

## 2025 Defence Family Local Community Guide



Creator - Rachel Hindmarch – Defence School Mentor – Bremer State High School

Email: [rhind35@eg.edu.au](mailto:rhind35@eg.edu.au) Ph: 0422845418

Hello and welcome to Bremer State High School and Amberley Base!

Bremer State High School is proud to offer the Defence School Mentor Program to further support our Defence families. In 2025, the DSM will be available on Tuesday, Wednesday and Thursday.

### Defence School Mentors

The Defence School Mentor Program is delivered in partnership with schools to support the wellbeing of children of ADF members.

The program connects children with their school community and enhances the school's ability to address the impacts of the military lifestyle.

Defence provides funding to eligible schools to assist with the employment of Defence School Mentors (DSMs).

The program has 4 objectives:

1. Provide families with information about the school environment and the support available relevant to their child's development needs.
2. Support children to access school based social and emotional support, aligned to school policies.
3. Facilitate opportunities for children to build relationships and connections through events and other initiatives.
4. Raise awareness amongst the school community about the impacts of the Defence lifestyle on children and families.

### Education Liaison Officers

Education Liaison Officers (EDLOs) provide an education advisory service for Defence families to:

- inform families about local schools and education systems
- connecting families with education providers and resources
- work with parents, children and teachers to manage the transition to a new school
- working with schools to ensure a supportive educational environment
- provide advice on Defence financial assistance.

EDLOs have extensive knowledge about the differences in the way states, territories and individual schools deliver education. They also understand the unique needs of Defence children.

Contact the [Defence Member and Family Helpline](#) to access EDLO support.

## Defence Member and Family Support

Located at RAAF Base Amberley, the Amberley Area Office team provides ADF members and families with local information and access to support and information services. It organises regular events for fulltime current serving ADF members and their Defence recognised dependants.

The team consists of Defence Social Workers, Military Support Officers, Family and Education Liaison officer and Business Support who are all available to support members and their families during their time in the region.

<https://www.defence.gov.au/adf-members-families>  
[dmfs.amberley@defence.gov.au](mailto:dmfs.amberley@defence.gov.au)

Ph: 1800 624 608

## Education Assistance Scheme

Defence recognises that some children may experience disruption to their education each time they move for a posting.

Financial support is available to help minimise the disruption to education caused by posting.

Defence may provide assistance when a posting means that a child needs to:

- change schools
- study at a school not in the posting location
- study at a tertiary institution away from home.

Financial support available under the Education Assistance Scheme includes:

- tutoring
- tuition and boarding school allowance
- tertiary accommodation
- loss of scholarship compensation
- reunion travel.

The ADF Pay and Conditions Manual provides further details on [Education assistance](#).

For help with your application email [education.supportprograms@defence.gov.au](mailto:education.supportprograms@defence.gov.au).

## ADF Equip

The ADF Equip – Children’s Group Resilience Program is a suite of facilitated workshop style sessions designed to support the social and emotional resilience and wellbeing of Defence children.

Children and young people learn age-appropriate strategies to support them to better manage the challenges associated with Defence family life through:

- activities to get to know other Defence children
- activities to improve social and emotional wellbeing
- discussion on how children and parents can access other relevant support.

There are unique programs covering 2 key topics.

- Parental Absence
- Relocation.

Defence Member and Family Support (DMFS) runs ADF Equip at least twice a year in all regions, and delivery method and location will vary.

ADF Equip sessions will be advertised in the e-newsletters and registration via Eventbrite.

Please sign up for local [DMFS e-newsletter](#) or follow local [DMFS Area Office](#) on Eventbrite to receive updates about ADF Equip.

## SMART Program

The SMART Program series helps Defence families identify and build on their strengths, learn coping techniques, and becomes more resilient, positive and self-reliant.

The SMART Programs - KidSMART and FamilySMART - are delivered by local Defence Social Workers in small group sessions.

The Programs target challenging aspects of Defence life, such as deployment, relocation, absence from home and reunion.

Practical tips and techniques are shared, including grounding techniques, progressive muscle relaxation, changing self-talk, problem solving, and expressing emotions.

Participants will also learn how to identify when other people are having difficulty coping and how to help them.

Contact the [Defence Member and Family Helpline](#) to express interest in the SMART Programs.

The following information has been gathered in an attempt to offer some assistance to those who are new to the area. Please note that due to the constant evolution of the information provided, it should be utilised as a guide only and the information herein should be confirmed personally. It in no way endorses any of the groups or businesses mentioned, and it is not a Defence publication or endorsement.

Disclaimer: As this booklet mentions Social Networking Groups, the following advice may be pertinent. When posting to ANY social media site, some good things to remember include:

- Be clear that your opinions are your own
- Respect privacy, be polite and treat other users with respect
- Be mindful of operational security and do not disclose the location of your ADF member
- Monitor your security settings – presume that everyone has access to your profile and don't compromise your personal security by divulging private information.

Defence member run social media groups have a responsibility to ensure the content posted on its pages meets not only the social media site's terms but also protects the operational security of the Australian Defence Force and the safety of our serving members.

Visit the Stay Smart Online website for further information about maintaining your personal security online.

**'All attempts have been made to give accurate and up to date information in this booklet. No responsibility will be taken for out of date, or incorrect details.'**

## Groups for Defence families

### [Amberley Defence Families Facebook](#)

Amberley Defence Families is specifically designed for permanent serving members and their spouses specifically posted to Amberley whether in the RAAF, Army or Navy. Prospective members are kindly requested not to request to join unless they meet all 3 of the following criteria:

- You are a SERCAT7 (Full Time) serving member or recognised spouse
- Hold official posting orders specifically to Amberley
- Reside in the posting locality

### [Amberley Defence Buy and Swap Facebook](#)

This group is for those in the Amberley Qld area that are permanent Defence members or their dependants only. If you send a join request you will be approved if you answer the questions in the Join Request Section and if the answers are within acceptability. Feel free to upload pics, details and prices.

### [Amberley Defence Families - Real Estate Buy, Swap and Sell Facebook](#)

This group is for Defence Member and immediate family only based in the Ipswich region. You will only be approved if you are already a member of the Amberley Defence Families Group.

### [Amberley Community Connect Facebook](#)

Amberley Community Connect provides various services such as education sessions, playgroups and is another link to various community services.

Contact information as follows:

Email: Amberley [coordinator@outlook.com.au](mailto:coordinator@outlook.com.au)

Located: Minka Place

20 Main Street Ripley

### [Amberley Defence Family fitness Facebook](#)

This group was created for families of defence members who are wanting to socialise while getting a little (or more) exercise. By creating events such as walking, hikes, and group fitness ideas that children, or our furry friends can also attend. You are also very welcome to create an event, or join one that is already created.

### **Defence Special Needs Support Group**

<https://www.dsnsng.org.au/>

A non-profit benevolent volunteer organisation founded to assist Defence personnel who have a family member with special needs. Established in 1994, this organisation has grown into a national organisation with support groups across Australia and overseas.

### **Defence WAGS of Amberley Facebook**

Taking the hard part out of making friends for partners of ADF members

### **Australian Defence Force Chaplains**

Australian Defence Force (ADF) Chaplains provide a wide-ranging ministry of pastoral support and care to Defence members. Chaplains provide a listening ear, a shoulder to lean on, and a helping hand when needed. Chaplains listen to, support and assist the Defence member to achieve what is best for them and their family — at work and at home.

#### **RAAF Base Amberley (west of Ipswich)**

AIR FORCE – (07) 5361 3298

ARMY – (07) 5361 7039

#### **Gallipoli Barracks, Enoggera (Brisbane suburb)**

ARMY – (07) 3332 7908 or 0437 254 487

#### **Royal Australian Navy (RAN) Chaplaincy, HMAS Moreton, Bulimba (Brisbane suburb)**

Chaplain Stephen Briggs RANR: 0428 136 116

Duty Staff Officer: 0437 254 065

Defence Switchboard: 1300 333 362

### **Open Arms**

Open Arms provides mental health and wellbeing support to anyone who has served at least one day of continuous fulltime service in the ADF and their immediate families.

<https://www.openarms.gov.au/who-we-help>

Ph: 1800 011 046

### **Soldier On**

Free and confidential mental health services from psychologists and counsellors

<https://soldieron.org.au/supporting-you/health-and-wellbeing/psychology-services/>

## Partner Assistance Employment Program

The Partner Employment Assistance Program (PEAP) provides funding for eligible ADF partners to access professional employment services or cover the costs of mandatory registration.

### **Eligibility**

To be eligible for PEAP funding, applicants must:

- be a partner of a full time ADF member
- be formally recognised by Defence as a partner
- not be a full-time serving member themselves
- have geographically relocated due to a member posting to location within Australia.

<https://www.defence.gov.au/adf-members-families/family-programs-services/support-for-families/partner-employment-assistance-program>

## Defence Childcare Program

Defence families can face challenges securing childcare when posting to a new location or changing work or care arrangements.

Defence offers a number of options to support families to access suitable childcare services.

### Individual case management

Members can access individual case management (ICM) services, ensuring childcare is tailored to their circumstances. ICM support includes:

- negotiating with local childcare providers
- organising family day-care
- arranging before and after school care
- submit application for Australian Government In-Home Care Support Agency – If eligible.

Defence's childcare service provider, One Tree Community Services, have specialist early learning staff who provide families with childcare service options.

Contact the [Defence Member and Family Helpline](#) to access ICM.

### Self-search

Families can also search for childcare options in their local area independently.

- Search for playgroups, parents' groups and other local support networks.
- Use the [Child Care Finder website](#).
- Call the Government Childcare Access Hotline on 1800 670 305.
- Contact Defence childcare centre (listed below).



### [Defence supported childcare centres](#)

Defence supports a network of childcare centres, managed by One Tree Community Services, where Defence families receive priority access.

Placement of children is allocated based on these priority access guidelines.

[Childcare priority access guidelines \(PDF, 174.17 KB\)](#)

## Medical Centres

Ripley Skin and Medical

Ripley Town Centre

20 Main Street, Ripley

Ph: 5316 7868

Mon – Fri: 8am – 6pm

Sat and Sun: 9am – 2pm

<https://www.ripleymsc.com.au/>

Riverlink Medical Centre

279 Brisbane Street,

West Ipswich, 4305

Open 7 days including Public Holidays

Ph: (07) 3812 8231

<https://www.riverlinkfamilypractice.com.au/>

Winston Glades Family Practice/Pharmacy next door

12a Edwards Street

Raceview 4305

Ph: 3894 0700

Open 7 days

<https://wgfp.com.au/contact-us/>

## Pharmacy's

Discount Drug Store Ripley

Ripley Town Centre

19/20 Main Street

Ripley

Ph: 3472 2969

Open 7 days

<https://www.discountdrugstores.com.au/store/3657/qld/discount-drug-store-ripley/>

Chemist Warehouse

339 Brisbane Street

West Ipswich, Qld 4305

Ph: 3202 1303

Open 7 days

<https://www.chemistwarehouse.com.au/>

## Australian Defence Force Cadets

Website: [www.cadetnet.gov.au](http://www.cadetnet.gov.au)

### **Army Cadets**

127 ACU

14 Field Battery Depot

29 Milford Street

Ipswich Qld 4305

Parading: Tuesday 1815 – 2100

Email: [aachq-sqld@cadetnet.gov.au](mailto:aachq-sqld@cadetnet.gov.au)

Ph: 1800 203 307 or 32827376 meeting nights

[www.armycadets.gov.au](http://www.armycadets.gov.au)

### **Airforce Cadets**

208 and 224

Building 899

RAAF Base Amberley

Amberley QLD 4306

Parading: 224 Friday 1800 – 2130

Email: [admino.208sqn@aafc.org.au](mailto:admino.208sqn@aafc.org.au) or [admino.224sqn@aafc.org.au](mailto:admino.224sqn@aafc.org.au)

[www.aafc.org.au](http://www.aafc.org.au)

### **Navy Cadets**

Training Ship Ipswich

14 Field Battery Depot

29 Milford Street

Ipswich

Parading: Wednesday 1800 – 2100

Email: [TSIpswich@cadetnet.gov.au](mailto:TSIpswich@cadetnet.gov.au)

## Public Transport

TRANSLINK has all of your Public Transport needs including trip planners.

Ph: 13 12 30

[www.translink.com](http://www.translink.com)

Westside Bus Company (school buses)

Lot 14

River Road

Redbank QLD 4301

Ph: 3288 1333

[www.busqld.com.au](http://www.busqld.com.au)

## Sporting Seasons

Winter Season

Late March – Mid June, with finals end of June

**Hockey, Netball, Rugby League, Rugby Union, Soccer, Tennis**

Summer Season

Early Sep – Late Nov with finals early Dec

**Cricket, Softball, Vigoro, AFL, Basketball, Touch Football**

## Community Sport

Ipswich PCYC

1c Griffith Road, Eastern Heights, Qld 4305

Activities all year-round including **gymnastics**

Ph: 3281 2547

[www.ipswichpcyc.org.au](http://www.ipswichpcyc.org.au)

## AFL

Ipswich Central J AFC

**Website:** [www.ipswichcentraljuniors.aflq.com.au](http://www.ipswichcentraljuniors.aflq.com.au)

Mark Marsh Oval, Limestone Park, Lion Street, Ipswich

March – September

Greater Springfield Storm

Website: [www.springfieldjuniors.aflq.com.au](http://www.springfieldjuniors.aflq.com.au)

Springfield Lakes State School

March – September

## Athletics

Ipswich and District Athletics Club

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

Bill Patterson Oval

Corner of Salisbury Road and Lion Street, Ipswich 4305

April to September

## Ipswich Little Athletics

[www.ipswichla.org.au](http://www.ipswichla.org.au)

Bill Patterson Oval

Corner of Salisbury Road and Lion Street, Ipswich 4305

September – March

## BMX

Ipswich and West Moreton BMX Club

[www.bmxq.org.au](http://www.bmxq.org.au)

### **Dance**

Allstar Dance

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

Ph: 0421 570 613

NY Dance

Email: [info@nydance.com.au](mailto:info@nydance.com.au)

Ph: 0483 928 484

### **Hockey**

Ipswich Hockey Association

Website: [www.ipswichhockey.com](http://www.ipswichhockey.com)

Ph: 3288 6985

65 Briggs Road, Raceview, Qld 4305

### **Netball**

Ipswich Netball Association

Website: [www.ipswich.netball.asn.au](http://www.ipswich.netball.asn.au)

Email: [ipswichnetball@optusnet.com.au](mailto:ipswichnetball@optusnet.com.au)

Ph: 3202 1525

Sign on: First Saturday in February – several clubs available

### **Touch Football**

Ipswich Touch Association

Website: [www.ipswichtouch.com](http://www.ipswichtouch.com)

Email: [admin@ipswichtouch.com](mailto:admin@ipswichtouch.com)

Season: September – March

Sign on: Late August

Venue: Jim Finimore Oval, Old Toowoomba Road, One Mile

Juniors: Under 8's, 10's, 12's, and 14's both boys and girls

Email: [juniors@ipswichtouch.com](mailto:juniors@ipswichtouch.com)

Seniors: Over 14's

### **Rugby League**

Ipswich Junior Rugby League

Website: [www.qrl.com.au](http://www.qrl.com.au)

Email: [ijrl@ijrl.com.au](mailto:ijrl@ijrl.com.au)

Venue: Briggs Road Sporting Complex, 121 – 135 Briggs Road, Flinders View

### **Rugby Union**

Ipswich Rangers Rugby Union

Website: [www.rangerrugby.com.au](http://www.rangerrugby.com.au)

Venue: Woodend Park, 133 Woodend Road, Woodend

## **Soccer**

Ipswich City Football Club

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

Email: [lizridgley@hotmail.com](mailto:lizridgley@hotmail.com)

Venue: Sutton Park, corner Workshops Road and Hunter Street, Brassall

## **Tennis**

Ipswich District Junior Tennis Association Inc.

Website: <http://idjta.net>

## **Ipswich Indoor Sports Complex**

Website: [www.ipswichindoorsports.com.au](http://www.ipswichindoorsports.com.au)

Email: [ipssport@bigpond.net.au](mailto:ipssport@bigpond.net.au)

Indoor Netball, Cricket, Soccer and Volleyball

Contact: Ipswich showgrounds, Warwick Road, Ipswich

## **Churches**

Catalyst Church Ipswich

Email: [info@catalystchurch.com.au](mailto:info@catalystchurch.com.au)

Ph: 3813 4999

142 Pine Mountain Road, Brassall

Cityhope

IN PERSON SERVICE

Sunday Morning Service: 8:30 AM & 10:30 AM

LOCATION

7 Rex Hills Rd, Ripley

Ipswich, QLD, AUS

Central Valley Church

Sundays 9.30am

Ripley Valley State Secondary College PAC Hall

18 Parkway Avenue

South Ripley QLD 4306

Email: [info@centralvalleychurch.org.au](mailto:info@centralvalleychurch.org.au)

## **Ipswich Waterparks and Swim Centres**

### **Orion Lagoon**

Location: Southern Cross Circuit, Springfield Central

Touted as one of the largest public lagoons in the Southern Hemisphere, Orion Lagoon is a popular place to bring the family when you are in Ipswich, to cool off on a warm day.

### **Riverheart Parklands**

Location: King Edward Parade, Ipswich

You are spoilt for choice when you visit River Heart Parklands. Not only is there a mega playground and a charming nature-based discovery park but there are also two water play zones.

### **Robelle Domain**

**Location:** Southern Cross Circuit, Springfield Central

Robelle Domain is one of those places where families can comfortably spend many hours with a variety of activities and play spaces on offer. Set on 24 hectares and containing more than 11km of boardwalks, there are sporting fields, walking tracks and playgrounds for Brisbane Kids to enjoy.

### **Splash and Play Ripley**

**Location:** Off Harmony Crescent, South Ripley

Take family fun to new heights at Splash 'n' Play Adventure Park in South Ripley. Not only is there a playground which boasts a netted skywalk, epic slides and a flying fox, but there is also a substantial water play zone. A café, plenty of green space and picnic facilities are also nearby, making this a brilliant destination for hours of outdoor fun.

### **Whiterock Adventure Playground and Splash Pod**

Location: Northridge Road, [White Rock](#)

Unique play structure – tick. Natural exploration zones – tick. Free water play – tick. Whiterock Adventure Playground and [Splash Pad](#) has it all and will no doubt be super popular among families at any time of the year, especially in the warmer months.

### **Other Waterparks in Ipswich (Paid Admission)**

#### **Bundamba Swim and Gym Centre**

The Bundamba Swim and Gym Centre features a small splash park, along with two heated pools, a learn to swim program and a 24/7 gym.

#### **Goodna Aquatic Centre**

If you visit the Goodna Aquatic Centre you will find a splash pool especially for the kids in addition to two heated pools.



**Leichhardt Community Pool**

A 25m heated pool and splash pool is awaiting families who want to cool down at the Leichhardt Community Pool.

**Rosewood Aquatic Centre**

For those looking to splash and swim at Rosewood Aquatic Centre you can plunge into one of two heated pools or the splash pool.

## **Shopping Precincts**

Riverlink Shopping Precinct (Lowes for Bremer shorts)

Address: Cnr Downs Street and The Terrace, North Ipswich QLD 4305

Yamanto Central

Warwick Road, Yamanto

Email: [info@yamantocentral.com.au](mailto:info@yamantocentral.com.au)

Springfield Orion

1 Main Street, Springfield Central QLD 4300