

Winter Edition 2023

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## DEFENCE SPECIAL NEEDS SUPPORT GROUP

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ABN 68 090 485 608

# Defence Special Needs Support Group Inc

PO Box 31 Deakin West, ACT 2600

1800 037 674

Email: [Nationalcommittee@dsnsg.org.au](mailto:Nationalcommittee@dsnsg.org.au)

Website: [www.dsnsg.org.au](http://www.dsnsg.org.au)

Welcome to the Winter Edition for 2023.

Well, isn't this year just flying past, and boy has it been chilly here in Canberra.

I'm enjoying my role as the NALO, and it's been great to meet some of you at events and to communicate over the phone and via email.

With promotion lists being released recently and postings being advised there will be much discussion around kitchen tables about what next!

Here are a few things to remember to help assist you in your transitions to new gaining locations:

- Are you recognised with DMFS as dependant with special needs?
- If so, have you updated your circumstances?
- Are your specialist reports/letters less than two years old?
- Have you reached out to the local EDLO in your gaining location to find information on schooling in the area?
- Have you checked with your specialists if the medication script can be filled in your gaining location?
- Are you signed up for posting connect?
  - more information can be found here. [PostingConnect | About | Defence](#)

Our project team has been working behind the scenes on our website update. It is coming along nicely, and we cannot wait to share it with you all.

It can be a stressful time of year so remember to be kind to yourself!

Trich

NALO

May 2023



My adorable 2yr old enjoying his first snow!

## NATIONAL COMMITTEE

### National Coordinator

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## Drive Safe Review

A big thank you to [Australian Military Bank](#) for supporting the Drive Safe program.

For more information about the program please email [drivesafe@dsnsg.org.au](mailto:drivesafe@dsnsg.org.au)



We're so proud to sponsor the **Defence Special Needs Support Group Inc.** with their Drive Safe initiative, and want to congratulate Owen who obtained his P plates through the program in Darwin.

The DSNSG do incredible work within the Defence community, providing support and advocacy for those ADF families with a special needs dependent. Their Drive Safe Program provides specialist training to help young drivers gain confidence and self-esteem when learning to drive.

We couldn't be happier for Owen and his family and want to thank Cherie at DSNSG for her unwavering support throughout the process.

## Henry Bears Adventures

We'd love to see your photos of Henry out on adventures supporting you.

Email them to [nalo@dsnsg.org.au](mailto:nalo@dsnsg.org.au) and they may feature in future editions



Saying Hi, to everyone at a recent  
HMAS Harman Service Hub.

# 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](mailto:computer4kids@dsnsg.org.au)

*Proudly Sponsored by:* Defence Member and Family Support, and 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](mailto:drivesafe@dsnsg.org.au)

*Proudly Supported by:* Defence Member and Family Support Branch, and 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: [nationalcommittee@dsnsg.org.au](mailto:nationalcommittee@dsnsg.org.au)

## For Your Information

The For Your information (FYI) is a DSNSG Program assisting families to network and develop 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](mailto: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](http://www.apsbenefitsgroup.com.au)

To apply for a Grant please email: [national.coordinator@dsnsg.org.au](mailto:national.coordinator@dsnsg.org.au)

*Proudly Supported by:* APS Benefits Group (APSBG)



# 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.



# Defence Member and Family Information Guide

The Defence Member and Family Information Guide is now available!

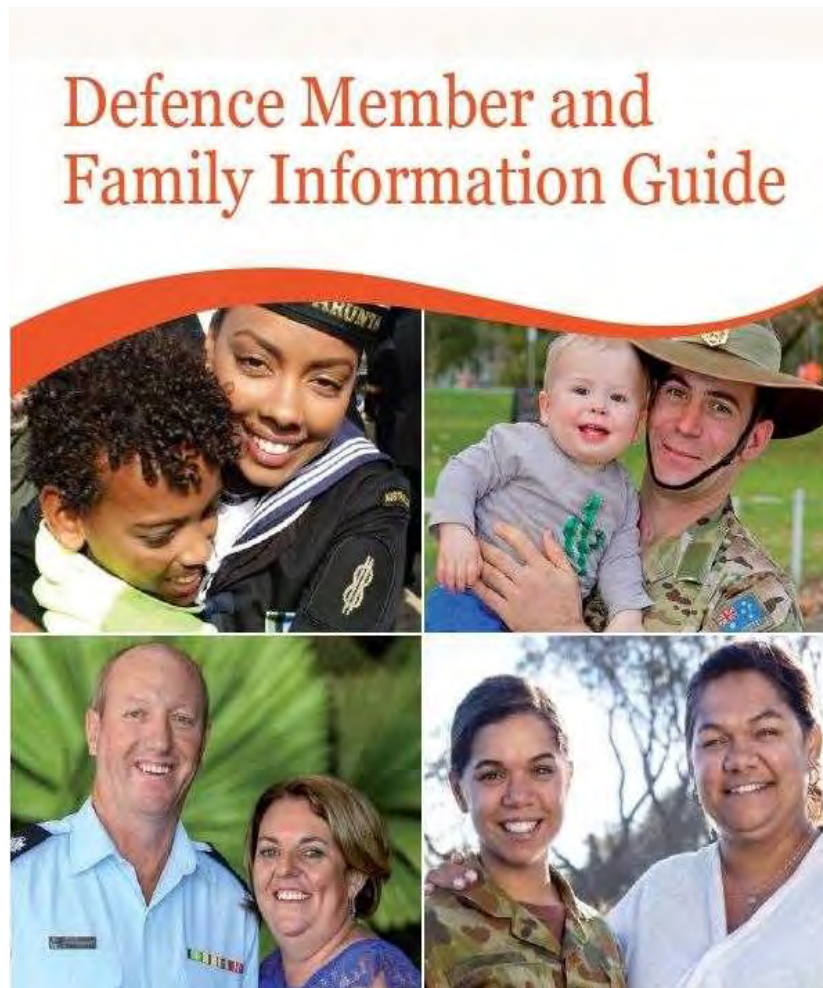
The guide brings together useful information to help you navigate the various stages of your family's Defence journey.

Covering aspects of Defence service, the guide draws on the lived experiences of other Defence families, sharing stories about their Defence journey and tips about what they've learned along the way.

Whether you are looking for information on family support programs, housing and accommodation, or connecting with your community, the guide is an important resource for all ADF members and families.

Download or request a hard copy of the Defence Member and Family Information Guide today.

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



# Upcoming Events around the Nation

## DSNSG Coffee Catch ups and Family Events

This year one of our very own Coordinators  
- **Marina from Darwin** - is shaving her hair  
for National Breast Cancer Campaign.  
**Go Pink!**

For more information on how you can  
contribute or become involved see the link  
below.

[GO PINK What's your pink pledge?  
\(nbcf.org.au\)](http://nbcf.org.au)



### Canberra Disability Expo

1 & 2 September 2023, 9am-3pm  
EPIC - Exhibition Park in Canberra



### Sydney Disability Connection Expo

16<sup>th</sup>-17<sup>th</sup> June 2023, 10am – 4pm  
ICC Sydney – International Convention Centre Sydney

Every year on July 22, [FRAXA Research Foundation](#) and partners celebrate World Fragile X Day with communities around the world.

[World Fragile X Day • Raising Fragile X Awareness on July 22](#)

World Fragile X Day: 22 July: Celebrating individuals and families who are living with Fragile X and acknowledging the work being done to ensure early diagnosis and future treatments.

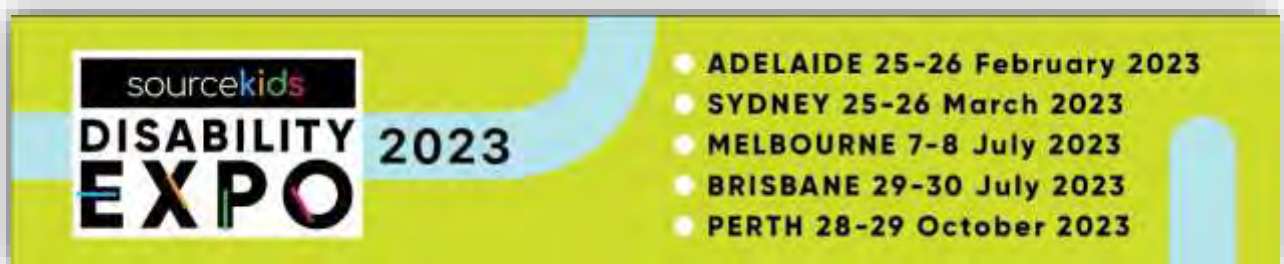


Raise money. Find cures. Jean-ius.

Every minute around the world, 12 kids are born with a birth defect or a genetic disease.

Kids just want to be kids, but instead of playing sports with their friends or catching butterflies on a sunny day, these kids are getting liver transplants, taking dozens of medications, or getting their next dose of chemotherapy.

It shouldn't be this way. You can help the scientists at Children's Medical Research Institute find cures, so these kids can go back to being kids.







The official relay route for The Legacy Centenary Torch Relay 2023 presented by Defence Health.

The torch will travel on a remarkable journey spanning over 50,000 kilometres through 100 locations, with 57 Relays (satellite events) over the six-month campaign.

Starting in Pozières, France on 23 April, in the lead up to ANZAC Day. The torch will then travel to Belgium and onto London before arriving in Albany WA on 3 May.

The torch will traverse throughout local towns and cities across Australia, visiting all 44 Legacy Club locations, concluding in Melbourne on 13 October 2023.

See dates and locations here: <https://legacytorchrelay.com.au/relay-route/>



# FOR OUR ELDERS

**2-9 JULY 2023**

For more information, please visit [National NAIDOC Week | NAIDOC](#)



Join Invictus and Bowls Australia for a fun family morning out. Bowls is one of the most popular sports in Australia and its easy to see why! Suitable for all ages and abilities so team up and give it a go then stay for the free sausage sizzle!!

## Invictus Australia Veteran and Family Bowls Day - South Tamworth

Invictus and Bowls Australia are rolling into South Tamworth!!!!

### When and where



#### Date and time

Sun, 18 Jun 2023 10:30 AM - 1:30 PM AEST



#### Location

South Tamworth Bowling Club 11 Margaret Street South Tamworth, NSW 2340

[Show map](#) ▾

## Invictus Australia Veteran and Family Bowls Day

Invictus and Bowls Australia are rolling into Tweed Heads!!!!

### When and where



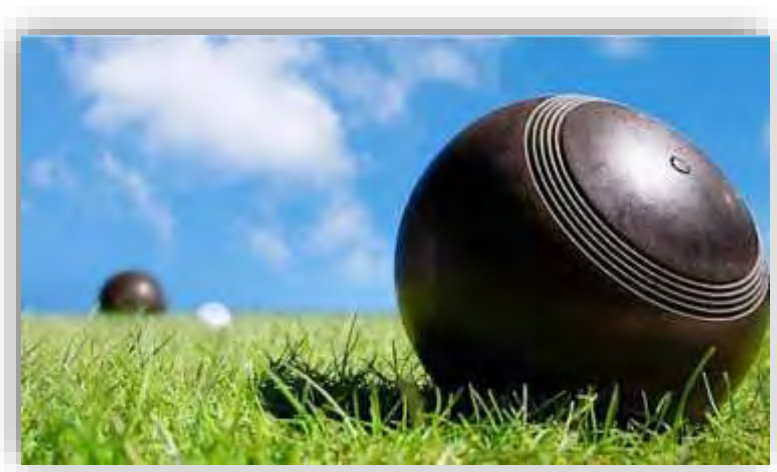
#### Date and time

Sun, 2 Jul 2023 10:00 AM - 1:00 PM AEST



#### Location

Club Tweed Florence Street Tweed Heads, NSW 2485



## Kookaburra Kids Foundation

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](http://www.kookaburrakids.org.au).

Australian Kookaburra Kids Foundation  
www.kookaburrakids.org.au

# Defence Kids PROGRAM

## FREE

**FOR CHILDREN OF CURRENT AND FORMER SERVING VETERAN FAMILIES AGED 8-18 YEARS**

In recognition of the high-level stress environments our veterans are exposed to and the potential impact this may have on their families, the Australian Kookaburra Kids Foundation have adapted programs to provide young people from Defence families with age-appropriate mental health education, strategies to build coping skills and resilience, all whilst participating in a range of fun activities, such as canoeing, archery, giant swings, go karts and much more.

Our Programs provide young people with a fun, positive and safe environment, with the opportunity to meet others in similar families and develop new friendships.

To register your interest or to find out more about AKKF programs scan the QR code below.

PRODUCT SUPPORTED BY:  
Australian Government Department of Social Affairs  
Australian Government Department of Defence

EXAMPLE OF WHAT A TYPICAL ACTIVITY DAY MIGHT INCLUDE

 9.45am Bus Pick-up	 10.15am Arrive	 10.20-11.00am Morning Tea & Chat Group	 11-4.00pm Lunch & Fun Activities	 4.00pm Bus Returns
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# OPEN ARMS

Veterans & Families Counselling

CELEBRATING 40 YEARS

24 HR

A Service founded by Vietnam Veterans, now for all veterans and families

## Open Arms

Veterans & Family Counselling was founded by Australia's Vietnam Veterans. It is Australia's leading provider of mental health assessment and counselling for Australian veterans and their families

For more information, Please visit [Open Arms - Veterans & Families Counselling](http://www.openarms.org.au).



## New 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 that is specific for carers.

That 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](#).



### **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](mailto: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.



Would you like to help other Defence families with Special Needs?

We are currently looking for new volunteers.

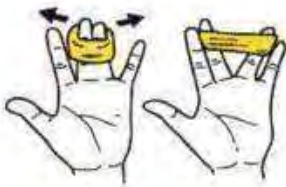
Full training is provided.

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@dsng.org.au](mailto:nationalcommittee@dsng.org.au)

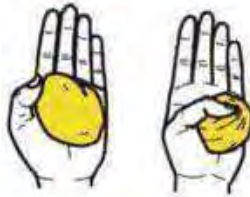
# Fine Motor Exercises

## Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

## Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

## Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

## Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

## Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

## Three Jaw Chuck Pinch



Using your thumb, index and middle finger, pull Thinking Putty upwards.

## Finger Hook



Create a hook as you press your fingers into the Thinking Putty.

## Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

## Finger Pinch



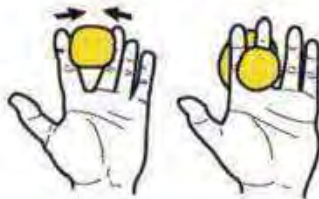
Pinch the Thinking Putty between each finger and your thumb.

## Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

## Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

## Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.

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@dsnsq.org.au](mailto:nalo@dsnsq.org.au)

# Kids' Corner



## Corny Dad Joke's

What do you call an Alligator in a Vest?

An investigator

Did you hear the song about the Tortilla?

Actually, it was more of a Wrap!

What do you get when you cross a train with a tissue?

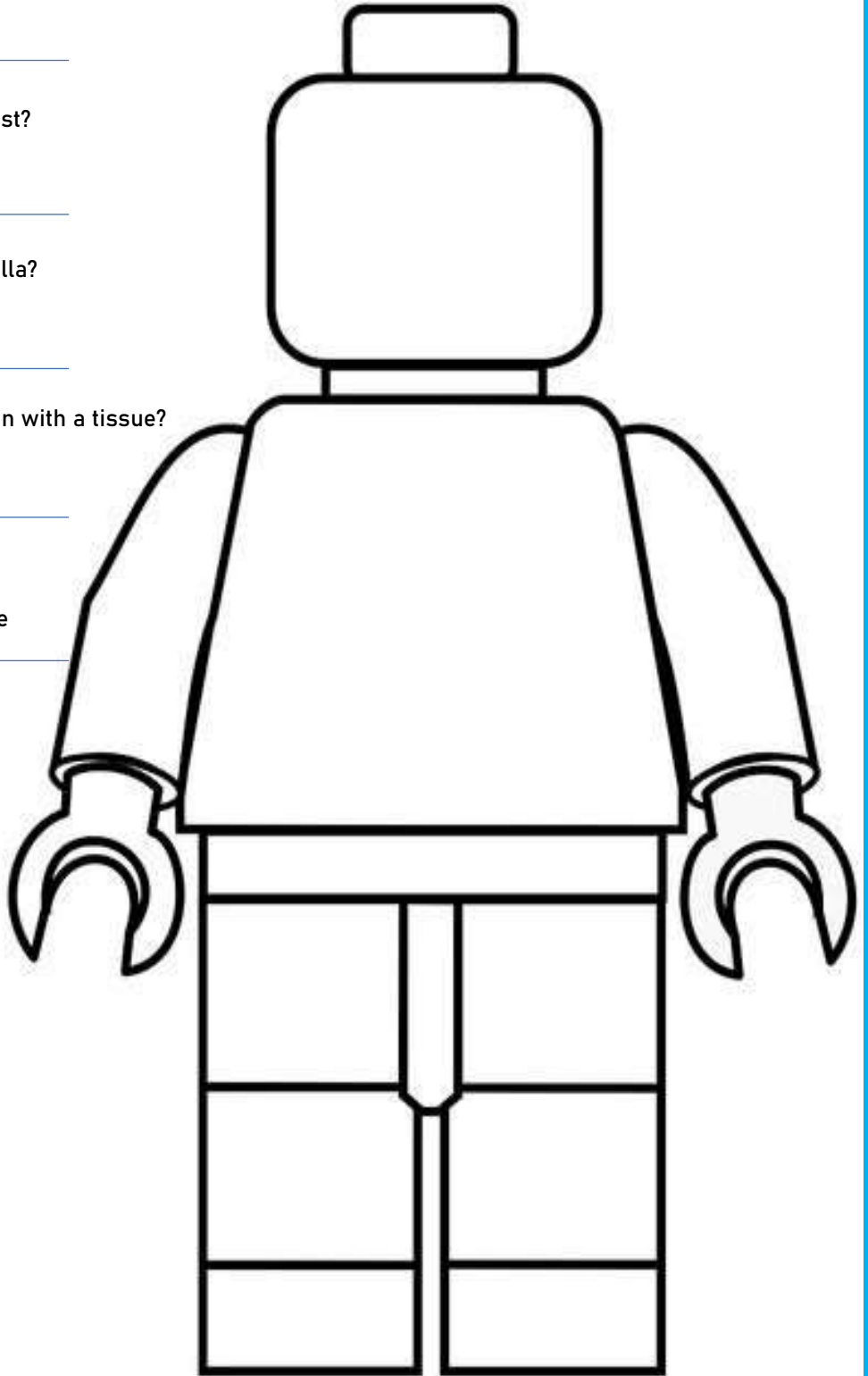
An achoo-choo train

Why do fish swim in salt water?

Because pepper makes them Sneeze



LOL!



# Find A Word

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

# Colours

