



Shoalhaven eNews

July/August 2020

Suite 2, Level 2, Bridgeton House | 55-57 Berry Street | Nowra NSW

T 02 4421 3855 | E dco.canberra-nowra@defence.gov.au

Defence Family Helpline 1800 624 608

Welcome to the latest eNews . As restrictions start to ease here in NSW, we are looking at ways to bring back our regular methods of keeping connected with the community. While we navigate these new waters, our face-to-face social events and information sessions have been postponed for now but we hope to be back in the community soon. In the coming months we have virtual events planned, so keep an eye on the DCO social media pages for information on how you can participate. All other information and support is still available 24/7 from the Defence Family Helpline on 1800 624 608 and on the [DCO website](#).

May/June Recap



May and June saw DCO take events online. During May we joined together with the Shoalhaven Defence Families Association for a Mother's Day to remember. Three lucky Mum's won a gift basket donated by DCO Nowra for sharing the best advice given by their own Mum's. There were some fantastic words of wisdom but one that stood out was from winner Nicky who's Mum reminded her to "always tie your hair up when using hand-held electric beaters" – something we should all remember!

We also ran a tasty event inviting families to participate in our Isolation Bake Off! The top contender was Katrina who baked a cake in commemoration of the commissioning of HMAS Sydney (V). Delicious!

We finished June with a Cutest Pets selfie competition, this one was certainly fun and very hard to choose a winner. The top prize went to Ben and Sas and their horse Tucker and pup Ori. The unlikely pair spent isolation getting to know each other. At 10 weeks old & 10 years old these two are proof that size and age aren't getting in the way of Tuck and Ori's new friendship!

Eventbrite



For all upcoming events, follow the [DCO Nowra Eventbrite](#) page. Here you can find all information and registration details for events.

Chaplains chirp



In this world of Defence where we are often separated from each other, one of the things we have to be mindful of is to make the effort to spend quality time with our partners. Being MWD(U) myself, being separated from my partner means that we often don't talk about all the 'little things' in life. I know at the end of the day when we chat, I can't think of anything to say, because I have forgotten all the little things. We started a marriage course together on DVD to help us reconnect with each other and iron out some of the creases that have been ironed into the relationship. [Here is a small 3 minute video](#) with some useful suggestions for being together and avoiding conflict.

Each month I will share some of the things we have learned and will give you some ideas you might like to use. I hope you find it useful and if you ever want to do the course, let me know and I will facilitate it for you. The course material is referenced from "[The Marriage Course](#)".

This week I encourage you to simply sit together over a cuppa and have a talk about the things that first attracted you to each other and the things you appreciate about one another.

Blessings, Chaplain Jenny

A message from the new Education Liaison Officer for NSW

I'm Ellen and I am the new Education Liaison Officer for NSW. I come to this role with a background in teaching and human services.

My role is to deliver education support to Defence families as they move around the country by providing information, advice, referral and specialised assistance. This includes:

- informing, preparing and empowering families about local schools and education systems, and working with parents, students and teachers to manage the transition when relocating to a new school
- linking families with education providers, resources or support agencies according to their children's individual needs (including students with special needs)
- working with schools to ensure a supportive educational environment and to raise awareness of issues facing Defence children and
- informing families about available Defence support services, including financial assistance entitlements under the Education Assistance Scheme.

If you would like to speak with me about any education concerns, please contact the Defence Family Helpline on 1800 624 608.

Shoalhaven Defence Families Association



Get Excited—Kookaburra Retreat will reopen in July!

The **Shoalhaven Defence Families Association** and Kookaburra Retreat is a local community group where you can meet new people and other Defence families in the community.

Keep an eye out on their **website** and **Facebook** page for updates. They have some wonderful new play equipment awaiting the kiddies and lots of fun in the works for the adults. We can't wait to see you.

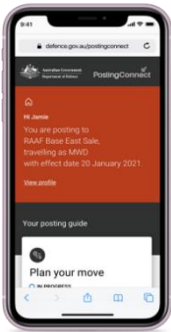
Kookaburra Retreat—where fun and support meet.

ForceNet



You can access ForceNet whenever and wherever you like using the free mobile application. Keep up-to-date with news, events and information. Stay involved with your unit group, other specific interest groups or group discussions and never miss that important notification again. ForceNet Families is also available via the ForceNet mobile app at Google Play and the App Store.

Posting Connect – Providing a simpler posting experience



Posting Connect is a new Defence platform that will streamline the posting process for members and their families and is currently on track to be available from September 2020. ADF members will receive an email invitation on the Defence Protected Network (DPN) inviting them to use Posting Connect once a posting order has been issued. **Sign up to receive the monthly Posting Connect Newsletter** to ensure you receive the latest updates, or contact posting.connect@defence.gov.au or view the **Posting Connect website** for more information.

The Defence Home Ownership Assistance Scheme (DHOAS)



The Defence Home Ownership Assistance Scheme (DHOAS) helps current and former ADF members and their families to buy their own home by paying a monthly subsidy towards their approved home loan.

On 22 June 2020, the time frame to access a DHOAS subsidy certificate was extended from two to five years after a permanent or reserve force member leaves the ADF. This extension will provide veterans with more time to carefully consider their options. It will also help transitioning members, allowing them a longer time period to access the scheme when they leave the ADF. Further information about DHOAS is available on the **Department of Veterans' Affairs** website.

What's on in the Shoalhaven?



With COVID-19 restrictions slowly easing, local entertainment, markets and events will resume. To find out what is on in the Shoalhaven region, check out the **Visit NSW website**.

If being outdoors is more your style, why not take on the **100 Beach Challenge** and discover the best the Shoalhaven has to offer.

TAFE Nowra



Are you an aged-care worker looking to upskill your qualifications? **TAFE Nowra** is offering fee-free connected learning short courses to Residential Aged Care Workers in Southern, Eastern NSW.

Coordinare, the Primary Health Network for South Eastern NSW, has been commissioned by the Department of Health to roll out an extensive program of initiatives to the 86 Residential Aged Care Facilities (RACFs) in South Eastern NSW. These initiatives are fully funded with no cost to the RACFs or participants. The program, titled "More Choices For A longer Life," is fully funded until 2022, with the aim of treating mental health conditions in RACFs such as depression, anxiety and grief. Dementia is excluded but co-morbidity is included.

To find out more or register your interest, phone 131 601.

Defence Health



Defence Health are an award winning, not-for-profit health insurer with great value health insurance designed specifically for ADF families. If you're interested in private health insurance for you and your family, contact them on 1800 335 425.

Defence Special Needs Support Group Inc



DSNSG is a national, not-for-profit, benevolent volunteer organisation providing support, information, assistance and advocacy for ADF families who have a dependant with special needs.

For more information, visit the DSNSG [website](#), [follow them on Facebook](#) or email nowra@dsnsg.org.au

Soldier On



Soldier On is a not-for-profit veteran support organisation delivering a range of services to veterans and their families. They provide a range of health and wellbeing services, employment opportunities, learning and education programs and community, social and sporting activities. To find out more, follow them on [Facebook](#), [Twitter](#) and [Instagram](#) or visit their [website](#).

Kookaburra Kids



The Kookaburra Kids Foundation delivers free camps and activities for young 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.

To find out more information, follow them on Facebook, call 1300 566 525 or email info@kookaburrakids.org.au

Defence Families Australia (DFA)



DFA is the official ADF families' advisory body to the Minister for Defence Personnel and the Chief of the Defence Force. The organisation sits outside of Defence systems, allowing DFA independence and impartiality to act in the best interests of ADF families.

Contact the delegate for ACT and Southern NSW at act.sthnsw@dfa.org.au and follow them on their [national](#) or [regional](#) Facebook pages, [Twitter](#) or [Instagram](#).

DFA recently held a series of live webinars called 'What to expect in the first five years' for ADF partners and families which you can watch [online](#).

Australian Military Wives Choir (AMWC)



AUSTRALIAN MILITARY
WIVES CHOIR

AMWC is a “no audition, no experience necessary” choir for women significantly connected to serving ADF members. They welcome new members at any time during the year and despite the word “wives” in their name, they welcome girlfriends, partners, wives, mothers, sisters, as well as female ADF members.

For more information or to join, email the Shoalhaven Coordinator, Justine at shoalhaven@amwchoir.com or take a look on the AMWC [website](#).

Defence Family Helpline

1800 624 608

For advice, support or local community information, contact our Defence Family Helpline. 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.

The information contained in this bulletin is sent out on behalf of other agencies and groups. It 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.

If you would like to receive this bulletin or no longer wish to receive it, please email your request to dco.canberra-nowra@defence.gov.au.



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Defending Australia and its National Interests
www.defence.gov.au

