

TELL US WHAT YOU REALLY THINK!

DCO is always interested in hearing the feedback that Defence families may have on our services and events. We would also love to hear your thoughts and ideas for future events to help meet the needs of our local ADF families.

Contact us at our Sydney or Liverpool Offices to share your experiences, thoughts and ideas.

DCO Sydney

Phone: 02 9393 3314

Email: dco.sydney@defence.gov.au

DCO Liverpool

Phone: 02 8782 8526

Email: dco.liverpool@defence.gov.au

DEFENCE FAMILY HELPLINE

The Defence Family Helpline is your first point of contact for support, information and connection within the Defence community.

You can call the Helpline on 1800 624 608 or email

DefenceFamilyHelpline@defence.gov.au (receive a response within 24 hours).



[Email us](#) to unsubscribe.



Defence Community Organisation

Liverpool/Sydney

Newsletter September 2019

Defence Community Organisation

Defence Community Organisation (DCO) provides Defence families with access to a range of services including employment assistance, supporting during ADF member's deployments, help connecting with community supports and resources, and resilience building programs. DCO also provides parenting support to help manage the challenging aspect of supporting children in the Services.

Contact your local area office at Sydney (Defence Plaza Sydney) or Liverpool (Holsworthy Barracks), or contact the **Defence Family Helpline** on **1800 624 608** for more information or to access the wide range of supports.



OUT AND ABOUT

TASTE Camden

TASTE Camden is a Food, Wine and Music Festival celebrating local food and wine suppliers, and local musicians by showcasing a number of these suppliers at a fun filled, family friendly event.

Info: Sunday, 29 September 2019, 12:00 – 5:00 pm, Camden Town Farm, 40 Exeter Street, Camden NSW

Father's Day Festival

Bring your dad, grandad, uncles and brothers along for the Centennial Parklands annual **Father's Day Festival**. Taste bushfood fresh from the BBQ, join an artist workshop to learn traditional arts and crafts, watch a warrior dance and so much more.

Info: Sunday, 1 September 2019, Centennial Parklands

Cabramatta Moon Festival

The **Cabramatta Moon Festival** is recognised as one of Sydney's largest and brightest Asian cultural celebrations. Tempt your tastebuds with treats from a range of street food stalls, enjoy live entertainment, rides and activities and an overall energetic atmosphere!

Info: Sunday, 08 September 2019, Cabramatta CBD area

Strathfield Spring Festival

The **Strathfield Spring Festival** is returning to Sydney with carnival rides, entertainment, stalls, food, sport displays and more. The garden will have several green activities, and receive a free bike tune up!

Info: Saturday 07 September 2019, Strathfield Park

The Festival of the Winds

With great concerts, food, side events and many other activities, the **Festival of the Winds** is a great event for the whole family to enjoy a summer day on the beach.

Info: Sunday 08 September 2019, Bondi Pavilion, Queen Elizabeth Drive, Bondi Beach, Sydney NSW



Thursday

12 Sep 19

Ask R U OK?

Being part of the Defence community means being exposed to situations that are unlike any other workplace. These situations can impact on a person's mental health, family life and general wellbeing.

If you've noticed someone isn't behaving as they normally would, seem out of sorts, or are more agitated and withdrawn, trust that instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help someone open up. If they say they are not ok, you can follow the R U OK? Conversation steps to show them they are supported and help them find strategies to better manage their worries. If they are ok, they will know you are someone who cares enough to ask.

If you think you've got what it takes to possibly change a life, visit

<https://www.ruok.org.au/how-to-ask>



1. Ask



2. Listen



3. Encourage action



4. Check in

R U OK



Feeling anxious or stressed?

Relaxation is an important technique for managing stress, anxiety and anger, and it is a technique that can be easily taught to adults and children. Being able to manage powerful feelings and calm oneself are learned behaviours. Numerous studies have shown that various measures of anxiety can be lowered as a result of the use of relaxation procedures.

South Eastern Community Connect and Heartfulness are running free mindfulness and meditation sessions for all to attend. Register your interest via Eventbrite and take the opportunity to learn techniques to manage stress and anxiety.

Meditation and Walking Group - Mascot

Where: SECC Community Hub, 1007 Botany Road, Mascot NSW 2018

Cost: FREE

Details: South Eastern Community Connect is running a Meditation and Walking group for the community every Tuesday morning. The group consists of a combination of mindfulness and walking, beginning with light stretching and mindfulness techniques before going on a 20-30 minute walk around the neighbourhood. Once finished, take the opportunity for a coffee and chat at the Community Hub. Mums and Bubs welcome to attend! Register via [Eventbrite](#).

Heartfulness Relaxation and Meditation – Maroubra

Where: Bowen Library, 669-673 Anzac Parade, Maroubra NSW 2035

Cost: FREE

Details: Grow to face the challenges of life with courage and acceptance. Live by the heart, and become what we're meant to be. People young and old from any walk of life can come and try out the meditation - it is simple, easy and only requirement being one's own willingness to give it a fair go. This meditation is free of cost. We welcome one and all to come and experience this meditation. Register via [Eventbrite](#).




FATHER'S DAY
COMMUNITY GRILL

SEPTEMBER 7TH, 2019

22 KING STREET
CAMPBELLTOWN, NSW 2560

Please bring your spare change on the day

**RAFFLE TICKETS,
FOOD & DRINK AVAILABLE
FOR SALE
BYO BIKES & SCOOTER
(MUST WEAR A HELMET)**

**Campbelltown Bike & Education
Centre**





Employment Workshop

Join Soldier On and Defence Community Organisation for an informative workshop.




Have you ever wanted to apply for a job but weren't sure of how to address the selection criteria? ADF Partners are invited to join us for a free interactive workshop to learn tips on how to analyse job advertisements, pick out the key words and respond effectively to selection criteria to boost your chances of getting to the interview stage.

WHERE Legacy Club Services
Level 1, 45-47 York Street, SYDNEY NSW 2000

WHEN Tuesday 24 September 2019, 10.00am–12.00pm

REGISTER through Eventbrite at [DCO-sydney.eventbrite.com.au](https://dco-sydney.eventbrite.com.au)
by Tuesday 17 September 2019

MORE INFO dco.liverpool@defence.gov.au or 02 8782 8522
www.defence.gov.au/dco

   Follow Defence Community Organisation to receive updates.

THE WIGGLES EXHIBITION!

The Wiggles Exhibition has been refreshed and features profiles of current members and lots of new fun facts, activities and objects. Get ready to play, learn and wiggle with The Wiggles and their good friends Dorothy, Captain Feathersword, Wags and Henry!

Where: Powerhouse Museum, 500 Harris Street, Ultimo NSW

When: On now until 30 June 2020, Open daily 10:00 am – 5:00 pm

Cost: Free with Museum entry. Entry is free for children under 16 years, and \$15.00 for adults.



RSL Defence Care is a charity and not-for-profit organisation helping Australian veterans and their families in times of injury, illness or crisis. RSL Defence Care's aim is so help veterans and their families get through tough times and will continue helping as long as it is needed.

Services provided by RSL Defence Care include:

- Assistance with Department of Veterans' Affairs claims
- Advocacy at the Veterans' Review Board
- Financial assistance
- Housing assistance
- Bereavement services
- Counselling
- Community support
- Veteran Sport Australia
- Disaster assistance
- Forms

To contact RSL Defence Care, phone 02 8088 0388 or email info@rsldefencecare.org.au

For more information visit www.defencecare.org.au



2019 APPRENTICESHIP & TRAINEESHIP EXPOS

The perfect opportunity for students, parents & job seekers to speak with potential employers & training providers with opportunities available now

FREE PUBLIC ENTRY - YOUR DREAM JOB AWAITS YOU

NORTHERN SYDNEY Tuesday 20 August 3pm to 8pm The Concourse Chatswood	SOUTH WESTERN SYDNEY MACARTHUR Tuesday 27 August 3pm to 8pm Whittam Leisure Centre Liverpool	CENTRAL COAST Tuesday 3 September 3pm to 8pm Mingara Recreation Club Tumby Umbi	WESTERN SYDNEY Tuesday 10 September 3pm to 8pm Panthers Exhibition Marquee Penrith
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PROUDLY BROUGHT TO YOU BY

BRETT CARTER
EVENTS

MAJOR SUPPORTERS



PARTNERS



Interested in exhibiting call 0437 995 279 or apprenticeshipandtraineeshipexpos.com.au

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



DEFENCE COMMUNITY GROUP UPCOMING EVENTS

Events Gold Glass Sessions – Kissingpoint Cottage

We are off to the movies! Come along and enjoy a relaxing child free Gold Class session. Occasional care available at Kissingpoint Cottage.

When: Thursday, 26 September 2019

Cost: \$15.00

RSVP: Via Facebook or to kissingpointcottage@gmail.com

Sausage Making Masterclass – Holsworthy Community Group

A 3-hour sausage making workshop with lunch at Chrissy's Cuts. Each guest will have 500g of their own meaty creations to take home. Sit down and enjoy a lunch with shared platters, local beers and artisan wines!

When: Saturday, 28 September 2019, 11:00 am – 2:00 pm

Where: 380 New Canterbury Road, Dulwich Hill NSW

Cost: \$100.00

RSVP: Via <https://www.trybooking.com/BDHHD>



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www.defence.gov.au



Parenting Events

South Eastern Community Connect (SECC) is facilitating a parenting program.

Learn to build loving relationships with your children, capitalise on daily routines, build self-esteem for your children, and understand early childhood and brain development information. You also get \$25.00 worth of free resource books to take home!

When: Saturday 21 September 2019, 9:00 am – 11:00 am

Where: SECC Community Hub, 1007 Botany Road, Mascot NSW

To register, contact Bronwynn on 0421 741 866 or via [Eventbrite](#).

Employment Events

TAX ESSENTIALS FOR SMALL BUSINESS - MARRICKVILLE

Marrickville Town Hall, Community Room, 303 Marrickville Road, Marrickville, NSW, 10 September 2019, 3:30 pm – 5:30 pm

Are you new to business, or thinking of starting a new business? Register via Eventbrite to this FREE introductory workshop run by ATO Staff.

RECORD KEEPING FOR SMALL BUSINESS – CRONULLA

Cronulla Central Hall, Level 3, Meeting Room 1, 38-60 Croydon Street, Cronulla, NSW, 25 September 2019, 10:00 am – 12:00 pm

This FREE two hour introductory workshop is for small businesses who want to learn how to keep records to claim all entitled deductions, and those who are registered for GST or are thinking of registering for GST. Register via Eventbrite.

TAX ESSENTIALS FOR SMALL BUSINESS – RANDWICK

Randwick Town Hall, 90 Avoca Street, Randwick NSW, 10 September 2019, 10:00 am – 12:00 pm

Are you new to business, or thinking of starting a new business? Register via Eventbrite to this FREE introductory workshop run by ATO Staff.



Special Needs Events

Re-framing Autism: Let's re-frame our Autism journeys to see the opportunity of parenting children with Autism

When: Saturday, 28 September 2019, 1:00 pm – 3:00 pm

Where: Plumtree, Yabsley Avenue, Marrickville NSW

Details: The mission of this group is to help parents and carers of children with autism to shift our focus from causes and cures, to move beyond our preoccupation with interventions and therapies, and instead to embrace the unique gifts our children have to offer. Register via Eventbrite.

NDIS Plan Review – Preparing you for your NDIS Plan Review

When: Saturday, 07 September 2019, 10:30 am – 12:30 pm

Where: Plumtree, Yabsley Avenue, Marrickville NSW

Details: This workshop is designed to answer any questions you have about transitioning from your child's first NDIS plan to the next. Register via Eventbrite.

NDIS Self-Management: Busting some myths about self-managing your child's NDIS plan

When: Saturday, 21 September 2019, 10:30 am – 12:00 pm

Where: Plumtree, Yabsley Avenue, Marrickville NSW

Details: Do you want to know what is involved in self-managing your child's NDIS plan? Do you think self-managing sounds too complicated or time-consuming? Maybe you have been thinking about it but haven't made a decision yet. We invite you to think again! Self-managing your child's plan is easier than you might think and gives you more flexibility, choice and control. Register via Eventbrite.

Toilet Training for children with disability or developmental delay

When: Thursday, 26 September 2019, 6:30 pm – 8:30 pm

Where: Plumtree, Yabsley Avenue, Marrickville NSW

Details: Developing independence with using the toilet is a milestone for children which involves a range of motor, language and thinking skills. This workshop is an introduction to toilet training and an initial problem-solving session for families who are preparing to begin toilet training. Register via Eventbrite.

MyTime Liverpool

When: Friday, 20 September, 10:00 am – 1:00 pm

Where: Lifegate Prestons, 222 Hoxton Park Road, Prestons NSW

Details: Morning Tea at Lifegate Prestons with a Keyword Sign Workshop facilitated by Lisa Dodd from Hands Can Talk. Contact Melissa Cotterill on 0418 162 544 or email mmcotterill@bigpond.com to register.

