



Summer Edition 2023/24

DEFENCE SPECIAL NEEDS SUPPORT GROUP

Networking and Enabling the Defence Special Needs Community



Inside this issue

Note from the NALO

DSNSG AGM

Mates 4 Mates

Supporting Partners

Conference

Defence Kidz

TOLL 21 Years of Sponsorship

Remembrance Day

Upcoming Events

DSNSG Programs

Veteran Gaming

Kids' Corner



Defence Special Needs Support Group Inc

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

NATIONAL COMMITTEE

Welcome to the Summer edition for 2023/2024.

How is it four weeks until Christmas! This year sure has flown by.

I know so many will be gearing up for posting moves or have just moved to your gaining locations, I wish you all the best of luck and don't forget to update your information with our Memberships Officer.

There has been a lot going on behind the scenes here at Defence Special Needs Support Group (DSNSG), we are working hard on the new website and database. It is coming along well and are hoping these should be in operation in the new year.

The DSNSG National Conference held in Canberra recently was a great success, it was wonderful to meet face to face with coordinators, the executive committee and collaborate with key stakeholders.

DSNSG are looking forward to the future ahead and the collaborative work which is being undertaken to further support those in the Defence Special Needs Community.

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

DSNSG is sad to have had to say goodbye to the Brisbane (Sherrie) and Darwin (Marina) Coordinators, who have both recently resigned from their coordinator roles, and to Bianca who will be moving on from the Sydney Coordinator role, however, will still be DSNSGs National Treasurer. I would like to wish Marina, and Sherrie all the best it was wonderful working with you both.

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

Merry Christmas and Happy New Year to you all!

Trich

NALO

December 2023

National Coordinator

Claire Macfarlane-Rowles
National.coordinator@dsnsg.org.au
0415 737 116

Assistant National Coordinators

Cherie Davis
Cherie.davis@dsnsg.org.au
0417 182 133

Diana Simpson
Diana.simpson@dsnsg.org.au
0421 799 663

National Treasurer

Bianca Stowell
treasurer@dsnsg.org.au
0448 788 861

National 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 Transitions
- Defence Bank
- Australian Military bank

We thank them for their ongoing support.



Australian Government

Defence



21 Years of Sponsorship

In 2020, Toll, Government and Defence, marked 21 years of sponsorship of DSNSG but, thanks to COVID, DSNSG were unable to present a token of appreciation to our dear friends at Toll.

Toll's support to DSNSG goes beyond the financial support provided each year.

They are always there for a call to explore how a DSNSG family might be supported just a bit better or more flexibly than the formal rules allow. This means so much to us and our families.



Guest Speakers Francene and Franca at Day one of the DSNSG National Conference



Franca (General Manager - 4PL Services) and Francene (Defence Account Manager) receiving their 21 years of Sponsorship Award presented by Claire and Henrik at the DSNSG Stakeholder Dinner 10 November 2023

Our programs

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 DSNNG families with ASD and ADHD, to gain confidence and self-esteem when learning to drive.

This program was developed as DSNNG 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 DSNNG 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: nationalcommittee@dsnsg.org.au

For Your Information

The For Your information (FYI) is a DSNNG 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:
national.coordinator@dsnsg.org.au

Proudly Supported by: APS Benefits Group (APSBG)

Please note, programs shut down for EOFY and Christmas periods



Program Shutdown for Christmas and Summer Break



Notes from AGM

On Sunday 5 November 2023 at the DSNSG, 2023 AGM, a monumental and historic event in DSNSG history took place. **DSNSG voted to become a Public Company Limited by Guarantee (PCLG) under Commonwealth Legislation.**

DSNSG was founded in 1994 and ever since has been operating as an association incorporated in South Australia. While this served DSNSG in those foundational years. It was clear, DSNSG's national footprint and breadth of activities warranted a fresh approach to the legal structure and governance.

So, this year, with valuable guidance from our Honorary Solicitor; DSNSG decided to embark on moving to be a PCLG under Commonwealth Legislation.

DSNSG engaged a law firm with deep expertise in Not For Profits and have their support in drafting a new, contemporary, constitution and governance arrangements. Exciting times ahead!

DSNSG would like to congratulate the following on their re-appointments to positions on the National Executive Committee (NEC) for the next two years, Cherie Davis, as Assistant National Coordinator, Kerry Moretti as Memberships and Communications Officer and Bianca Stowell as National Treasurer.

The NEC will comprise of the following:

- National Coordinator – Claire Macfarlane-Rowles
- Assistant National Coordinator – Diana Simpson
- Assistant National Coordinator – Cherie Davis
- National Treasurer – Bianca Stowell
- Membership and Communications Officer – Kerry Moretti

The NEC will be assisted by employee, Trich George the National Administration and Liaison Officer (NALO) and Ambassador AIRCDRE Henrik Ehlers, AM.

DSNSG National Conference



It was fantastic to have a face to face conference for the first time since 2019.

The National Conference provides a chance for everyone to discuss and brainstorm current issues, news and the future of DSNSG.

It also provided a chance for collaboration with some of our supporting partners, hosting several as guest speakers throughout the conference.

Coordinator Appointment Certification

DSNSG wouldn't operate without its hard-working Volunteers, the National Conference gives the NEC a chance to recognise the efforts of our volunteers.

These certificates are presented to those coordinators who attend conference, due to DSNSG not hosting a face-to-face conference since 2019 it was great to be able to present them this year.

Below in order from left to right are Kerry, Amberley/Gold Coast/Darling Downs Coordinator since 2020, Bianca, Sydney Coordinator 2022 - 2023, Karrie, Cairns coordinator since 2019 and Liza, Tindal coordinator since 2021, accepting their certificates from DSNSG Ambassador AIRCDRE Henrik Ehlers AM.



Remembrance Day 11 November 2023

This year whilst DSNSG National Executive Committee and Coordinators were at conference in Canberra we had the opportunity to attend the Last Post Ceremony on Remembrance Day.

It was truly an honour to be present at the Service and for two of our Coordinators, to lay a Wreath.

For those who wish to rewatch the service it is available on the Australian War Memorial's YouTube Channel:

<https://www.youtube.com/watch?v=qCSrRSv7TbE>, Cherie and Karrie can be seen laying the wreath at 35 minutes.



DSNSG Assistant National Coordinator and Townville Coordinator, Cherie Davis, with Karrie Blanch Cairns Coordinator



Left to Right,

Bianca Sydney & National Treasurer, Claire National Coordinator, Liza Tindal, Karrie Cairns, Kerry Brisbane & Membership & Communication Officer, Diana Assistant National Coordinator, AIRCDRE Henrik Ehlers, AM, Ambassador Cherie Townsville & Assistant National Coordinator, and Trich NALO



DSNSG National Coordinator, Claire Macfarlane-Rowles, with DSNSG Ambassador AIRCDRE Henrik Ehlers, AM

Tindal 2023 Overview

Liza has had a great year supporting our Tindal DSNSG families, Hosting or attending events held, including but not limited to, DMFS Welcome Event, Barbie Movie, Pool Party, Tutti Frutti Coffee catchup.



Veteran Gaming Australia (VGA)



VGA is a not-for-profit community-charity uniting Veterans and their Families through healthy gaming and geek culture activities with a community focus on supporting fun, social connections, health and wellbeing.

VGA offers both digital and physical programs and events, to view more on their programs please click

here: <https://veterangamingaustralia.com.au/programs>

If you are wanting to find out more on their events, please join their Discord server at: <https://discord.gg/veterangamingaustralia>. -Veterans and their Families are our Mission. Gaming and Geek Cultures are our Passion. -



Mates4Mates is here to support those impacted by service

Mates4Mates is one of Australia's leading veteran charities actively changing the lives of current and ex-serving Australian Defence Force members, and their families, impacted by service.

Providing a way forward for those experiencing physical injuries, mental health impacts and social disconnection, almost 10,000 veterans and family members have directly benefitted from Mates4Mates services since it was first established in 2013.

At Mates4Mates, their teams know support looks different for everyone, which is why they are committed to providing many pathways to recovery both in person and online. This includes mental health and physical rehabilitation services, skills and wellbeing programs, and social connection activities.

These services can be accessed through purpose-built centres in North Queensland, South East Queensland, Tasmania and the Northern Territory.

Mates4Mates also provide services in outreach locations around Australia, and online, to support veterans and family members who are unable to attend centres in person as a result of distance, illness or injury.

As part of [Mates4Mates mental health and wellbeing services](#), a highly skilled team of psychologists, counsellors and social workers are available to support veterans and family members through challenges such as PTSD and trauma, depression, anxiety, addiction and relationship issues.

[Mates4Mates exercise physiologists](#) also provide clinical exercise support to improve health conditions, assist in injury rehabilitation and improve quality of life, including group classes, hydrotherapy, and individual sessions.

Knowing the power of mateship and camaraderie, Mates4Mates holds [regular social connection activities](#) in each of their locations and online, helping to provide a safe space for veterans and family members.

These activities, like all Mates4Mates services, are free and suitable for all abilities. Regular events include weekly BBQs, coffee catch ups, creative art workshops, and unique experiences, all dedicated to supporting veterans, partners and families who may be feeling socially disconnected.

If you're a veteran or family member and want to find out more about how Mates4Mates can support your mental, physical and social health, make the call that makes the difference on 1300 4 MATES (62 837) for a confidential chat or visit mates4mates.org





Defence Kidz advocates for defence and veteran children while creating essential resources for them to ensure they feel supported, empowered and connected to their military family members and defence community.

Defence Kidz has published many children's books, and colouring in sheets and is in the process of creating a graphic novel for older children.

Their resources can be viewed at www.defencekidz.com.au and they can be contacted directly via email at hello@defencekidz.com



Upcoming events around the Nation National



International Day of People with Disability (IDPwD) is held on 3 December each year.

IDPwD is a United Nations (UN) day observed internationally. It aims to promote community awareness, understanding and acceptance of people with disability.

Each year the [UN announces a theme](#) for IDPwD. The theme provides a focus for how society can strive for inclusivity through removing barriers for people with disability. This has been occurring since 1992 when the General Assembly announced 3 December as the International Day of Disabled Persons.

The theme for IDPwD 2022 was *'Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world'*.

The official United Nations theme for 2023 will be announced later this year.

In Australia, IDPwD is a joint effort between government, schools, organisations, community groups, businesses and individuals.

IDPwD is an opportunity to be part of creating an inclusive and diverse community for the 4.4 million Australians with disability.

The Australian Government through the Department of Social Services funds a national program to help promote and raise awareness of this day.

For more information head to [International Day of People with Disability | 3 December - \(idpwd.com.au\)](http://International Day of People with Disability | 3 December - (idpwd.com.au))

National cont.



The 4th of January marks the anniversary of the birth of Louis Braille, the inventor of braille. [World Braille Day](#) was established by the United Nations in 2019 to raise awareness of the importance of braille in the context of education, freedom of expression and opinion, and social inclusion.

For more information head to [World Braille Day 2023 | Australian Braille Authority \(brailleaustralia.org\)](#)

South Australia



Date and time

📅 Thu, 14 Dec 2023 11:00 AM - 1:30 PM ACDT

Location

📍 Repat Veteran's Wellbeing Centre
216 Dawpi Road Daw Park, SA 5041

About this Event.

Join like-minded veterans and/or family in some fun games including table tennis, quoits, cornhole, mini-pickleball and more. Have some fun getting active and then enjoy some social connection.

For more information head to [Get Active, Get Connected - Daw Park](#)

Thursday, 14 December

Get Active, Get Connected - Daw Park- SA

Join in some fun games with like-minded veterans and families whilst building social connection. All ages and abilities!



HeartKids Adelaide Christmas Party 2023

Join HeartKids and heart families for a free community BBQ and a visit from Santa!
3 December, 2023 11:00 AM
Belair National Park, Upper Sturt Rd, Belair, SA, Australia, 5052

For more information or to register for the event head to: [HeartKids Adelaide Christmas Party 2023](#)

Queensland



DMFS End of Year Pool Party for ADF Families

DMFS End of Year Pool Party & Pizzas for ADF Families

Date and time

📅 Thu, 7 Dec 2023 3:30 PM - 5:30 PM AEST

Location

📍 Newmarket Olympic Pool
71 Alderson Street Newmarket, QLD 4051

For more information or to register for the event head to: [DMFS End of Year Pool Party for ADF Families](#)

****FREE WORLD FESTIVAL OF MAGIC STREAMED SHOW****

Lions club of Townsville Ross Valley are happy to announce that access to "The World Festival of Magic" streamed event is now available!

The streamed event is on demand and accessible from 1 December 2023 until 31 January 2024 and able to be watched over and over again.

For more information head to [2023 Shows | WORLD FESTIVAL OF MAGIC](#)

ACCESS LINK:

vimeo.com/showcase/towns23

Password: 2023



Victoria



Sunday, 11 February

An ADF Families Event: Welcome Event for HMAS Cerberus

ADF Families Event - Cerberus: Make a splash at our welcome event!

Date and time

📅 Sun, 11 Feb 2024 1:00 PM - 4:00 PM AEDT

About this event

ADF members and their families of Cerberus are invited to join the Defence Member and Family Support (DMFS) Team for our welcome event.

Location

📍 2 Marine Parade
2 Marine Parade Hastings, VIC 3915

Join them at Pelican Park Recreation Centre in Hastings for an afternoon of fun which includes swimming, splashing around, networking and snacking.

Take the opportunity to meet other families, share experiences and have a laugh while building new community connections and meeting your friendly DMFS team.

For more information or to register please head to: [Welcome Event for HMAS Cerberus](#)

Victoria Cont



In December each year, the Melbourne Convention & Exhibition Centre opens its doors to the annual Variety Kids Xmas Party.

Since 1986 the annual Variety Kids' Xmas Party has been spreading the joy of Christmas and touching the lives of kids in need right across Victoria. Each year, the party welcomes up to 5000 children through the doors, accompanied by some 3000 carers and 500 volunteers.

For more information or to register for the event head to: [Variety Kids' Xmas Party - Variety](#)

New South Wales



Tuesday, 12 December

An ADF families event: Coffee Connections, Hunter

Hunter ADF families – Cheers to the ho ho holiday season!

Date and time

Tue, 12 Dec 2023 10:00 AM - 11:30 AM AEDT

Location

Medowie Macadamias
672 Medowie Road Medowie, NSW 2311

About this event

Hunter ADF Families are invited to join DMFS for a jolly good time at their Coffee Connections. Spread some Christmas cheer, catch up with other ADF Families, farewell friends who are positing or make new connections, whilst enjoying a coffee/beverage and cake on them!

For more information or to register for the event head to: [An ADF families event: Coffee Connections](#)

DMFS SYDNEY/LIVERPOOL EVENT

Christmas Under the Stars

Join us for an outdoor cinema experience!



Saturday, 2 December

An ADF families event: Christmas Under The Stars- Family Movie Night

An ADF Families Event- Christmas Under The Stars- Family Movie Night- SYD/LIV

Date and time

Sat, 2 Dec 2023 6:00 PM - 9:30 PM AEDT

Location

Holsworthy Barracks - All Saint Chapel's Multipurpose Room
Soldier Way Holsworthy, NSW 2173

About this event

Sydney and Liverpool ADF members and families are invited to join us at Holsworthy Barracks Chapel for Christmas under the Stars outdoor cinema experience to watch "The Grinch" (2018). Bring your picnic rug for

prime position and enjoy a BBQ dinner and maybe a sneaky visit from Santa. Dinner served from 6.00pm. Movie starts 7.30pm.


NOTE: This event is only for Australian Defence Force members and their dependents.

For more information or to register for this event please head to: [Christmas Under The Stars- Family Movie Night](#)


Friday, 12 January

Newcastle - Inclusive Community Sports Day

Date and time

 Fri, 12 Jan 2024 10:00 AM - 1:00 PM AEDT

Location

 Newcastle Basketball Stadium
77 Young Road Broadmeadow, NSW 2305

About this event

People with disability and their families are invited to come and try a range of accessible sport and recreation activities in a supportive community environment.

They will have everything you need to participate – just bring yourself and enjoy the day!!

Sports will include

- Freedom wheels
- Rugby League (NSWPDRL)
- Martial Arts (Hunter Valley Martial Arts)
- AFL

[Newcastle - Inclusive Community Sports Day](#)




Saturday, 3 February

An ADF families event: Ride, Run, Walk Breakfast, Wagga Wagga

Wagga Wagga ADF families - enjoy an early morning bike ride, run or walk around beautiful Lake Albert

Date and time

 Sat, 3 Feb 2024 8:00 AM - 9:30 AM AEDT

Location

 Apex Park
43 Eastlake Drive Lake Albert, NSW 2650

About this Event

ADF members and families are invited to join us at Ride, Run, Walk Breakfast.

Either ride a bike, run or walk around Lake Albert (5.5km), if this is too far let the kids play in the amazing playground then have breakfast. Take the opportunity to connect with other families while experiencing what your local area has to offer.

For more information or to register for the event head to: [Ride, Run, Walk Breakfast, Wagga Wagga](#)

New South Wales Cont.




Sunday, 25 February

An ADF families event: Welcome to Wagga Wagga

Date and time

 Sun, 25 Feb 2024 5:00 PM - 7:00 PM AEDT

Location

 Oasis Regional Aquatic Centre
50 Morgan Street Wagga Wagga, NSW 2650

About this event

ADF members and families are invited to join us at our annual welcome event.

Are you newly posted to Wagga Wagga? DMFS would appreciate seeing you at their Welcome event!

There will be displays from the local Defence agencies/groups, with a FREE sausage sizzle provided by the RSL Sub-Branch, Free ice cream for the kids and entertainment for the kids, and free bottled water.

Met the Defence Member Family Support Team and receive the FREE Wagga Wagga information pack with local community agency/group information. Fun for everyone!

For more information or to register for the event head to: [Welcome to Wagga Wagga](#)


Western Australia




Art Workshop - International Day of People with Disability (IDPwD) 2023

International Day of People with Disability (IDPwD) Celebration - 2023

Date and time

 Sun, 3 Dec 2023 2:30 PM - 4:00 PM AWST

Location

 Riverton Library
67 Riley Road Riverton, WA 6148

About this event

People of all abilities are invited to come and celebrate International Day of People with Disability 2023!

Join them for a fun afternoon to make some awesome art. Lousie the facilitator will help you find your inter artist so you can create a colourful masterpiece to take home and enjoy.

For more information head to [Art Workshop - International Day of People with Disability \(IDPwD\) 2023](#)


Australian Capital Territory



An ADF families event: DMFS Canberra - Bark & Play - Dogs at Dusk!

Canberra ADF families - Join us for a Bark & Play - Dogs at Dusk at Yarralumla Dog Park!

Date and time

 Wed, 6 Dec 2023 5:00 PM - 7:00 PM AEDT

Location

 Yarralumla Dog Park
88 Banks Street Yarralumla, ACT 2600

About this event

ADF members and families are invited to join DMFS at Yarralumla Dog Park for a "Bark and Play" with your dogs at dusk!

Participants will be responsible for managing their pet, following the guidelines set out for using the park and be aware that we will be sharing this community resource with other pet owners.

DMFS staff will be waiting at the main gate of the park to welcome you.

Please note that this is an outdoor event and will not proceed if the weather is inclement.

For more information head to [DMFS Canberra - Bark & Play - Dogs at Dusk!](#)

Northern Territory



Thursday, 14 December

ADF Members and Partners - Gift Giving - Polymer Clay Earrings and Keyrings

Date and time

 Thu, 14 Dec 2023 10:00 AM - 1:00 PM ACST

Location

 8 Wing Australian Airforce Cadets
Billeroy Road Eaton, NT 0820

About this event

What is better than giving a gift to a loved one? Giving a gift made by hand with love!

Join DMFS Darwin at their polymer clay workshop to create unique handmade earrings and keyrings as gifts for your loved ones this holiday season.

Spaces are limited, so get in quick to secure your spot! Please note this event is for **ADULTS ONLY**.

Please ensure you RSVP by 6 December.

For more information or to register for the event head to: [Gift Giving - Polymer Clay Earrings and Keyrings](#)

Kookaburra Kids December 2023 Camps & Activities			
ACT	Activity Days	9 December Kingpin Canberra	Camp No Camp Scheduled
NSW	Activity Days	9 December Kayaking, paddle boarding, Huskisson	Camp 1-3 Dec Camp Eilm, Tiona
NT	Activity Days	9 December Zone 3 Laser Tag, Darwin	Camp No Camp Scheduled
QLD	Activity Days	2 December River Life Abseiling, Kangaroo Point	Camp 8-10 Dec Apex Camp, Magnetic Island
SA	Activity Days	No Activity Day Scheduled	Camp No Camp Scheduled
Vic Tas	Activity Days	8 December Timezone, Preston, Vic 9 December Laser Skirmish, Kingston, Tas	Camp 1-3 Dec Lea, Scout Camp Kingston, Tas
WA	Activity Days	9 December Ice Skating, Cockburn Ice Arena, Bibra Lake	Camp No Camp Scheduled

The Australian Kookaburra Kids Foundation delivers free, day activities and camps for you people aged 8-18 who are experiencing family mental illness. They aim to empower young people to build resilience, lifelong knowledge, skills, and abilities so they can reach their potential. Kookaburra Kids provides a simple referral service along with a range of resources. For more information, please visit Kookaburra Kids Website.

Check out their final line-up of Camps and Activity Days for 2023.

In December, they're heading out into the sunshine with kayaking and paddle boarding at Huskisson in NSW.

Tasmania's first ever #KookaburraKids camp will be kicking off at the Lea Scout Camp in Kingston.

Young people in Queensland will be taken on a thrilling abseiling adventure at Kangaroo Point.

Their free programs leave their #kookaburraKids with lots to smile about, they are clinically designed to mix mental health education with fun.



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](#)

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](#).



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.



Onwards & Upwards Psychology

Have you ever felt like parenting is a maze, and sometimes the map is in another language? If you're navigating the unique journey of raising a neurodivergent child, they've found just the course to help you make sense of it all.

Sandhya Menon brings her lived and professional experience as a neurodivergent (Autistic/ADHD) developmental Psychologist to empower parents to understand their child's unique neurotype.

What you'll find in this course is: bite-sized information, relatable anecdotes and stories, practical resources to use with your children and a safe space to ask your own questions.

It's professional advice without the overwhelm, waitlists and scheduling in this online course. So, if you're ready to learn more, they're ready to help you with that.

The courses now have a Cyber Weekend discount which ends on the 4th of December, taking about \$200 off the Autistic Child course and \$100 off the ADHD!

Click on the link for the full curriculum and information on how to sign up: <https://www.onwardsandupwardspsychology.com.au/ondemandlearning>.



Out and about
enjoying Christmas in
the Park at Kapooka,
hosted by The RANCH
and Blamey
community centres.

Henry S. Bear Adventures
Do you have a Henry S. Bear?
We'd love to see your photos of your Henry
out and about supporting you.
Email them to nalo@dsnsg.org.au.



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

Brisbane
Darling Downs
Darwin
Hunter region
Melbourne
Perth
Riverina
Sydney
Tasmania

Full training is provided.

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

Please email the National Executive Committee (NEC) with an expression of interest to:
nationalcommittee@dsnsg.org.au

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

It does not necessarily indicate DSNSSG'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



Kids Corner



Corny Dad Joke's

What do you call a snowman in summer?
A puddle!

What kind of Ball doesn't bounce?
A Snowball!

What kind of bug doesn't like Christmas?
A Humbug!

What is a Christmas trees favourite candy?
Orna-mints!

What is Santas dog called?
Santa Paws!



HAHAHA!





INSTRUCTIONS:

- Print this template on an A4 piece of paper – or A3 if you want a bigger chatterbox!
- Cut along the dotted line so that you have a square.
- Fold the paper in half up and down, then unfold it and fold in half diagonally. Unfold it.
- Turn the chatterbox over so that the blank back of the paper is facing you.
- Take each corner and fold it neatly into the centre. You should end up with a diamond of colours and symbols.
- Turn the chatterbox over again so that the words are facing you.
- Again, take each corner and fold it neatly into the centre. You should end up with a smaller diamond this time.
- Fold it in half so that you have a rectangle.
- Put your thumbs and forefingers under each of the squares on each side and work the chatterbox open.



**International Day of
People with Disability**

International Day of People with Disability is supported by the Australian Government. For more information visit www.idpwd.com.au or call 1 800 440 385.

Find A Word

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



Christmas



Tree

Candy Cane



Santa



Snowman



Carols



Sleigh

Reindeer

Wreath



Elf

Toys

Stocking

