



Australian Government
Department of Defence



Defence Community Organisation Liverpool/Sydney

Upcoming Events Bulletin April 2019

Lest we forget.

25 April 2019



NEW RESIDENTS GUIDE TO LIVERPOOL

Have you recently posted to the Liverpool region? If so, Liverpool Council has recently developed a New Residents Guide to Liverpool. [Click here](#) to access information for local services, activities and experiences. Information such as rates, parking and pets is also available!

We're moving!



LIVERPOOL COMMUNITY EVENTS/INFORMATION

Youth Week Movie Spot

Liverpool Council is holding a night to enjoy all your favourite retro and cult classic movies!

Location: Liverpool Library

Date: Wednesday, 10 April 2019 and Thursday 11 April 2019

5:00—7:00 pm

[Click here for more information](#)

School Holiday Toddlertime

Join Liverpool Library during the holidays and enjoy time to sing and read with your toddler (Best for 1—3 year old)

Location: Various Locations

Date: Monday 15 April to Thursday 18 April 2019

[Click here for more information](#)

Eat/Art Night Market

Enjoy the first Night Market series for 2019. Come along to enjoy a night of food, art, music and explore the new Hurstville Plaza!

Location: Hurstville Plaza, Forest Rd, Hurstville

Date: Friday 12 April 2019, 4:00—9:00 pm



SYDNEY COMMUNITY EVENTS/INFORMATION

Chair Yoga in Glebe

Gentle, accessible yoga class available to almost anyone at any age! The entry level requirement is simply the ability to breathe and sit upright while gently moving the torso and limbs.

Location: St Helen's Community Centre, 184 Glebe Point Rd, Glebe

Date: Every Monday, 9:00—9:45 am

[Click here for more information.](#)

Yoga in Ultimo

Centre your body and mind. Stretch the possibilities. Free yoga from 01 April 2019 for 12 weeks!

Location: Ultimo Community Centre, 40 William Henry St, Ultimo

Date: Monday's, 1:00 pm—2:00 pm

[Click here for more information.](#)

Rhymetime at Green Square

Rhymetime is a lapsit program for babies that combines rhymes, music, singing and puppets. The sessions aim to develop early literacy skills.

Location: Green Square Library, 355 Botany Rd, Zetland (See website for other locations around Sydney)

Date: Wednesday and Friday, 10:00 and 11:00 am

[Click here for more information.](#)

Self-Defence Workshop

Team Sydney presents free self-defence workshops taught by self-defence expert from GLMA Martial Arts. Workshops will provide participants with basic skills and knowledge around physical movements, verbal assertiveness and awareness.

Location: 1 Bedford Street, Newtown NSW

Date: Sunday 07 April and Sunday 28 April from 1:00—5:00 pm

[Click here for more information.](#)



LIVERPOOL ANZAC DAY INFORMATION

To commemorate Anzac Day, a Dawn Service will be held at Biggie Park, Liverpool.

Schedule of Events:

Starting at Club Liverpool at 5:15 am, the march will head down George St, turn left at Moore Street and then proceed to Biggie Park for a 5:30 am Dawn Service. This will be followed by breakfast at Club Liverpool, 158 George Street.

5:15 am—March from Club Liverpool to Biggie Park

5:30 am— Dawn Service at Biggie Park

6:00—8:00 am—Breakfast at Club Liverpool

The Dawn Service of Remembrance will be conducted by the City of Liverpool Sub Branch of the Returned and Services League of Australia.

SYDNEY ANZAC DAY INFORMATION

Commemorate the Anzac Spirit.

Begin the day by honouring the Anzac's with a Dawn Service at The Cenotaph in Martin Place. The service is followed by the annual Anzac Day March at 9:00 am as we remember those who fought.



LIVERPOOL/ SYDNEY FAMILY GROUPS

Local Family groups are run by Defence partners who are actively supporting other Defence partners by planning social activities and linking families in their local communities.

To find out the family group's weekly timetables, please contact the groups below:

Holsworthy Community Group

Location: Liverpool
Coordinator: Mellissa

0497700155

Email:

committee@holsworthyfamilygroup.org

Kissingpoint Cottage

Location: Dundas
Coordinator: Zoe

02 9874 4052

Email:

kissingpointcottage@gmail.com

Randwick Family Centre

Location: Randwick
Barracks
Coordinator: Rachel & Mel
Email:

anklebitersplaygroup@hotmail.com

DEFENCE FAMILY GROUP SUPPORT AND DEFENCE COMMUNITY EVENTS AND INFORMATION

Anklebiters Play Group

Join Anklebiters for their well equipped playgroup!

Location: Randwick Barracks

Date: Tuesday and Thursday

Time: 10:00am - 12:00pm

Cost: Please contact the below email
anklebitersplaygroup@hotmail.com

Holsworthy Community Group

Join the Holsworthy Community Group for a Coffee & Chat.

Location: Moorebank Sports Club - Sporties

Date: Every Monday

Time: 10:00am - 12:00pm

Cost: Please contact the below email
coordinator@holsworthyfamilygroup.org



Kissingpoint Cottage

Go along to Kissingpoint Cottage's group fitness session for all abilities, run by a professional trainer.

Location: Kissing Point Cottage

Date: Every Tuesday

Time: 10:00am - 11:00am

Cost: Please contact the below email
kissingpointcottage@gmail.com



JLU-E DISCOUNTED ZOO AND MERLIN PASSES

JLU-E hold 2 x Zoo passes and 2 x Merlin passes that are available to all members and their families.

The Merlin passes get you into the below 5 attractions and the Zoo passes get you into Taronga or Dubbo Zoo.

Passes are \$25.00 each (gets four people into attraction)

Please email JLU-E.FamilyPasses@defence.gov.au for more information and to book your passes.



EASTER CRAFT IDEAS

Dye Eggs with Crepe Paper

What you need:

Different colour crepe paper

Saucepan

Cold water

Method:

1. Place the crepe paper into a saucepan and cover with cold water.
2. Add raw egg to the saucepan and bring to the boil.
3. Boil for about 30 minutes, or until desired colour has been achieved.
4. Remove with slotted spoon and allow to dry. Polish with cooking oil and cloth.

Easter Bunny Tail

What you need:

Wool

Two pieces of cardboard cut into a doughnut shape—the size of the outside circle will be slightly larger than the size of the pom-pom

Scissors

A safety pin

Method:

1. Place the cardboard rings together and tie an end of the wool onto it. Now cut through one side of the ring—this will make it much easier to wind the wool on.
2. Continue to wrap the wool around the ring, slipping it through the slit each time, until it looks pretty full. You don't need to do the entire ring—by leaving a gap close to the slits you will ensure the wool doesn't slip off.
3. Once done, slip the scissors between the two pieces of cardboard and cut all the way around.
4. Place another piece of wool in between the cardboard, wrap around and tie off gently. You can now remove the cardboard.
5. Insert the safety pin into the centre of the pom-pom and simply pin in place on a willing participant's bottom!





Happy Easter!

FROM DCO



PERSONALISED CAREER AND EMPLOYMENT PROGRAM (PCEP)

The Personalised Career and Employment Program (PCEP) is a new program that helps to ensure members and their families transitioning from the permanent military to civilian life receive the individual support they need to prepare for employment.

This program has been implemented as part of the increased services to Transition Support under the Transition Transformation Program which is reforming the support services provided to ADF members and their families.

If a member presents with a challenge in their capacity to secure employment after their transition, PCEP provides intensive support for those who may not have employment secured in the immediate future and where their situation makes this transition more complex. Members who may qualify for the program will be referred following an assessment and conversation with their ADF Transition Coach.

ADF TRANSITION SEMINARS

Refreshed, family-friendly ADF Member and Family Transition Seminars are now available nationwide and are open to members and their families at any point throughout their military career.

Members keen to attend an upcoming seminar are asked to **register via Campus.**

Upcoming dates for Transition Seminars:

Hobart	Wed, 17 April 2019	Townsville	Wed, 26 June 2019
Perth	Wed, 01 May 2019	Sydney	Wed, 24 July 2019
Canberra	Wed, 08 May 2019	Cairns	Wed, 31 July 2019
Wagga	Wed, 13 May 2019	Reg. Victoria	Wed, 28 Aug 2019
Shoalhaven	Wed, 22 May 2019	Newcastle	Wed, 04 Sep 2019
Tindal	Tue, 28 May 2019	Townsville	Wed, 11 Sep 2019
Brisbane	Tue, 04 June 2019	Albury	Wed, 25 Sep 2019
Adelaide	Wed, 19 June 2019		

DEFENCECOMMUNITYHUB

An online resource for ADF members and their families to find information on their posting location.

www.defencecommunityhub.org.au

Need to contact Defence Community Organisation?

For advice, support or local community information,
call our all-hours Defence Family Helpline on

1800 624 608

Run by Defence Community Organisation,
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.

You can also email the Helpline at
DefenceFamilyHelpline@defence.gov.au



This information is being sent out on behalf of other agencies and groups and does not necessarily indicate DCO 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 no longer wish to receive our community information brief then please reply with your request in writing to dcu.liverpool@defence.gov.au

