



DSNSG – Townsville February / March 2017
Newsletter



Hi,

Welcome to our new families. I hope that your move was not too stressful and you have settled into your new surroundings and schools.

For the new families that have joined us The Reef HQ Aquarium and Billabong Sanctuary are great places to visit they offer a 10% Defence discount on their entry fee.

Well it has been a busy start to the new year. The Welcome to Townsville day was very successful and it was wonderful seeing some old faces. I really enjoyed meeting the families that braved the heat, thank you as it was a warm day.





Our first coffee morning was a great hit. It was great getting some ideas of what interests our families, it gives me something to work toward with you. So if there is anything that you're interested in or you would like some further information please flick me a quick email Cherie.davis@dsnsg.org.au or a call, if I'm unable to answer please leave a message and I will call you when I have a free moment.

Geckos @ Lavarack

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

<http://www.geckostsv.net/>

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/>

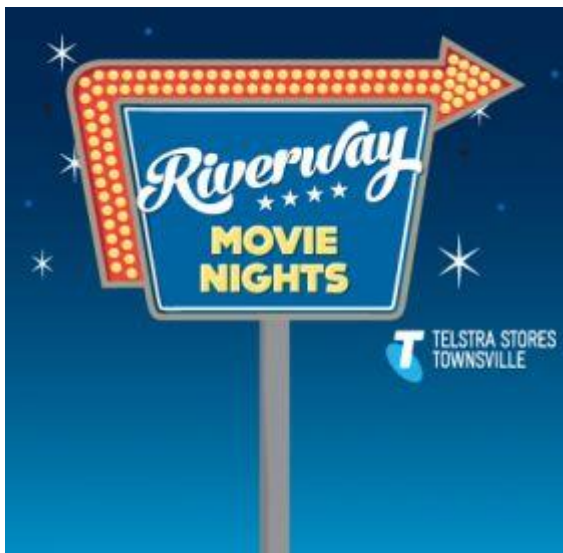
Townsville Face Book pages;



<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..>



The Jungle Book – Riverway Movie Night

March 17 @ 7:00 pm - 9:00 pm

Enjoy the Riverway Lagoons and a movie at the same time! Pack a picnic and a wonderful free family night is made.



Full Day Galaxy Far Away LEGO® Workshop

April 3 @ 9:00 am - 4:00 pm

\$80.00

Full Day LEGO® Workshops – Theme: Galaxy Far Away

Inspired by NASA and Star Wars™, our Space Adventures school holiday workshop is packed full of models that will make your imagination blast off! Children will learn about real-life space exploration and build models related to the NASA space program. In addition, the program includes LEGO® Star Wars™ themed models, group games, challenges that provides the spark for imagination and creativity.

All kids get to take home a BRICKS 4 KIDZ® Bat-Hero Super Zip Case at the end of the workshop!

Ages 5+

EASTER POOL PARTY

WHERE

Kirwan Aquatic Centre
64 Hudson Road, Kirwan

WHEN

Saturday 15th APRIL
9am to 4pm

COST

Adult \$4 Children \$2.50
FAMILY of 2 Adults and 2 Children \$10

ENTERTAINMENT

Floating Water Castle, Land Castle, Water Slides, Easter Egg Hunt, BBQ Available, Special Appearance from the Easter Bunny





Messy Play in the Park – Aitkenvale Park

April 26 @ 9:30 am - 11:00 am

Free

Unleash the mess! Increase your child's confidence and develop their fine and gross motor skills by exploring fun, sensory and creative messy Play.

Details

Date:

April 26

Time:

9:30 am - 11:00 am

Cost:

Free

Event Category:

[Free Event](#)

Organizer

[City Libraries – Aitkenvale](#)

Phone:

1300 878 001



Sunday afternoon relaxation at The Village

When the sun is shining and the weather is great – there is no better way to appreciate Townsville than at The Village.

Join us for an afternoon of activities, chilled sounds and relax in the picturesque riverside park.

The fun includes:

- Yoga sessions
- Drum circles
- Art and craft
- Circus training

Details

Date: March 26

Time: 3:00 pm - 5:00 pm

Cost: Free

Organizer

The Village

Phone: 1300650689

Website: <http://www.thevillagetownsville.com.au>

Venue

Wes Barrett Park

Riveredge Boulevard

Oonoonba, QLD 4811 Australia

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.

What can DSNSG offer?

There is a lot more that DSNSG can offer, we not only provide support, information and assistance we also do the following:

- Posting Plans
- Parent-to-Parent Link
- Bi-Quarterly National
- DSNSG Web site providing comprehensive special needs information for each State/Territory, including local information for each DSNSG area
- Local newsletters containing information on relevant events, courses and information from local organisations, news of family outings, guest speakers and local meetings, Defence initiatives and related news.
- Regular meetings, family outings, parent retreats and general social contacts with families in similar circumstances. In addition some groups offer Mums' weekends away, teen programs and special needs playgroups.
- An advocate on your behalf in dealings with health, education and government organisations including the Defence Force.
- Policy development relating to special needs issues whether it is within the Defence Department or other government departments.
- **Access to special DSNSG programs like the Special Needs booklet, Emergency Care Plans, Computers4kids. (Note eligibility criteria applies for some programs.)**
- Access to our 1800 037 674 support and information line, email national.coordinator@dsnsg.org.au

- A caring and objective contact for when the days are tough and you need someone to talk to who may be able to help, especially when that someone understands what you are going through.

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.

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.

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

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.

For more information on Support and programs run by DSNSG please see our web site;

<http://dsnsg.org.au/region/queensland/townsville/>

Salvos Connect

Responding to people in financial stress within the community we believe is a dignified and life-giving one.

The Salvos Connect is one doorway to approach with people who are experiencing financial stress.

When a community member calls the 1300 371 288 number the following happens;

- *identity of caller is determined*
- *income and expenditure of person*
- *privacy sign off obtained*
- *assessment undertaken by one of 26 qualified social workers*

> The caller may then be assisted by The Salvation Army, linked and referred to other service in the callers vicinity or referred to further supports eg: financial counselling or a combination of these.

> **For those callers assisted through funds with the Salvation Army**, we now allocate support on a small white Universal Gift Card the size of a credit card with the word; EFTPOS printed on it.

> The card is a unique card, loaded with date of birth of person assisted, and people assisted are then directed to pick up this allocated card one of their local Salvos Connect Sites.

In Townsville these Sites are:

Riverway Mission Condon - Beck Drive - Monday and Tuesdays 930am - 12.30 pm

Faithworks Salvos Aitkenvale - Madden St. - Wednesday and Thursday 10 am - 12 noon.

At these **Salvos Connect** sites the focus is on hospitality , connecting with people and provision of other information and support if people are seeking or interested in.

The person brings in their Identification and collects their Card.

The card can be loaded with material assistance such as fuel, prescriptions costs, food and some household items.

The Card is activated by the community member as a unique code is sent to their Mobile Phone.

We are receiving great feed back from people in the community being assisted in this way. Dignity, Flexibility and Privacy are three words people have used to describe this new approach to emergency relief.



Hounds 4 Healing

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

We share a common theme at H4H, that being the one that our dogs are our freedom. They give us the necessary support to brave the world again.

By creating a solid and reliable bond between dog and handler, they can start to gain some independence and a routine again.

Hounds 4 Healing Dogs

As an organisation we are excited by the positive results we have achieved in our short time of operation.

We have a diverse range of dogs as not one specific breed fits the mould for the perfect dog to train. These dogs are at various stages of their training, with a number of dogs already assessed for their Public Access Test (PAT) and successfully certified as assistant dogs, while other dogs and handlers are still working towards this goal.

Through the hard work of the handlers a valuable bond is created and developed with their dog through training and reward.

EMAIL ADDRESS

admin@hounds4healing.com.au

TELEPHONE NUMBER

President : Matthew Campbell - 0422 433 189

Vice President : Scott Healy - 0450 458 945

Hours: Saturday 10am - 12pm

North Queensland Autism Support Group

- Providing a strong voice for parents and families affected by Autism Spectrum Disorder
- Providing support to people and families affected by Autism Spectrum Disorder
- Raising community awareness of Autism Spectrum Disorder by information sharing

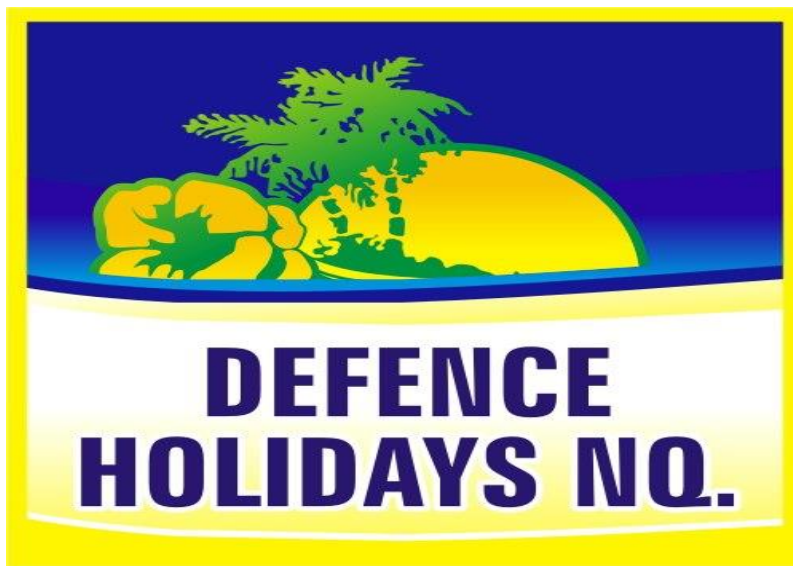
Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of disorders known as autism spectrum disorders (ASD). Today, 1 in 132 individuals is diagnosed with autism, occurring in all racial, ethnic, and social groups with statistics indicating that it is four times more likely to strike boys than girls.

The North Queensland Autism Support Group Inc. is a non-profit organisation of parents, carers and anybody who is involved or has an interest in the life of someone affected by Autism Spectrum Disorder. We are working together for awareness and understanding.

<http://www.nqasg.org.au/>

or join their face book page;

<https://www.facebook.com/search/top/?q=north%20queensland%20autism%20support%20group>



While you're enjoying your posting here in Townsville why not take advantage for 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/>

I can speak for experience that we have stayed at Coco's Holiday Apartment in Cairns, the accommodation is friendly can clean, and located very well. We had a fantastic time exploring Cairns and it didn't hurt our hip pocket.

Once again welcome to the new families that have joined us, I hope the heat hasn't been too bad, remember there is a few fee pools around Townsville that you can cool off in;

Riverways Pool, The Rock Pool and the Water Park on the Strand

Please remember if you are posting out, update your details with memberships so you don't miss out on any upcoming events and information in your new area please email your change in details to; memberships@dsnsg.org.au

Keep your eyes open for emails and check out our Facebook page; <https://www.facebook.com/search/top/?q=defence%20special%20needs%20support%20group> for up and coming events such as coffee morning and other things may be happening in our area.

Hopefully we can catch up at our next coffee morning TBA or if you prefer one on one that too can be arranged. Meanwhile enjoy your posting to the NQ.

Regards

Cherie