

# Welcome to Darwin

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This Welcome Book has been prepared by the Defence Community Organisation (DCO) for Defence personnel and their families posting to the Darwin region.

The book captures a wide range of general and local information to assist you to settle into your new location. Darwin and the surrounding region have a lot to offer you, making this a posting with many exciting opportunities.

We have endeavoured to include as much information as possible in this guide, however if you have specific needs or require further information please feel free to contact us. A list of essential services and useful contact numbers is included at the back of the book.

Your local DCO team hopes you enjoy your posting and we look forward to being of assistance to you.

*DCO supports ADF families in peace and war*

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## Publisher's Note

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While every effort has been made to ensure the accuracy of the information given in this publication, the publishers do not, in any way, accept liability for inaccuracies or for any loss of any kind caused through editorial material.

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# Welcomes and Introductions

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## Comd IBDE Welcome and Introduction

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Welcome to Darwin and to Robertson Barracks, the Home of the 1st Brigade.

The 1st Brigade is at the forefront of the Australian Army's commitments to operations, and its investment in the future. Soldiers from 1st Brigade are currently serving in the Middle East Area of Operations, most notably in the Overwatch Battle Group in Southern Iraq, and the Force Level Logistic Asset in Kuwait. 1st Brigade soldiers have just returned from the 1st Reconstruction Task Force in Afghanistan and are continuously preparing for operations in other areas. This preparation now involves regular deployments to significant exercises at Cultana in South Australia.

The Brigade has just received our latest capability upgrade – the M1A1 Abrams tank, which is now being introduced into full service. Our Bushmaster Infantry Mobility Vehicles are now fully operational and the Brigade will soon receive upgraded M113 Armoured Personnel Carriers.

1st Brigade has the key characteristics of the hardened and networked Army. It provides our capability to conduct decisive manoeuvres and protected close combat; it is founded on the principles of combined arms operation; and it achieves a degree of connectivity that is a sound platform for our move towards network enabled operations.

But 1st Brigade is more than equipment and operations. It is also about people. The men and women of the brigade and their families are important members of the Darwin

community. They work in Darwin businesses, our children attend Darwin schools, and our people contribute in many and varied ways to the rich cosmopolitan life style that goes with being a Territorian.

This publication and the DCO team will help you with settling in and living in the Territory. There are many demands, but there are also many rewards from service in Darwin. All in all Darwin is a great place to be a soldier!

### **Commander 1st Brigade**

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## Welcome from the Commanding Officer, HMAS *Coonawarra*

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Congratulations on your arrival in Darwin and posting to HMAS *Coonawarra*! Darwin is a vitally important Navy port and for over the past 37 years *Coonawarra* has proudly become known as the Jewel in Navy's Northern Crown. Darwin is also a very busy Navy port and host to numerous RAN and multi-national exercises and operations, involving around 100 visiting Australian and foreign major warships throughout the year. Almost 550 Navy people are based in the Darwin area, most of whom work at *Coonawarra* or Larrakeyah Barracks or at sea, conducting border protection work in the Armidale Class Patrol boats and the two Landing Craft – Heavy boats or LCHs. HMAS *Coonawarra* is not where it used to be. It moved in 2004 from the former Berrimah site, which is now the home to the NT headquarters of the Defence Support Group. HMAS *Coonawarra* is located within the Larrakeyah Defence Precinct, and only two kilometres from Darwin city centre.

As the fleet support base for 10 new Armidale Class patrol boats and Landing Craft Heavy boats, *Coonawarra* has a prime location, overlooking Darwin Harbour. *Coonawarra* is an operational base that provides various capabilities to our Naval Fleet. It is the gateway to our northern neighbours, and the centre from which the Navy conducts border protection operations. *Coonawarra* also plays host to major RAN and multi-national exercises and operations involving around 80 visiting Australian and foreign major warships annually.

You will find living in Darwin presents a challenging way of life that many families and individuals have not previously experienced. Also, before long, you will become part of the community of 'Territorians', with that same lifestyle which often endears most people to warmly embrace their new neighbours from 'down south' in their love for cultural, sporting and recreational interests. Darwin has many attractions of great beauty that are both within easy driving distance and easy to explore. The city has grown substantially over the last decade and today boasts modern facilities with a relaxed and friendly lifestyle.

A feature of the Top End is the different climate – for part of the year, 'The Wet' is often hot, very humid and of course wet, making it uncomfortable for some. The remainder of the year is known as 'The Dry' and is best described as six months of tropical heaven. There are all kinds of events taking place throughout the year that are truly unique to the Territory. Starting with the Bombing of Darwin commemoration in February, to the Beer Can Regatta and the Darwin Cup in August, and perhaps most synonymous of all – The Barra Festival. These, and other events, reflect the heart of the community, its rich, diverse culture and nature of life in this remote part of Australia, and also the Territory's strong

military connection. From our wonderful markets, our readily accessible sporting facilities and trips to places like Kakadu and Litchfield National Parks, there really is plenty to see and do.

*Coonawarra* can be an exciting base to work and a place where Navy people of all ranks and rates enjoy working closely together to keep our ships at sea. As I mentioned earlier, living and working in the Top End offers lots of challenges, opportunities and rewards for Navy people and their families. I therefore encourage you to make the most of your time in Darwin – it could well be the most fulfilling posting of your career!

Finally, welcome to Darwin and to the Top End Navy, and I personally look forward to meeting you soon.

**Commander Stuart Wheeler, RAN**  
**Commanding Officer**  
**HMAS *Coonawarra***

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## Welcome From OC 396ECSW

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Welcome to the Top End.

Our history in the North is memorable and enduring. For much of World War II this region was the front line and hundreds of combat aircraft and thousands of allied air and ground crews operated from bases throughout the 'Territory'. Missions were launched and squadrons deployed North, which eventually turned the tide on the Japanese incursion into the Pacific Theatre.

For a period after the war, RAAF Base Darwin was a staging post to support our Defence involvement in Australian defence and foreign policies in Asia, Indo-China and South East Asia. Today, RAAF Base Darwin and RAAF Base Tindal continue to support our own

and visiting foreign deployments of aircraft. Although the role remains to project airpower into our region, the way we do business has changed over the years.

RAAF Base Darwin is commanded by the Commanding Officer of 321 Expeditionary Combat Support Squadron, Wing Commander Noel Hinschen. This Squadron has the twin roles of providing combat support at RAAF Darwin and also being prepared to deploy to other locations to provide combat support. 321 Expeditionary Combat Support Squadron is a subordinate Squadron of 396 Expeditionary Combat Support Wing, the headquarters of which is a lodger on RAAF Darwin.

RAAF Base Tindal is commanded by the Commanding Officer of 322 Expeditionary Combat Support Squadron, Wing Commander Rohan Gaskill. This Squadron has the twin roles of providing combat support at RAAF Tindal and also being prepared to deploy to other locations as the main arm of the Northern Expeditionary Combat Support Squadron. 322 Expeditionary Combat Support Squadron is a subordinate Squadron of 396 Expeditionary Combat Support Wing.

Living in the Territory presents a different lifestyle that many families and individuals have not experienced before. However, that same lifestyle endears most people to the Territory in a way that no other posting does. An additional feature of a posting to the Territory is the way the local community welcomes us as a valued part of the community. I urge you to make the most of the opportunity you now have to enjoy your stay in the Top End and I recommend this information book to you as a valuable resource to assist you with the transition to the lifestyle here.

**GPCAPT Peter Viggers ADC**  
**OC 396ECSW**  
**RAAF Base Darwin**

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## Defence Units

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### **RAAF Base Darwin**

No. 321 Expeditionary Combat Support Squadron

No. 13 (City of Darwin) Squadron

No. 114 Mobile Control and Reporting Unit

No. 396 Expeditionary Combat Support Wing

No. 44 Wing Detachment Darwin

Joint Logistics Unit – North

1 ATS Detachment Darwin

### **RAAF Base Tindal**

No. 322 Expeditionary Combat Support Squadron

75 Squadron

1 ATS Detachment Tindal

No. 44 Wing Detachment Tindal

# Defence Support Services

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## Defence Community Organisation (DCO)

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### How We Can Assist You

On behalf of Command, DCO delivers a broad range of targeted programs and services to support ADF personnel and their families to balance the demands of military service with personal and family commitments.

Your local DCO team is staffed by Social Workers, Military Support Officers, Regional Education Liaison Officers, Family Liaison Officers and administrative staff who are available to assist you and your family through the provision of:

- support in time of crisis
- information on Defence matters in general
- advice on community, recreational and interest groups
- deployment support
- mobility support
- professional counselling for personal, relationship and family problems
- various courses, information sessions and support groups
- specialist education advice and assistance
- special needs recognition and review
- employment assistance
- child care assistance.

Upon your arrival, please contact our staff if you would like further information not covered in this publication or if you would like to be linked to local Defence and community activities and support groups.

### Where to Find Us

3 Tybell Street  
Winnellie

Tel: (08) 8935 7900

Fax: (08) 8935 7901

Email: [dco.darwin@defence.gov.au](mailto:dco.darwin@defence.gov.au)

### DCO Website

The DCO website [www.defence.gov.au/dco](http://www.defence.gov.au/dco) provides ready access to information for Defence families on a broad range of ADF member and family topics.

### After Hours Emergency Support

The DCO office is open from 8.30am to 5.00pm, Monday to Friday. All requests for emergency DCO assistance outside these hours and on public holidays should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026.

NWCC will not transfer callers directly to DCO but, where necessary will pass a request for assistance to a DCO Duty Officer who will return the call. DCO assistance out of hours is available in emergency situations only. Any non-emergency cases are referred for follow-up assistance during normal business hours.

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## Chaplains and Philanthropic Organisations

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A full list of chaplains for all three Services and various philanthropic organisations, with their respective contact phone numbers, are shown at the back of this book in the section entitled 'Telephone Directory'.

# Introduction to Local Bases

The Defence Community Organisation Darwin services members and their families from the following Defence establishments in the Northern Territory:

- Defence Establishment Berrimah
- Larrakeyah Barracks (Incorporating HMAS *Coonawarra*)
- Robertson Barracks (Palmerston)
- Jindalee facilities (40km from Alice Springs)
- Nhulunbuy (Gove Peninsula)
- RAAF Base Darwin.

Those who are posted to the more remote areas, including Nhulunbuy, Broome and Alice Springs, are able to access the Defence Community Organisation services by phoning the Darwin office on (08) 8935 7900.

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## Defence Units

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### **Robertson Barracks**

- Headquarters 1st Brigade
- 1st Armoured Regiment
- 1st Aviation Regiment
- 2nd Cavalry Regiment
- 8th/12th Medium Regiment
- 1st Combat Engineer Regiment
- 1st Combat Signal Regiment
- 5th Battalion, The Royal Australian Regiment
- 7th Battalion, The Royal Australia Regiment
- 1st Combat Service Support Battalion
- 11 Military Police Platoon and 1 Sect 51 MP PI (SIB)

- 1st Troop, Emergency Response Squadron
- Joint Health Services Agency
- Robertson Barracks Medical Centre
- Joint Movement Control Office – Darwin
- Land Warfare Centre NT
- Adelaide University Regiment – North Australia Command

### **Larrakeyah Barracks**

- HQ Northern Command
- North West Mobile Force
- HMAS *Coonawarra* (incorporating):
  - Port Services and Darwin based minor war vessel home port
  - Fleet Support Unit
  - Patrol Boat Systems Program Office
  - Armidale Class Patrol Boat Crew Facility
  - Defence Maritime Services
- Patrol Boat Force Element Group
- 4 Intelligence Company
- Larrakeyah Barracks Medical Centre
- 36 Water Transport Troop

### **RAAF Base Darwin**

- No 321 Expeditionary Combat Support Squadron
- No. 13 (City of Darwin) Squadron
- No 114 Mobile Control and Reporting Unit
- No 396 Expeditionary Combat Support Wing
- No 44 Wing Detachment Darwin
- Joint Logistics Unit – North
- 1 ATS Detachment Darwin

## **Defence Establishment Berrimah**

- Army Personnel Agency – Darwin

### **Other**

- Shoal Bay Receiving Station
- Australian Army Band – Darwin

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## Base Information

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### **Driving on Bases**

Every Service member or their dependants are subject to the NT Road Traffic Act when driving on Defence Establishments. In particular, drivers are to comply with NT regulations regarding licences, registration, wearing of seat belts, use of mobile phones, wearing bike helmets when cycling, and obeying street signs.

The Base Commander (BCDR) has the right to control the driving of motor vehicles on base and may withdraw the privilege of driving on base from any person who does not adhere to the above road laws.

### **Speed Limits**

Generally, the speed limit on bases is 40km/h, unless signposted otherwise. Marching or running troops have the right of way and motorists should slow to 10km/h, unless otherwise instructed, when passing.

### **Parking**

All cars are to be parked in marked bays, and disabled and no-parking zones are to be respected.

### **Living in Accommodation**

The Accommodation Centre manages bookings for most Living in Accommodation (LIA). It is located at RAAF Base Darwin and covers the RAAF Base, Defence Establishment Berrimah and Larrakeyah Barracks. The contact phone number is (08) 8923 5045.

The accommodation centre that manages living in accommodation at Robertson Barracks can be contacted on (08) 8935 2201. All Robertson accommodation arrangements are made in consultation with 1 Brigade.

### **Exercise Facilities**

Service personnel undertaking sport and fitness training and activities, have priority use of the gyms, sporting facilities and swimming pools on bases. Tradition and common practice have extended the use of these facilities to Department of Defence public servants, spouses/partners and families of ADF personnel. These are the only personnel who have the right to use the sporting facilities without written permission from Defence Support Group.

### **ID Cards and Passes**

Dependant ID for access to the Defence Bases is required for all spouses and dependants over the age of 12 years. ID cards must be carried with you at all times while on a Defence base as you may be required to produce identification at any time. To obtain your ID card or pass, contact the Defence switchboard on (08) 8935 2000 and ask to be put through to a Customer Service Centre/Shopfront at one of the bases.

### **Defence Sporting Clubs**

Members of the Defence Forces are by nature actively involved in sports. Combine that with the climate and lifestyle of Darwin and you have the perfect mix for sporting and recreational clubs in the region. Defence Force members and their families run a range of sporting clubs within the Darwin and Palmerston region. For details and contact phone numbers refer to the local telephone directory, or on-base information.

# Northern Territory Education

## **Regional Education Liaison Officer (REDLO)**

The Regional Education Liaison Officer (REDLO) can provide you with information and advice about the education system in your posting locality and the Education Assistance Scheme available through the Department of Defence.

The DCO booklet, *Education – Northern Territory*, is available from the REDLO and contains information about preschool, primary, secondary and tertiary education in Northern Territory. It also covers services available for children with special needs, information on changing schools and details of the Education Assistance Scheme.

## **Defence School Transition Aide (DSTA)**

Defence funds Defence School Transition Aides (DSTAs) in a number of schools in Queensland. DSTAs (Primary) and Defence Transition Mentors (Secondary) are employed to assist families as they relocate to a new school.

They may:

- organise activities which welcome and farewell ADF families and help them settle into the new school community
- assist the school to understand the needs of ADF parents and their children
- inform the school and support families if ADF members are deployed
- help families with special needs
- assist families collect work portfolios and academic records or reports for the new school
- act as a point of contact for ADF families in the new school.

The DSTA helps all Defence children at the school should they seek or require assistance. It is not intended that the DSTA work with one child on a long-term basis.

Contact the REDLO for further information:

Tel: (08) 8935 7907

Email: [redlo.nt@defence.gov.au](mailto:redlo.nt@defence.gov.au)

## **Handy Contacts**

Internet: [www.deet.nt.gov.au](http://www.deet.nt.gov.au)

# Employment

## The Services Workforce Access Program for Partners (SWAPP) Select

SWAPP has been enhanced with the new SWAPP Select, providing a greater selection of employment-enabling initiatives to assist an ADF partner become job ready and gain employment in the new posting locality. These initiatives include:

### **Professional Employment Services**

Funding of up to a maximum of \$2,500 is available for a partner to choose a professional agency to provide some or all of the following services:

- career transition assessment and advice
- job search techniques and strategies
- preparation and presentation for interview
- application and selection criteria preparation
- identifying training options
- identifying job options.

### **Training**

Assistance with individual training required to secure immediate employment is available, up to a maximum cost of \$2,500. Training can either be as a direct result of an employment offer, or identified by your professional service provider as enhancing your prospects of gaining immediate employment. The training must be completed within 12 months.

### **Personalised Resume Preparation**

Funding assistance is available, to a maximum of \$500, for a partner to choose a professional agency to prepare their resume. Alternatively, a resume-preparation CD is available through your local DCO office which provides assistance in preparing your own resume.

### **Child Care**

Reimbursement of child care costs, up to a maximum of \$250 per child, is available while you pursue job search activities, for example travelling to appointments, participating in training, preparing job applications, or attending interviews.

### **Internet Access**

If you are posting to a specified 'very remote locality', assistance with funding internet access costs, up to \$30 per month, is available to allow you to undertake distance learning that may enhance your employment opportunities.

### **Professional Re-registration Expense Payments (PREP)**

If you post to a new locality and are required to re-register or undertake a short upgrade course of up to 12 months in duration (inclusive of university or TAFE), in order to obtain the same employment opportunities you had in your previous locality, this cost can be reimbursed under PREP.

## Family Day Care

Funding is available under the Extended Child Care Program (ECCP) to assist with the mandated initial set-up costs incurred by Defence spouses commencing employment as carers with registered family day care schemes.

For more information on how to become a family day care provider, or where to find your local family day care scheme, please contact Family Day Care Australia on 1800 621 218.

## Fringe Benefits Tax

Assistance provided under SWAPP Select and the ECCP will attract Fringe Benefits Tax (FBT). Further information on this is available on the DCO website.

## Further Information

Further eligibility information for SWAPP Select and the ECCP, including application forms, can be obtained from your local DCO office and on the DCO website at [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

# Children's Services

## Defence Child Care Program

The purpose of the Defence Child Care Program is to aid mobility by facilitating priority of access to child care for Defence families where the local community is unable to meet the demand for child care places. Accordingly, the program is focused on ensuring mobile Defence families can access some form of child care on arrival in the gaining locality. This is achieved through a variety of centre and non-centre based child care. Defence does not directly subsidise the cost of any form of child care for Defence families, nor is child care an entitlement.

## Defence Child Care Centres

There are currently 39 Defence/Corporate Child Care Centres across Australia which participate in the National Childcare Accreditation Council Quality Improvement Program. These centres are managed by ABC Learning and are required to meet the state/territory child care regulations for licensing and the requirements for the Child Care Benefit (CCB). The centres provide priority of access to Defence families in accordance with Defence's Priority of Access (POA) guidelines.

A full list of the centres and the Defence POA guidelines are available on the DCO website.

## National Enrolment Call Centre

The ABC Learning national enrolment call centre can be contacted on 1800 222 543 for Defence families to:

- access placements in Defence/Corporate Child Care Centres
- book child care in the preferred location in advance of relocating to that area
- receive information on other centres in a general line of travel between work and home, if child care is not available in the family's preferred centre
- receive information regarding employment in Defence/Corporate Child Care Centres.

## Family Day Care

Family day care is home-based child care by a qualified, monitored family day care provider. You can contact the schemes in your area through Family Day Care Australia on 1800 621 218.

## Handy Contacts

Defence Community Organisation  
Internet:  
[www.defence.gov.au/dco/childcare.htm](http://www.defence.gov.au/dco/childcare.htm)

ABC Learning  
Tel: 1800 222 543  
Internet: [www.childcare.com.au](http://www.childcare.com.au)

Child Care Access Hotline (up-to-date information about child care options and locations)  
Tel: 1800 670 305

Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)  
Internet: [www.fahcsia.gov.au](http://www.fahcsia.gov.au)

The National Childcare Accreditation Council (NCAC)  
Internet: [www.ncac.gov.au](http://www.ncac.gov.au)

Family Day Care Australia  
Tel: (02) 4320 1100 or 1800 621 218  
Internet: [www.familydaycare.com.au](http://www.familydaycare.com.au)

Other options exist for child care, family day care and community-based child care, but most centres do have a waiting list.

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## Family Day Care

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### Darwin Family Day Care

Darwin Family Day Care has many day care positions reserved for Defence families throughout the Darwin area. These child care placements are full-time positions with flexible hours, allowing for care 24-hours a day, 7 days a week if required. Part-time positions are also available. When contacting Darwin Family Day Care, inform the staff that you are a Defence family to allow for prioritising.

Family day care is quality child care provided by dedicated people who deliver care and developmental activities in their own homes. It is organised and supported by a central coordination unit (in accordance with procedures and guidelines set by Commonwealth and local government).

For more information, contact the family day care coordinator in your area.

Darwin Family Day Care  
Tel: (08) 8945 2945

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## Emergency and Respite Care

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Charlton Brown Group Agency Services  
Tel: 1300 301 888 (freecall)

Chelsea's Home and Family Day Care, Nightcliff  
Tel: (08) 8945 7772

Darwin Family Day Care, Darwin  
Tel: (08) 8945 2945

Kentish Family Day Care, Palmerston  
Tel: (08) 8932 2457

# Special Needs

When Defence families with special needs are posted, they may have difficulties accessing the services they require. These problems tend to relate to obtaining (or keeping) appropriate specialised equipment, waiting lists for accessing respite or therapy services in the new locality, and having appropriate accommodation that caters for the additional requirements of the family member with special needs.

In order to address some of these difficulties Defence has a comprehensive program of assistance and support measures that can be accessed by ADF families who are formally recognised as having a dependant with special needs.

The Dependants with Special Needs Program includes:

- a procedure whereby families can have their status as a special needs family formally recognised and reviewed by Defence
- a procedure whereby families can have their special needs status reviewed prior to relocating (required where families are seeking assistance in the new posting locality)
- a special needs pre-posting visit
- assistance to access specialised equipment in the new locality
- assistance to access therapy and respite services in the new locality
- assistance with identifying appropriate housing and transit accommodation.

Contact your local DCO office for more information or to make an appointment to formalise recognition or for an assessment of assistance on posting.

## **Children with Special Needs**

The decision on where to enrol a student, and with what level of support, will depend on a number of factors, including the student's educational needs, the expressed desires of parents and caregivers, the capacity of the education system to provide the level of support services required generally and at a particular location, and the availability of appropriate support services at alternative locations.

**It is important that parents of children with special needs contact the REDLO to facilitate the appropriate placement as soon as notification of posting is given, so that the support required is available for the student from the time of arrival at the new school.**

# Relocations and Housing

## Defence Relocations and Housing Manager

Defence Relocations and Housing Managers (DRHMs) are employed to assist ADF members and their families by liaising with Defence Housing Australia (DHA), Toll Transitions and the Defence Community Organisation in each region to make their relocation easier for them and their families. If you have an enquiry regarding your housing maintenance/allocation or relocation services, do not hesitate to contact your local Defence Relocation and Housing Manager listed below.

Area	Name	Phone	Mobile	Fax
Darwin	Louize Jowitt	(08) 8935 4346	0438 924 351	(08) 8935 4240
	Aprile Williams	(08) 8935 4583	0428 285 038	(08) 8935 4240

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## Defence Housing Australia

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Defence Housing Australia (DHA) delivers a range of housing and relocation services through a network of Housing Management Centres (HMCs) across Australia. DHA will help you and your family find a suitable service residence or other permanent accommodation in your gaining location. DHA is your first point of contact for relocations, allocations, emergency maintenance or queries you have regarding your housing needs.

For information about your removal, entitlements, allowances, or for help with any aspect of your move, please contact your local Housing Management Centre.

### **Handy Contact Information**

Defence Housing Australia  
National Call Centre  
Tel: 1800 249 711

Australia-wide 24-hour maintenance hotline  
Tel: 1300 366 615

Internet: [www.dha.gov.au](http://www.dha.gov.au)

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## Toll Transitions

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You can complete your inventory online, in your own time at [www.tolltransitions.com.au/defence](http://www.tolltransitions.com.au/defence). You can save the inventory and return to it when you have the time, and you can re-use the inventory every time you relocate. Simply log-on to the website and amend your stored inventory.

You can download the *Easymove Guide* from the website. DHA will also provide you with a hard copy of the guide when you are relocating.

After your move, in the unfortunate event of loss or damage, you can submit your Notice of Loss or Damage online direct to Toll Transitions' Warranty Management Centre (WMC).

For 24-hour relocation enquiries and assistance, contact Toll Transitions on 1800 819 167.

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## Water Safety in the Northern Territory

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The Water Safety Branch's core business is to implement swimming pool fencing legislation (Swimming Pool Safety Act). The Act requires all new pools and spas, including blow-up and above-ground pools that can hold 300mm of water or more, to be securely fenced in accordance with the legislation.

### **Rental properties with a pool or spa**

Before entering into a rental lease agreement, check with the landlord/leasing agent that the property you are leasing has a current Compliance Certificate issued by the Water Safety Branch.

If you notice a fault with the pool fence barrier, under the Act it is your responsibility to alert the property agent immediately.

For further information regarding swimming pool fencing requirements, call 1300 301 059 or email: [watersafety@nt.gov.au](mailto:watersafety@nt.gov.au).

The Water Safety Branch of the Department of Local Government is also host to the NT Water Safety Advisory Council, which is an independent advisory body. Members of this body are appointed by the Minister for Local Government, and representation includes Government and non-government bodies who can contribute to improving water safety measures in the Northern Territory.

## Health

Quality health care is available throughout the Northern Territory at hospitals, health centres and community care centres. St John Ambulance Service provides a modern, well-equipped ambulance service throughout the Northern Territory. Private medical specialists, general practitioners, dentists, allied health practitioners and other agencies are also available.

Darwin has a diverse range of medical specialists; however, due to our remote location and relatively small population, some specialists are in strong demand and have waiting lists for their services.

If you know you will be requiring specialist services upon arriving in Darwin, you may need to make contact with the specialist prior to your move to get an indication of waiting list times and what you need to do in order to access their service.

### **■ NT Health Direct**

NT Health Direct is a telephone health advice and information line for Territorians. It's free (charges apply for calls from mobile phones – consult your service provider) and completely confidential 24 hours a day, seven days a week. You will speak with an experienced registered nurse who will help you with:

- symptoms
- health concerns
- advice on when to see a doctor or health service, and where to find them.

Telephone NT Health Direct on freecall:  
1800 186 026

### **■ Royal Darwin Hospital**

Rocklands Drv, Casuarina, NT 0810.  
General enquiries: (08) 8922 8888

### ■ Darwin Private Hospital

Rocklands Dr, Tiwi NT 0810.

General enquiries: (08) 8920 6011

Internet: [www.healthscope.com.au](http://www.healthscope.com.au)  
click on Surgical/Medical and select  
the Northern Territory.

### ■ Community Care/Health Centres

#### **Casuarina Community Care Centre**

Casuarina Plaza,

Cnr of Trower Rd and Vanderlin Dr

Tel: (08) 8922 7301

#### **Palmerston Community Care Centre**

Palmerston Health Precinct,

Cnr Temple Terrace and Roystonea Ave

Tel: (08) 8999 3344

### ■ Children's Services Unit

General enquiries: Tel: (08) 8999 344  
or 1800 019 161

### ■ Private and General Practitioners

A full list of GP practices is available from  
the Top End Division of General Practice.

Internet:

[www.tedgp.asn.au/gppractices/index.htm](http://www.tedgp.asn.au/gppractices/index.htm)

### ■ Alternative Health Care

#### **Darwin Holistic Health Centre**

54 Gregory St, Parap

Tel: (08) 8941 1699

Internet: [www.darwinholistic.org.au](http://www.darwinholistic.org.au)

### ■ Dentists

A free dental service is provided through  
the primary and secondary schools.

For enquiries, contact School Dental Clinics  
on (08) 8922 6475

To contact the NT Government Dental  
Services, phone (08) 8922 6466 or for further  
information refer to Department of Health &  
Community Services in the government section  
of the telephone directory.

### ■ Acclimatising

Heat stress, dehydration and heat exhaustion  
can be avoided with a few simple steps.

The following hints will assist you in  
acclimatising to life in the tropics:

- drink lots of water – approximately  
2 litres per day will prevent dehydration and  
increase your energy levels – Darwin water  
is clean and can be consumed from the tap
- decrease your alcohol intake until  
you acclimatise
- try to avoid soft drinks and salt drinks
- wear loose-fitting clothing made of  
lightweight material – avoid synthetics  
where possible
- avoid taking supplementary salt tablets
- DO NOT leave children or animals  
unattended in vehicles, even for a  
few minutes
- SLIP, SLOP and SLAP.

#### **Danger signs of heat stress:**

- tiredness, nausea, faintness or giddiness
- cold, clammy skin
- weak, rapid pulse or rapid breathing
- increased thirst.

To prevent prickly heat:

- wear cool, non-restrictive (natural fibre if  
possible) clothing
- do not use soap on affected area – try a  
substitute, e.g. Pinetarsool
- do not use antiperspirants on blisters –  
try a powder with zinc instead
- keep skin folds clean and dry (areas around  
groin, under breasts, etc.)
- wear clean, dry clothing
- stay out of the sun and keep cool.

### ■ Melioidosis

Melioidosis is a disease that may cause people to become extremely ill with high fevers and chills, headaches and breathing difficulties within a few days of becoming infected. In these cases the infection can be fatal and requires early treatment by a medical professional. The disease is caused by bacteria that live below the soil's surface during the dry season, but after heavy rainfall can be found in surface water and mud and may become airborne. Avoid working or playing in muddy soil during the wet season without good hand and foot protection as the bacteria usually enters the body via cuts and sores in the skin, or by ingestion of contaminated water.

### ■ Midges

Biting midges are small flying insects located near tropical and coastal regions and are renowned for their nuisance biting. Biting midges are responsible for acute discomfort, irritation and severe local reactions. Some sensitive people experience reactions that blister and weep from the site of each bite for several days and up to weeks after the bite. There are no known methods of controlling midges, but personal protection will help in reducing exposure to their bites. Avoid localities, especially at dusk and dawn, which are known to be frequented by biting midges, wear long sleeves and pants and apply a repellent to exposed skin.

### ■ Tropical Ear/Swimmers' Ear

Pain, itch and discharge are the most common symptoms. If affected, keep ears dry and administer paracetamol for pain relief. See your doctor if pain persists. As a preventative measure, eardrops are available from your chemist and should be administered before and after swimming.

For further details on any of the information covered in this chapter, please refer to the Department of Health and Community Services website [www.health.nt.gov.au](http://www.health.nt.gov.au) or call them on (08) 8999 2400.

# Defence Community Groups

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## Defence Special Needs Support Group (DSNSG)

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The Defence Special Needs Support Group (DSNSG) is a national volunteer organisation established to provide support, information and assistance to Defence families who care for someone with a disability or special need. Membership is free. Services provided include local support groups, respite program, posting plans, specialised support for adults with special needs, Computers 4 Kids, access to grants, national newsletter, social skill programs for children and much more. For more information, contact the national office.

National Coordinator

Margaret Fisk

Tel: 1800 037 674

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

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



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## Defence Families of Australia (DFA)

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Defence Families of Australia (DFA) has been representing the views of Defence families for more than 20 years. It is a voluntary group of energetic and dedicated Defence spouses appointed by the Minister for Defence Science & Personnel. We are in the unique position of having access to the Minister, Chief of the Defence Force (CDF), senior Defence members and key organisations that directly impact on the lives of Defence families.

DFA's aim is to improve the quality of life for Defence families by providing a recognised forum for their views and by reporting, making recommendations and influencing policy that directly affects families. The DFA Executive attracts volunteers from all services and ranks to ensure we represent families adequately and understand the issues at all levels. We are all living the unique lifestyle that comes from being married to a Defence member. DFA also recognises that families today are very diverse and face different challenges as they move through their phases of life.

Geographically, DFA volunteers are located all around Australia, representing families at local, regional and national levels. Our National Delegates are situated in each state and we try to have a Senior Representative on each base also. We rely on good communication between each other and families in each region to ensure that, when issues are raised, they are taken to the appropriate stakeholder at a local level or, if necessary, raised to a national level.

Issues and committees that DFA are currently involved in include:

- Child care expansion program.
- Family Support Funding Advisory Committee.
- Defence Housing Australia Advisory Committee.
- New Housing Classification Policy.
- Superannuation review.
- Deployment, relocations and housing support.
- Education assistance review.
- Support to community groups and houses.

DFA's National Conference is held annually and provides an opportunity for face-to-face time where we discuss and develop feedback from all regions. We liaise with Defence stakeholders and work with areas that support ADF families. Together, as a team, solutions, additions, improvements and initiatives are created for ADF families.

## **Support!**

DFA seeks the opinion of families about essential services and entitlements. By joining our DFA family network, you are supporting our aims to represent your needs and improve service conditions for all ADF families. Please take a few minutes to enter your details on our website, [www.dfa.org.au](http://www.dfa.org.au)

You will receive quarterly DFA news bulletins updating you on DFA activities and contribute to being a 'voice for Defence Families'.

## **How can you be involved in DFA?**

If you are interested in learning more about DFA, or becoming a volunteer in your area, please contact your local National Delegate or check out our website.

Up-to-date family/spouse information is available on our website [www.dfa.org.au](http://www.dfa.org.au)

## **For Help and Advice**

**Tel: 1800 100 509**

## **Coonawarra Community House**

The Coonawarra Community House is managed by the volunteers of the North Australian Area Family Support Committee, with the day-to-day operations undertaken by a community house coordinator.

Please contact the Community House Coordinator for information regarding facilities and activities it offers:

Building 53, Melville Rd,

Defence Establishment Berrimah

Tel: (08) 8947 0411 or 0406 972 885

Email: [coonawarracomhouse1@bigpond.com](mailto:coonawarracomhouse1@bigpond.com)

### **Kids Force Early Childhood Programs**

Kids Force Kindergarten

For children aged two to five years.

Kids Force Occasional Care

For children aged six months to five years.

Kids Force Holiday Care

For children aged six months to 12 years.

Kids Force Preschool

Operating from the other wing of the same premises as the kindergarten, the preschool is part of the Ludmilla Primary School, operating on the RAAF married quarter patch.

Kids Force is located at:

Cnr Billeroy Rd and Adina Cres,  
RAAF Base Darwin

For details on any of these programs

Tel: (08) 8942 2964 or (08) 8947 0411

Email: kidsforcekindy@bigpond.com

### **Larrakeyah Neighbourhood House**

A volunteer committee runs the Larrakeyah Neighbourhood House for Defence personnel and their families.

Please contact the Coordinator for information regarding facilities and activities it offers.

20 Stevens Tce, Larrakeyah Barracks

Tel: (08) 8935 5498

Email: larrakeyahhouse@bigpond.com

### **Robertson Barracks Family Group**

The Robertson Barracks Family Group is located at the Lone Pine Chapel Multi User Centre, on Robertson Barracks. Turn right after the front gate and you can see us on the right almost straight away.

For information regarding facilities and activities, check out their website [www.rbfm.com.au](http://www.rbfm.com.au), give them a call or email, or simply pop in for a visit at any time.

Tel: (08) 8935 3710

Email: info@rbfm.com.au

### **Billeroy Road Community Centre**

The Billeroy Road Community Centre is located on the main entrance road into the married quarters, RAAF Base Darwin.

Please contact the Community Centre for information on facilities and activities offered:

12 Billeroy Road

RAAF Base Darwin

Tel: (08) 8923 5170

Email: billeroy@chariot.net.au

### **The Top Ender Tri-Services Magazine Inc.**

The *Top Ender* is a 50+ page bi-monthly, non-profit publication. The newsletter is compiled largely by volunteers and is distributed free-of-charge to over 2000 Defence members. The newsletter welcomes anyone who has the time and would like to develop skills ranging from message-taking to desktop publishing.

Rear of Building 6 'Sahara Room' Melville Rd,  
Defence Establishment Berrimah

Tel: (08) 8947 2657

Fax: (08) 8947 2159

Email: thetopender@aapt.net.au

# Local Community

## Living in the Top End

### ■ Climate

Darwin has two distinct seasons, the Dry season from May to September and the Wet season from November to April. The time between the Dry and the Wet is the time of year the locals call 'the build-up', when it is hot and humid.

During the Dry, the early morning humidity is commonly around 50 per cent, dropping to around 30 per cent in the afternoon. The coolest months of the year are June and July, when the daily temperature range is 19 to 30 degrees. At the start of the dry there is an increase in the number of dragonflies.

October and November has daily temperatures between 25 and 34 degrees and the humidity is high. Wet season has the most rain, falling between December and April. The humidity during the Wet is often over 70 per cent, and there can be high-intensity storms during this time.

Active monsoon periods during November to April are the most likely time for the development of cyclones. The 'Emergency Information' chapter outlines specific information on cyclone preparation.

### Shopping

Darwin City has a diverse range of speciality shops located in Smith St Darwin NT 0800 and in the Mitchell Centre, Mitchell St Darwin.

Casuarina Shopping Square  
24 Trower Rd, Casuarina  
Tel: (08) 8920 2345.

Palmerston Shopping Centre  
Temple Tce, Palmerston  
Tel: (08) 8932 1998

Oasis Shopping Centre  
Cnr Temple & Chung Wah Tce Palmerston  
Tel: (08) 8939 0888

Northlakes Shopping Centre  
Links Rd, Marrara  
Tel: (08) 8927 3962

Karama Shopping Plaza  
Kalymnos Dr, Karama  
Tel: (08) 8981 6711

Hibiscus Shopping Centre  
Vanderlin Dr (cnr Leanyer Drv), Leanyer  
Tel: (08) 8927 4127

Coolalinga Shopping Village  
Stuart Highway, Coolalinga

Nightcliff Shopping Centre  
159 Dick Ward Dr, Nightcliff  
Tel: (08) 8948 2749.

### Box Jellyfish

Darwin beaches are popular locations but the deadly box jellyfish is prevalent in northern waters from October to May and it is not safe to swim in the seas during these months. Since box jellyfish have been reported in the waters all year round, it's recommended that children don't swim in the ocean all year round. Box jellyfish stings are painful and can be fatal, and occur in shallow water, therefore care is needed when launching boats. It is wise to have some vinegar on hand when swimming to temporarily ease pain if a sting occurs.

### Crocodiles

Two types of crocodiles are found in the Northern Territory: the salt-water crocodile and the freshwater crocodile. The salt-water crocodile is a threat to humans, having the ability to cause serious injuries and fatalities.

Children and pets are easy targets for a salt-water crocodile and should be kept away from the water's edge. The freshwater crocodile is smaller in size and not usually a danger to people. Warning signs are present throughout the Territory, indicating the presence and type of crocodiles that inhabit the water holes, creeks or beach areas. If in doubt, contact the Parks and Wildlife Commission of the Northern Territory for further information.

Tel: (08) 8999 5511

Internet: [www.nt.gov.au/nreta/parks](http://www.nt.gov.au/nreta/parks)

### **Cane Toads**

The Cane Toad is brown in colour with rough skin. Dogs, and indeed children, have been known to attack or play with cane toads. Please discourage such actions. The toad will defend itself by secreting a poisonous milky fluid from the back of its head. This poison can be lethal to dogs (and cats) and cause sickness in children. If poisoning does occur, seek medical advice immediately.

### **Cultural Diversity**

More than 50 nationalities make up Darwin's population, including the area's traditional landowners, the Larrakia people. The cultural and culinary benefits of such a melting pot are best experienced at the weekly markets, variety of restaurants, and through Darwin's local arts and annual festivals and events.

The Northern Land Council offers information on a number of issues; permits for access to Aboriginal land; fishing permits; tours and much more.

Tel: (08) 8920 5100

or 1800 645 299 (NT toll free only)

Internet: [www.nlc.org.au](http://www.nlc.org.au)

### **Sport**

A list of sporting clubs in Darwin can be found in the local telephone directory's Yellow Pages.

Juniors are encouraged to get involved in sports and clubs usually have a strong family environment. Information and a list of sporting clubs for juniors in the NT can be found at:

Tel: 1800 045 678

Internet: [www.sportlinkup.nt.gov.au](http://www.sportlinkup.nt.gov.au)

### **Fishing**

Contact the Recreational Fishing Officer for further information.

Tel: 08 8999 2372

Internet: [www.fisheries.nt.gov.au](http://www.fisheries.nt.gov.au)

### **The Darwin Cup**

The Darwin Cup Carnival runs for a month with the main race day (a public holiday in the NT) held on the first Monday in August.

Internet: [www.darwinturfclub.org.au](http://www.darwinturfclub.org.au)

### **Darwin Entertainment Centre**

For details about upcoming events or how to become a member contact the Darwin Entertainment Centre.

Tel: (08) 8980 3333

Internet: [www.darwinentertainment.com.au](http://www.darwinentertainment.com.au)

### **Markets**

Mindil Beach Sunset Markets at Mindil Beach. Operates on Thursday evenings from 5pm to 10pm and Sunday afternoons from 4pm to 9pm during the Dry season.

Nightcliff Markets at Nightcliff Shops. Operates on Sundays from 8am onwards all year round.

Palmerston Markets at the Frances Mall in Palmerston.

Operates Friday evenings from 5pm to 10pm during the Dry season.

Parap Village Markets at the Parap Shopping Village  
Operates on Saturdays from 8am to 2pm all year round.

Rapid Creek Markets at the Rapid Creek Shopping Village  
Operates Sundays from 8am to 2pm, all year round.

Coolalinga Markets at the Coolalinga Shopping Village  
Operates Saturdays from 7am to 12am, all year round.

### **RSL Clubs**

Darwin  
27 Cavenagh St, Darwin  
Tel: (08) 8981 5437

Palmerston  
3 Maluka Street, Palmerston  
Tel: (08) 8939 0640

### **Tourism**

For information, contact the tourism information centres below.

Tourism NT – Northern Territory Australia  
Tel: 13 61 10  
Internet: [www.tourismnt.com.au](http://www.tourismnt.com.au)

Tourism Top End  
Tel: 1300 138 886  
Internet: [www.tourismtopend.com.au](http://www.tourismtopend.com.au)

### **Coonawarra Holiday Cabins**

Located on the Defence Establishment Berrimah the cabins (demountables) sleep five, are fully air-conditioned and self-contained. (You need to bring sheets including pillowslips, pillows and towels). Bookings are essential.  
Tel: 0429 619 586

### **Parks and Gardens**

There are many parks and gardens located throughout Darwin and Palmerston that offer a venue for walking, picnicking, family outings and community gatherings. Parks such as the Leanyer Recreation and Skate Park on Vanderlin Drive, The Water Gardens in Jingili, Marlow's Lagoon in Palmerston, Charles Darwin National Park on Tiger Brennan Drive, The Esplanade in Darwin City and East Point Reserve at Fannie Bay, are just a few.

### **The George Brown Botanical Gardens**

Darwin's George Brown Botanical Gardens are one of the very few Botanic Gardens in a tropical region. The 42 hectares of Botanic Gardens are located about two kilometres from Darwin City. Near the lower entrance of Gardens Road you can find the water fountain, floral displays, the Wesleyan Church, a playground, barbecues and toilets.

An alternative entry and car park is via Geranium Street in Stuart Park, which leads to the Information Centre.

# General Services

## Electoral Information

Northern Territory Electoral Office  
2nd Floor, AANT Building  
79 Smith St Darwin  
Tel: (08) 8999 5617

Australian Electoral Commission  
NT Divisional Office  
Level 7 TCG Centre  
80 Mitchell St Darwin  
Tel: 13 23 26

## Churches

There are many churches, mosques and temples in Darwin and Palmerston that provide services for all religions. Refer to Churches in the Yellow Pages directory of the local telephone book, or visit [www.yellowpages.com.au](http://www.yellowpages.com.au), to find their locations and contact details.

## Library Services

### ■ Darwin

#### Library Locations and Contact Details

##### Casuarina Library

Bradshaw Tce, Casuarina  
Tel: (08) 8930 0200

##### City Library

Civic Centre, Harry Chan Ave, Darwin  
Tel: (08) 8930 0230

##### Karama Library

Karama Shopping Centre, Karama  
Tel: (08) 8927 2505

## Nightcliff Library

Pavonia Place, Nightcliff  
Tel: (08) 8985 1461

Or visit the Darwin City Council website for further information.

Internet: [www.darwin.nt.gov.au](http://www.darwin.nt.gov.au)

## Palmerston Library

Goyder Square, on the Boulevard in the City Centre

Tel: (08) 8935 9999

Internet: [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

## Roadside Service

### The Automobile Association of the Northern Territory (AANT)

79-81 Smith St, Darwin  
Tel: (08) 8981 3837

24-hour emergency road and battery service

Tel: 13 11 11

Internet: [www.aant.com.au](http://www.aant.com.au)

## Insurance

Northern Australia is a cyclone-prone area and insurance protection is essential. Make sure that your insurance company offers cyclone, storm surge and flood cover on motor and home insurance.

It is important customers note that cover will not be issued or increased during a cyclone watch or warning. It is best to seek insurance cover advice as soon as you get to the Top End.

# Essential Services

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## ■ Electricity

Applications can be made in person at any post office or at the Power and Water Corporation. Connection of electricity to married quarters should be discussed with staff from Defence Housing Australia during your allocation process.

## ■ Power and Water Corporation

Tel: 1800 245 092

Internet: [www.powerwater.com.au](http://www.powerwater.com.au)

## ■ Telephone

Contact Telstra or the service provider of your choice for telephone connections.

## Telstra

Tel: 13 22 00

Internet: [www.telstra.com.au](http://www.telstra.com.au)

## ■ Garbage Collection

Contact your city council for garbage collection days.

## Darwin City Council

Tel: (08) 8930 0300

Internet: [www.darwin.nt.gov.au](http://www.darwin.nt.gov.au)

## Palmerston City Council

Tel: (08) 8935 9922

Internet: [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

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# Transport

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## ■ Defence Driving Licence Scheme

The Defence Driving Licence Scheme (DDLs) for ADF personnel and eligible members of their families does not apply in the Northern Territory. This means that you must obtain an NT driver's licence.

## ■ Changing Interstate Registration

New residents of the NT are legally required to transfer registration within three months.

Reimbursement of any unused portion of interstate registration is usually available upon request from the interstate authority by providing proof that the vehicle is now registered in the NT.

## ■ Transferring an Interstate Licence

New residents of the NT are legally required to transfer their licence.

The Northern Territory offers free transfer of any current Australian driver's licence. If your interstate licence has or is about to expire however, a prescribed fee will be charged for periods from one to five years.

#### ■ Motor Vehicle Registry Offices

Tel: 1800 654 628 (freecall) to locate the office nearest to you.

#### ■ Transport

Darwin is well-serviced by air, with daily domestic flights to all Australian capital cities.

#### ■ Public Transport

Timetables are available from any terminal, or contact your Family Liaison Officer.

For further information about public transport or the school bus system, visit [www.ipe.nt.gov.au/whatwedo/busandferry/index.html](http://www.ipe.nt.gov.au/whatwedo/busandferry/index.html)

## Pet Care

### Caring For Your Pet in the Tropics

There are parasites and disease prevalent in our tropical environments that are not experienced in the southern states. These include:

#### ■ Leptospirosis

Prevention is by vaccination and is highly recommended.

#### ■ Heat Stroke

Due to high temperatures combined with high humidity, heat stroke is a potential hazard to your pets, especially during the build up and wet season.

### Dog Registration

Each of the councils has its own by-laws on dog registration, which is compulsory in the Territory. Contact the relevant council as soon as your pet is residing with you. Fees are nominal and are cheaper than having to bail your dog out of the pound.

Darwin City Council

Tel: (08) 8982 2511

Internet: [www.darcity.nt.gov.au](http://www.darcity.nt.gov.au)

Palmerston Town Council

Tel: (08) 8935 9922

Internet: [www.pcc.nt.gov.au](http://www.pcc.nt.gov.au)

There are no dog laws or registration in the Litchfield Shire (Howard Springs and Humpty Doo).

Contact details for kennels and catteries can be found in the Yellow Pages or online at [www.whitepages.com.au](http://www.whitepages.com.au).

# Emergency Information

## **Tropical Cyclones**

All NT Defence units have cyclone preparation plans for the workplace and Defence facilities. All staff are briefed on these requirements by their units leading up to the cyclone season.

The information included here relates to civilian preparation only. In the event of a cyclone, families will not be accommodated at Defence establishments (unless the Unit advises otherwise); civilian shelters are to be used.

For further information or updates during cyclone season contact:

### **Bureau of Meteorology**

Tel: 1800 061 438 (freecall)

Internet: [www.bom.gov.au](http://www.bom.gov.au)

### **NT Emergency Services**

Tel: (08) 8922 3630

Internet: [www.nt.gov.au/pfes](http://www.nt.gov.au/pfes)

## **How to Develop an Emergency Plan**

### ■ **Take sensible precautions:**

- make sure your home and workplace are prepared for hazards and emergencies
- check that you have adequate household and contents insurance and which hazards are covered
- find out how and where to turn off power, gas and water supplies
- store important documents (wills, passports, photos and birth certificates) in a fire/water-proof container or safe deposit box
- prepare an emergency survival kit and keep it handy

- keep a list of emergency telephone numbers near the phone, for example, police, fire, ambulance, state/territory emergency service, local council, gas, electricity and relatives.

### ■ **Involve the family:**

- household members will need to agree on, and share, essential tasks (such as contacting each other if not home, collecting school children and checking on elderly neighbours)
- arrange an out-of-town friend or relative to be a single contact point (in case people are separated before or during a widespread emergency).

### ■ **Find out about existing plans:**

- schools and large buildings should have plans in place for emergency evacuations
- local authorities may also have plans affecting whole streets or areas.

### ■ **The serving member or whole family plans are for any time during the cyclone season**

- Make sure that your home is prepared for a cyclone with all outside items tied down or secured inside the house or shed. There is no guarantee that friends and neighbours will be available to do this for you, or that the Unit will be able to do so.

### ■ **Be prepared for evacuation**

- In some emergencies the safest action is to stay inside. But in other emergencies it can be safer to leave a building or evacuate an entire area. The appropriate action

depends on the particular hazard causing the emergency. Consult the relevant information and action guides, and follow advice from emergency authorities.

- When evacuating a building it is important to agree in advance on a gathering place at a safe distance. Practice evacuation procedures, including a head count. Large buildings should have evacuation plans in place.
- If you decide, or are advised, to evacuate the area, leave as early as possible – even hours before, in the case of bushfires. It may be safer to stay with your home, provided you are well prepared.
- Allow for special needs of infants, the aged and people with disabilities.
- Don't forget the needs of your pets.
- Have your car under cover, with a full fuel tank, and plan for alternative safe routes.

#### ■ **Three golden rules if you leave**

1. Turn off power, gas and water; lock doors; and tape windows (leaving them slightly open).
2. Take your emergency survival kit with you.
3. Listen for emergency warnings and safety advice on radio or television. Pay special attention if you hear the Standard Emergency Warning Signal (SEWS).

#### ■ **A checklist for your emergency survival kit**

Ideally, prepare your kit with all of the following items, or at least make a list so you will know where to find them quickly in your home:

- battery-operated radio (with spare batteries)
- torch (with spare batteries), candles and waterproof matches
- strong shoes, leather gloves, hat, goggles and overalls

- first aid kit and manual, and combination pocket knife
- medications, toiletry and sanitary supplies, and a change of clothes
- special needs for infants, the aged and people with disabilities
- water in sealed containers – 10 litres per person (for three days)
- three days supply of canned food (plus can opener and utensils)
- pet food, water and other animal needs
- portable stove with fuel
- tent or tarpaulin, and blankets (woollen and thermal)
- money, including change for phone calls
- strong plastic bags (for clothing, valuables, documents, and photographs).

#### **Coping Emotionally**

In an emergency, fear and anxiety are natural, but controllable, emotions. You need to remain calm so you can control your fear and actions. Remember that someone may need your help. If you are feeling particularly anxious or frightened, follow this advice:

- stop what you are doing and take a few slow, deep breaths
- focus on your feelings and any irrational thoughts – talk calmly about them with family or friends
- focus on what practical tasks you and your family can do
- explain to children what is happening and what they may be feeling – reassure them and let them help
- when the danger has passed, check if children or neighbours are still distressed – talk to them about their experience
- take some satisfaction in having come through a very stressful and threatening situation.

Following the emergency, a range of physical and emotional reactions may occur. These are a normal response to the experience. However, should they continue for an extended period, consult your local health service.

### **Actions On Warnings**

After the initial cyclone warning, check your preparations and obtain missing items and equipment.

#### ■ **Cyclone warning – 24 hours**

Gale force winds expected within 24 hours. Secure items outside and under the house and make sure you have obtained all the necessary equipment you will need to survive.

#### ■ **Cyclone warning – 6–12 hours**

Destructive winds expected within 6–12 hours. You should now complete the following:

- collect the children from school
- return home if you are at work
- put away in cupboards and drawers all loose items, such as ornaments and paintings, TV and stereo equipment, plates and cooking utensils etc.
- pack a suitcase with medicines and special foods, spare underwear, warm clothing, babies' nappies etc., radio, torch and spare batteries, water and small valuables, important papers.

If you are remaining in your home, move the above items and some bedding to the part of the house designated as your cyclone shelter/strong point. If your house has plate glass windows, put diagonal strips of tape across them to help reduce damage from flying debris and glass. Shut and tape all glass louvre windows. Prepare a safe place for your pets to shelter and prepare a hot meal. It may be your last for many hours.

### **Announcement to take shelter**

#### ■ **Cyclone strike is expected within 4–6 hours**

Civilian authorities using loud hailers tell you to take shelter before a cyclone is expected to reach the Darwin area. At this stage you should act as follows:

- If you have a cyclone room/strong point, transfer your emergency rations and suitcase to that room. Include bedding, full water containers and a radio with fresh batteries.
- Fill your bath with fresh water for drinking and turn off the power at the mains. Move to the cyclone room/strong point and do not leave until the all clear has been broadcast. Temporarily calm conditions may mean that the eye of the cyclone is passing nearby.
- If you are sheltering at any civilian shelters, you should proceed directly to your nominated shelter, taking your pre-packed suitcase with you.

Additional underground emergency shelters – which will accommodate small vehicles – are available at the locations listed below. Caged or restrained animals may be taken to these shelters at the owner's risk and responsibility. Access to these underground car parks is strictly limited by vehicle height restrictions at entry points. Persons using these shelters will be expected to be self-sufficient.

Underground Shelters:

Casuarina Shopping Square car park

- Palmerston Shopping Centre car park
- Holiday Inn Darwin car park (next to Darwin Entertainment Centre)
- The Hub at Palmerston car park

Emergency Shelters:

- New Supreme Court Building in the City
- Nightcliff High School

- Dripstone High School
- Casuarina Senior College
- Palmerston High School
- The Hub at Palmerston
- Girraween Primary School at Howard Springs
- Taminmin High School at Humpty Doo

Note: Domestic pets cannot be taken to these shelters

### **Destructive winds have reached Darwin**

The cyclone strikes and you should be in your shelter.

### **Winds no longer a threat**

The worst of the cyclone will have passed.

# Telephone Directory

## **Area Code (08)**

ACCOR Defence Leisure Program (ADLP)  
Tel: 1300 656 565

ADF Mental Health Strategy  
All Hours Support Line  
Tel: 1800 628 036

Army Hobbies and Amenities  
Tel: 8935 2067

COMSUPER  
Tel: 1300 000 177

Coonawarra Holiday Cabins  
Tel: 0429 619 586

DEFCOM  
Tel: (07) 3278 4333

Defence Switchboard (Northern Region 24 Hrs)  
Tel: 8935 2000

Defence Tax Management Hotline (DTMO)  
Tel: 1800 806 053

Department of Veteran's Affairs  
Tel: 1300 551 918

National Welfare Coordination Centre (NWCC)  
Tel: 1800 801 026

## **Emergency Numbers**

ADF After Hours Medical Care (24 Hrs)  
Tel: 1800 467 425

Ambulance/Fire/Police  
Tel: 000

Cyclone Advice - Bureau of Meteorology  
Tel: 1300 659 211

NT Emergency Services  
Tel: 8922 3630

NT Health Direct  
Tel: 1800 186 026

Poisons Information  
Tel: 13 11 26

## **Chaplains**

Navy  
Tel: 8935 5246

RAAF  
Tel: 8923 5014

Army  
HQ 1 BDE Duty Chaplain  
Tel: 0427 713 963

1 ARMD REGT  
Tel: 8935 6547

1 AVN REGT  
Tel: 8925 1070

1 CER  
Tel: 8935 6414

1 CSSB  
Tel: 8935 9005

2 CAV REGT  
Tel: 8935 6647

5/7 RAR  
Tel: 8935 3056

8/12 MDM REGT & LWC (NT)  
Tel: 8935 2250

APA  
Tel: 8999 4154

### **Councils**

Darwin City Council  
Tel: 8930 0300

Litchfield Shire Council  
Tel: 8983 1912

Palmerston City Council  
Tel: 8935 9922

### **Defence Community Organisation (DCO) Darwin**

Reception/Admin  
Tel: 8935 7900

Area Manager  
Tel: 8935 7900

Social Workers  
Tel: 8935 7900

REDLO  
Tel: 8935 7900

Family Liaison Officers  
Tel: 8935 7900

Program Administrator  
Tel: 8935 7900

Military Support Officers:

Navy  
Tel: 8935 7900

Army  
Tel: 8935 7900

RAAF  
Tel: 8935 7900

### **Defence Service Centres**

Service Direct  
Tel: 1800 333 362

Larrakeyah Barracks  
Tel: 8935 5229

RAAF Base Darwin  
Tel: 8923 5724

Robertson Barracks  
Tel: 8935 2607

Defence Establishment Berrimah  
Tel: 8935 4108

Defence Special Needs Support Group (DSNSG)

National  
Tel: 1800 037 674

Family Information Network  
for Defence (FIND)  
Tel: 1800 020 031

Family Relationship Centre  
Tel: 1800 650 276

### **Hospitals**

Royal Darwin Hospital  
Tel: 8922 8888

Darwin Private Hospital  
Tel: 8920 6011

### **Justice of the Peace/Commissioner for Oaths**

Department of Justice  
Tel: 8935 7777

### **Military Rehabilitation and Compensation Service (MRCS)**

General Enquiries  
Tel: 1300 550 461

### **Motor Vehicle Registry (MVR)**

General Enquiries  
Tel: 1300 654 628

### **Philanthropic Organisations**

Everyman's Welfare Service  
General Enquiries  
Tel: 8935 3476

Robertson Barracks Recreation Centre  
Tel: 8935 2525

Salvation Army  
General Enquiries  
Tel: 8935 2526