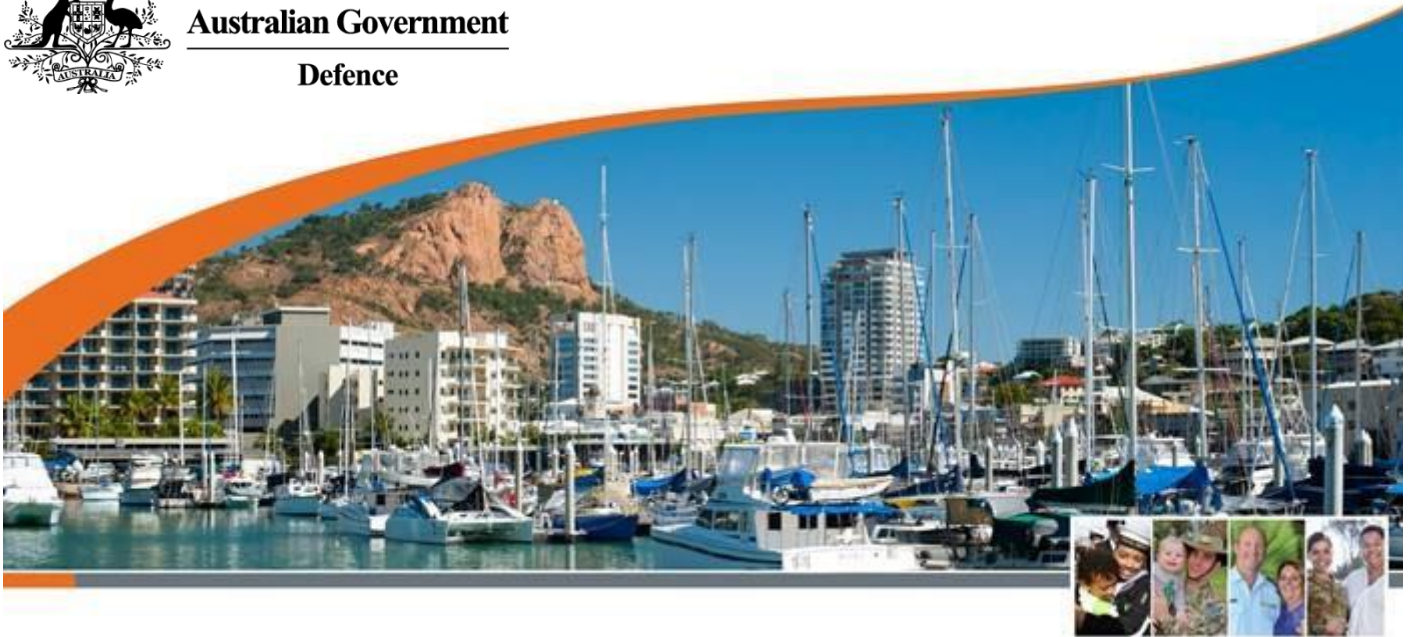




Australian Government

Defence



Townsville eNewsletter

November 2025

Nathan Business Centre, 340 Ross River Rd, Aitkenvale 4814

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Office open Monday to Friday 8.30am to 5pm

October was a month full of connection and community! We loved seeing all the families come together at My Dad & Me's Fishing Fun, NRL's Kids Footy Coaching Clinic, 4th Regiment's ADF Medallion Ceremony and our relaxed coffee catch-ups.

Check out the photos from some of these events below – you might spot some familiar faces!

This month there's lots more happening – we're heading into summer and with that brings cyclone season. Townsville City Council's **free** community event, "Get Ready Townsville", will provide you with lots of info on preparing for any extreme weather events that may occur in the coming months. Then there's RAAF Townsville and Geckos' Christmas parties mid-month – we'll see you there!

Looking ahead, 2026 will kick off with the Defence Welcome & Information Expo on 31st January – tickets are available now on Eventbrite so register early and bring your Defence family and friends along!

Read on to see more of what's happening.



Unaccompanied Resident Family (URF)

Are you considering an unaccompanied posting? Or have you recently commenced an Unaccompanied Resident Family (URF) posting? DMFS Townsville understands that choosing to go **URF** is an important family decision.

URF comes with unique challenges, opportunities and additional entitlements via the PACMAN categorisation policy. DMFS is on hand to provide available support and tips to assist you and your family with decision making.

Tips for families considering URF:

- Identify supports
- Plan reunion trips early
- Share the highlights, lowlights and mundane
- Continue to celebrate special events (get creative)
- Use a variety of communication methods (letters, FaceTime, shared calendars)
- Remain engaged with routine at home
- Regularly check in and review the situation / plan
- Understand unique strengths and challenges of relationship
- Discuss realistic expectations and practical ideas
- Seek support early from the formal supports available
- Review and understand **categorisation** and **PACMAN** entitlements

The DMFS fact sheet and family worksheet can assist you have a proactive discussion to assist with your planning. Please contact DMFS Townsville if you would like us to email you a copy.

If you would like to discuss your plans or your decision with a Defence Social Worker further, please request a one-on-one appointment via: dmfs.townsville@defence.gov.au or call (07) 4430 3879.

Please note there are additional supports available to assist your family in navigating military life:

- 24/7 DMFS Helpline – 1800 624 608
- Local DMFS Office – at the member's and / or family's location:
<https://www.defence.gov.au/members-families>
- Mailing list / local Eventbrite (for social events in area by DMFS)
- Member and family worksheet (review and update as required)
- Unit Chaplain (share contact details for your new unit and Command with partner)
- Open Arms – 1800 011 046
- DMFS – **Emergency Support for Families Scheme** and **SAFE Emergency Accommodation**
- Unit administration support can assist ADF Categorisation changes and amendment of personal data.

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

Operation: Uniform Exchange!

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!

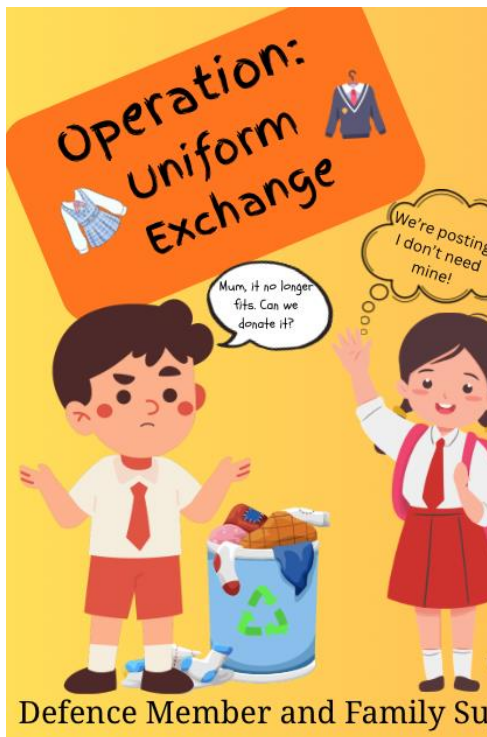
If your children have outgrown their uniforms, or if you are posting out and would like to pass them on, we would love your donations. Every piece will go directly to recently arrived Defence families, helping them feel settled and ready for the school year.

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!



Operation: Uniform Exchange

Are you posting out?
What happens to your out-grown or no longer needed school uniform?
Why not Donate?

All clean, useable school clothing (except hats, shoes and school bags) can be dropped to the DMFS office, Nathan Business Centre, 340 Ross River Rd, Cranbrook
Monday to Friday 8.30am to 5.00pm

DMFS will be hosting a Free Uniform Market at the Welcome to Townsville Expo, Saturday 31 Jan 2026

Defence Member and Family Support

Speech bubbles:
Mum, it no longer fits. Can we donate it?
We're posting. I don't need mine!

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 is 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

ADF Virtual Posting & Relocation Information Session – 10 November



We invite Australian Defence Force (ADF) members and their families who are relocating to Townsville to attend a virtual information session designed to support your upcoming move.

What to expect at the session:

- Key relocation and community information
- Support services available in each location
- Opportunities to ask questions and connect with support networks

Session details:

Date: Monday 10 November 2025

Time: 19:00 (AEST)

Location: Online

Register: [Eventbrite – Posting & Relocation Session](#)

We look forward to seeing you there!

This session is one of three PILOT sessions providing practical insights into life in Townsville, Darwin and Tindal, helping Defence families prepare for transition and settlement. Further information on the Darwin and Tindal sessions will be released soon via Eventbrite.

RAAF Christmas Treat – Thursday 13 November



RAAF Base Townsville is hosting their annual Christmas Treat at Riverway.

The Christmas Treat will include amusements, a BBQ, Santa photos and much more!

Tickets are \$15 per adult; \$7 per child; and family tix - 2A+2C=\$40.

Tickets available now!

When: Thursday 13 November 2025

Time: 4.00pm-6.00pm (*definitely 4pm til 6pm!*)

Where: Townsville Riverway

Tickets: [RAAF Base Townsville's Christmas Treat - TryBooking](#)

Geckos' Christmas Party – Friday 14 November



Tickets are available now but are going fast – grab them before they're gone!

The event is open to CURRENT serving Defence members and their families only.

Activities, live entertainment, giveaways and food – what more could you ask for?

Date: Friday 14th November 2025

Time: 4pm-7pm

Venue: Geckos Family Centre, Lavarack Barracks

Tickets: [Geckos Christmas Party - TryBooking](#)

Prices: Adults \$10; Children 5-17 yrs \$5; 0-4 yrs - free

Festive Families Catch-Up – Friday 5 December



Join us and share a lovely early-Christmas lunch, find out about your local community and the programs and supports DMFS has for members and families. Whether you are new to Townsville or have been here for a while, everyone's welcome!

Lunch is at your own cost.

Date: Friday 5th December 2025

Time: 11:30am -1:30pm

Venue: Townsville RSL, Hermit Park

Register: [Eventbrite – Festive Families Luncheon](#)

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.*

Other:

Defence Careers Information Session – Thursday 6 November



Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?

Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.

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 PM.

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

To register, click [here](#).

Families of Veterans Guild – 20 & 26 November



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

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

For more information visit www.familiesofveterans.org.au

Email the Social Work and Wellbeing team wellbeing@fov.org.au

Subscribe to our [Wellbeing newsletter](#) or join our [Facebook group](#) to learn about our upcoming wellbeing activities.

Writing Through Grief

Online via Zoom

Thursday 20 November, 6pm – 7.30pm (AEDT)

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

Cook and Connect: Veteran Family Dinner

Online via Zoom

Wednesday 26 November, 6pm – 8pm (AEDT)

Register here: <https://familiesofveterans.org.au/defence-family-dinner-online/>

King's Trust Australia – 5 December



Small Biz Must Knows:

FREE Legal & Financial Masterclass for ADF Entrepreneurs

Join a chartered accountant and business lawyer for this free online masterclass, designed for ADF community entrepreneurs and hosted by The King's Trust Australia.

Get practical legal and financial advice, connect with fellow entrepreneurs, and leave with clear goals to grow your business.

Date: Friday, 5 December

Time: 10:00 am – 3:00 pm (AEDT)

Where: Online

Tickets: Free, via [Humanitix](#)

ADF Member & Family Transition Seminar – Virtual – 10 December



Joint Transition Authority is bringing the ADF Member and Family Transition Seminar online!

The next ADF Member and Family Virtual 'Live' Day Seminar is scheduled for:

Wednesday, 10 December 2025 – 8:30am to 4:00pm

If your family is considering transition from full time service or a change of Service Category in 2026, consider getting a head start on your transition planning.

Transition Virtual 'live' Day Seminars help ADF personnel and their families learn more about transition no matter their location. Attendees will be able to connect virtually with representatives from across the transition ecosystem, including:

- Joint Transition Authority
- Joint Health Command
- Department of Veterans' Affairs
- Commonwealth Superannuation Corporation
- ADF Financial Consumer Services Centre
- Ex-Service Organisations (ESOs).

To register your interest in attending visit: <https://www.defence.gov.au/adf-members-families/military-life-cycle/transition/seminars>

Remember registrations close 3 days prior to the event. Don't delay the start of your transition journey.

Townsville Run Army – 19 April 2026 – discount offer



Legacy have offered 500 discounted entries for next year's Run Army event (19 April 26) which will provide entries at a discounted rate of \$25. The discounted entry is via a dropdown option where you will need to select if you are "Current Serving," "Past Service," or "Family." Discount will be applied at checkout.

Get in quick as the code is also available in Brisbane.

Don't miss out on this great offer – discounted tickets will go quickly!

Detail and tickets available at: [Townsville - Run Army](#)

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

