



Australian Government

Defence

eNews



DMFS South Queensland

August 2025

Brisbane, Canungra, Amberley & Darling Downs
Defence Member and Family Helpline 1800 624 608



DMFS HELPLINE

1800 624 608

The helpline is available 24/7 and is staffed by qualified human services professionals, including social workers and psychologists

Defence Member and Family Support (DMFS) offers a range of programs and services to help Defence members and their families manage the unique challenges and opportunities of each stage of Military life.

The team in South Queensland consist of Defence Social Workers, Military Support Officers, Family and Education Liaison Officers and our Business Support Officer.

If you would like to receive our information guide explaining all our services please use this link- [Defence Member and Family Information Guide Request for hardcopy](#).

Or you can view our guide online- [Defence Member and Family Information Guide | About | Defence](#)

Our offices are located

Brisbane: 71 Osbourne Rd, Mitchelton

Amberley: Building 139, Hudson Rd, RAAF Base Amberley

Darling Downs: 25/49 RQR Barracks, O'Quinn St, Toowoomba

To defend Australia and its national interests in order
to advance Australia's security and prosperity

www.defence.gov.au



DMFS – What's On in August

Brisbane Events



August 1st – FINAL TICKETS ON SALE TODAY ONLY

Family Movie Night Gallipoli Barracks, 4.30pm – 8.00pm

DMFS Brisbane invite you to a Family Movie Night at Enoggera Barracks. Relax in theatre style seating and settle in for a night of Smurf Fun. Sausage sizzle included.

Registration is essential- [Register Here- Family Movie Night](#)

August 12th

Coffee Connections & Play Centre Brisbane, North Lakes – 9.30 – 11.00am

ADF Families are invited to join the DMFS Family Liaison Officers Kris and Breeanca for a fun filled morning at Crocs Play Centre & Muffin Break, North Lakes.

Registration is essential- [Register Here- Coffee and Play Centre North Lakes](#)

August 29th

Game On: Teen Gaming and Connection Session, 4.30pm – 8.30pm

DMFS Brisbane invites you to an afternoon/evening of time out. Join other Defence Kids your age for an interactive ADF Equip session learning skills, tips and ways to cope with the challenges that living in a Defence Family can bring. Following this, it's time to jump in the gaming van for some additional fun and enjoy pizza whilst hanging out with your new friends.

Registration is essential- [Register Here- Teen Equip and Gaming Session](#)

August 31st -

Father's Day Putt Putt, Brisbane, 3.00pm – 5.00pm

Celebrate Father's Day with all members of the family by joining DMFS at Victoria Park for an afternoon of Putt Putt Golf. We will be running 3 separate session times. Please note children under 14 must be accompanied by an adult.

Registration is essential- [Register Here- Father's Day Putt Putt](#)



September 10th

Child Of The ADF Medallion Ceremony Brisbane- 4.30pm-6.00pm.

We will be hosting our last ADF Medallion Ceremony for the year in Brisbane at the Monash Centre - if your children meet the requirements (see detail via link) register now.

Registration is essential - [Register Here- CoADF Medallion- Brisbane](#)

Amberley Events

August 21st

Coffee Connections Adonis Café and Bar- Ripley, 9.30am-11.00am

Join our team for a catch up and coffee on us.

Registration is essential- [Register Here- Coffee Connections Ripley](#)

August 28th

Child Of The ADF Medallion Ceremony, 4pm-6pm

ADF Child of the Medallion Presentation. We recognise the challenges children experience when living the Military Lifestyle.

Astra complex, Rosewood Rd, RAAF Base Amberley

[Register Here - CoADF Medallion - Amberley](#)

August 29th

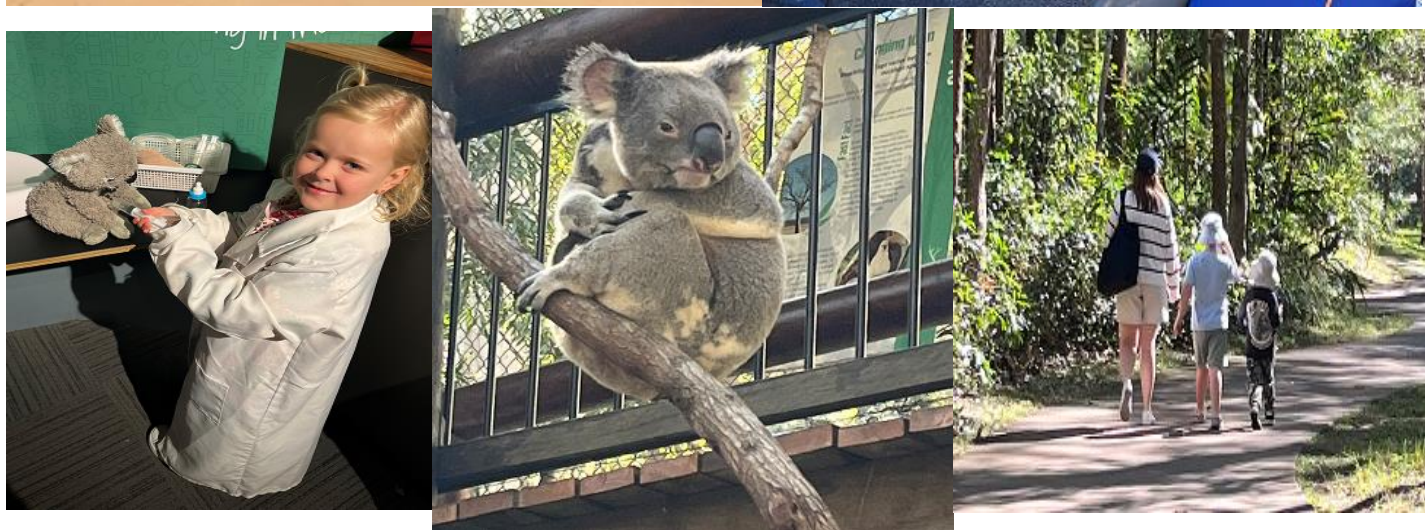
Mini Bounce Ipswich, 9:30am -10:30am

Coffee and Play at Mini Bounce Ipswich, Free entry for kids, Free Coffee for Adults

[Register Here - Mini Bounce](#)

Out and About- South Queensland

DMFS South Queensland have had a busy year- please see some of the highlights below



KingsTrust Australia



Ready to Start a Business? Join Launch Lab Online

Launch Lab Online is a free, two-part virtual workshop for contemporary ADF veterans and their partners who are thinking about starting a business – delivered by [The King's Trust Australia](#). Across two half-day sessions, you'll explore, test and refine your business ideas in a practical and supportive environment. Whether you're just starting out or looking for a refresher on the fundamentals, this workshop will help you build confidence and take the next step towards launching your own business.

Date: September 2 & 4

Time: 10:00 am – 12:00 pm (AEST)

Where: Online

FREE Tickets: via [Humanitix](#)

Buddy Up Australia



Buddy Up Australia invites current and former Defence members, first responders and their families to connect through purpose-filled community events that support physical health, mental wellbeing, and social connection. Over the next few months, they are offering a diverse calendar of activities across South East Queensland including:

- **Weekly Walks & Coffee Catchups** – Relaxed mornings at New Farm, Currimundi, and Sandgate
- **Recreational Hiking Series** – Scenic group hikes across South East Queensland
- **Adventure & Social Events** – V8 Supercars, Whale Watching, Game Over Karting, and Treetop Challenge
- **Wellness & Recovery Activities** – Yoga, cold water therapy, and sailing with Mate-Ship
- **Community Fun** – Bocce & Corn hole in the park, pampering days, and more

We would love to welcome new members into our inclusive and supportive community. See our calendar via the link Register here: <https://buddyupaustralia.org/events>

Mates4Mates- What's On in your Area

MATES4MATES

Here for those
impacted by service.

Beyond the Uniform Program. Ipswich.

Have struggled to adapt to life after serving or have recently discharged from service? Get support with the **Beyond the Uniform Program**.

The **Beyond the Uniform Program** is a group program that has been designed by Mates4Mates clinicians for **veterans who discharged less than 3 years ago or those current serving awaiting discharge**.

Across two days, the program aims to **connect you with like-minded others** in a focused support group while **learning mental, physical and social wellbeing strategies** that can assist with the challenges of life after serving.

When:
8 and 9 October 2025

Timings:
Day 1: 11:30am to 4:30pm
Day 2: 8:30am to 4:30pm

Where:
Mates4Mates Ipswich Centre,
Level 1, 260 Brisbane Street,
West Ipswich QLD 4305

Register for the program:



MATES4MATES

Here for those
impacted by service.

Upcoming Activities

FROM 12 AUGUST



Q-Roasters Walk

3 x weekly walks to local coffee hub, grab a cuppa return walk. All flat, accessible walk along the Kedron Brook – prams welcome!

Time: 9:30am – 11:00am

RVSP: brisbaneactivity@mates4mates.org

07 & 21 AUGUST



Bicycle Maintenance

Bring your bike in and learn how to make minor repairs and services.

Time: 9:30am – 11:30am 07 July
1:30pm – 3:30pm 21 July

RVSP: brisbaneactivity@mates4mates.org

21 AUGUST



Film Appreciation Night

Gather with like-minded film lovers to enjoy a film – THIS MONTH 'Of Mice & Men'. Refreshments provided.

Time: 6:00pm – 9:00pm

RVSP: brisbaneactivity@mates4mates.org

28 AUGUST



Brisbane Walk & Talk

Join us as we take a guided tour of Brisbane and learn of its history. Includes a coffee catch up.

Time: 9:00am – 12:00pm

RVSP: brisbaneactivity@mates4mates.org

 mates4mates.org

 1300 4 MATES



To access Mates4Mates services
you need complete our new
client form and induction

Open Arms- Veterans and Families Counselling



Open Arms is proud to launch two new online mental health programs tailored for veterans and families. These initiatives expand Open Arms' digital mental health offerings, making it easier for veterans, families, and carers across Australia to access support—no matter where they live.

Both programs are open to anyone over 18 years old in the veteran community. You don't need to be an existing Open Arms client to get involved. These new programs are delivered in partnership with two established providers of health services to the Australian community.

***"Shoulder to Shoulder"** offers two forums—one for veterans, and one for families and carers—created to offer peer-led, anonymous spaces to connect and be supported. Co-designed with the veteran community and trauma experts, both forums are moderated by mental health professionals, accessible 24/7 on any device, and provide connection, resources and peer support from people who 'get it'.*

***"Stronger We Stand"** these free, online workshops are designed to help families and carers who support veterans experiencing suicidal distress or those bereaved by suicide.*

If you wish to learn more about these programs, available to both veterans (including current serving) and their families follow this link- [Online Programs | Open Arms](#) or call the Open Arms helpline- 1800 011 046.

DENNKs – Defence Empty Nesters No Kids



Defence Empty Nesters No Kids provide social events for Members and Families who either don't have children or they have flown the coop. Monthly get togethers are held at various times and locations around the Ipswich region. Follow DENNKs Amberley via Facebook

August – Market – Redcliffe Markets Sunday 10th – We are looking at getting the Morten District people mover, it seats 8. Markets 7am till 1pm

September – Lunch – Sunday 14th at 11:30 Boonah Pub

October – Dinner Saturday 8th 6:00pm Heisenberg Haus, 164 Brisbane St, Ipswich

November – Show – Outback Spectacular - Sunday 27th Entertainment Rd Oxenford, meet 11:30 for a 12:30 start

December – Dinner Saturday 13th The Oggsters Christmas TBA

Update from our Education Liaison Officer- Sth QLD

Hello to all our families with kids at school!

The one thing I am passionate about is ensuring that children everywhere are in a school environment where they feel included, safe, happy, and ready to learn. Please remember that EDLO's in each region are available through the *DMFS Helpline 1800 624 608* and can assist with your education enquiries.

If you are posting,

- The CDF Signed School Letter is available to families to support school enrolment applications. Please contact the **DMFS Helpline 1800 624 608** to obtain a copy.
- You may be eligible to apply for tutoring assistance through the DMFS Education Assistance Scheme ; [Education Assistance Scheme | ADF Members & Families | Defence](#)
- Defence School Mentors (DSMs) are available in some schools to provide social and emotional support to your child. Follow the link for an updated list of schools with DSM support;
[Defence School Mentor Program | ADF Members & Families | Defence](#)

This month, I would like to share some information that may be helpful for SQLD families with children with additional needs or who may be experiencing learning difficulties. Recently, I have met with two Not-for-profit organisations that families may be interested in learning more about.

SPELD QLD

Speld Qld is a Not-for-profit organisation that partners with Education Queensland and includes a team of highly experienced education and psychology professionals who provide a variety of services. These services include educational advice, psychoeducational assessment, speech and language assessments, assistive technology consultations, professional development, workshops, and a specialist library. SPELD QLD has specialist teachers who offer *tutoring services* in literacy and numeracy.

[SPELD Queensland | Not-for-profit Supporting Queensland](#)

Mastery Schools Australia (MSA)

This Not-for-profit school operates for students from grades 4-10, with campuses at both Springfield and Mitchelton. This is an educational alternative for students experiencing learning difficulties who may be disengaged or at risk of disengaging from mainstream school. Specialist teachers deliver the Australian Curriculum through mastery learning of literacy and numeracy with a focus on explicit instruction pedagogy. For further information about whether this school is suitable for your child, you can attend a parent information session at the school or make enquiries with your local MSA campus.

[MSA Mitchelton - Mastery Schools Australia](#)

[MSA Springfield - Mastery Schools Australia](#)

For additional information please call the Defence Member and Family Helpline- 24/7 on 1800 624 608

External Service Providers



Are you aware of some of the Defence Services available to your family? Check out the websites below for updates from some of the many services working towards supporting the Defence community. You might find some great activities for your family if you click on the links.

[Kookaburra Kids](#)
[RSL Queensland](#)
[Mates4Mates](#)
[Invictus Australia](#)
[Open Arms](#)
[Soldier On](#)
[Home - Carers Queensland](#)
[Defence Special Needs Support Group](#)
[Battlefields to Footyfields](#)
[Home - ADF Family Health Program](#)

South Queensland Defence Community Centres



Gallipoli Barracks Community Centre (GBCC)

The Gallipoli Barracks Community Centre is a not for profit organisation. It was established for the benefit of Defence families who are posted to Enoggera Barracks and surrounding areas. For more information, please visit the GBCC [website](#) or [Facebook](#) page.

Toowoomba Defence Families Support Association (TDFSA)

The Toowoomba Defence Families Support Association is a not for profit organisation providing a range of services and activities to Defence families in the Darling Downs area. For more information, please visit the TDFSA [website](#) or [Facebook](#) page.

Childcare Assistance



Have you recently relocated and looking for access to childcare, out of school hours' care or vacation care for your children? ADF members can access Individual Case Management (ICM) to ensure childcare is tailored to your family's circumstances. This includes negotiating with local childcare providers, organising family day care, before and after school care or family's eligibility for Government In-Home Support Agency.

To access ICM, call the Defence Member and Family Helpline [1800 624 608] and ask about ICM or email memberandfamilyhelpline@defence.gov.au.

Find Out First!



DMFS South Queensland has an Eventbrite page for each location. Tickets for all DMFS events are only available through Eventbrite. Events are uploaded at different times throughout the month.

To avoid missing out on tickets, follow the page to receive an instant notification when events are released.

To opt-in to receive notifications directly from our Eventbrite page, all you need to do is:

- **Follow** the DMFS [Brisbane/Canungra](#), [Amberley](#) or [Darling Downs](#) Eventbrite page
- **Register** your details
- **Download** the Eventbrite app
- **Enable** push notifications

Defence Member and Family Helpline

1800 624 608

For advice, support or local community information, contact our all-hours [Defence Member and Family Helpline](#). Run by Defence Member and Family Support, the helpline is the best way to access the programs and services that we offer to help Defence families manage the military way of life.

The helpline is available 24/7 and is staffed by qualified human services professionals, including social workers and psychologists.

It is now even easier to join the DMFS mailing list



Be the first to know about upcoming DMFS events and activities so that you do not miss tickets! Stay up to date with community information and stay connected with what's on in your community. By joining our mailing list, you will receive a monthly update straight to your inbox. It's as easy as scanning the QR Code or clicking this [link](#). Please share with new families posting to the region.

The information contained in this bulletin is sent out on behalf of other agencies and groups. It does not necessarily indicate DMFS support or involvement. The intention is to provide information to readers so that they can self-select and research its suitability for them individually. If you no longer wish to receive this bulletin, please submit your request to [DMFS South Queensland](#) and select Brisbane/Canungra, Amberley or Darling Downs Area Office.



Follow Defence Member and Family Support to receive updates