

defence FAMILY MATTERS

SPECIAL
EDITION

November 2001

Our Mission - To provide Defence Families with real information about the real Defence environment

Newsletter



Hello there, and welcome to our first Special Edition of defenceFAMILYMATTERS.

This Special Edition is a spotlight on Defence's Community and Neighbourhood Houses. We thought it might be useful for you to have a comprehensive listing and overview of community houses across Australia, so that you can see some of the activities and facilities that they can offer to you and your family.

Whether you've just been posted into a new area, or even if you've been there for a while, you'll find Community Houses can assist you become more aware of, and more importantly, a part of your local Defence community.

We have included Community and Neighbourhood houses from Derrvent to Larrakeyah, and every benefit they offer from family welcoming functions and fund raising activities through to child care and education.

We hope that you find this Special Edition of defenceFAMILYMATTERS to be a useful tool during the coming year and that it helps you find out more about your local Defence community.

We appreciate all of the feedback that you've given us during this first year of defenceFAMILYMATTERS, and we look forward to working with you to further develop the newsletter.

Best wishes
Diane Temperley
Editor



Community
HOUSES
ISSUE



Banksia House Community Centre

Banksia House is located at picturesque HMAS Creswell and serves the members of Creswell, Jervis Bay Village and surrounding areas, and it is funded by Defence, Jervis Bay Administration and fund-raising by the management committee.

Banksia House provides many services and facilities for all of its members, which are outlined below.

FLO morning teas are held monthly and keep the communication lines open between DCO and Defence spouses. It is also a great opportunity to neighbourhood network, meet new friends and have some 'time-out' for you. Childcare is provided at minimal cost at the facility.

We provide a wide range of activities that include playgroup, craft group, youth meetings and school holiday programs. These activities provide an outlet for children and adults to mix socially and have fun in a facility, which is easily accessible.

Community Education Programs are held during the day (with childcare provided) and evening. Covering such topics as parenting, self-development, and vocational subjects. These courses are provided for Defence and civilian members to help alleviate the problems specific to living in isolated establishments, such as transport to educational services, availability and cost.

Banksia House also has an extensive range of items for loan, such as outdoor furniture, barbecue, children's toys, books, CD ROMs, videos, play station, games, and an adult reference library.

Banksia House is available as a meeting place for family functions, community groups, or as a location for business or private gatherings. We also provide facilities such as computer, Internet, scanner, photocopier and other items necessary for holding courses, or for individual use.

Banksia House Management Committee is made up of volunteers who act on behalf of Defence and civilian members to provide services and maintain a facility for a broad range of activities and uses to assist Defence families.

Banksia House is your community house and we hope it will be your first point of call when you post into either Creswell or Albatross.

Contact: Kaylene Anderson, President
 Phone: 02 4442 1116
 Address: 21 Benson Road
 Jervis Bay ACT 2540

JERVIS BAY - ACT/NSW

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Bandiana Neighbourhood House

Located on Wattle Road in Gaza Ridge Barracks, North Bandiana, just outside of Wodonga (Victoria) is a very colourful building that houses the Bandiana Neighbourhood community.

Bandiana Neighbourhood House has been in operation since 1989 and caters for both Defence and civilian families. At least 100 families use the House with the various programs and activities offered. New families are most welcome.

Ideally situated in a quiet country setting the House is a stones throw away from the DCO office, the Army gymnasium and across the road from the Post Office. It has an enclosed play/BBO area, a large play room, a TV/video room, a craft room that also serves for meetings and an office for anyone wishing to do work on a computer.

Service personnel and their spouses are encouraged to drop in, have a

cuppa and find out what the area has to offer them. Alternately our program is in the monthly magazine, the NECANA, which is delivered to all military families in the area.

Activities are planned according to demand. Currently playgroup sessions run on Mondays and Wednesdays, Activity Group, which is aimed at 3 year olds, is on Tuesdays. On Thursdays Take-A-Break Childcare is offered, though bookings are essential.

Day and night adult classes include cabinet making, folk art, oil painting, patchwork, wool embroidery and picture framing. Various day activities to the beautiful Victorian surrounds, shopping trips and car boot sales are organised from the House and input is welcome from any new families.

Please come and check us out.

Contact: Sue Lees, Coordinator
Phone: 02 6055 2137
Email: bandiana@rm.quik.com.au



The Duntroon Community Centre

The Duntroon Community Centre may be located within the grounds of RMC, but it has more to do with playdough and cubbies than marching and uniforms.

The Centre is funded through the Defence Community Organisation to provide a unique tri-service facility for all Defence families in Canberra. The Centre is managed by a group of highly skilled and organised people (parents!) and its use is only limited by the imagination and interest of Defence families in the ACT.

A large meeting room/play room, excellent outdoor equipment, lots of toys and a great kitchen are at the disposal of all who use the Centre. The best part is that it's free, apart from a small donation to cover the cost of any materials used.

Centrally located only ten minutes from Jerrabomberra, and not much further from almost anywhere else in Canberra, it is a safe and convenient facility that is a bit of a "Canberra Secret".

Currently, the Centre is used as a Playschool for three year olds, four mornings a week. The classes are for a maximum of 20 students, who benefit from the

experience of two trained teachers leading them through a wide range of indoor and outdoor activities. Sessions cost \$11.00.

It is incredible to watch the development in the children as they learn to listen closely to instructions, follow new routines and rules, and play with others.

The Centre also runs a playgroup on Monday mornings for parents and children, and is a great meeting place for newly arrived families.

The Centre is ideal for children's birthday parties, craft groups, bridge clubs and parents groups. In fact, a mah-jong club and a book club are about to start at the Centre, so ring up and find out how you can join in.

This is our facility - why complain about how difficult it is to make friends when the first move is up to you. Ring up, join the book club, enrol your child in the playschool or start up a group for others who share your interest.

For more information please contact the centre.

Contact: Jenny Lean, Coordinator
Phone: **02 6265 9411**
Contact: Caragh Waller, Committee Member
Phone: **02 6291 7848**



Kookaburra Retreat

Kookaburra Retreat is a Defence Community House run by the Shoalhaven Defence Families Association (SDFA), set up to assist and support families of Defence Force members in the Shoalhaven area.

The Shoalhaven Defence Family Association runs the following programs during school terms:

- Playgroup
- Trim, Taut and Terrific (TTT) - gym workouts at the HMAS Albatross Gym
- Craft mornings
- Coffee mornings - held once a month, with guest speakers on many varied topics
- Community Education Programs - courses such as First Aid, and craft projects like Quilling and Decoupage

All activities are very affordable, and in addition, SDFA members benefit from subsidies offered for the Community Education Programs.

Kookaburra Retreat has a playgroup room for kids that is used as a crèche during SDFA activities. This room has brightly coloured walls, covered with friendly characters. The playroom and outdoor area are equipped with toys, which keep the children busy.

The Retreat also has a room that is used for SDFA activities, such as coffee and craft mornings. These rooms are separate, and have their own facilities that allow both the kids and parents to enjoy their own activities.

The creche is available to anyone attending SDFA activities for a negligible cost. SDFA employs nannies to look after the children.

Kookaburra Retreat offers Internet access for families to keep in touch with deployed members via email. Bookings are necessary to use this facility and times



are available when SDFA activities are running within the Retreat. SDFA is in the process of creating a web page that will be linked to the Defence Community Organisation (DCO) web site.

We would love to hear from any families already in the Shoalhaven area who would like to use the facilities at Kookaburra Retreat. If you are about to move into the Shoalhaven area and would like more information, please contact the SDFA and we will be only too happy to show you around Kookaburra Retreat and let you know about up coming activities and events.

Kookaburra Retreat is located on Canberra Drive at Nowra Hill just next door to HMAS Albatross.

Contact: Emma Wood, Vice President
 Phone: **02 4421 5766**
 Email: shoalhavendfa@optusnet.com.au



Kissing Point Cottage

Kissing Point Cottage is a Defence Community House that was established at Dundas (Sydney) in 1996 for service members and their families. It provides a venue for ADF spouses and families to interact, and assist new families with settling into the area and meeting new friends.

The Family Support Funding Program provides the majority of the funding but we also need to rely on corporate sponsorship and fundraising to help provide our services.

We have a regular schedule, which includes:

- Playgroup
- Occasional Care
- Coffee/Information Mornings
- Craft Mornings and Nights
- Committee Meetings

Childcare is provided at all events except for Playgroup and Tuesday Night Craft, for a negligible cost.

Apart from the regular program, we also run courses such as Senior First Aid, Self Defence, Folk Art and Calligraphy (among many others).

All courses offered are run by accredited instructors or craft teachers. These courses are very affordable as they are subsidised by the Cottage.

Kissing Point Cottage also provides Internet access for spouses without their own computers, enabling them to keep in contact with deployed partners via email. Bookings are necessary as the hours the Cottage is open depends on the activities for the week.

We would love to hear from any families already in the area or transferring to Sydney and will forward a copy of our monthly newsletter giving more details and calendar of events to anyone interested.

Why not consider our location when looking for your new home in Sydney! Kissing Point Cottage has recently had a major upgrade and is looking fabulous. Anyone interested in having a look around at the Cottage, which includes a great playground for the children, can make an appointment at any time.

Kissing Point cottage is located at 282 Kissing Point Road in Dundas NSW, 2117.

Contact: Jane Relyea, Coordinator
Phone/Fax: **02 9874 4052**
Email: kissingpoint@excite.com



Singleton Defence Community Centre

The Singleton Defence Community Centre is located within the Singleton Army Camp. The centre is run by the Singleton Area Military Support Network (SAMSN) and offers a large variety of activities such as Little Diggers Playgroup, Army Mobile Preschool, SWISH craft group and SAMSN Toy Library.

The SWISH craft group runs craft meetings with professional teachers for many of the crafts. The group offers childcare during these sessions and all costs are subsidised from grant funding and fundraising.

Playgroup meets weekly and is a great place to meet new people in the area. Playgroup has lots of craft and activities for the children and they also make use of the extensive outdoor play equipment.

The Toy Library is open several days a week, with a large range of toys on offer for children from birth to teenage years. This service is offered at a nominal term fee.

The Preschool runs one full day a week offering an accredited preschool program for Defence children aged 2-5 years. As the preschool uses the same facilities as the playgroup it provides children with a smooth transition to preschool, as they are familiar with their surrounds.

SAMSN also produces the local newsletter, the YAKKI, and this is a great source of information on what's on in the area.

The group through Family Support Funding offers funding assistance with lifestyle courses to help people with settling into the Singleton Community.

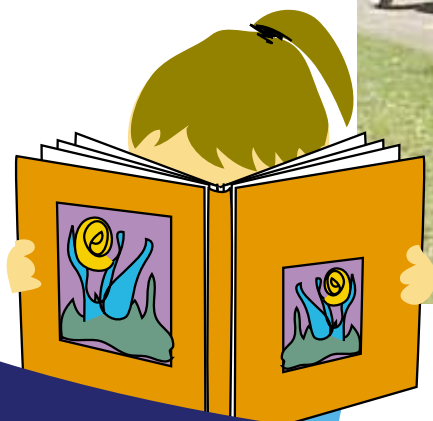
The hall is also used for children's parties, meetings and seminars with separate childcare room, babies room, children's toilets and kitchen. If you are moving to Singleton perhaps we will see you in the DC Hall for the Welcome to Singleton meeting.

Contact: Singleton DCO Office

Phone: **02 6570 3297**

Contact: Singleton Area Military Support Network

Email: samsninc@yahoo.com.au



Larrakeyah Neighbourhood House

Larrakeyah Neighbourhood House is situated within Larrakeyah Barracks, walking distance from Darwin's CBD. Together with the laid back pace of Darwin, the security of the Base affords us the safety and openness of twenty years ago.

For over ten years, Larrakeyah Neighbourhood House, has been the birthplace of many new friendships. With the assistance of the Family Support Funding Program we are able to provide activities such as our Playgroup and Kid's Night, bringing together Defence and civilian families in a friendly, safe and well equipped environment. The air-conditioned building provides a sanity break during the build-up and wet season of the tropics.

Our aim is to provide a venue for activities that bring Defence families together so that they can develop a supportive network, while relieving the pressures specific to Defence life, and we are always on the lookout for new ways to accomplish this.

Our activities include:

- Playgroup
- After school care
- Vacation Care
- Girls' nights out
- Kid's Night
- Committee meetings

This year we are assisting spouses to gain their Senior First Aid certificate. We also have a special Halloween celebration where the kids and parents dress up and Trick-or-Treat within the safety of the Base Married Quarters.

Our computer (with Internet access) together with photocopying and fax facilities are there to help spouses study, apply for jobs, and keep in contact via email. The Neighbourhood House is available for hire for sleepovers, birthday parties and other purposes as negotiated with the committee.

Anyone interested in more information can contact our coordinator Doreen Parison.

Contact: Doreen Parison, Coordinator
Phone: **08 8935 5498**
Address: 20 Stevens Terrace
Larrakeyah Barracks NT 0820

DARWIN - NT



RAAF Darwin Community Centre

RAAF Darwin Community Centre is 'your centre for happiness'. We offer a wide range of classes, from patchwork and quilting to relaxation. All the classes and workshops have child minding available, including our 'Coffee in the Community' sessions, which is on the first and third Tuesdays of the month. The Community Centre is also home to the 'Good Neighbours Scheme'.

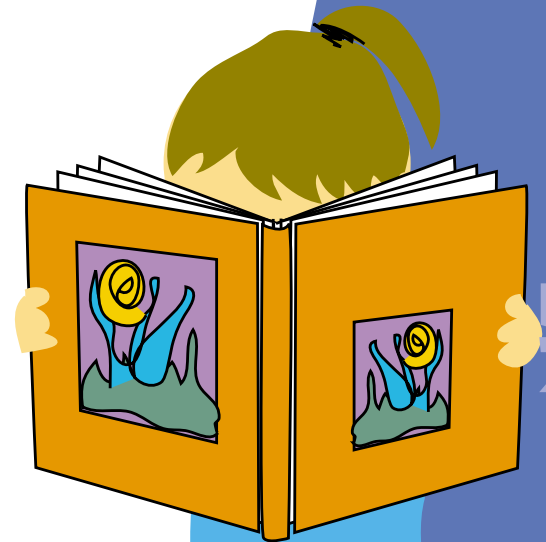
The 'Good Neighbours Scheme' is also non-profit and voluntary based. The scheme greets all new Defence families who arrive in the Darwin and Palmerston regions. A kind volunteer welcomes the new family with a smile, local specifics and information about services available for ADF families.

Please consider becoming a volunteer for this very worthwhile service. Just two hours a month can enrich your life and someone else's in return.

The centre has an open office from 9am until 12pm Monday, Tuesday, Thursday and Friday and this term we are hosting a Red Cross First Aid course. We wish to develop computer classes next year, so we are raising funds to purchase some computers.

Feel free to drop in for any information or to make a function booking for a very reasonable \$10, weddings, parties, anything, especially when you consider that we are air conditioned.

Contact: Emma Ward, Coordinator
Phone/Fax: **08 8923 5170**
Email: er10@bigpond.com



Kids Corner at Canungra

Nestled under the tall gum trees of Kokoda Barracks at Canungra Queensland is a hive of activity and little people called Kids Corner. Kids Corner is a combined community kindergarten and limited hours childcare centre catering not only for Defence and civilian children, whose parents are situated at the training base, but also for children from the wider community.

Mondays and Tuesdays are kindergarten days for children three years of age and up. A small group of 20 children make up the kindy group led by two qualified and experienced staff. The program is designed to cover all areas of child development - social, emotional, intellectual and physical, based on daily observations with the main emphasis on learning through play.

Wednesday to Friday sees Kids Corner change to a limited hours childcare centre catering for babies to children up to 12 years of age. Children can be booked in for just an hour, a morning or afternoon session, or a full day with some children attending each week while



others visit when Mum has an appointment or just needs a break. No holiday or sickness fees mean that the centre can offer childcare at a very reasonable rate.

The program is based on the understanding that children develop through personal experience and doing. With lots of painting, playdough, music, stories, puzzles and lots more, and with playtime both indoors and outdoors, children are free to develop as individuals at their own rate.

Kids Corner is a non-profit, community run centre with all fees going back into the centre. It is licensed with the Department of Families, Youth and Community Care and affiliated with the Creche & Kindergarten Association of Queensland.

So if you are looking at a posting to Canungra, don't hesitate to contact us and let your child experience childcare in our safe and friendly environment.

Contact: Mandi Drysdale, Director
Phone: **07 5541 6573**
Address: Danang Road
Kokoda Barracks
Canungra QLD 4275



Toowoomba Defence Families Support Association

The Toowoomba Defence Families Support Association Inc. (TDFSA), was established back in 1990 to provide an array of services to the Toowoomba Defence Community. The house and its surrounds cater for all ages and provides a common place for people, both young and old to meet.

Everyone is welcome to come along to meet and make new friends or just to re-acquaint yourselves with old. We are conveniently located two doors up from the Defence Housing Authority and the Defence Community Organisation, Darling Downs.

The TDFSA is totally managed by a group of volunteers who pride themselves in providing a safe and well equipped Community House for all to come and enjoy. We rely on an annual grant provided by the Family Support Funding Program and ongoing community support. Throughout the year, the committee holds various fundraising events, the proceeds from which allow us to develop various services and programs tailored to the community's needs.

The fabulous thing about the Toowoomba Community House is that you are always welcome for a cuppa or a chat.

Our regular program includes Defence Special Needs Support Group, Post Natal Disorders Support Group, various playgroups, craft (Thursday mornings and evenings), monthly guest speakers, and committee meetings.

In addition, we are currently offering various 'lifestyle' courses, which include:

- Stretching and Relaxation Yoga (6 weeks)
- "Living on Little" (4 weeks) Endorsed by QCOSS

These courses are subsidised by the house, and therefore are very affordable. Our fundraising events have included wine tasting, a chocolate

drive and toy drives. So, as you can see, there is something for everyone. Even a bus trip to the beautiful Gold Coast for the pre Christmas shopping spree.

The TDFSA also provides free access to computer and photocopying facilities on Wednesday and Thursday mornings between 9.30am and 11.30am. Also as well as a complete baby nursery, we have a huge choice of play equipment available including a television and video recorder.

All of our up and coming events are published monthly in the 'Bush Telegraph'. So, whether you are a newcomer to the Toowoomba area or not, why not come and have a look around the house and see what there is to offer.

We are located on the corner of O'Quinn Street and Anzac Avenue, Toowoomba. If you would like more information call Raelene McGowan, or contact your local DCO office.

Contact: Raelene McGowan
 Phone: **07 4636 1251**
 Address: PO Box 295
 Toowoomba QLD 4350 



TOOWOOMBA - QLD

The Family Community Centre at RAAF Base Townsville

Whether you've just arrived in Townsville or have been here most of your life, the Family Community Centre at RAAF Base Townsville offers you a good way to meet other people and make new friends. Some may be in the same situation as you, with no local family or friends, so why not pop on in and have a cuppa and a chat. Who knows who you may meet!

The Centre provides a family atmosphere for the many Defence spouses and members who use our facilities. We help to provide social, emotional and practical support to the Defence community as a whole, through the many activities, course projects and liaison with families that utilise the Centre. This is a place where all can interact as one.

The Centre provides a venue at which new families can meet established families so as to provide peer support through social interaction. We cater from toddlers to adults.

Some of the groups that use the Centre on a regular basis are:

- * SOS Playgroup
- * Hit & Giggle Tennis
- * Flying High Craft Group
- * 3D Creations Group
- * Acacias
(summer months)
- * Gym Workout
(winter months)
- * Folk Art Evenings
- * Teenage Girls Group
- * Committee Meetings
- * Morning Teas
- * Movie Group

Apart from our regular programs, we also hold the following courses, sessions and programs throughout the year, some of which are listed here:

Stamp Art Classes - Thai Kickboxercise (martial arts aerobics) - Self Defense for Women - St Johns Ambulance Senior First Aid - Chill Out - Fun Day in

the Park - Massage Course - Makeovers/Nutrition - Belly Dancing - Self Esteem - Fishing Seminars - Basic Budgeting - Deployment briefs/tea.

The Family Support Funding provides much of the funds for these along with the many fundraising activities run by the Centre and the groups using it. We charge a small fee for the courses, groups and babysitting as this all goes towards replenishing craft items, toys etc. All this combined helps to provide a service to the Defence Community.

The Family Community Centre also provides an internet access (email service) for spouses without their own computers, enabling them to keep in contact with their spouses whilst they are on deployment or if you are new and need to prepare a resume.

We have two conference rooms which are available at the Centre for anyone who would like to hold a seminar for their club or group. Or, if we do not cater for a particular course that you may be interested in attending, or starting up, please call in or phone so that we can discuss your idea.



The Defence Community Organisation has a Social Worker who is available at the Centre on Mondays and Tuesdays or as needed by appointment on any other day. They can be contacted on 07 4752 1141 (answering machine on other days) or otherwise at DCO Main Office on 07 4771 1539.

For any further information please do not hesitate to phone, or just call in. Feel free to come have a look around, a chat and a cuppa.

Contact: Josephine (Jo) Taylor, Coordinator
Phone/Fax: 07 4752 1149
Email: jotaylor76@hotmail.com



The Vincent Neighbourhood House

The Vincent Neighbourhood House receives the majority of its funding from The Family Support Funding Program. We're here to give families support, friendship and encouragement within the community. There are numerous groups who currently access the centre (see below). We also hold courses for everybody at the house. This includes First Aid, basic budgeting, relaxation plus many more. All of these courses, as well as babysitting are provided at a low cost.

Katunga Playgroup currently holds five sessions five days a week, from new born to 5 years old. They operate from 9am to 11am Monday, Tuesday, Thursday and Friday for toddlers. Wednesday's group operates from 9.30am to 11.30am and is ideal for pregnant women, or those who have had a baby recently and want to chat and meet people. The cost is \$5 a year membership and \$1 a session. Your first two sessions are free. We have vacancies in all sessions, so come on down and try our playgroup.

The Craft Group meets on a Monday and Wednesday, 9am to 12pm at a cost of \$2 a session. The craft group does patchwork, embroidery, sewing, cross stitch, have a cuppa, learn skills and support each other in day to day issues, so come along and have fun.

The Scrabble Group meets every Monday 9am to 1pm and all are welcome. Scrabble is a great way to meet new people, so come and play a few games and relax with a fun group of ladies.

Child's Play Toy Library has been with the house for several years. They open the second Thursday and Saturday of each month from 10am to 12pm. The toys are hired out for the month with prices ranging from 50c to \$5. Yearly membership is just \$20.

Sunflowers Theatre Group is a new program. The children have singing, drama and movement classes. Children aged between four and 10 years meet every Monday from 5.30pm to 6.30pm, except in school holidays. Teens class 10 to 15 year olds from 6.30pm to 7.30pm. The cost is \$5 per class and no experience is needed. Everyone is welcome to join.

Alcoholics Anonymous meets every Wednesday night at 7.30pm to 9pm. Anyone is welcome to attend. you will receive valuable support from people who care.

Narcotics Anonymous is a support group for men and women seeking help with a major problem. We meet every Tuesday night at 6pm. Again anyone is welcome. The support given, by people who really care, is most helpful.

The North QLD Attention Deficit Disorder (ADD) Support Group meets the 2nd Wednesday of each month at 7.30pm. We provide support and information to parents with children who have ADD and ADHD. Please phone Sharon on **07 4728 9928** for more information.

The Peaceful Partners is a program especially for The Partners Of Peacekeepers. The program is designed to empower the partners of Peacekeepers by assisting them to cope with added family strains due to peacekeeping tours. We meet weekly for 5 weeks, and morning tea and child minding are provided. Come along, find support, find new friendships, share good ideas and help others.

The Post Natal Distress Support Group has an extensive book and video library with topics that include depression, relationships, parenting, and relaxation to name only a few. With depression associated with childbirth, they have a support line with understanding phone buddies. Phone **07 4728 1911** for more information.

So don't be shy, come and see what we have to offer. For information on any program, please contact the coordinator Debbie Lawford.

Contact: Debbie Lawford, Coordinator
 Phone: **07 4725 1383**
 Address: 1 Ronan Street, Vincent



Defence Community and Recreation Centre, Cairns

The Defence Community and Recreation Centre has been supporting Defence families in various ways for the last six years under the current name. A family centre has been functioning in Cairns for over 10 years. Our goals are to provide support to families by welcoming them to the Cairns area, and offering a wide range of interests including a Limited Hours Child Care program.

As most of the Defence families in the area are away from extended family and friends, the Centre is a meeting place for people in similar situations and a welcome relief from the tropical heat outside. The majority of our funding comes from the Family Support Funding Program but we also actively fundraise, often combining this with functions that all members can enjoy.

The different groups that use the centre include:

- Cairns Coral Kids Playgroup
- Defence Recreational Craft Club
- Tinker, Tailor Child Care (Limited Hours Child Care)
- Tropic Topics Newsletter - a monthly publication

Other services and courses provided include:

- Senior First Aid
- Self Defence
- Folk Art
- Parenting Courses

Childcare is available for all events, apart from Playgroup, and courses are run by experienced and qualified instructors. Special Needs Group, Redlo and DCO often use the Centre for meetings or information sessions. The Centre is available for bookings from the wider community with Nursing Mother's Association and Vietnam Veterans Wives Group regular visitors.

The Centre has had extensive renovations with a new outdoors undercover area opened in December 2000 by the Federal Member for Leichardt, Hon. Warren Entsch. The area can now be enjoyed all year around including during the wet season.

Anyone new to the area, or indeed have been in Cairns for any length of time, are welcome to visit the centre at 3 Jensen St in Manoora, Cairns.

For more information please contact Anne in the morning, from Monday to Friday.

Contact: Anne Carey, Clerical Assistant
Phone: **07 4053 9305**
Fax: 07 4032 1340



CAIRNS - QLD



Edinburgh Community Centre

Based at RAAF Base Edinburgh, the Community Centre is managed by an enthusiastic Committee made up of Defence spouses. This tri-service Centre for Defence families in the northern regions of Adelaide is a hub of activity. The current committee is headed by a Navy spouse, and the Secretary is a British RAF member (on leave), so we truly are tri-service.

The Centre is largely funded through the Family Support Funding Program. However, we also hold fundraising events and are continually looking for additional community sponsorship. The Centre publishes a monthly newsletter, listing upcoming events at the Centre and in the area.

Our coordinator, Lyn, is in the process of setting up a network of Defence Community Centre coordinators, so that we can keep in touch with each other and swap newsletters and ideas. So if you are interested in being a part of this network, please contact her. This also means that we have copies of newsletters from other Community Centres available, so that families being posted can look and see what is available at their next posting.

Our Community Centre, which was an old kindergarten, is looking bright and cheerful after a complete overhaul, with interior and exterior painting and a refurbished kitchen. We have a wonderful enclosed outdoor play area and we are now looking to establish a small garden. The Community Centre front wall contains a mural, which depicts local areas and history. This mural was designed and painted by a previous Chairperson of the ECCMC, with the assistance of Defence children.

During term time, our busy regular activities include Playgroup on Tuesday and Thursday mornings, craft group on Wednesday evening and Friday morning and gym workout one afternoon a week. We also try to run two events each month during term time, with crèche facilities. These events have included open day, women's health information morning, demonstration day, ladies luncheons and product presentation mornings, to name a few.

Another initiative of the Edinburgh Community Centre is 'Fun on the Run'. 'Fun on the Run' is about toys, games,



puzzles, videos and Nintendo being available for a loan of 2 weeks duration. This is a great way to entertain the kids during holidays or to introduce your child to a range of stimulating activities without having to buy them. It is also an excellent idea whilst the family is in transit.

The Community Centre also houses the SEAP computer, printer and photocopier, which can be utilised by Defence spouses and visiting service members, for Internet and email access as well as job search, resume writing etc. We have frequent visits by DCO staff and NCGSF representatives. A recent highlight was the visit by Chief of Airforce, Air Marshall Houston, who visited the Community Centre to meet with Defence spouses.

We offer a warm welcome to any Defence families coming to South Australia and we'd love to meet you. If you'd like to receive our monthly newsletter, join the coordinator network, find out more about the Edinburgh Community Centre, join a group, start a new group or come and visit us, please contact the coordinator Lyn Frimpong.

It will be our privilege to entertain you.

Contact: Lyn Frimpong, Coordinator
 Phone: **08 8393 2363**
 Email: edinburgh_community@hotmail.com



Woodside Defence Families Association

Hi I am Dellas Clarke, at the moment I'm the President of the Woodside Defence Families Association. We are a non-profit organisation and here to assist Defence families with our support and facilities in the Inverbrackie area.

Our meetings are held at the community hall at 7.30pm on the second Tuesday of the month and anyone is welcome to come along. We do fundraising throughout the year for the kids Christmas party.

Below are details for the many supporting groups in the Inverbrackie area that cater to Defence families.

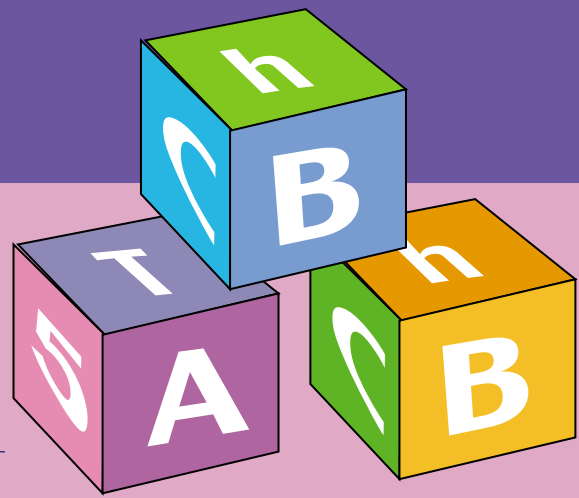
COMMUNITY HALL: Air-conditioned and heated, equipped with kitchen and toilets.

The hall is available for hire to anyone at a small cost. A deposit is held until the inspection and key hand over after the function. At the moment we have a craft group on a Wednesday night (see below), with self-defence classes and bingo nights starting up soon. Tanya Mckee is the hall coordinator, for more information ring 08 8389 9227.

KIDS CLUB: This is for children between 5-12 years old and younger children are welcome with their parents. Programs like story telling, games, craft, outings with a movie night taking place in the community hall, on a Friday 4-5pm. There is a small cost per child. The children have a great time at these events. Ray and Denise Carnes are the Everyman's for this area, they run the kids club for more info phone 08 8389 0317.

PLAYGROUP: The playgroup is near the community hall and a shade cloth has been installed over the playground and a new cubby has been provided. It's a large area for play inside and out. The Playgroup, held on Monday and Wednesday mornings, is well equipped with plenty of educational toys. The programs are organised by Donna Turk the coordinator, just ring 08 8389 9140.

DEFENCE SPECIAL NEEDS SUPPORT GROUP: The special needs house is located across from the hall and morning teas are a weekly event with meetings on the last Wednesday of the month. We conduct fundraising,



group outings and invite guest speakers to talk on nutrition and health issues. We are a volunteer organisation to assist families with special needs, for example ADHD, allergies, gifted and learning problems. This is a small group at present and new members are more than welcome. Ring Dellas Clarke the area coordinator for more info 08 8389 9685.

COMMUNITY HOUSE: This is for Defence families to use at any time and is located next to the special needs house. It's fully equipped with kitchen, play room for children, toy library, a room for the CAFHS Nurse, two computers, printer, internet, scanner and photocopier. Contact Dellas on 08 8389 9685 for more info.

FAMILY WELCOMING: Jo Schberth is the welcoming member for Inverbrackie and surrounding areas for Defence families. She welcomes new families with a picnic basket and info pack. Jo is looking at updating the pack and adding new information about the areas as she is a new member herself. Jo also runs the craft group here so if you need more info ring Jo on 08 8398 2078

GRAPEVINE: This local newsletter keeps the community informed on issues, events and more. It's a monthly edition and is developed in the community house with the editor Michelle Latham at the keyboard. To contact Michelle you can ring 08 8389 9268.

TOY LIBRARY: Toy library is situated in the community house with a large range of games and toys for all ages, including adults. There is a membership fee, so new items can be added. Jodie Jermey is the coordinator please don't hesitate to ring her on 08 8389 9392.

CRAFT GROUP: The Craft Group runs from 7.30pm to 9.30pm every Wednesday night, covering a wide range of activities. Jo Schberth is the coordinator, on 08 8398 2078

Contact: Dellas Clarke, President of the Woodside Defence Families Association

Phone: **08 8389 9685**



Dowsing Point Community Centre

Dowsing Point Community Centre is situated at the entrance to Derwent Barracks, Glenorchy, approximately 10 kilometres from the centre of Hobart. It was established in 1991 to give Defence families an information and referral service as well as a central meeting place and focus for family orientated activities.

Funds received from the family Support Funding Program support the employment of a Coordinator for 18 hours per week and child-carers are employed as required. Staff are supported by a volunteer Committee of Management who meet monthly to oversee the running of the Centre.

A variety of classes, both day and night, and activities are offered all year round including adult craft, school holiday programs, discussion groups, playgroup, annual camp, group tours and activities.

The Centre also has an Internet-ready computer to assist Defence Spouses with job searching and resume preparation. Another computer is linked to the Glenorchy City Council sponsored Infoline and both are readily accessible.

Dowsing Point Community Centre is also home to the Tri-Service Toy and Book Library. This service

offers a large range of board games, indoor and outdoor activities, as well as baby equipment such as car seats, capsules, high chairs, cots and others.

Non-Defence families are also welcomed at our Centre and provide a link with the local community as well as assisting with the integration of new families into the area.

To Contact the Centre, or for any further information, please contact the coordinator Jan Dunsby. The Centre is open on Monday to Thursday, from 10am to 2pm and other times by appointment. An answering machine is available for out-of-hours calls.

Contact: Jan Dunsby, Coordinator
 Phone: **03 6237 7471**
 Fax: 03 6272 6489
 Address: Dowsing Point
 Community Centre
 Derwent Barracks
 DOWSING POINT Tasmania 7010



Cerberus Cottage

Cerberus Cottage, run by RAN Family & Friends Association Inc, is a Defence Community House located at HMAS CERBERUS on the Mornington Peninsula. It provides a friendly and relaxed atmosphere for ADF spouses and families to meet new friends, re-acquaint with old friends and settle into the area.

We offer a wide range of activities such as craft mornings and evenings, welcome/coffee mornings, morning teas with guest speakers, playgroup, parenting /education days, day excursions, and computer workshops.

We receive financial support from the Family Support Funding Program and conduct fundraising activities to help provide our services.

Cerberus Cottage also has Defence Community Internet/Spouse Computer, which is available to Defence families to enable them to keep in contact with deployed partners via email. The computer is also available for spouses to search for employment and produce resumes. Bookings for the computer can be made through the coordinator.

We also have a library with children's videos and books as well as a range of library books and videos for parents. Video rental is nominal to help purchase new videos and books to continue to expand our library services.

Our monthly newsletter, the 'Cottage Crier' is produced and provided to over 400 families on the Mornington Peninsula. It provides information regarding craft classes and activities available each month at Cerberus Cottage and other services available on base at HMAS CERBERUS.

Apart from the service provided at Cerberus Cottage, we also run a temporary accommodation facility, known as Cook Road Lodge. It has been in operation successfully since July 2000 and is used for families of serving personnel to effect reunions and visits. Located on base, it is popular with recruits, trainees and families, and only costs \$25 a night to cover utilities used.

Anyone interested in having a look around the Cottage, participating in some of our activities or just having a coffee and chat, please contact our coordinator or drop in during our office hours of Monday, Wednesday, Friday 9am to 12 noon or Tuesday and Thursday from 3:30pm until 5:30pm.

We look forward to seeing you at the Cottage!

Contact: Mary Jo Cottier, Coordinator
Phone/Fax: **03 5983 0274**
Email: cerberuscottage@yahoo.com
Address: Cerberus Cottage,
16 Cook Road
HMAS CERBERUS VIC 3920



Pine Rivers Neighbourhood Centre

The Neighbourhood Centre is a project of the Pine Rivers Welfare Association Inc. and is administered by a voluntary community based Committee of Management. This committee oversees and is responsible for the work of the centre.

The Neighbourhood Centre offers a range of services to the Pine Rivers Community. These include:

- Counselling
- Community Information and Referral Service
- In-home Family Support Program
- Seasons for Growth
- Petrie Legal Service
- Annual program of Community Education Services

There is also a range of community support groups operating from the centre.

The Pine Rivers Neighbourhood Centre is located in Lawnton, not far from train and bus lines. It operates Monday to Friday from 9am-4pm, where appointments can be made to discuss any of the services on offer. Defence families are most welcome.

Defence Community Organisation has provided funding for educational courses for Defence families in the Pine Rivers area.

The Neighbourhood Centre works closely with the Stanley Street Family Centre to decide on topics for the year.

Topics for courses available currently include:

- Dads Caring for Kids
- Self Esteem for Children
- Low cost Cooking
- Parenting While They are Away - is a course designed to help children and partners understand and cope with parenting issues while the partner is temporarily away on assignment, and the re-adjustment on their return.

Our Family Support Program has educational parenting programs available throughout the year, and include:

- Living with a Teenager
- Living with a Child with ADD or ADHD
- Step Parenting

We have limited childcare places available to families while they are participating in educational courses.

A new service has just started called 'Household Spending Support'. You can discuss your household spending matters face to face on a fortnightly basis with the same friendly volunteer. It is a private and confidential service given without judgement or obligation to the participant. This service is free.

We welcome all Defence Families to the Pine Rivers area and would be happy to assist those looking for community involvement and finding services that may be of assistance. Our friendly volunteer staff on the Community Information and Referral Service will help guide individuals in the right direction.

We look forward to hearing from you whenever you are in the neighbourhood. Drop by for a chat. The Centre Coordinator, Preeta Harper, will be happy to show you around.

Contact: Preeta Harper, Coordinator
 Phone: **07 3205 2955**
 Fax: 07 3881 2877
 Email: pinew@powerup.com.au



Puckapunyal & District Neighbourhood Centre

Puckapunyal & District Neighbourhood Centre Inc (PNDC) operates daily from 9am till late, Monday to Thursday. We look forward to meeting you on your posting to Puckapunyal. It's a great place and the Centre is here to help you enjoy it.

The PNDC operates a number of programs for all members of the Community. These include: ballet, dance classes, deep water running, water aerobics, craft, war games, ceramics, tennis, tumble tots, swimming lessons and many more.

All programs require membership to the PNDC, currently at a cost of \$5 per year.

Membership gives discounts of services operated by the PNDC and discounts at business around the district.

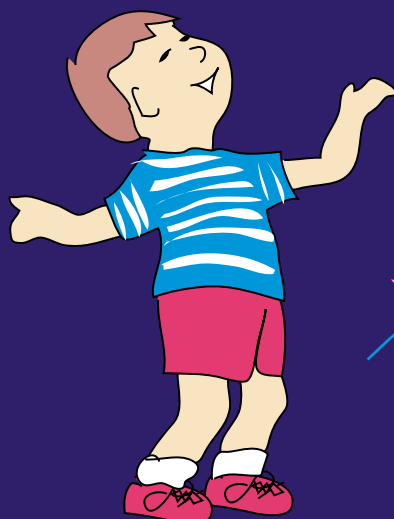
The Centre offers a number of services from its location in Labuan Street. These include the maternal nurse, family day care, immunisation and toy library. First Aid training, Asthma Awareness training and any others where there is enough interest. We also offer a job placement service and can assist those coming to Puckapunyal who are looking for work. Please send your Resume to the address below and we

will forward it to the appropriate agencies for you. There are always a number of jobs available within Puckapunyal and the wider district.

The Centre is made up of volunteers and run by a Committee of Management. The Centre has a number of employees, including the coordinator Mrs Jenny Oakley and the child care staff.

The Centre can be hired for parties and gatherings and has a number of services available to assist Community members. These include photocopying, computer and Internet access, and resume writing.

Contact: Puckapunyal District
Neighbourhood Centre
Phone: **03 5735 7718** or **5735 7719**
Email: pnc@ancc.com.au
Fax: 03 5735 7718
Address: PNDC
PO Box 23
PUCKAPUNYAL VIC 3662



Crib Point Community House

Crib Point is a small town with big community spirit and is located on the beautiful Mornington Peninsula in Victoria. The Crib Point Community House was established nearly 20 years ago and the Navy Social Workers at the time helped to get the house started, and the Department of Human Services provides our coordination and funding.

The Community House is located within walking distance from the main entrance to Cerberus. Just look for the charming old school house, walk around the back and come through the open door. Volunteers from the community run this Neighbourhood House with support from a part time coordinator. Defence families are part of our community and we love to welcome new families. Often Defence spouses volunteer to help run the community house, teach others or become a committee member. Although we are always sad to say goodbye when families move on, we do get lots of postcards from around Australia.

Crib Point Community House also operates a registered Occasional Child Care Centre for children 0-6. Each term our program offers a wide range of daytime and evening activities - there's something for everyone in our community. Yoga, furniture restoration,

dancing classes, playgroups, craft and patchwork classes etc.

We also have an Anxiety and Depression support group - a group with a positive focus and the participants enjoy coming. On Tuesday nights you can hear the voices of The Ageless Singers - our community singing group for those without talent. The Singers have been on TV a few times and have travelled around Victoria promoting the many benefits of having a good fun sing-a-long. But you don't need any reason to come to this.

To help new members of our community we can also provide information about local services and make referrals if required. Just like a good friend we can lend a caring and confidential 'listening ear' over a nice hot cup of tea.

If you are soon to be part of our wonderful community and would like some more information about the Crib Point Community House, please feel free to visit or give us a call.

Contact: Crib Point Community House
Phone: **03 5983 9888**
Address: 7 Park Road
CRIB POINT VIC 3919



CRIB POINT - VIC

Werribee Defence Community House

The Werribee Defence Community House is an important part of the community for many Defence families in the Melbourne West area. Ballarat and Geelong regional people are welcome to attend.

The House provides low cost craft, leisure and personal development activities as well as an informal meeting place for members of the Defence community. Currently we have around 160 members, spouses and children using the centre.

Activities occur at the centre every day of the week as well as two evenings per week. These activities include craft, folk art, patchwork, playgroups and 3+ activity groups. A number of other groups, including special needs, use the centre as a meeting venue.

The House is also available on a casual basis for other Defence groups, including family groups who wish to use the

facilities for events such as children's birthday parties. The House is very well equipped with a large range of quality toys and indoor and outdoor equipment.

The Defence Community Organisation, together with fundraising from each of our user groups, provides financial support the House and its activities. RAAF Williams base management assists with maintenance and support to DCO Melbourne West. All groups are supported through regular contact with Mr Dennis Hughes a social worker and Mrs Sandi Brook the Family Liaison Officer.

Each group using the House has its own management structure. The representatives have formed a management committee to share the responsibility of maintaining the house.

The Werribee Defence Community House is located at 46 Vincent Cres, Werribee.

Contact: Jeanie Thorpe, Coordinator

Phone: 03 9742 7920



The RAAF Point Cook Thrift Shop at The Caretaker's Cottage, Point Cook (RAAF Williams)

The Thrift Shop works in various ways to aid the local Defence community. In addition to selling used goods for Defence families we also operate as a welcoming and contact point for new Defence families in the area. We also disseminate information about local facilities and services to Defence families. The money we raise by taking a small commission on goods sold is used to benefit the local Defence community in various ways.

We publish a local newsletter, assist local Defence family groups financially and run community classes where there is an identified interest. For example we have run Tai Chi classes, Chinese painting classes and children's dancing classes. All of our activities are funded by the money raised in the Thrift Shop, although in the past we have received Family Support Funding grants to cover some of our insurance and administrative costs.

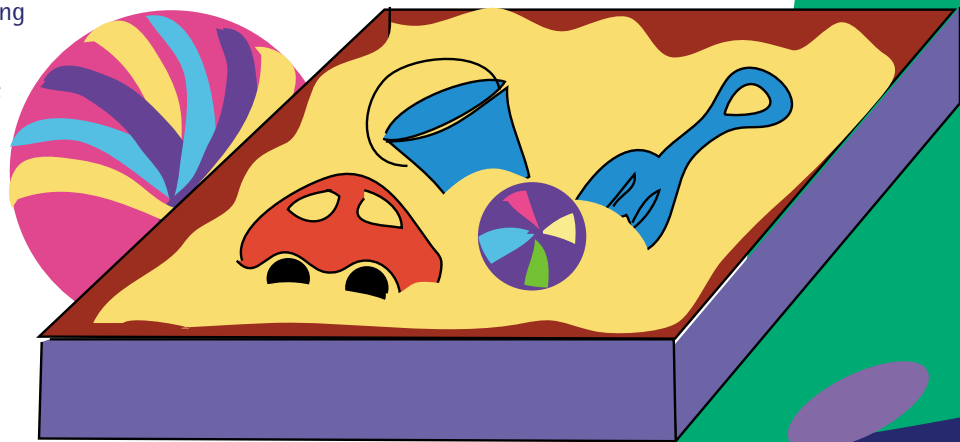
Since World War Two, the RAAF Point Cook Thrift Shop has a long history of aiding the Defence community, and was originally started to assist the education of the children of RAAF members who had died or were incapacitated in the war. Over the years, the Thrift Shop committee has done far more than sell used goods for Defence families. For example, it was the Thrift Shop Committee which established both the playgroup and the child care centre (now called Aerotots) and installed all three playgrounds and the community barbecue facilities on the Point Cook base.

The Thrift Shop is operated by a small but dedicated group of volunteers. At any time the committee usually consists of about twelve to twenty members, about six of whom are rostered to serve during opening hours. The others coordinate the various activities undertaken by the group and take care of the gardens and the building. One of our volunteers has given over twenty years of continuous service to the Point Cook Thrift Shop and two others are approaching ten years each.

The Thrift Shop is located on the Point Cook base at RAAF Williams, Victoria in The Caretaker's Cottage, which is the historic first RAAF married quarter. Built in 1914 when the base was called the Central Flying School of the Australian Flying Corps, The Caretaker's Cottage was used as a RAAF married quarter until the mid 1990s. The Thrift Shop moved into The Caretaker's Cottage in 1997, and it was officially opened by Mrs Jan Fisher, wife of the then Chief of Air Force. A booklet is available from the Thrift Shop detailing the history of The Caretaker's Cottage. For more information about the history of The Caretaker's Cottage and the Point Cook Heritage Precinct, contact FLTLT Steve Campbell-Wright on 0413 013 837.

The RAAF Point Cook Thrift Shop is open every Thursday during school terms and usually also on pay-week Saturdays - from 10am to 1pm.

Contact: Stacey Robinson, President
 Phone (Business hours): **03 9256 1667**
 Phone (After hours): **03 9749 3759**
 Email: Stacey Robinson, President
 scw@optusnet.com.au
 Susan Campbell-Wright,
 Secretary
 Address: 20 Dalzell Road
 RAAF Williams, Point Cook 3030,
 Melways reference 198 H4 



POINT COOK - VIC

Karrakatta Community House

Karrakatta Community House is a Defence Centre comprising of two houses located at 271 and 273 Stubbs Terrace, Karrakatta (Perth). It was established in 1994 for service members and their families and is primarily funded by the Defence Family Support Funding Program.

The house at 273 Stubbs Terrace is used for playgroup on Mondays between 9.30am and 11.30am and everyone is welcome. The house is also used for childcare while the courses are being held at 271 Stubbs Terrace.

We have a craft room open daily during office hours Monday to Friday from 9.30am until midday (closed during school and public holidays) and all the contents are available for your use. We have a large range of materials and a modest library of craft books, cook books and videos. You can also choose to decoupage, mosaic, make a teddy or a raffia hat, paint or make cards, all in your own time and at your own pace. The cost of craft room usage ranges between \$2 and \$10 per activity.

We have a DCO computer room with a printer and scanner and fax machine at KCH for Defence spouses to use. You can keep in contact with your deployed spouse via the Internet or use the room for anything to do with employment.

We always provide morning tea at each course and childcare is available for the cost of \$1 per child.

We host up to three low cost courses weekly, and we offer something for everyone ranging from Tupperware

parties to pasta making sessions to mosaic classes and child management classes. In 2002 we will be holding weekly night classes with childcare for the Defence spouses who work during the day but who would still like to take advantage of our low costs and be able to network with other Defence spouses. In 2002 we will also be holding childrens craft courses during one week of each holiday period.

This year we have held a number of night courses such as Introduction to Investments Seminars and wine and cheese tasting for ADF personnel and their spouses.

We are also coordinating a jumbo combined garage sale for Defence families to sell their items to the public hassle free with a cake stall and sausage sizzle.

The Coordinators, Rebecca and Pam and the Karrakatta Community House Management Committee look forward to hearing from you. We are always looking for new committee members and if you are passing through Perth make sure you come and see our Community centre which we are extremely proud of and have a coffee and a chat.

Call, fax or email your address details and we can send you our latest newsletter and course program sheet. Look out for our web site soon to be attached to the WA section of the DCO web site.

Contact: Rebecca Kisch and Pam Hamilton, Coordinators

Phone/Fax: **08 9385 0554**

Email: kch_inc@hotmail.com

