



DSNSG – Townsville August / September 2017
Newsletter



Hi,

Wow, I can't believe that we are well over half way through the year. Father's Day and Christmas will soon be upon us.

Welcome to all the new families that have join us, I hope that everyone is enjoying their posting to Townsville. There is plenty to see and do, this is time of year to get out and about and explore before it gets to hot and humid.

Geckos @ Lavarack



Have some wonderful programs running for Defence families, coffee mornings, play group, Spouse/Partner Gym session babysitting, check out their new website;

<http://www.geckosfamilycentre.org/>



Geckos Family Centre

Weekly/Monthly Program

Proudly sponsored by


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JP Service 1.30pm - 3.00pm	Spouse PT Class 9.30am - 10.30am	Mums, Bubs and Bumps 9.30am - 10.30am	Spouse PT Class 9.30am - 10.30am	CamKids Playgroup 9.30am - 11.30am
Spouse Yoga 6pm - 7pm	Spouse PT Morning Tea** After class	Dressmaking/Craft 9.30am - 11.30am	Barracks Boot Camp 6pm - 7pm	Babysitting is available during Spouse PT Class from 9-11am. Babysitting is also available by prior arrangement for Spouse Yoga and Wednesday night Metafit class.
<small>**Spouse PT morning tea is held every 2nd Tuesday during off pay week.</small>	Barracks Boot Camp 6pm - 7pm	Metafit 6pm - 7pm		

The centre is open from 9am to 4pm Monday to Friday (excluding public holidays)
 Available for private bookings outside these hours.

Come and use our playground and tennis court all day everyday.

Contact centre staff on Ph: (07) 4411 7031 • E: HQ3BDE.familynq@defence.gov.au
Web: www.geckosfamilycentre.org • www.facebook.com/groups/167935113192

Weekly events

- JP Drop In Service - Every Monday from 1330h to 1530h
- Spouse/Partner Gym Session Babysitting - Every Tuesday and Thursday from 0900h to 1100h
- Evening Spouse Exercise Classes- Yoga- Every Monday from 1800 to 1900h, cost is \$5
- Barracks Boot Camp Training- Tuesdays and Thursday from 1800 to 1900h. \$5 per week.
- Evening Spouse Exercise Classes- Metafit + Stretch- Every Wednesday from 1800 to 1900h, cost is \$5
- Mums 'n' Bubs - Every Wednesday from 0930h
- Craft Group- Every Wednesday from 0930h
- CamKids Playgroup - Every Friday from 0930h

Here are a few handy links on what's happening in Townsville;

<http://www.aroundyou.com.au/northern-qld/townsville-city/whats-on>

<https://www.townsville.qld.gov.au/about-townsville/whats-on>

<https://thegotownsville.com.au/events/?view=eventgrid>

<http://www.townsvillekids.com.au/events/>

<http://www.activeactivities.com.au/directory/location/qld/townsville/>

Townsville Face Book pages;



<https://www.facebook.com/TownsvilleEvents/>

<https://www.facebook.com/search/top/?q=visit%20townsville%20australia>

<https://www.facebook.com/search/top/?q=things%20to%20do%20in%20townsville..>

Useful websites:

<http://dsnsg.org.au>

<http://www.defence.gov.au/dco>

<http://www.vvcs.gov.au/>

<http://mates4mates.org>

<https://kookaburrakids.org.au>

Markets in Townsville

Weekly Markets

Cotters Markets

Every Sunday
8:30 am—1 pm
Flinders Street

Variety of Stalls

North Shore Markets

Every Saturday
7 am—12:30pm
Main St, North Shore
Variety of Stalls

Willows Markets

Every Sunday
7:30 am—11am
Willows Shopping
Centre
Variety of Stalls

Monthly Markets

Bushy Beach Markets

1st & 3rd Sunday
8am—1 pm
End of Mt Low Parkway

Variety of Stalls

Horseshoe Bay Markets

2nd & last Sunday
9am—2 pm
Horseshoe Bay Beach
Magnetic Island
Variety of Stalls

Balgai Beach Markets

1st & 3rd Saturday
8am—1 pm
Next to Fisherman's
landing
Variety of Stalls

Renegade Handmade

2nd Sunday each month
8am—1 pm
Marian School Hall

Handmade items ONLY

Label Traders

3rd Sunday each month
8am—12 pm
Mundingburra State School

Vintage, Recycled, Designer

Upper Ross Markets

2nd Saturday each month
7am—11:30am
Allambie Lane

Variety of Stalls

Woodlands Markets

2nd Saturday each month
8am—12 pm
Woodland Shopping Centre

Variety of Stalls

Carlyle Gardens Markets

1st Saturday each month
9am—12 pm
Carlton Theatre

Arts & Crafts

Seasonal & Quarterly Markets

Strand Night Markets

1st Friday each month
5pm—9pm
Strand Park

May—December only

Riverway Twilight Markets

3rd Friday each month
5pm—9pm
Riverway Complex

May—December only

Babies & Kids Markets

Approx. every 3 month
8:30 am—12:30 pm
Ryan Catholic College

Dates Advised on Website

Contact Information

Cotters/Willows/Strand Night/Riverway Moonlight Markets
www.townsvillerotarymarkets.com.au
townsvillerotarymarkets@gmail.com PH 0417 721 822

North Shore Markets
www.northshoremkt.net.au
powercorex@live.com PH 0402310587

Babies & Kids Market
www.ntholdbabiesandkidsmarket.com
kylee@ntholdbabiesandkidsmarket.com PH 0409 649 242

Balgai Beach Markets
www.facebook.com/balgaibeachmarket/
monstastythai@yahoo.com.au PH 0417 076 742

Bushland Beach Markets
www.facebook.com/bushlandbeachmarkets/?ref=hl
bushlandbeachmarkets@gmail.com

Carlyle Gardens Arts & Crafts Market
www.facebook.com/CGcraftmarket/?ref=ts
evallop1@bigpond.com PH 47731195

Horseshoe Bay Markets
<http://www.whatsonmagneticisland.com.au/>
maggiemarkets@hotmail.com PH 0429949805 or 47581119

Label Traders Market
www.facebook.com/labeltraders/townsville/?ref=ts
abeltraders@hotmail.com PH 0488 600 571

Renegade Handmade Market
www.facebook.com/morethanamarket
renegadehandmade@hotmail.com PH 0477 900 222

Upper Ross Community Markets
www.facebook.com/upperrosscommunitymarkets/?ref=ts
dimaxsainty@gmail.com PH 0412071309 or 0456140204

Woodlands Family Markets
www.facebook.com/woodlandsfamilymarket/?ref=ts
reneecrossley33@hotmail.com PH 0473 974 852



[Home](#) > McDonald's Townsville Running Festival

WHEN

5 Aug 2017 to 6 Aug 2017

COST

Child: \$25

Child: \$25

Child: \$30



DESCRIPTION

The McDonald's Townsville Running Festival includes a Marathon (42.2 kilometres) Half Marathon (21.1 kilometres), 10K Classic, adult and junior 5 k Run/Walk, 5 kilometre Corporate Challenge and Hero Run. Their AIMS accredited courses are fast, flat and hug the coastline as well as feature the 43rd Townsville Marathon - Australia's second oldest race. All runners experience spectacular views of the Coral Sea, Magnetic Island and the Marina as they follow their tropical blue line and vie for AUD23,000 prize money. With a predawn start marathoners experience a breath taking sunrise over Cleveland Bay as they run along Townsville's award-winning Strand Beach. Arrive early for the pre-race dinner, take in a Cowboys NRL home game and stay for the famous after-party. Treat yourself to a tropical winter getaway this August. Run Townsville and Explore the region. An event Run by Runners for Runners.

[Like 0](#) [Tweet](#) [Pin it](#) [Share](#) [1](#)

EVENT CONTACT INFORMATION

E: info@townsvillerunningfestival.com

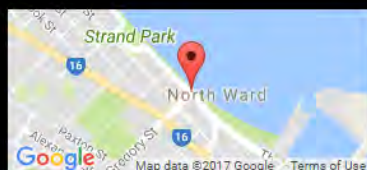
P: 4751 6607

Mobile Telephone Enquiries: 0427 999 801

W: www.townsvillerunningfestival.com

WHERE

Jezzine Barracks
The Strand, Townsville
QLD 4810



AUSTRALIAN ITALIAN FESTIVAL

[Home](#) > Australian Italian Festival

WHEN

5 Aug 2017 to 6 Aug 2017

EVENT CONTACT INFORMATION

E: admin@australianitalianfestival.com.au

P: 4776 5288

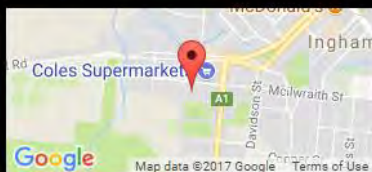
W: <http://www.australianitalianfestival.com.au/home>

WHERE

TYTO Precinct

73/75 McIlwraith Street, Ingham

QLD 4850



DESCRIPTION

The Australian Italian Festival is an authentic Italian cultural event held on the first weekend of August in Ingham, North Queensland. The Festival is staged at the award-winning TYTO Precinct, off the Bruce Highway, 500 metres from Ingham's Central Business District. For the space of the two day Carnival, the area is transformed into a huge piazza with nonstop world-class entertainment on two stages. Guests gain access to homemade, mouth-watering Italian food and wine, cooking demonstrations, displays, competitions, free amusement rides, market stalls and much more. The atmosphere, the food and the excitement all come together to give you the experience of walking into a festival in Italy.

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North Queensland
SCOUTS
present

Fun Day in the Park

Broadmeadow Park

Maxwell Drive, Deeragun

Family - Fun - Fine Food
Mega Raffle Draw - Scouting



Gold Coin Entry

Facebook - Woodlands Scouts
for more information

SUNDAY
the 6th of
AUGUST
from 10am
to 5pm

Parking entrance
from Geaney Lane

Be Prepared for new adventure **SCOUTS QUEENSLAND**

FREE
activities

Giant Slide
Rock Climbing Wall
Jumping Castle
Ranger Dan
Scout Rope Bridge
Slack lining
Army Reserve
Emergency Services

Great variety of
Food Vendors
La Luna Youth Arts



MARCHING DOWN BROADWAY

[Home](#) > Marching Down Broadway

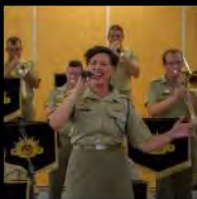
WHEN

10 Aug 2017
07:00 pm - 09:00 pm

COST

Banquet Style Seating \$20
Elevated Seating \$10

GALLERY



DESCRIPTION

The 1RAR Band presents "*Marching Down Broadway*".

The show will feature the outstanding vocal talents of Corporal Deborah O'Toole, Musician Jade O'Halloran and Musician Danae Bumford, performing songs from hit Broadway musicals in a relaxed cabaret setting.

There will be two ticket price options. The banquet style setting will include a shared cheese platter and closer seating. Option two is seating in the elevated seats at the rear of the room. Drinks will be available to purchase from the bar.

Funds raised at this event will go to *Cootharinga North Queensland* assisting people with a disability in Townsville.



EVENT CONTACT INFORMATION

P: (07) 4727 9797
E: Ticketshop@townsville.qld.gov.au
W: <https://whatson.townsville.qld.gov.au/categories/ticketshop>



PROUDLY PRESENTED BY



WHEN

18 Aug 2017
06:30 pm - 08:30 pm

COST

FREE

EVENT CONTACT INFORMATION

P: 1300 878 001
E: enquiries@townsville.qld.gov.au
W: <https://www.townsville.qld.gov.au/>

GALLERY



DESCRIPTION

Join us at 6.30pm on Riverway Oval for **Moana**! Bring a blanket and watch a movie on the big screen under the stars and raintrees at Riverway.

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity.



Save to calendar



Australian Government
Department of Defence



Defence Community Fair

Find out about leisure, education and volunteering in Townsville.

ADF families are invited to join 3rd Brigade, Defence Community Organisation and RAAF Townsville for an evening of information and fun.

Along with entertainment by 1RAR Band, we will have exhibitors from sporting clubs, volunteer organisations and education groups, as well as food and drink stalls, live demonstrations and rides.

WHERE Parade Ground, Jezzine Barracks Precinct, Townsville

WHEN Friday 11 August 2017, 5.00pm–8.00pm

MORE INFO www.defence.gov.au/dco



LIKE Defence Community Organisation to receive updates.



Defending Australia and its National Interests
www.defence.gov.au



ST ANTHONY'S WINTER CARNIVAL

FRIDAY 18TH AUGUST

5:00PM - 9:00PM

WINTER CARNIVAL
is coming...

The PSF would like to invite you to come along and enjoy all the fun and excitement of a show right here in your local community.

GIANT CENT SALE

HOT FOOD & DRINK

CAKE STALL, CRAFT STALL, HOOP-A-SODA,
CHOCOLATE TOSS, TOMBOLA & MUCH, MUCH
MORE!!!!!!!!!!!!

**RIDES & LIVE
ENTERTAINMENT**

RAFFLES

St Anthony's Catholic College Parents & Friends Association proudly
celebrating 25 years in the Northern Beaches.



Australian Government
Department of Defence



Dogs day out

Join Defence Community Organisation for a morning of furry fun.

ADF families are invited to join us for morning tea. Bring your dog along to Murray Paws Park—an off-leash, fenced dog park near the Murray Sporting Complex. Enjoy the company of other dog-lovers while your furry mates are socialising.

Morning tea and doggy treats will be provided!

WHERE Murray Paws Park, Murray Lyons Crescent, Annandale

WHEN Sunday 20 August 2017, 9.00am–11.00am

RSVP by Wednesday 16 August 2017 to
dco.townsville@defence.gov.au or 07 4753 6539

MORE INFO www.defence.gov.au/dco



LIKE Defence Community Organisation to receive updates.



WICKED

THE UNTOLD STORY OF THE WITCHES OF OZ

24 AUGUST – 2 SEPTEMBER
TOWNSVILLE CIVIC THEATRE



DAIKIN NORTH QUEENSLAND ELITE RODEO 26TH AUGUST 2017 GATES OPEN AT 2PM



BUY NOW



<http://northqueenslandeliterodeo.com.au/>

Happy Father's Day



come along and make Dad a gift. rides n slides , face painting, Fairy Floss, Lucky Door prizes, Sausage Sizzle.

Date/Time & Venue:

Thursday 31st August | 6:00pm - 8:00pm

Bunnings Townsville North, Corner Nexus Drive and North Shore Boulevard

Cost:

Please visit site for more details.

Who should attend:

This event is mostly suited for adults.

How to get there:

To see the public transport options available, visit [Translink](#).

Get the best out of your neighbourhood and discover more local events with [nabo.com.au](#)

Father's Day in Aqua



Event Info

Sunday 3rd September 2017

6:00am - 10:00pm

The Ville Resort-Casino

Sir Leslie Thiess Drive, Townsville, QLD 4810

#food&wine

View on Facebook



Event Description

Bring the whole family to spoil Dad with our delicious buffet that includes mouth-watering roasts, fresh prawns and seafood & chocolate dessert buffet*.

BREAKFAST \$29.90 | 6.30AM - 11AM

LUNCH* \$46.90 | 12PM - 3PM

DINNER* \$46.90 | 5PM - 9.30PM

PLUS prizes up for grabs when you enter the Father's Day promotion including esky's, beer and more^! Ask staff how to enter!

Bookings essential.

For more information, visit the-ville.com.au or phone 4722 2333.

Subject to availability, change and cancellation. Terms & conditions apply. *Seafood & chocolate dessert buffet only available lunch and dinner. ^Entry earned for promotion when purchasing a Great Northern or Great Northern Super Crisp 3.5 on Father's Day. Must be 18+ years to enter promotion. Vantage Rewards members discount not applicable. The Ville practises the responsible service of alcohol.

CHILDREN'S FISHING CLASSIC, TOWNSVILLE

[Home](#) > Children's Fishing Classic, Townsville

WHEN

03 Sep 2017

06:00 am - 11:00 am

Finish time is subject to the event on the day

COST

FREE

EVENT CONTACT INFORMATION

E: classictownsville@gmail.com

W: <http://childrensfishingclassic.com/>

SOCIAL

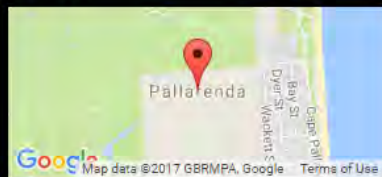


WHERE

Walter Nesbit Park

Pallarenda

4810 QLD



GALLERY



DESCRIPTION

Free fishing educational event held at Palleranda beach every year. 2017 will be the 30th year of the event.

Families and children up to 15 years of age participate.

Run by a small group of volunteers.

Sponsored by The Townsville City Council, Townsville Sportfishing Club, Townsville Bulletin, Tweed Bait, Alvey Reels, Fishing Warehouse, Tackle World, GMRMPA, Lamont Signs, Coast Guard and many local businesses.

Bait is supplied free of charge.

Fishing club volunteers assist the young anglers on the beach.

Fishing starts at 6am followed by a free sausage sizzle, entertainment and presentations of prizes.



Save to calendar



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TOWNSVILLE EXPO

Incorporating Townsville Caravan, 4x4 & Outdoor Adventure Expo

8-10 September 2017

Reid Park, Townsville

www.townsvilleexpo.com.au



RIVERWAY MOVIE NIGHT - BIG HERO 6

[Home](#) > Riverway Movie Night - Big Hero 6

PROUDLY PRESENTED BY



GALLERY



WHEN

15 Sep 2017
06:30 pm - 08:30 pm

COST

FREE

EVENT CONTACT INFORMATION

P: 1300 878 001
E: enquiries@townsville.qld.gov.au
W: <https://www.townsville.qld.gov.au/>

DESCRIPTION

Join us at 6.30pm on Riverway Oval for Big Hero 6! Bring a blanket and watch a movie on the big screen under the stars and raintrees at Riverway.

Robotics prodigy Hiro lives in the city of San Fransokyo. Next to his older brother, Tadashi, Hiro's closest companion is Baymax, a robot whose sole purpose is to take care of people. When a devastating turn of events throws Hiro into the middle of a dangerous plot, he transforms Baymax and his other friends, Go Go Tamago, Wasabi, Honey Lemon and Fred into a band of high-tech heroes.



Save to calendar

DIARY OF A WOMBAT

[Home](#) > Diary of a Wombat

PROUDLY PRESENTED BY



GALLERY



WHEN

28 Sep - 29 Sep 2017

06:30 pm - 07:15 pm

Every day, until 29th Sep 2017

Friday 29 September is only a Matinee
Performances, 10.30am

COST

Adult \$15

School Students \$15

10% off for 2017 TicketShop Members

For School Group bookings, please call the
TicketShop.

DESCRIPTION

Children's Theatre Season 2017

The beloved, award winning children's book comes to the stage.

Millions of young people around the world have adored the multi award-winning picture book, *Diary of a Wombat*. Now finally this iconic work by Australian Children's Laureate (2014/15), Jackie French and Bruce Whatley comes to the stage.

Meet Mothball, the naughtiest wombat in Australia. Bored with her daily routine, Mothball goes in search of shelter and food, creating chaos in the lives of the humans around her.

Monkey Baa uses the magic of puppetry and live music to bring this delightful story for ages 3+ to the stage.

2017 TicketShop Member Discount Available

For School Group bookings, please call the
TicketShop.

Book your tickets

BOOK
NOW

EVENT CONTACT INFORMATION

P: (07) 4727 9797

E: ticketshop@townsville.qld.gov.au

SYDNEY COMEDY FESTIVAL SHOWCASE

[Home](#) > Sydney Comedy Festival Showcase

WHEN

29 Sep 2017
08:00 pm - 10:00 pm

COST

\$35.90
Group 8+ \$31.90ea



EVENT CONTACT INFORMATION

P: (07) 4727 9797
E: ticketshop@townsville.qld.gov.au
W: <http://www.sydneycomedyfest.com.au/>

WHERE

Townsville Civic Theatre
41 Boundary St, South Townsville
4810 QLD

TOWNSVILLE
CIVIC
THEATRE



GALLERY



DESCRIPTION

THE FESTIVAL'S FUNNIEST IN ONE HILARIOUS NIGHT!


The tickets sell like hot cakes each year and it's back again! The Sydney Comedy Festival Showcase will be tearing up the freeways of Australia for the fifth year in a row to bring the crème de la crème of the 2017 Festival right to your doorstep in Townsville.

Expertly curated and lovingly presented the Showcase will feature some of the Festival's hottest acts live on stage for an incredible two hours of hard hitting laughter. Boasting a line-up of the best local and international comics alongside some of the freshest emerging talents in the comedy scene, this jam packed night of pure entertainment will leave you sore from belly laughs!

So get ready Australia... The Showcase Tour is back on the road! Call your pals and grab your tickets to the funniest night of entertainment you will see all


BRING YOUR FRIENDS AND SAVE! Get a group of 8 or more together and save 10%!

"The comedians in the showcase all knew what they had to do to get a laugh, and had the crowd in constant stitches..." - AU Review

 Save to calendar

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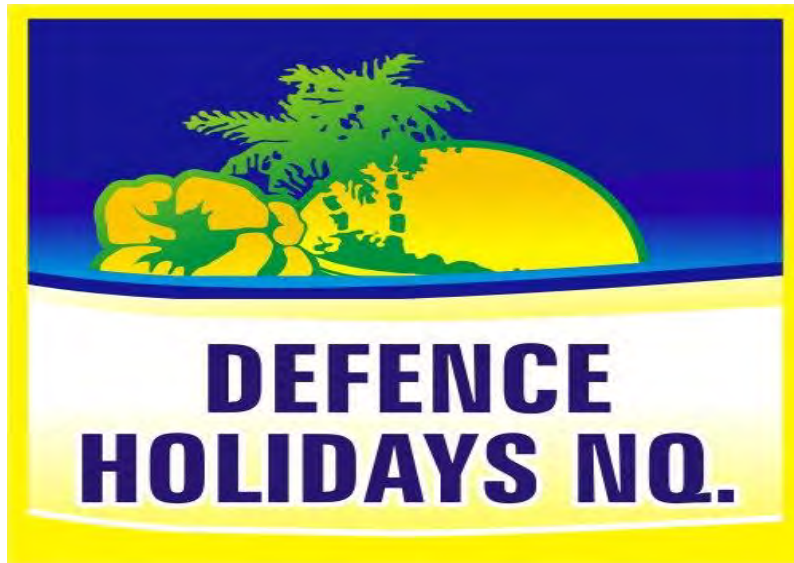
 Share

1

CATEGORY

Theatre & Shows TicketShop

School holidays come around so fast, start planning your next holiday with



While you're enjoying your posting in Townsville why not take advantage of Defence Holidays NQ, affordable family holidays. You can explore the greater region.

Check out their website; <http://www.defenceholidaysnq.com.au/>

Or

Follow them on face book; <https://www.facebook.com/DefenceHolidaysTownsville/>

For School holidays

16th September – 2nd October 2017

Program information check out the Townsville City Council Web page;



<https://www.townsville.qld.gov.au/community-support/services-and-community-development/young-people/school-holiday-program>

DCO



Defence Community Organisation offers a broad range of programs and services to help Defence families make the most of the challenges and opportunities provided by the military way of life.

The best way to access any of these services is to contact the all-hours Defence Family Helpline on DefenceFamilyHelpline@defence.gov.au or 1800 624 608.

DCO website;

<http://www.defence.gov.au/dco>

For the latest DCO events, community groups and Gone Troppo newsletter please use;

<http://www.defence.gov.au/DCO/Community/Townsville/>

Education Assistance

The Education Assistance Scheme is intended to support children who have had their schooling disrupted through a Defence posting.

Tutoring: If you have posted in within the past 18 months and your children have some gaps in their knowledge due to changing schools, they will be eligible to access the Education Assistance Scheme. Funding for additional tuition is available to children of Defence members within the first 18 months of the posting. Tutoring is funded for 1 hour per week per subject for 14 weeks for those subjects in which a child needs support. Members apply on webform AD301. If the child needs additional support at the end of the 14 weeks of tutoring, then another 14 weeks can be applied for under discretionary provisions on webform AD301-1. All funded tutoring must be completed within 18 months of posting to the new location. Members are required to engage and pay for the tutor themselves and then seek reimbursement through their administration cell.

NB Similar funding may be available for students recognised through Defence **with special needs** to access **therapy** services. If they have received therapy in the previous location and are on a waiting list for public services, Defence may be able to offer financial support for gap services. There may also be financial support available to members if an additional **assessment** is required in order for the school to develop an appropriate educational program for a child with special needs.

Boarding: If a child completing upper secondary education remains in location for education purposes when the family moves on posting, Defence may provide financial assistance towards additional costs associated with the student's education. Members will need to outline the circumstances behind their decision for consideration to be given for Defence support.

Tertiary: If a tertiary aged student is required to live apart from the family due to engagement in a tertiary education program, Defence may be able to assist with accommodation costs.

Loss of scholarship: If a child needs to forfeit an educational scholarship due to a posting, Defence offers some financial compensation towards the child's educational costs in the new locality.

Details about the criteria and application process can be found in PACMAN Volume 2 Chapter 8 Part 4.

City Libraries tutoring services

Tutoring

The city libraries in both Townsville and Cairns subscribe to the on-line tutoring service Your Tutor

'Your Tutor' services: The city libraries offer a free on-line tutoring services for students between years 4 and 12 as well as TAFE students. For more information visit www.yourtutor.com.au or visit your local city library.

Learning Links

Townsville City Libraries have tutors trained in the well regarded literacy program Learning Links. This is available free of charge. All enquiries can be directed to the library on 4727 9666.

Regional Education Liaison Officer is an experienced teacher who can give education support to Defence Families when they move into North Queensland.



What we do!

Objectives

- To provide a National Network of on-going peer support to all families regardless of the disability/special needs involved.
- To link families together with similar needs.
- To liaise with Defence and other Federal and State Departments concerning the issues that affect families with special needs, particularly those being mobile.
- To raise public awareness regarding the difficulties that Defence families with special needs face.
- To provide a coordinated approach through the local and National Network in obtaining disability information.
- To provide assistance in accessing disability services / equipment and information.
- To disseminate information relating to disabilities / special needs as well as any Defence-related issues.
- To provide an advocacy service for families.

Advocacy and Lobbying

The Defence Special Needs Support Group Inc has been actively and successfully raising awareness of the difficulties that mobile families face at a State and Federal level. These include:

- Reducing waiting list time for Early Intervention programmes, therapy services, equipment supply, respite services and post-school options.
- Standardising criteria for the inclusion of children with special needs in educational settings.
- Obtaining standardised services from the various disability information agencies throughout Australia.
- Standardising and reducing assessments from one service provider or education authority to another.
- The result of all of this is that whilst it is still sometimes difficult to move around Australia, many organisations and service providers are aware of the additional problems faced by families with special

needs. Indeed a number of provisions have subsequently been put into place after discussions with the DSNSG. These include:

- Transfer of disability equipment across State and Territory borders where that equipment is on loan from that State / Territory equipment scheme.
- Enable people transferring to a different location on a long term basis to access services according to relative need rather than time spent on a waiting list.
- Portability of Post school options and respite package funding

Policy Development

The Defence Special Needs Support Group Inc has been actively involved ADF policy development resulting in a new range of measures to assist families with special needs on posting to a new locality. These include:

- Recognition of Special Needs
- Special Needs Pre-Posting Visit
- Therapy Assistance
- Personal Care Assistance
- Respite Assistance
- Valet Unpack
- Special Needs families and overseas postings
- Equipment Assistance
- Housing Assistance
- Education Assistance
- Childcare Assistance
- Travelling Assistance

Services we provide

- **Posting Plans**
- **National Parent to Parent Network**
- **Access to Grants**
- **IPads 4 Kids**
- **Connecting Families**
- **FYI – For Your**
- **Family and Emergency Care Plans**
- Home2Hospital assistant

What are SPECIAL NEEDS

The term special need basically covers the full range of medical, disability, therapy and education needs, It includes:

- Chronic illness or medical condition like asthma, diabetes or arthritis
- Intellectual disability
- Physical disability
- Sensory disability
- Mental illness
- Speech and language disorders
- Epilepsy
- Autism spectrum
- ADD/ADHD
- Development delay
- Anxiety
- Gifted and talented
- Depression
- Post Traumatic Stress Disorder PTSD
- Learning disabilities/difficulty
- And many other special needs

There are many different types of special needs and your involvement with the Defence Special Needs Support Group can be as little or as large as you like.

The benefits come to you in many different ways. There might just be one article in a newsletter that pertains to you and your family and gives you some valuable information, or even one phone call or conversation with another family or your coordinator that makes a difference and opens new doors for you and your family.

DSNSG provides support, information, assistance and advocacy for all ADF families who have a dependent (child, spouse or other dependent) with a special need or it may be the ADF member with a special need. You do not need to be a current serving member to be a member of DSNSG. Our group provides support to both serving ADF members and ex-ADF members and their families.



Veterans and Veterans Families Counselling Service VVCs provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety and depression.

VVCs also provides relationship and family counselling to address issues that can arise due to the unique nature of military service. VVCs counsellors have an understanding of military culture and can work with clients to find effective solutions for improved mental health and wellbeing. Please see attached brochure.

NEWS UPDATE

- Budget 2017-18: Mental health support for veterans and their families
- A video of VVCs' Military PTSD community webinar is now available!
- RESTORE trial underway

If you go you go to the link below you will be able to access the Military PTSD webinar

<http://www.vvcs.gov.au/>

MATES 4 MATES

Whitsunday Islands Sea Kayaking



Mates Equine Therapy

Where: Cairns QLD

When: 30 July - 4 August 2017

EOIs close: 30 June 2017

- **Download:** [Mates Equine Information Sheet](#)
- **Download:** [Guide to Completing Expression of Interest Forms](#)
- **Download:** [Expression of Interest Form](#)
- **Download:** [Participant Acknowledgement Form](#)
- **Download:** [Medical Questionnaire \(including Medical Approval Form\)](#)

Please note: all the above forms and letters need to be completed and sent together for your application to be valid.

Overview

Participants in the Equine Therapy Program interact and engage with horses through an educational and emotional experience, in a safe and calm environment, learning basic natural horsemanship while developing a trusting relationship.

This week long program offers participants a straightforward experience where they learn horsemanship skills; they also participate in Equine Assisted Learning, using the Equine Psychotherapy Australia Model. This aims to assist personnel with Post Traumatic Stress Disorder (PTSD) to support their return home and help them deal with day to day aspects of their home life, work life and relationships.

Evidence shows that equine therapy helps people with anxiety, depression and other emotional challenges to build trust and confidence, improve physical wellbeing, and enhance social skills. The bond between horse and rider has proven highly therapeutic for many people who may otherwise find it difficult to communicate with others.

Please see web site for further information and upcoming sessions in your local area.;

<http://mates4mates.org>

Explore Townsville before the weather warms up. Get in quick with Defence Holidays NQ as holiday period is coming up again in September school holidays and Christmas holidays is just around the corner and you don't want miss out on affordable accommodation . For all those Dad's I hope that you all have a fantastic Father's day. Those of you with children I hope you survive the September school holidays, have fun and if you are travelling I hope that you have a safe journey.

Regards

Cherie & Helen

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