



Autumn Edition 2024

DEFENCE SPECIAL NEEDS SUPPORT GROUP
Networking and Enabling the Defence Special Needs Community



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Initiative (SSBI) Upcoming Events*





Defence Special Needs Support Group Ltd.

PO Box 31 Deakin West, ACT 2600
1800 037 674
Email: Board@dsnsg.org.au
Website: www.dsnsg.org.au

Welcome to the first Newsletter for 2024.

I hope you all enjoyed your Summer breaks and are settled into new locations for those who posted.

As mentioned in our last newsletter, at the 2023 AGM it was voted for DSNSG to become a Public Company Limited by Guarantee (PCLG), we are all pleased to advise DSNSG is now a not-for-profit PCLG.

With this change also comes a change of name and titles for our National Executive Committee (NEC), the NEC is now known as the Board. With the following title changes.

National Coordinator – President – Claire Macfarlane-Rowles

Assistant National Coordinator – Senior Vice President – Cherie Davis

Assistant National Coordinator – Vice President – Diana Simpson

National Treasurer - Treasurer

National Membership and Communications Officer – Membership and Communications Officer – Kerry Moretti

My title is still the National Administration and Liaison Officer (NALO) however, I will be Secretary to the Board.

New email addresses have been created and listed to the right. There will also be a change to our documents and correspondence received they will now display the new ACN instead of the ABN and show Ltd. instead of Inc.

We are also very excited for our website upgrade finally going live. You can check it out at www.dsnsg.org.au, let us know what you think.

Some of you may have noticed the recent addition of our new Henry S. Bear artwork. We sought out the amazing artistry skills of Codey Anderson of Codeys_art, you will see this new imagery popping up around the place.

DSNSG is excited to announce another new Local Area Coordinator to our organisation, Please join us in welcoming Naomi as the Puckapunyal Coordinator.

It is also with great sadness we have had to say goodbye to our Treasurer, who has recently resigned due to personal reasons. Shortly there will be more information provided on advertising the role.

If there is anything you would like to see included, removed, or have more information on in these newsletters please send me an email at nalo@dsnsg.org.au with your suggestions.

As always be kind to yourself, be safe and remember self-care is important!

Trich

NALO - February 2024

THE BOARD

Board@dsnsg.org.au

President

Claire Macfarlane-Rowles

President@dsnsg.org.au

0415 737 116

Senior Vice President

Cherie Davis

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0417 182 133

Vice President

Diana Simpson

VicePresident@dsnsg.org.au

0421 799 663

Treasurer

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Membership and Communications Officer

Kerry Moretti

memberships@dsnsg.org.au

0401 044 636

National Administration and Liaison Officer

Trich George

NALO@dsnsg.org.au

1800 037 674

Supporting Partners

DSNSG have several Supporting Partners, who help contribute to our programs and the running of DSNSG.

These are:

- Defence Member and Family Support
- APS Benevolent Society
- Defence Health
- Navy Health
- Defence Housing Authority
- Toll Government and Defence
- Defence Bank
- Australian Military bank

We thank them for their ongoing support.



Our programs are now back for 2024

In 2023 we had the great honour of assisting 33 families with our C4K and DriveSafe programs. DSNSG is open to suggestions for ideas of possible new programs you would like to see in the future.

Computer for Kids

Computer 4 Kids(C4K) is a program aiding with the purchase of an iPad for families to use to support their child and/or children with Special Needs.

To find out more,
Email: computer4kids@dsnsg.org.au

Proudly Sponsored by: Defence Health

Drive Safe

Our Drive Safe Program is primarily to assist and help members of our DSNSG families with ASD and ADHD, to gain confidence and self-esteem when learning to drive.

This program was developed as DSNSG saw a need for teenagers with special needs requiring specialised training and assistance to gain their driving licence.

To find out more, Email: drivesafe@dsnsg.org.au

Proudly Supported by: Australian Military Bank.

Family Events

Your local area coordinator has the responsibility of organising these events. Details will be forwarded via local newsletters, emails and in the DSNSG Facebook group.

Some examples of family events are:

- Locally based coffee catch ups
- Family fun days
- Movie nights and more!

For more information, please contact your local area coordinator or
Email: Board@dsnsg.org.au

For Your Information

The For Your information (FYI) is a DSNSG Program assisting families to network and develops support structures.

The program provides financial support and the opportunity for families to attend workshops, seminars, webinars, and order resource books.

To find out more, Email: fyi@dsnsg.org.au

Access to Grants

APS Benefits Group (APSBG) is an Australian mutual (owned by over 25,000 members) which offers simple financial services to help you stay on top of your money.

APSBG is proud to offer financial assistance of up to \$4000 to cover the expenses to obtain equipment or other particular requirements relating to the person with special needs.

To find out more about membership of APSBG go to: www.apsbenefitsgroup.com.au

To apply for a Grant please email:
President@dsnsg.org.au

Proudly Supported by: APS Benefits Group (APSBG)

Please note, programs shut down for EOFY and Christmas periods



What a great start to 2024



Liza in Tindal had a good turnout at a recent coffee catch up



Trich joined other ESO organisations at a recent meeting at the Australian War Memorial in Canberra

Welcome Events

Always great to meet everyone at the DMFS welcome events.



Tindal

Adelaide



Cairns



Canberra

Townsville



Southeast Queensland

Henry S. Bear Adventures

Do you have a Henry S. Bear?

We'd love to see your photos of your Henry S. Bear out and about supporting you. #WhereisHenrySBear

Email them to nalo@dsnsg.org.au.



Checking out the scene at Questacon at recent Welcome Event in Canberra



Off on an Arctic adventure with our Ambassador



Hanging out with some friends on a Cruise to NZ with our Senior Vice President.





[Anzac Portal homepage \(dva.gov.au\)](http://dva.gov.au)

Canberra

[Dawn Service | Australian War Memorial \(awm.gov.au\)](http://awm.gov.au)

Sydney

The **ANZAC Day Commemoration Service** is held at the Anzac Memorial, Hyde Park, adjacent to the Pool of Reflection, commencing at 12.30pm.

This service has developed into an impressive dedication, attended by the Governor of New South Wales, Premier of New South Wales, Leader of the Opposition, senior service representatives, invited guests and members of the community.

In recent years a United Drumhead Service has been introduced, provided by cadets from The Scots College. The service is supported by the NSW Police Concert Band and The Scots College Pipes and Drums.

This service is open for the public to attend. Accessible seating and limited seating for the public is available in the marquee on the western side (Elizabeth Street) of the Anzac Memorial.

To find an Anzac Day event near you visit www.rslnsw.org.au

Melbourne

To find an Anzac Day event near you visit ANZAC Day | Victorian Government (www.vic.gov.au)

Adelaide

[Anzac Day — RSL South Australia, Northern Territory & Broken Hill \(rslsa.org.au\)](http://rslsa.org.au)

Brisbane

For event details, please visit [ANZAC Day Parade Brisbane – RSL South Eastern District \(rslsouthqueensland.org\)](http://rslsouthqueensland.org)

Perth

For further information please visit [Perth Services - RSLWA](http://rslwa.org.au)

Hobart

To find out information contact [ANZAC Day – RSL Tasmania](http://rsltasmania.org.au)

Darwin

For further information contact Darwin RSL Sub-Branch 8941 5848 or email sec@rsldarwin.org.au



DMFS EVENTS

Attending events run by Defence Area Offices, community organisations or local authorities is a great way to expand support networks and get out into the community.

Defence Area Office events provide information about the local services and support available to members and families, as well as providing an opportunity to meet other families and enjoy social activities.

For more information head to: [Events | ADF Members & Families | Defence](#)

Upcoming Events around the Nation

World Down syndrome day | 21 march - www.downsyndrome.org.au

Epilepsy Purple Day | 26 March - www.epilepsy.org.au

World Autism day | 2nd April - www.autismspectrum.org.au

World Asthma Day | 2 May - www.nationalasthma.org.au

Tourette Syndrome Awareness week | 1-7th the may - TouretteSyndromeAssociationOfAustralia

Do it for Dolly day | 12 may - <https://fundraise.dollysdream.org.au/dollys-dream>

National Volunteer week | 15-21 may - www.volunteeringaustralia.org/

Coeliac Awareness Day | May 16 - www.aoecs.org

World Gifted Awareness week 20-28 May - www.aaegt.net.au

World MS Day | 30 May - worldmsday.org



Source Kids Disability Expos.

The Source Kids Disability Expo is Australia's leading disability expo for kids, teens and young adults up to the age of 35. The expo runs in Sydney, Melbourne, Brisbane, Perth and Adelaide.

The expo brings together disability product and service providers for the two-day event with equipment, technology, sport and recreation, plan management, support workers, sensory and other retail products. The Source Kids Disability Expo is the perfect way for families, professionals and people with disability to connect with providers and find the latest options available.

Source Kids also brings the fun to its events – with sensory, chill, sports and other zones to keep everyone entertained during the event, and presents an incredible lineup of performances. Bring the family to find and test products and equipment, talk with providers and make it a fun day out for everyone.

For more information head to: [Expo - Source Kids](#)

INVICTUS AUSTRALIA

UNCONQUERED TOGETHER

Invictus Australia's mission is to improve the health, wellbeing, and quality of life of current and former serving veterans and their families through ongoing involvement with sport and recreation. Sport is a powerful tool in aiding the Defence Community in all aspects of life - from rehabilitation to tackling social isolation and finding purpose.



Invictus Australia Defence Community Sports Day

So many sports, all in one place! Join Invictus Australia for a thrilling Family Sports Day at Tuggeranong Archery Club. Come & Try Archery, Wheelchair Sports, Pickleball, Electronic Sports and more. Family friendly festival atmosphere, created by organisations passionate about Defence. Face painting, fairy floss and fun - see you there!

When: Saturday 23rd March 2024

Time: 11am-3pm

Where: Tuggeranong Archery Club
299 Soward Way, Greenway, ACT

Who: This is a FREE activity exclusively for the Defence Community - Serving, former serving & family members



Get tickets
register via the QR code

Email us for more info
ddimmock@invictusaustralia.org

INVICTUS AUSTRALIA
UNCONQUERED TOGETHER



Details can be found at [Invictus Australia - Unconquered Together](#)

If you are interested in finding out more, please email ddimmock@invictusaustralia.org or visit [Facebook](#)

Codeys_art- Codey Anderson Bio

Artist – Author – Veteran



Codey Anderson, a seasoned professional in the fields of animation, graphic design, and illustration, embarked on his career in the animation industry immediately after completing his university education.

With an enduring passion for various art forms, Codey's journey was fuelled by early encouragement and a steadfast commitment to improvement through dedicated practice. Despite being acknowledged for his perceived talent, Codey dismisses the notion of natural ability, emphasizing the countless hours spent refining his craft behind closed doors.



Post-high school, Codey pursued further studies in 3D animation, leading to a rewarding stint as a 3D animator in the computer game industry. Subsequently, he joined the Australian Army, driven by a desire to serve in physically and mentally demanding combat roles while contributing to local events such as bushfire and flood relief.



Throughout his decade of military service, Codey faced numerous challenges, including rigorous physical training and extended deployments. However, his artistic background soon came to light, leading to the creation of murals and unit logos adorning armoured vehicles and air platforms worldwide.



Transitioning into a full-time illustrator, Codey specializes in logo and T-shirt design. Notably, he collaborates with military, police, and firefighting teams to craft designs symbolizing their identity and fostering esprit de corps during deployments. Codey's work has garnered widespread recognition, with his comic strips featured in the national ARMY news and his graphic designs showcased globally.

Beyond his artistic endeavours, Codey leverages his military experience to raise awareness about veterans grappling with mental health issues. Motivated by the struggles faced by fellow service members, he endeavours to use his skills to provide support and illuminate the multifaceted challenges, from PTSD to homelessness and relationship breakdowns.



Codey's commitment to addressing mental health issues is reflected in his award-winning graphic novel, 'Hard Struck,' where he undertook the monumental task of writing, illustrating, marketing, and editing. The novel aimed to fill gaps in understanding and shed light on the ongoing challenges faced by veterans, receiving an overwhelmingly positive response.



Continuing his mission, Codey is currently immersed in the creation of a children's book titled 'Living with a Sheep Dog.' This innovative project seeks to explain PTSD to children while offering serving parents, such as soldiers, police officers, firefighters, and paramedics, a colourful and engaging tool to address mental health. The story follows Rusty, a young sheepdog, as he observes his father's challenges in protecting the farm, aiming to foster understanding and provide guidance for young readers.

Codey is running a kickstarter campaign to help get this project off the ground, you can find out more about the project and send your support here <https://www.kickstarter.com/projects/hard-struck/living-with-a-sheep-dog>

To connect with Codey and explore his portfolio, visit him online at <https://codeysart.com.au/> or find him on Instagram and Facebook under 'Codeys art'

School Student Broadband Initiative (SSBI)

To boost education opportunities and narrow the digital divide, the Australian Government is providing up to 30,000 eligible families with no internet at home a free National Broadband Network (NBN) service. Originally a 12 month commitment, the initiative has been extended meaning:

- The period in which a family can nominate to receive a free service is up to 31 December 2024.
- The duration of free services will continue until 31 December 2025 for all existing and new families.

The Government has invested \$8.8 million to support NBN Co's implementation and delivery of this targeted affordability measure. This includes an additional \$4.3 million from the 2023–24 Mid-Year Economic and Fiscal Outlook (MYEFO) to extend the free services to 31 December 2025.

For more information and to see eligibility criteria head to: [School Student Broadband Initiative \(SSBI\)](#)

Succeed Healthcare Solutions

provides an array of carefully crafted occupational therapy and physiotherapy services in North Lakes that are designed to boost physical well-being and support personal growth.



These services are delivered through occupational therapists, physiotherapists, and therapy assistants that are dedicated to supporting their clients to thrive and understand the importance of catering to individual preferences and needs.



Their services help individuals of all ages develop the skills they need for everyday life, where they work on improving social interactions, emotion regulation, motor skills, sensory processing and daily routines like playing, working, and participating in community activities to help them thrive.

These services are delivered through clubs, in clinic, community settings, outdoors, virtual reality, canine and Equine therapy, and even via telehealth for added convenience.

Get in contact today to begin your journey with their dedicated team of professionals.

For more information head to [Occupational Therapy North Lakes - Succeed Healthcare Solutions](#)



Physiotherapy for babies and kids

Little Leap Physio is a new service to Katherine.

We are a mobile physio service specialising in treating children from 0-16 years with a range of conditions;

- Developmental delay
- Neurological and genetic conditions
- Neurodivergence (Autism Spectrum Disorder, ADHD, Sensory Processing Disorder)
- Co-ordination difficulties
- Muscle tone concerns – hypertonia (high) or hypotonia (low)
- Asymmetrical walking patterns - in toeing, out-toeing, toe walking
- Hypermobility and other connective tissue disorders
- Orthopaedic and musculoskeletal conditions

We see children on the NDIS who are self-managed or plan-managed.

Little Leap Physio comes to you! We deliver our service via home visits, community visits or telehealth services. If you're not sure if your child would benefit from a physio assessment, please give us a call!

We are always happy to have a chat about what we can offer you and your child.

If Little Leap Physio is not the service for them, we are more than happy to provide recommendations to other services that may better suit their needs.

For more information head to [Physiotherapy - Little Leap Physio](#)



HELLO@LITTLELEAPPHYSIO.COM.AU
WWW.LITTLELEAPPHYSIO.COM.AU
04 93 152 672
KATHERINE, NORTHERN TERRITORY



Open Arms makes it easy to get support for yourself or someone you care about.

They provide free and confidential counselling, group programs and peer support to anyone who has

served at least one day in the Navy, Army or Air Force, and their families.

Speak to them by calling 1800 011 046 or visiting one of the [offices](#). Or, if you use the [online contact form](#), they will make contact by phone or email.

Defence Member and Family Helpline

If you need support, advice or someone to talk to contact the 24/7 Defence Member and Family Helpline on 1800 624 608 or email memberandfamilyhelpline@defence.gov.au.

The Helpline is staffed 365 days a year by qualified human services professionals, including social workers and psychologists, who can provide assessment, emotional support, crisis intervention services, advice or referral, depending on the member or family's needs.



[Defence Member and Family Information Guide](#) | [About](#) | [Defence](#)



Soldier On is a not-for-profit organisation delivering holistic support services that enable current and former Australian Defence Force personnel, and their families, to lead meaningful civilian lives.

Soldier On offers a range of regular fitness and family events. Details of all events can be found at [Soldier On Australia](#).

If you are interested in attending or require further information on these events, please email activities@soldieron.org.au

Please note you must register with Soldier On to attend events.

Resource for Defence and Veteran carers

Many carers don't realise they are one, and carers within the Australian Defence Force (ADF) or those who care for current or former ADF members are often overlooked and under-identified.

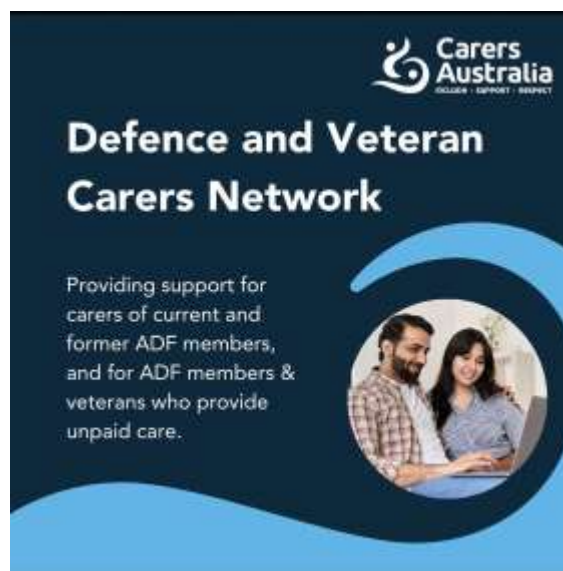
Around one in eight current or former ADF personnel have a partner, parent, sibling or child who provides care and support for them because of disability, long-term health conditions or old age.

Although the ADF and Department of Defence provide some support, there is limited available which is specific for carers.

This is why, with funding from the Department of Defence, Carers Australia developed the [Defence and Veteran Carers Network](#). This web hub provides support, resources and an advocacy platform for this unique group of carers.

Carers Australia is also collecting stories to highlight the voices of Defence and veteran carers to help raise awareness of their important role and unique challenges, through written content and an upcoming podcast.

Find out more at the [Defence and Veteran Carers Network](#).



If you, or someone you know may be interested in becoming a Coordinator, please contact the Board for more information, we currently have several vacancies in the following areas:

Brisbane
Darling Downs
Darwin
Hunter region
Melbourne
Nowra
Perth
Sydney
Tasmania

Full training is provided.

If you are interested in finding out more about the positions available.

Please email the Board with an expression of interest to: Board@dsnsg.org.au

The information within this newsletter is sent out on behalf of other agencies and groups.

It does not necessarily indicate DSNSG's support or involvement.

The intention is to provide information to readers so they can research its suitability for them individually.

If you no longer wish to receive this Newsletter, please email your request to nalo@dsnsg.org.au





ANZAC Biscuits

Ingredients

- 125g Butter, Chopped
- 2 tblsp Golden Syrup or Treacle
- 1/2 tsp Bi-Carb Soda
- 2 tblsp boiling water
- 1 cup (90g) rolled oats
- 1 cup (150g) Plain flour
- 1 cup (220g) firmly packed brown sugar
- ¾ cup (60g) Desiccated coconut



Method

1. Preheat oven to 180c, Grease two large oven trays, line with baking paper
2. Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.
3. Roll level tablespoons of mixture into balls, place 5cm apart on lined trays, then flatten slightly.
4. Bake for 12 minutes or until golden. Cool biscuits on trays.

Find A Word

L	B	A	T	G	C	J	I	T	Y	J	W	M	O	Q	L	G	E	M	S
M	H	R	E	S	T	N	U	I	L	K	G	R	E	K	D	F	L	O	B
O	M	O	W	F	Z	O	D	G	X	V	I	H	K	E	B	I	E	P	D
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Animals



Cat



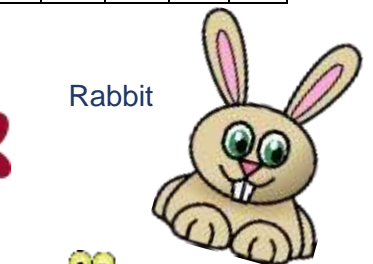
Bear



Lion



Fish



Rabbit



Fox



Chicken



Pig



Cow



Frog



Giraffe



Elephant



Tiger



Monkey



Dog