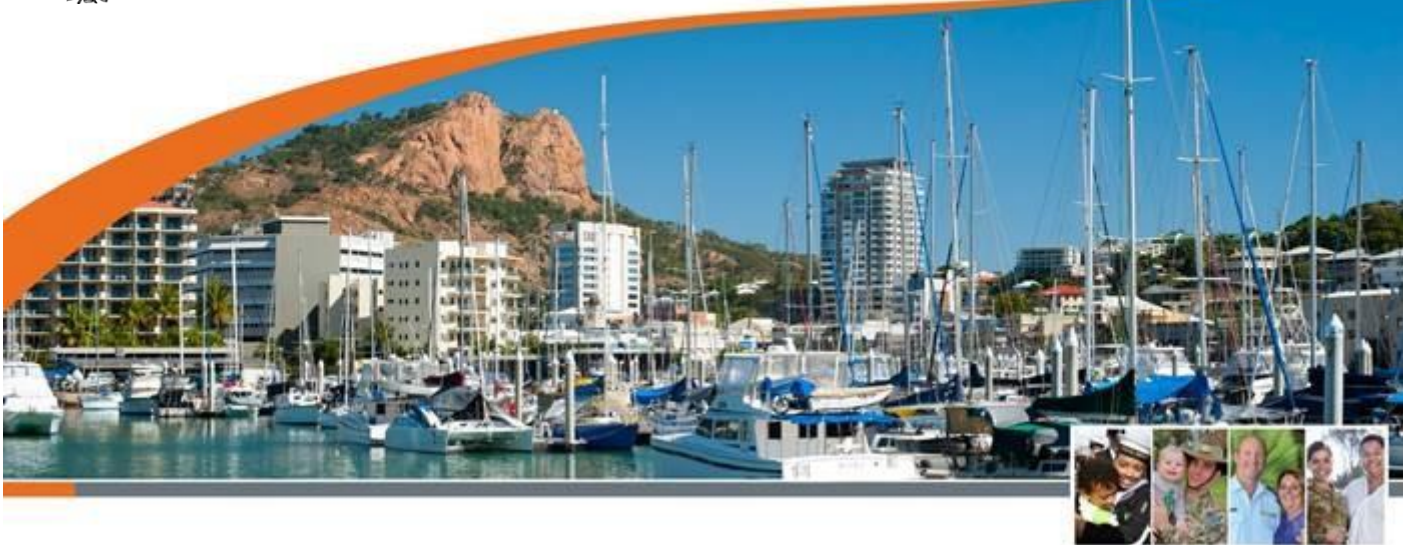




Australian Government

Defence



Townsville eNews

October 2025

Nathan Business Centre, 340 Ross River Rd, Aitkenvale 4814

T 07 4430 3879 | E dmfs.townsville@defence.gov.au

Office open Monday to Friday 8.30am to 5pm

Can you believe it's already October? The year may be racing by, but there's plenty of time left to connect, share, and make new memories together.

In September, we enjoyed catching up with families at Geckos; attended ADF enlistment ceremonies; facilitated another Child of the ADF Medallion Ceremony at the RAAF base; delivered a range of DMFS program presentations; and worked closely with our valued community partners.

October is packed with fun for the whole family — from lively festivals and markets to big-name shows and community sporting events. Oktoberfest returns to Flinders Street on the long weekend for a day of live music, German food and craft brews (Oct 5).

The North Australian Festival of Arts continues through early October with performances, pop-up events and The Bubble Canteen activations across the city.

Looking for local music and markets? The Loading Dock day of live acts and alternative markets is on Sunday Oct 5 — a great way to support community creatives.

Family and community events such as StepUP for Down Syndrome and a number of weekend markets also offer low-cost, welcoming activities throughout the month.

Bring the family, grab a coffee or plan a night out — there's plenty to choose from in Townsville this October. For full details and ticket info, check Townsville City Council's [What's On](#) page.

As always, we are here if you need support or advice – call our office on 4430 3879 or our 24/7 Helpline on 1800 624 608.

Posting season – Mobility Support



Posting season is here again, bringing with it the excitement of new opportunities and the challenges of change. Whether your family is preparing to move, welcoming new members into the community, or saying farewell to friends, know that you're not alone.

Defence Member and Family Support (DMFS) Townsville is here to provide guidance, connection, and a friendly face throughout the posting

period. From practical resources to community activities, our team is ready to support you and your family every step of the way.

If you're posting in, we look forward to welcoming you to our vibrant community. If you're posting out, we wish you all the best in your new location and encourage you to link in with your local DMFS team.

For more information, advice or support, reach out to DMFS Townsville - we're here to help!

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 out on tickets, follow the page to receive an instant notification when 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

2nd-hand school uniform donation call-out

This year we have had the pleasure of chatting with many families, and one thing we've heard often is how tricky it can be to find school uniforms when arriving right before – or just after – the school year begins.

To make things a little easier, we are excited to announce that the [2026 Defence Welcome Expo](#) (Saturday 31 January) will feature a school-uniform give-away market!

If your children have outgrown their uniforms, or if you are posting out and would like to pass them on, we would love your donations. Every piece will go directly to recently arrived Defence families, helping them feel settled and ready for the school year.

We are welcoming donations from any Townsville school – primary or secondary. Please ensure uniforms are clean and in good, reusable condition. (For hygiene reasons, we **cannot** accept shoes, school bags, or hats.)

📍 Donations can be dropped off at our office:
DMFS Townsville, 340 Ross River Rd, Cranbrook (Nathan Business Centre)
🕒 Monday to Friday, 8:30am – 5:00pm

Your support will make a big difference – thank you for helping us give Defence families the best start to the 2026 school year!

Townsville Defence Careers Information Session – 1 Oct



Learn about rewarding careers in the Army, Navy and Air Force. Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force.

Speak with current serving personnel at our upcoming info session and ask your questions - is a career in the Australian Defence Force for you?

It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!

Please arrive no later than 5:45 PM to allow time for check-in. The session will commence promptly at 6:00 PM.

Due to building access restrictions late arrivals will not be permitted entry after 6:00 PM.

Date: Wednesday 1st October 2025

Time: 6:00pm-8:00pm

Venue: Townsville ADF Careers Centre, 71 Stanley St, Townsville City
Register asap: [ADF Careers - Townsville Defence Careers Information Session](#)

My Dad & Me: Fishing Fun – Saturday 11 October



Hey Defence Dads – here's another one for just you and the kids!

Join us for some chilled-out time by the water, where it's all about bonding, learning, and casting a line together. Whether you're a fishing pro or just keen to give it a go, this relaxed event is the perfect chance to spend quality time together.

The team from Reeling Veterans will be there to share their knowledge, help with the basics, and create a stress-free, fun environment for everyone.

This is a mum-free zone – it is all about dads and kids making memories - and maybe catching a fish or two!

Date: Saturday 11 October 2025

Time: 10:00am-1:00pm

Venue: South Townsville Recreational Park / Boat Ramp

Register: [Eventbrite – My Dad & Me Fishing Fun](#)

Connect & Support – Wednesday 15 October



Join us for a catch up over a cuppa, and enjoy the company of other partners at Coffee Connections!

This month we are visiting Jim's Cafe and we would love to see you there.

Date: Wednesday 15th October 2025

Time: 0930-1100

Venue: Jim's Café @ Wounded Heroes, Hyde Park Centre, Woolcock St, Hyde Park

Register: [Eventbrite – Connect & Support](#)

RAAF Townsville TOLL Posting Brief – Wednesday 15 October



****For RAAF Base Townsville personnel and their partners only****

This is not a DMFS Townsville event, however a member of our team may be in attendance.

In preparation for members posting out of RAAF Base Townsville in 2025, TOLL personnel will provide a brief/info session to members and their partners in order to assist them in preparing for their move.

Only one brief will be conducted and is scheduled for the evening of Wednesday 15 Oct commencing at 1800h in the Harry Cobby Centre.

The time/date has been chosen in order to provide an opportunity for the maximum attendance of members and their partners.

The briefs will cover off on the timely submission of AFR's, prepping personal belongings for pre-pack etc and define the responsibilities of the members and the removalists during pre-pack, uplift and down lift.

It will also cover off on the 'what if's' should any difficulties be encountered during your move with travel and/or accommodation etc.

It will also provide the ability for members to discuss their issues on a one to one basis with TOLL staff in attendance should they wish to do so.

Members are required to register their attendance via Eventbrite for tracking purposes ([link below](#)).

Numbers are capped, so don't delay in booking your seat!

Date: Wednesday 15 October 2025

Time: 6:00pm

Venue: Harry Cobby Centre, RAAF Base Townsville

Register: [Eventbrite](#) – [RAAF TOLL Brief](#)

2026 Townsville Defence Welcome & Information Expo – Saturday 31 January



Join us on Saturday 31st January at Townsville Stadium, Annandale for a huge morning of connection, community, and fun!

With over 150 stallholders, exciting military displays, plenty of giveaways and entertainment, our school uniform free stall, and activities for all ages, there will be something for everyone!

Don't miss this great chance to explore what Townsville and the North Qld region has to offer!

Time: 09:30am-12:00pm

Where: Townsville Stadium, Murray Sports Complex, Annandale

Register: [Eventbrite: Townsville's 2026 Defence Welcome Expo](#)

****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.***

Friday Coffee Catch Ups



My name is Bec & I've been a Defence spouse for 12 years. During this time I have learned the best way to enjoy each posting is to get out and find my "tribe" as early as possible. Having experienced postings both with & without kids, I know the challenges of meeting new people from both perspectives.

When I knew we were coming to Townsville I joined the community groups (as we all do) and started scoping out ways I could get out to meet new people (and catch up with ones I've met at previous postings). I found that there wasn't a regular coffee group, so created my own.

Creating this regular catch up gives not only myself, but anyone else who comes along the opportunity to socialise with other spouses in a relaxed setting. There are regulars who come weekly, and I have found these women to be some of the most supportive people (and knowledgeable about Defence life).

I post the location on the [Townsville Defence Partners Facebook page](#) every week. Look out for the coffee cups, everyone is welcome so come along and meet some amazing people!

TCC's Get Ready Townsville – Sunday 2 November



Townsville City Council's "Get Ready" day provides a one-stop-shop where the community can learn from emergency services, businesses, and community groups about how to plan, prepare, and act during extreme weather events like floods and cyclones.

It's a great opportunity for residents to get a better understanding of what it means to live in the dry tropics and how to prepare for an extreme weather event.

Keep an eye on the Council's [Disaster Information Facebook](#) page for more info and helpful tips.

When: Sunday 2 November 2025

Time: 9:00am-12:00pm

Where: Riverway

Tickets: not required – free community event

King's Trust – Enterprise Accelerator – 13-17 October



The King's Trust Enterprise Accelerator – Register Now 🚀

Are you a Defence partner or spouse entrepreneur?

Take your business to the next level with The King's Trust Enterprise Accelerator.

Join us for a weeklong online program from 13–17 October, featuring expert-led workshops, peer mentoring, and practical tools to grow your business.

What you'll gain:

Refine your business strategy with Lean Canvas exercises

Learn key insights on marketing, operations, and funding your business

Broaden your networks and connect with experienced founders and fellow Defence community entrepreneurs

Spaces are limited – apply today to secure your spot!

[Register Here](#)

ADF Family Health Program



October is Mental Health month. Did you know that an individual's mental health may affect the wellbeing of the entire family?

ADF Family Health Program can assist with the costs of managing your eligible dependants' mental health and strengthening their resilience in a variety of ways:

- GP services (with a Medicare item number), including nurse practitioners offering similar services.
- Psychiatry (with a Medicare item number)
- Clinical psychology
- Counselling and psychotherapy (NEW!) with an appropriately qualified provider
- Dietitian-led healthy eating programs
- Physical activity (gym or pool memberships, and some fitness classes).

The ADF Family Health Program also now includes lactation consultants.

Please note that GP services are unlimited. All other services are deducted from your annual allocation. Both GP and other services contribute to fringe benefits.

For further information about these services and the Program, or how fringe benefits may affect you, please contact us:

W: www.adffamilyhealth.com

P: 02 6266 3547

E: adf.familyhealth@defence.gov.au

For claims, please contact:

E: adffhclaims@navyhealth.com.au

P: 1300 561 454

Families of Veterans Guild



FAMILIES
OF VETERANS GUILD
CONNECT - SUPPORT - EMPOWER

At the Families of Veterans Guild we connect, support and empower the families of Australian veterans every day.

For more information visit www.familiesofveterans.org.au

Our Social Work and Wellbeing Program offers free online wellbeing activities for Defence and Veteran family members across Australia.

Watercolour Painting Workshop

Online

Wednesday 8 October, 6.30pm – 8pm

Register here: <https://familiesofveterans.org.au/online-painting-veteran-families/>

Writing Through Grief

Online

Thursday 16 October, 6pm – 7.30pm

Register here: <https://familiesofveterans.org.au/online-writing-through-grief/>

Hanging Sun Catchers

Online

Thursday 23 October, 6.30pm – 8pm

Register here: <https://familiesofveterans.org.au/hanging-sun-catchers-veteran-families/>

Hounds 4 Healing



Hounds 4 Healing is a not for profit organisation founded by Australian Defence Force veterans with Post Traumatic Stress Disorder (PTSD).

What they do:

With the support of their highly qualified trainers, dogs under the Hounds 4 Healing banner will receive the relevant training and guidance with the goal of obtaining the ability to pass the Public Access Test (PAT) certification to provide assistance to their owners.

For more information, visit the About Us section on their [website](#); and to apply, head to [Hounds4Healing Apply](#).

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:
- 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.



What's On at Oasis Townsville



What's On at The Oasis Townsville:

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

Townsville RSL – Veterans Health Week Expo – 18 October



The Townsville RSL annual Veterans Health Expo is happening on Saturday the 18th of October.

There will be over 20 stalls with ex-service organisations, local businesses, support agencies in attendance, the café will be open, and there'll be activities for the kids.

Where: Townsville RSL, 139 Charters Towers Rd, Hermit Park

When: Saturday 18 October 2025

Time: 10:00am-2:00pm

More info: 07 4759 9500 / www.townsvillersl.com.au

Kookaburra Kids



Kookaburra Kids offers FREE camps, activity days, and age-appropriate mental health education focused on building resilience and coping skills, while providing a supportive environment for children to connect with peers facing similar challenges.

If the young person is:

- relocating to a new area,
- has difficulty making friends
- has family members who are veterans and have mental health concerns such as depression, anxiety, or PTSD
- family members often away from home
- anxiety in siblings, or
- needing to meet new people.

REFER via website: <https://kookaburrakids.org.au/get-involved/refer/>

Once you have gone through our process then you can apply for our Activity days, connect sessions or camps.

North Australian Festival of Arts (NAFA): 1-12 October



The North Australian Festival of Arts (NAFA) is Townsville's premier celebration of arts and culture. The 2025 program features cabaret, circus, comedy, dance, kids and family shows, music, theatre, visual arts, and workshops.

NAFA is a wonderful way for families to enjoy quality entertainment together, connect with the community, and experience the best of what Townsville has to offer.

When: 1-12 October 2025

Location: Various

Tickets/more info: nafa-tsv.com.au

Townsville Chamber: Chamber Connects – Thursday 16 October



The Townsville Chamber of Commerce is excited to invite Defence families to our upcoming Chamber Connects: Welcome to Townsville event- designed especially for professionals, small business owners, and their families who are new to the region.

This initiative supports newcomers in key sectors such as Defence, healthcare, and education, providing the opportunity to:

- Build professional and social connections in the local business community
- Learn about Townsville's unique business landscape
- Meet fellow newcomers and long-term residents who can share local knowledge and experiences

Event details:

Thursday, 16 October

5:30pm – 8:00pm

The Splash Lawns, The Ville

Chamber Members: Free | Non-Members: \$30

By fostering networks and community connections, Chamber Connects helps make the transition to Townsville smoother for both individuals and families.

<https://townsvillechamber.wavecrm.com.au/event/01JR76QA59N3N6HRECAQ5BNS13>

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 and we will be happy to provide more information.



Follow Defence Member and Family Support to receive updates.

To defend Australia and its national interests in order
to advance Australia's security and prosperity
www.defence.gov.au

