



# Townsville eNews

August 2025

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Office open Monday to Friday 8.30am to 5pm

It's been a busy and heart-warming month with our DMFS Townsville FLOs, Heather and Debbie, leading the charge in bringing our defence community together through connection, support, and a bit of fun along the way!

From cheering on the little ones at the Kids NRL coaching clinic, to sharing stories and smiles at a relaxing Lateral Transfer families afternoon tea, they've made sure families feel supported and seen. A special shout out goes to the welcome-home banner and pizza night, which turned a simple evening into something truly memorable for returning loved ones.

The DMFS Townsville team have been out and about this month—supporting, planning, and creating moments that remind us all what our defence community is really about. Keep reading to see what's in store for August!

Did you know?!

As Exercise Talisman Sabre comes to a close, and you're looking forward to having your partner home, you might be thinking about planning your next family holiday.

Did you know that Remote Locality Leave Travel (RLLT) allowance exists, and that you might be entitled to this financial benefit to help with your travel costs?

The purpose of RLLT is to provide a member and dependents with relief from the climate and isolated conditions of remote locations and access to facilities not available at the remote location.

A serving member and their accompanied resident family who meet qualifying criteria have access to one Scheme A benefit each, every 12 months. Posting location of Townsville (and Cairns) are eligible for Scheme A only. Benefits accrue on the anniversary date of posting into location.

The benefit can be accessed under the following travel options:

1. Return flights to the nearest capital city arranged by:
    - The member using their DTC via CTM or the CTM online booking tool
    - The member's Unit using DTC via CTM or the CTM online booking tool
    - **Defence Travel Services**
  2. Offset of benefit to:
    - Take a driving holiday
    - Purchase a holiday package or flights to a location that is not your nearest capital city
    - Transfer a benefit of one or more **close family members** to travel to the remote location
- Note: Only the member and spouse may transfer their travel benefit.

Limits apply. When offset for a holiday package or a driving holiday (pending approval), the maximum amount payable for Townsville is currently \$683.62 per person.

Refer to **PACMAN** for guidance on eligibility and policy, and when looking at holiday ideas, be sure to speak to local travel experts such as Defence Holidays NQ or one of the other reputable travel agents in Townsville.

Enjoy your holiday!

## DMFS Programs – Emergency Support for Families



We know that balancing Defence life and family responsibilities can be challenging - especially when unexpected situations arise.

If a family emergency occurs while the serving member is away on duty or called into work at short notice, emergency support may be available to assist recognised family members.

This support is designed to help in situations that are unforeseen, sudden, and beyond the family's usual coping mechanisms. Whether it's a medical situation or an urgent care need at home, help is just a phone call away.

To apply or learn more, contact the DMFS Townsville office on 07 4430 3879, or the 24/7 Defence Member and Family Helpline on 1800 624 608. Your family's wellbeing matters, and we're here to support you when it's needed most.

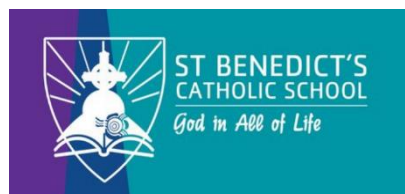
## Positions Vacant – Defence School Mentor (DSM) – The Cathedral School and St Benedict's, Townsville



Are you passionate about supporting the wellbeing of children and young people from Defence families? Do you have a strong understanding of the Defence lifestyle and a desire to make a meaningful impact in a school community?

The Cathedral School and St Benedict's Catholic School are seeking a compassionate and proactive Defence School Mentors (DSM) to join their teams.

The roles are part of the national Defence School Mentor Program (DSMP), funded by the Defence Member and Family Support (DMFS) Branch of the Commonwealth Department of Defence.



For more information and to apply, head to the job ad for The Cathedral School on **Seek**, and the link to the ad for St Benedict's is **here**.

Interested? Don't hesitate - applications close soon!

## Keep up to date with our events!



DMFS Townsville has an [Eventbrite](#) page. Tickets for all DMFS events are only available through Eventbrite. Events are uploaded at different times throughout the month.

To avoid missing the release of tickets, follow the page to receive an instant notification when our events are released.

To opt-in to receive notifications directly from our Eventbrite page, all you need to do is:

- **Follow** the DMFS Townsville [Eventbrite](#) page
- **Register** your details
- **Download** the Eventbrite app

**Enable** push notifications

## Textured Art - Friday 22 August



ADF members and partners over 18 years, unleash your inner artist at our Art Inspired Laugh and Chat Night, where we will be creating a stunning textured wall art. Get inspired, and let your imagination run wild!

Whether you are a seasoned artisan or a curious newbie, you will find joy in every texture and embellishment, creating a unique masterpiece to adorn your wall. Unleash your inner artist and let your imagination run wild in this playful and relaxing environment.

This event is strictly for adults only (18+)

**Date:** Friday 22 August 2025

**Time:** 6pm

**Venue:** Geckos Family Centre, Lavarack Barracks

**Register:** [Eventbrite – Textured Art](#)

## Book Week Picnic in the Park – Saturday 30 August



Calling all wizards, wild things, curious monkeys, and caped crusaders!

You're invited to a magical Book Week Picnic hosted by DMFS.

Join us for a whimsical morning of games, giggles, and literary adventures at the playground at Norman Park, which is in the Jezzine Barracks precinct.

Dress-up is highly encouraged – come as your favourite storybook character and BYO picnic as we enjoy the last weekend of winter, and each other's company.

**Date:** Saturday 30 August 2025

**Time:** 10am-12pm

**Venue:** Norman Park – playground area at base of the Jezzine precinct

**Register:** [Eventbrite – Book Week Picnic in the Park](#)

## Child of the ADF Medallion Ceremony – Friday 19 September



Come join us for a special medallion ceremony to honour the children of our ADF members. This in-person event will take place at the Wirraway Club at RAAF Base Townsville.

The Child of the ADF Medallion is a small but important way of recognising the children who go through the emotional, and at times, difficult experience of having a loved one serve in the ADF.

Participation in the Child of the ADF Medallion program is open to all recognised dependents of full time ADF members aged up to 18 years of age. Children are only eligible to obtain the medallion **once**, so if they have already received a Child of the ADF Medallion here in Townsville, or any other location, please do not register them again.

**When:** Friday 19 September 2025

**Time:** 5.30pm-7pm



**Where:** Wirraway Club, RAAF Base Townsville

**Tickets:** Child of the ADF Medallion Ceremony – Townsville - Eventbrite

## Partner Support Information Sessions – 3 & 4 September



Earlier this year, Geckos Family Centre hosted the Army Partner Support Program, which was held over a 4-week period and was well received. Geckos are hosting an amended version over two nights for those who missed out last time.

You will need to attend **both** sessions and when booking a ticket, you need to book for both nights.

This info session will be an intensive and detailed briefing, and we kindly ask for your full attention throughout.

To help ensure the most beneficial and best experience for all participants, we highly recommend arranging alternate care for children during this time.



**Dates:** Wed 3<sup>rd</sup> **and** Thurs 4<sup>th</sup> September 2025 (*mandatory both nights*)

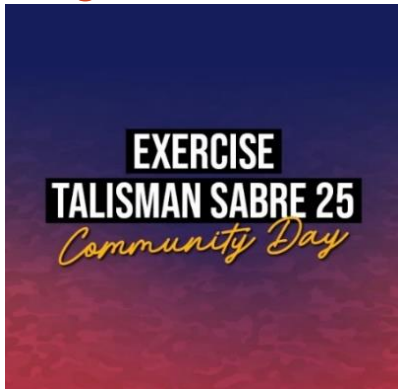
**Time:** 6pm-8pm

**Where:** Geckos Family Centre, Lavarack Barracks

**Register:** <https://www.trybooking.com/DEAPY>

Other:

## Exercise Talisman Sabre 25 Community Day – Saturday 2 August 25



Grab the family and enjoy a day full of entertainment and fun at the Exercise Talisman Sabre 25 Community Day on Saturday 2 August from 10am – 4pm at Riverway.

Check out the military vehicles on display including armoured vehicles from Australian Defence Force and international partners whilst enjoying performances by the 1RAR Band & 3RAR Pipes and Drums.

Stroll through the exhibitors and stalls, featuring capability displays, mascots, camouflage face painting, and more, or grab a delicious bite to eat from our local food trucks.

For more information on the event, visit [Exercise Talisman Sabre 25 Community Day | What's On Townsville](#)

**Date:** 2 August 2025

**Time:** 10am – 4pm

**Where:** Riverway Precinct, Kirwan

## Invictus Australia - Defence Community Sport Expo – Sunday 24 August



Whether you are current or ex-serving, a Defence family, a sports lover, or just after a great day out – this event is for you!

Join the Invictus Australia crew for a FREE, family-friendly event and have a go at pickleball, wheelchair basketball, table tennis, baseball, judo, disc-golf, gaming, archery and more!

There'll be games, face-painting, stalls and plenty of activities to keep everyone entertained.

**Date:** Sunday 24 August 2025

**Time:** 10am-1pm

**Where:** Townsville Sports Precinct North Ward

**Register:** [Eventbrite – Invictus Sport Expo](#)

## Invictus Australia – HIIT program - EOI



Invictus Australia is offering a HIIT Program for Women and girls (16+ years) in the Defence Community (current serving, ex-serving or family members)

HIIT is a type of workout that alternates between periods of high-intensity exercises and short recovery periods, running for 40 - 45 minutes, making it ideal for women who are short on time but still want to get an effective session in.

To register your interest, head to: [Eventbrite: Invictus HIIT Program](#)

## Open Arms Group Program Schedule



Scan this QR code or visit the Open Arms [website](#) for information, dates and to register for their upcoming group programs, including:

- Relaxation & Stress Management (11/09/2025)
- Stepping Out (October 2025)

You don't need to be a current Open Arms client to participate, you just need to meet their [eligibility](#) requirements.



## Save the Date!



### Upcoming September Activities:

3<sup>rd</sup> & 4<sup>th</sup> – Partner Information Sessions at Geckos Family Centre

19<sup>th</sup> - Child of the ADF Medallion Ceremony

***\*Photographs will be taken at all DMFS events. Please let our staff know if you do not want your family to be photographed. Photos may be used on our social media channels or in a DMFS publication.***

## NEW ADF Family Health Program enhancements - from 1 July 2025



ADF families can be reimbursed for many services that help them maintain healthy lifestyles through the ADF Family Health Program.

From 1 July 2025, the ADF Family Health Program will expand its claimable services to include suitably qualified counselling and lactation consultants.

The program currently allows eligible family members to claim a benefit for a variety of health services from allied health, General Practitioners, specialists, diagnostic and radiology services, and some preventative health measures.

Reimbursement for psychology and psychiatry services is already included in the program. The expansion to include counselling services offers an additional option for ADF families requiring this support.

Eligible family members of permanent ADF personnel and reservists rendering full time service (who are registered for the program) are able to claim for these services.



The program recognises the service and sacrifices of our ADF personnel and their families, and the difficulties ADF families may experience accessing affordable healthcare, particularly when they move locations. It is easy to claim your reimbursement using the ADF Family Health Program app or emailing ADF Family Health claims:

[adffhclaims@defence.gov.au](mailto:adffhclaims@defence.gov.au).

For more information on the required qualifications of counselling and lactation consultants and other eligible services available to claim, visit <https://adffamilyhealth.com>.

## 2025 annual adjustment to ADF housing



Defence subsidises the cost of housing for Australian Defence Force (ADF) personnel through a policy known as the Group Rent Scheme (GRS) to support members and the mobility of our people, and their families, that is required with postings.

In 2025, following the annual review of housing contribution costs, an increase of 9 per cent will be applied to GRS contributions for service residences and rent allowance.

The increase will take effect on 17 July 2025 and ADF personnel receiving a subsidy for housing costs will have their pay amended to reflect the increase on 31 July 2025.

Temporary measures to cap GRS increases in 2022 and 2023 due to COVID uncertainties resulted in contributions for ADF personnel being below 50 per cent.

The 9 per cent adjustment in 2025 reflects changes in market rents and includes 1.5 per cent to return to Defence's long-standing policy position of a 50/50 cost share arrangement for ADF subsidised housing.

The share ratio will be approximately 44 per cent for ADF personnel and 56 per cent for Defence following this increase. Small variances occur due to actual personnel postings and housing demand. The return to 50/50 is expected to take several years.

For more information about ADF housing contributions, visit the [ADF pay and conditions website](#).

## What's On at Oasis Townsville



What's On at The Oasis Townsville:

<https://www.theoasistownsville.org.au/whats-on>

## Mates4Mates



**MATES4MATES**

Here for those  
impacted by service.



Mates4Mates is one of Australia's leading veteran charities actively changing the lives of current and ex-serving Australian Defence Force members and families.

The Mates4Mates Townsville team are here to help you reconnect and recover through skills-based activities, including family-friendly school holiday events.

Whether you need a coffee and a chat, access to support and rehabilitation services, or you just want to meet others who understand what you're going through, you're welcome at Mates4Mates.

For more information, head to [mates4mates.org](https://mates4mates.org) or call 1300 4 MATES (62 837).

Check out Mates4mates [social calendar](#) for some great school holiday activities. Use the QR code to register as a mate to complete the registration process for some great activities.

## Join Our Mailing List



Moving? You can change your Area Office subscription by clicking this button too!

Our monthly eNews provides information about our support services, programs and upcoming events.

Be the first to know about upcoming DMFS events and activities so that you don't miss out on tickets. Stay up to date with community information and stay connected with what's on in your community.

By joining our mailing list, you will receive a monthly update straight to your inbox. It's as easy as scanning the QR Code. Feel free to share with new families posting to the region.

## Defence Member And Family Helpline

**1800 624 608**

For advice, support or local community information, contact our all-hours [Defence Member and Family Helpline](#). Run by Defence Member and Family Support, the helpline is the best way to access the programs and services that we offer to help Defence families manage the military way of life.

The helpline is available 24/7 and is staffed by qualified human services professionals, including social workers and psychologists.

The information contained in this bulletin is sent out on behalf of other agencies and groups. It does not necessarily indicate DMFS support or involvement. The intention is to provide information to readers so that they can self-select and research its suitability for them individually.

If you are relocating or seek to unsubscribe, please submit your request through our [Area Office Newsletter Subscription form](#).

Furthermore if you would like to see something advertised in our monthly newsletter please reach out to our email: [dmfs.townsville@defence.gov.au](mailto:dmfs.townsville@defence.gov.au) and we will be happy to provide more information.



Follow Defence Member and Family Support to receive updates.

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to advance Australia's security and prosperity  
[www.defence.gov.au](https://www.defence.gov.au)

