please bring a piece of fruit to share.
Your first 2 visits are free! There after $3 per week ($10 annual fee per family)
anklebitersplaygroup@hotmail.com

Local Guides, Scouts

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 particialaurenceson@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.
Local Army Cadet Band Information

The Australian Army Cadet Band  
218 Army Cadet Unit Campbelltown  
About Us

Our goal is to build youth’s self-esteem, confidence and self-sufficiency. We provide opportunities for adventure activities and learning new skills, resulting in our Cadets becoming valuable team and community members. We encourage leadership and management ethos, giving the Cadets an edge in their future pursuits. We support the Cadets in reaching their full potential.

For more information on joining, please go to the Australian Army Cadets information page. Alternatively, contact us and we would be happy to answer any questions you have about our Unit. 02 87822562

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 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.