WELCOME TO TOWNSVILLE



ANNUAL GUIDE 2025/26 RAAF BASE TOWNSVILLE & NORTHERN QUEENSLAND

ABOUT THE BASE
History, operational units
and community

FAMILY ESSENTIALS Services, housing, health and education LIFESTYLE
Local attractions
and activities



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A No 1 Squadron F/A-18F Super Hornet taxis from the RAAF Base Townsville Ordinance Loading Area during Exercise Black Dagger 2024. PHOTO: ACW Laura Flower.

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WELCOME TO TOWNSVILLE



LOCATED ON THE DOORSTEP of the tropics and backed by a proud legacy of service, RAAF Base Townsville stands as a vital pillar of Australia's northern defence posture. It is with great pride that we welcome visitors and members of our wider Defence family to one of the most strategically significant air bases in the country.

Here we acknowledge the Wulgurukaba people, the traditional custodians of the land on which RAAF Base Townsville is situated, and pay respects to their Elders past and present.

For more than eight decades, this base has played a key role in protecting Australia's interests, from its pivotal involvement in World War II operations through to its modern-day contributions across the Indo-Pacific region. Today, RAAF Base Townsville supports a range of Air Force and Army units, as well as ongoing humanitarian, disaster relief and training operations that keep our Defence Force responsive and ready.

But beyond its strategic importance, this base is built on people – our serving members, civilian personnel and the tight knit community that supports and sustains us. The connection between Defence and the City of Townsville is a unique and enduring one, forged through shared history and mutual respect.

As you explore these pages, we invite you to learn more about the operations, stories and individuals that make RAAF Base Townsville not just a place of work, but a place of pride. Welcome.

WING COMMANDER LUKE HEADLEY

Commanding Officer 27 Squadron
Senior Australian Defence Force Officer –
RAAF Townsville and RAAF Scherger



ACKNOWLEDGEMENT TO COUNTRY

RAAF Base Townsville pays its respects to the Wulgurukaba, Bindal, Nywaigi and Gugu-Badhun people and their Elders past, present and emerging. We acknowledge the lands and waterways which RAAF Base Townsville is founded alongside its wetlands (Wombaluna) and its significance to the Wulgurukaba people. They are spiritually connected to this land and continue the same commitment passed down by their elders to care for these lands as their forefathers have.

 A Wulgurukaba Traditional Custodian Group performer during a smoking ceremony to celebrate the opening of the yarning circle at RAAF Base Townsville.



IANELLE POOLE APM

IT IS MY ABSOLUTE PLEASURE to welcome you to the RAAF Base Townsville and to our wonderful community.

Townsville is the largest Garrison city in Australia and it is a badge of honour we wear with pride. Our current and former servicemen and women are woven into the fabric of our community. It is our common bond and a legacy we honour every day.

I was born and raised in Townsville and in my 28 years as a Queensland Police Officer, my career, much like yours, took me elsewhere at times. However, my home has and will always be this beautiful city.

I am often asked what makes Townsville such a beautiful place to live, and far and above all else, it is the people.

We welcome you here and I hope you not only make Townsville your home, but you embrace our city and contribute your own positive impact to our community.

It is truly an honour to represent you and our community in the state parliament. If there is ever anything I can assist with, please do not hesitate to contact me on 07 4766 8100

or at mundingburra@parliament.qld.qov.au

• Janelle Poole is Assistant Minister for Community Safety, Defence Industry, Veterans and North Queensland.



NATALIE MARR

AS MEMBER FOR THURINGOWA, it's my great pleasure to welcome you and your family to Townsville and to RAAF Base Townsville.

As someone raised in North Queensland and now proudly representing the people of Thuringowa, I know how special this region is. I hope you'll soon feel the same sense of connection and pride that locals do. Relocating with Defence brings both opportunity and challenge. Townsville understands and values Defence. As Queensland's premier garrison city, we're proud of the families who contribute so much to our community.

That identity shapes our schools, sports clubs, businesses and community spirit. RAAF Base Townsville is a proud part of our region's past and future. Defence families here are respected,

supported and included. As one of your local state members, I'm here if you need assistance, quidance or a listening ear. You'll often find me at Chat with Nat mobile offices across Thuringowa, casual pop-up events where you can say hello, raise a concern or have a chat. I'd love to meet you. My office will always welcome you 4766 3100

or Thuringowa@Parliament.qld.gov.au. Thank you for your service, and welcome to our community. I hope you quickly grow to feel at home in this remarkable part of Australia.



ADAM BAILLIE MP

WELCOME TO TOWNSVILLE – Australia's largest garrison city and your new home.

As your State Member for Townsville, I'm proud to extend a warm North Queensland welcome to all Defence personnel and their families joining us at RAAF Base Townsville. This region has a proud and longstanding connection to the Australian Defence Force, and we are honoured by your service and presence in our community.

Townsville offers more than just strategic significance - it's a vibrant, family-friendly city with access to exceptional schools and universities, sporting clubs, beautiful beaches and a deep respect for those in uniform. Whether you're here for the first time or returning, you'll quickly discover why so many Defence families choose to stay. From The Strand to the surrounds of Castle Hill, Magnetic Island and the great North Queensland outdoors - this is a region with opportunity, lifestyle and purpose.

I want you to know that my office is always open to support our Defence community. Thank you for your service, and welcome to Townsville – a proud garrison city that backs our troops every step of the way.



PHILLIP THOMPSON OAM

IT IS AN HONOUR to welcome you to RAAF Base Townsville and our incredible city.

As your Federal Member for Herbert, representing the electorate that spans most of Townsville, I started my own Defence career here with 1RAR. I served until I was medically discharged in 2011 after being wounded in action by an improvised explosive device in Afghanistan.

To continue serving my country and the community of Townsville, I entered federal politics in 2019. Today, I am humbled and proud to represent our community through a democratic process that I respect enormously and have defended with my life.

I want to see our region and our nation prosper, a place where there is opportunity and reward for effort, and somewhere we can have great confidence in the future.

It is an honour to represent you in the Australian Parliament, and I am committed to supporting you and your family during your time in Townsville. I look forward to the opportunity to meet you, and if there is ever anything I can help with, please don't hesitate to reach out. Philthompson.com.au

GUARDING THE NORTH





Celebrating 85 years of operations in 2025, RAAF Base Townsville is one of Northern Australia's primary Defence installations.

N 1939. TOWNSVILLE CITY COUNCIL

transferred the city airport to the Royal Australian Air Force (RAAF). RAAF Base Townsville was formed on 15 October 1940 and has a long and proud association with the people of North Queensland.

Along with RAAF Base Darwin, RAAF Base Townsville is one of Northern Australia's primary Defence installations and this is reinforced by the base badge motto 'Guard the North'.

In 1942, RAAF Base Townsville played a critical role in the Battle of the Coral Sea and at one point was one of the largest US Army Air Force bases outside of the United States.

The base is strategically important as it is often used as a staging or stepping-off point for forces being deployed on military operations, including Australian humanitarian and peacekeeping efforts.

RAAF Base Townsville is home to a large number of units including:

- No 27 (City of Townsville) Squadron
 - the Airbase Operations Squadron
- No 65 Air Base Recovery Squadron
- No 383 Squadron contingency response
- No 452 Squadron Townsville Flight - air traffic control
- 1 Expeditionary Health Squadron Detachment Townsville
- RAAF Combat Survival Training School ADF aircrew survival, evasion and escape training.



- A RAAF F-35A Lightning II takes off during Exercise High Sierra 24 at RAAF Base Townsville. Photo: SGT Andrew Eddie.
- → Aerial view of RAAF Townsville in 1942.
- ☑ An FA-18F Super Hornet takes to the skies to begin a mission from RAAF Townsville. Photo: SGT Andrew Eddie.

The base is also host to the Army's 16 Aviation Brigade HQ with the following units in Hamel lines:

- No 5 Aviation Regiment flying CH47F
- No 1 Aviation Regiment (2027) flying AH-64E Apache helicopters
- No 16 Aviation Support Battalion.

The base also hosts the Wing Headquarters of No 1 Wing Australian Air Force Cadets along with 101 Squadron Australian Air Force Cadets. A recent and most welcome arrival is Training Ship Coral Sea of the Australian Navy Cadets.

RAAF Base Townsville is also well positioned as the mounting base for Army's Townsville-based 3rd Brigade and as a training base for Air Force's Air Combat Group and Air Mobility Group. It may also be used as a mounting base or forward operating base for Air Force operations and Naval Support operations in the Coral Sea.

HO RAAF Base Townsville is also directly responsible for personnel and ADF assets located at RAAF Base Scherger. RAAF Base Scherger is one of the RAAF's three bare bases, completing a chain of bases across Australia's top end. It was officially opened by Prime Minister John Howard on 5 August 1998.

The base is located 26km east of Weipa on the western side of Cape York Peninsula in Queensland. It has facilities to cater for 400 personnel in fixed accommodation, 1,000 personnel in tent lines and about 40 aircraft.



During peacetime, RAAF Base Scherger hosts, on average, one major exercise per year in which the base is fully activated through the arrival of RAAF units based elsewhere in Australia. Minimal facilities and infrastructure have been established to support military deployments and exercises. RAAF Base Scherger consists of a 3,050m long runway with a parallel taxiway and one oblique taxiway which can also be used as an emergency runway.

Both RAAF Base Townsville and RAAF Base Scherger are commanded by the Senior Australian Defence Force Officer Wing Commander Luke Headley.







NO 27 (CITY OF **TOWNSVILLE**) **SQUADRON**

No 27 (City of Townsville) Squadron forms part of No 96 Wing of Combat Support Group, Air Command, and is headquartered at RAAF

Base Townsville. The squadron provides air base support for operations from RAAF Bases Townsville and Scherger.

No 27 (City of Townsville) (Auxiliary) Squadron was first formed as a RAAF Active Reserve at RAAF Townsville on 1 July 1981 to support the Townsville-based units and train reservists. Soon after formation, the squadron began regular weekend camps where members received training in first aid, firefighting, rifle shooting and parade drill.

The squadron received a boost in mid-1984 when its Link Trainer became operational.

The squadron's technical personnel engaged in restoring historical aircraft as a way of building and maintaining skills. The restored aircraft were then put on display.

On its 10th anniversary, 27SQN was granted Freedom of the City of Townsville.

In January 1996, the squadron came under the command of No 323 Air Base Wing and on 1 July 2010, all city squadrons were transferred to Combat Support Group. The squadron was placed under the command of No 396

Expeditionary Combat Support Wing (later renamed 96 Wing).

No 27 Squadron maintains a high tempo of operations supporting resident and transiting units at Townsville. The squadron delivers all air base operations including the air base command post, engineering and maintenance of all ground equipment, logistics, air and road movements, armament management, public affairs, chaplaincy, safety, security and physical training. It also provides a technical duty crew which delivers nitrogen, oxygen

and liquid dry breathing oxygen in support of flying operations.

27SQN personnel have deployed on military and humanitarian operations.

In its 44-year history, 27SQN has demonstrated initiative and innovation, exemplified by the development of an Aircraft Arrestor System (AAS) training aid. It allows all AAS electrical and pneumatic faults to be selected and presented to trainees and also incorporates an air traffic control indication panel.



NO 65 AIR BASE RECOVERY SQUADRON

No 65 Air Base Recovery Squadron (65 ABRS) was formed on 1 July 2015, combining Combat Support Group's Airfield Engineering and Explosive Ordnance Disposal capabilities. As the only civil engineering unit within Air Force, it is responsible for providing Airfield Damage Recovery capabilities to the ADF, ensuring air power can continue to be generated from both fixed and agile airfield sites.

The unit maintains detachments at RAAF Base Townsville, RAAF Base Richmond and Defence Establishment Orchard Hills. 65 ABRS supports ADF deployments and exercises both domestically and internationally, with personnel regularly exercising with US units and other regional partners; additionally, personnel participate in

Exercise Olgeta Aviator (PNG), Operation Render Safe (South West Pacific) and Op Saunders (Australian Army Community Assistance Program).





- **65ABRS Commanding Officer** WGCDR Paul Howell.
- Aviators from No 65 ABRS assembling Dura-Base.



NO 383 **SQUADRON**

First established as Base Support Flight in 1966, No 383 Squadron (383SQN) has a rich military history evolving over the years to its presentday state with its mission and purpose: to provide scalable, expeditionary airbase

operations to enable the projection of airpower. 383SQN is one of three Contingency Response Squadrons in the RAAF.

Under the command of HQ 96WG, 383SQN is capable of establishing and sustaining operations in austere and uncertain security environments, and when deployed will augment the squadron's High Ready Team with additional personnel from Combat Support Group.

383SQN provides rapid and ready response to establish and operate expeditionary airfields and airbases, and to conduct humanitarian and disaster relief assistance, both within Australia and internationally. The squadron consists of a team of 32 highly trained personnel (including reservists) across various employment categories: personnel capability specialists, suppliers, air movements, catering, firefighters, network technician, physical training instructor, and Air Force security.

In the past 12 months, the squadron's High Ready Team successfully conducted Military Assisted Departures assisting the Department of Foreign Affairs and Trade in the movement of Australians and approved foreign nationals out of New Caledonia. 383SQN personnel have deployed on rotation for Operation Beech as part of the ADF's non-combat role supporting the Australian Government response to the Middle East conflict.



↑ Exercise Woomera Walk 25.





NO₁ **EXPEDITIONARY HEALTH SQUADRON**

No 1 Expeditionary Health Squadron (1EHS) was first formed as No 1 Air Transportable Health Squadron (1ATHS) at Amberley on 18 December

2001. In 2009, 1ATHS was renamed 1EHS in response to growing demand for deployed health services supporting the ADF operations in the Middle East and other locations, and the Health Flight at Townsville became the first detachment. A further rebalance occurred in 2019 with 1EHS taking command of the detachments in Richmond, Wagga and East Sale.

The primary mission of 1EHS is to protect and preserve patients through the responsive delivery of comprehensive expeditionary and fixed base health support to Air Force, wider ADF exercises and operations. The primary expeditionary roles include:

- Delivery of the Air Force Role 2 Medical Treatment Facility
- Resuscitative Surgical Capability
- Enduring Operational Health Support to deployment liabilities.

1EHS provides fixed-base support through



contributions to Joint Health Command (JHC) via Aerodrome Emergency Health Response and Garrison Clinical Duties (GCD). 1EHS is committed to maximising GCD within JHC facilities, which compliments external clinical placements to optimise health service delivery to Air Force.

Moving into the future, 1EHS will generate and posture forces to deliver scalable health capabilities for the integrated force in a range of threat environments with a suite of new equipment.

- Members from 1EHS and the Pacific Air Forces participate in scenarios in their **Role 2 Forward Medical Treatment Facility** as part of Exercise Viper Walk 2024.
- 1EHS CO WGCDR Ajitha Sugnanam.





COMBAT SURVIVAL TRAINING SCHOOL

Following the Korean War, it was identified that there was a need for aircrew to undertake combat survival training. This resulted in the first combat survival courses being held from 1955 at the Army's jungle

training centre in Canungra, Queensland. In 1967, the Combat Survival Training Flight (CSTF) was established at RAAF Base Amberley with practical phases of the training being conducted in the Numinbah Valley.

In July 1979, the CSTF moved to RAAF Base Townsville due to the availability of better training areas and, in February 1987, the CSTF became the Combat Survival Training School (CSTS). CSTS moved from Operational Command to Training Command (now Air Force Training Group) in 1990 and forms part of the aircrew training system within Air Academy.

The CSTS mission is to provide Survive, Evade, Resist, Escape training and support effects focused on contemporary operational contingencies in order to enable integrated Joint Personnel Recovery capability and preparedness. CSTS also provides specialist combat survival advice and subject matter experts to the ADF to assist with deployment and exercise planning.





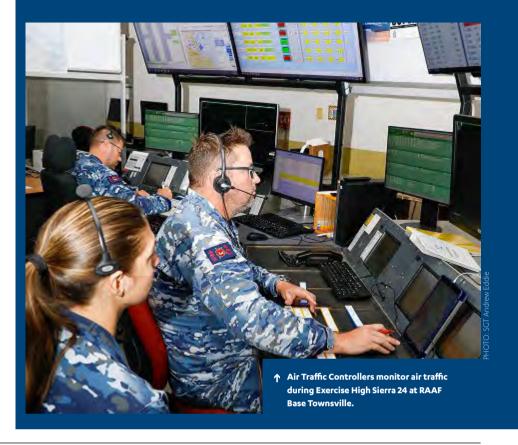
- Participants help one another to enter a life raft during CSTS sea survival training.
- ← A Combat Survival Training instructor briefs students on how to set up a solo camp site.

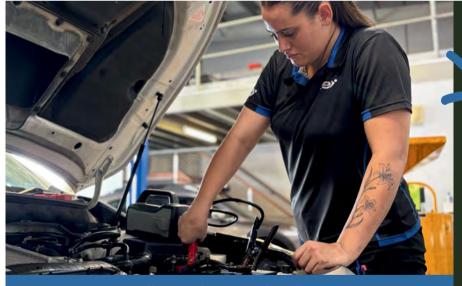


NO 452 **SOUADRON -TOWNSVILLE FLIGHT**

Having a distinguished history as a World War II fighter squadron, No 452 Squadron was reformed in 2011 as an air traffic control (ATC) squadron,

with its headquarters located at RAAF Base Darwin. No 452 Squadron – Townsville Flight provides ATC for RAAF Base Townsville, 5th Aviation Regiment, visiting military forces and Townsville Airport. Townsville Flight has nearly 50 personnel, both military and Australian Public Service, comprising of ATC officers, communication electronic technicians and logistic staff. Townsville Flight ATC is responsible for managing Townsville's airspace, and for the separation and sequencing of all aircraft movements that use the airbase, while the communication electronic technicians and logistic staff maintain ATC equipment at RAAF Base Townsville, Mount Louisa and Many Peaks (Pallarenda) to allow ATC to provide safe provision of air traffic services for Townsville.





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SECURITY AND **ESTATE GROUP**

BASE MANAGEMENT IS part of Security and Estate Group Service Delivery Division for the Northern & Central Zone (NT, Old and the Kimberley)

The team, led by the Base Manager, is responsible for the:

- coordination of essential services including security, estate upkeep, messing, accommodation, land management, cleaning and waste
- development of base plans and instructions to ensure compliance with legislative and regulatory requirements
- · coordination of base-wide forums and Heads of Resident Units engagements
- scheduling and coordination of base-wide emergency exercises and support to SADFO during critical incident responses.

The team's area of responsibility includes:

- 0854 Australian Air Force Cadets 103 Squadron Ingham
- 0872 Bohle River Transmitter Station
- 0874 RAAF Townsville
- 0875 Ruediger Park
- 0876 Mount Louisa TACAN
- 0877 Many Peaks NAVAID
- 1218 RAAF Scherger
- 1272 Townsville Middle Marker Compound
- 1273 5AVN Fire Booster Pump, Garbutt
- 1493 Coral Sea Early Childcare Centre, Kirwan
- 1569 DMFS Office, Nathan Business Centre
- 9011 Mt Cook Obstruction Beacon

All general queries and non-urgent matters can be directed to the Base Management Team inbox basemanagement.raaftownsville@defence.gov.au. If the matter is urgent, call 0409 465 217.





- Lockheed P2V-7 Neptune A89-280 has served as a gate guardian at RAAF Base Townsville since 2012.
- Base Manager Jacinta Wallace

TOWNSVILLE HEALTH CENTRE - JOINT HEALTH UNIT NORTH QUEENSLAND



RAAF BASE TOWNSVILLE was formed on 15 October 1940 and since then

there has been a medical health service on the base. Townsville Health Centre's current location is on the site of the old Airmen's Mess (Former Building 70), one of the first buildings constructed in the early 1940s. Construction commenced in 2019 and the new Townsville Health Centre was opened on 5 May 2022.

The centre provides primary care including mental health and rehabilitation, outpatient unit, pharmacy, physiotherapy, dental, general support, airfield response and deployable health accommodation for No 1 Expeditionary Health Squadron Detachment.

It is a cutting-edge health centre, staffed by extremely capable, caring and dedicated doctors, nurses, allied health workers, and health administration staff, providing the most up to date medical care and support for our members.

referral as required or attend Lavarack East Clinic -Patient Care Unit (PCU), open 24/7 weekends and public holidays. PCU Sick Parade occurs from 0900 to 1100hrs for assessment.

1800IMSICK (1800 467 425) for health advice or

MENTAL HEALTH

Psychologist: sick parade and intake services primarily available 0800hrs to 0830hrs Monday to Friday.

Mental health nurse: walk in presentations 0730hrs to 1500hrs Monday to Thursday and until 1300hrs Friday. Alternatively, contact the All Hours Support Line on 1800 628 036 and Defence Member and Family Helpline on 1800 624 60.

OPENING HOURS

Monday - Thursday: 7.30am - 4pm Friday: 7.30 am - 1pm

SICK PARADE

Dental: 0900hrs -0930hrs Monday - Friday Physio: 0900hrs -1030hrs Monday - Friday Medical: 0900hrs -1030hrs Monday - Friday

AFTER HOURS

If you become unwell after business hours (0730-1600hrs), call

INDIGENOUS LIAISON OFFICER

In 2017, positions were established for Indigenous Liaison Officers (ILOs) to support the engagement of Air Force Commanders with Aboriginal and Torres Strait Islander communities. These members also assist in meeting Air Force's commitment to Our Place, Our Skies, Air Force's Aboriginal and Torres Strait Islander community engagement strategy, and the Defence Reconciliation Action Plan. RAAF Townsville/ Scherger ILO can be contacted via email at tvl27sqnilo@resources.defence.gov.au.



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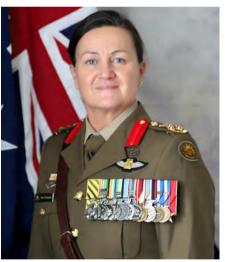
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THE 16TH AVIATION BRIGADE was formed on 2 April 2002 with the mission to enable battlefield aviation modernisation and force generate safe, effective and sustainable combat aviation effects in order to enable the integrated force. Over the past two decades, the brigade has undergone significant change and growth as part of Army's overall transformation to a word-class littoral fighting force designed to fight and win in the unique geography of our region. Previously based out of Gallipoli Barracks in Brisbane, Headquarters 16th Aviation Brigade relocated to RAAF Base

Townsville in 2024. The brigade provides a centralised command structure for all Army aviation personnel and assets including the CH-47F Chinook, AH-64E Apache, UH-60M Blackhawk, and RA-21 Integrator uncrewed aerial system.

It now comprises six units in Queensland and New South Wales, including the 1st Aviation Regiment, 5th Aviation Regiment, 6th Aviation Regiment, 16th Aviation Support Battalion, 20th Regiment Royal Australian Artillery, and the Army Aviation Training Centre, which comprises the School of Army Aviation and the Rotary Wing Aircraft Maintenance School.

Commander of the 16th Aviation Brigade, Brigadier Fern Thompson CSC.



1ST AVIATION REGIMENT

Formed in 1966, the 1st Aviation Regiment is the Australian Army's only attack helicopter unit, operating the Tiger Armed Reconnaissance Helicopter and preparing to field the AH-64E Apache helicopter. The Regiment is responsible for generating safe, effective and sustainable attack aviation capabilities, enabling the Integrated Force. As the oldest Aviation unit in the Army, the regiment has served in Timor-Leste, the Solomon Islands, domestically, and also includes 161 Reconnaissance Squadron, which saw extensive service during the Vietnam War.

Since 2006, the regiment has operated as a consolidated unit in Robertson Barracks, Darwin. In 2025, it commenced its movement to its new home at Hamel Lines in Townsville. This transition is occurring over three years with a part of the regiment preparing to operate the Apache in

Townsville, while the remainder of the unit continues to operate the ARH Tiger from Darwin. The regiment headquarters will join 161 Reconnaissance Squadron and the Operational Support Squadron immediately after receipt of the new aircraft in Townsville in late 2025. The remaining elements of 162 Reconnaissance Squadron and Operational Support Squadron will relocate on cessation of ARH Tiger operations at the end of 2026.

Commanding Officer of First Aviation Regiment, Lieutenant Colonel Matthew Sherry.





5TH AVIATION REGIMENT

The 5th Aviation Regiment (5 Avn Regt) is an Australian Army aviation unit within the

16th Aviation Brigade. It formed in 1987 after the Army gained responsibility for operating helicopters from the RAAF with both S-70A Black Hawk and UH-1 Iroquois. Throughout its history, the regiment has deployed overseas numerous times, supporting both peacekeeping and wartime operations in Cambodia, Papua New Guinea, East Timor, Iraq, Afghanistan, Indonesia and Pakistan. The regiment has also supported the response to natural disasters in Fiji, Tonga, Vanuatu and within Australia, most recently on home soil as part of the North Queensland Floods 2025

Over the past 40 years, 5 Avn Regt has operated the UH-1 Iroquois, S-70A Black Hawk, MRH-90 Taipan and CH-47 Chinook helicopters. Currently, it consists of C SQN operating 14 CH-47F Chinook helicopters at RAAF Base Townsville, and B SON, which operates the EC135 helicopters in anticipation of the arrival of UH-60M Black Hawk helicopters. These aircraft will establish a strong air assault capability that can support co-located call signs and also enables the brigade to provide a disaster-relief response if called upon by the Australian Government.



AVIATION SUPPORT BATTALION

The 16th Aviation Support Battalion (16 ASB) formed on 20 January 2025 with the aim to support the 16th Aviation Brigade in generating safe, effective and sustainable combat aviation capability. It consists of

a mix of full-time and reservist Army and Air Force personnel, along with members of the Australian Public Service and civilian contractors. The battalion leverages the broad range of experience of its diverse workforce to provide logistics support to the AH-64E Apache and CH-47F Chinook helicopters in Townsville, and the UH-60M helicopters in Holsworthy and Oakey.

Within the battalion, there are three sub-units. The first being the Logistics Support Squadron, which provides logistics solutions to sustain the units and the helicopter fleets. Secondly, the Operations Support Squadron manages refuelling, explosive ordnance loading, aircraft movements and operational planning support to helicopter operations. Finally, the 5th Workshop Company provides the deeper level maintenance and repair to each of the helicopter fleets to ensure they remain operationally ready.



Commanding Officer of the 16ASB, Lieutenant Colonel Christopher Porada.



- ↑ Two CH-47 Chinook helicopters from the 5th Aviation Regiment prepare to depart RAAF Base Townsville in support of the 2025 North Queensland Floods.
- ♦ An Australian soldier from the 1st Aviation Regiment, Australian Army Aviation Command, speaking to the pilots of an AH-64E attack helicopter prior a ground lift during their learning experience at Wattisham Flying Station on 18 June 2024.





BASE **COMMUNITY**

GECKOS FAMILY CENTRE - NORTH QUEENSLAND

Geckos Family Centre provides services, support and activities to enhance family resilience within the Defence community of North Queensland. Geckos Family Centre is staffed by ADF members and acknowledges the diversity between, and within, our families. It creates an unconditionally positive hub which fosters resilience through a sense of connectedness and joy for all families and the Defence community. Geckos Family Centre provides a consistent positive engagement, social connections and a warm environment.

facebook.com/geckosfamilycentre

WOMEN'S INTEGRATED NETWORKING GROUPS

It is not unusual for women in Defence to find themselves in roles traditionally filled by men, so it helps to have a little support from likeminded peers. That's where Women's Integrated Networking Groups (WINGs) comes in. WINGs is a program that supports women in the Air Force by providing an open forum for discussion, and also offers mentoring and role models, allowing women to see just how much they can achieve.

"Essentially, the program is about ongoing engagement with all Air Force women throughout aspects of their career. It offers professional development and personal growth - not to mention opportunity to meet other Air Force women on the base in a friendly, non-judgemental environment," says

Wing Commander Sue Yates, WINGs National Program Coordinator.

WINGs gives opportunities to Air Force women to be mentored, meet other Air Force women from a variety of ranks and specialisations, and to seek guidance and advice from other Air Force career women, with the aim of giving them a sustainable and long-term career. "Sessions are organised by the WINGs Committee and open to all Air Force women in the region. Sessions may include a quest speaker from either within Defence or an external organisation to share their career challenges and highlights or provide strategies and tools useful to career female aviators," WGCDR Yates says.

"Those Air Force women who have attended sessions have described WINGs as rewarding, relevant, inclusive and worth an investment of their time. Having a good cross section of ranks and experience adds to the networking and sharing of career experiences, as does the inclusion of male colleagues at some sessions to contribute to discussions and understand the challenges facing an under-represented element of our workforce "

Information on Townsville WINGs can be found at http://drnet/raaf/AirForce/RAAFTVL/FAC/ Pages/WINGS.aspx or by emailing tvl.wings@ defence.gov.au.

DEFENCE FAMILIES OF AUSTRALIA

Defence Families of Australia (DFA) is the official ADF families advisory body to the Minister for Defence Personnel and the Chief of the Defence Force. DFA advocates for and provides advice to Defence and other stakeholders for ongoing improvement in policy and practical support in the best interests of ADF families across three core areas.

1. Family readiness

Supporting families to be well-prepared in the face of the unique demands of Defence life. This includes advocating for systems and resources that equip families to manage absences, deployments, and relocations with confidence and stability.

2. Contemporary families

Recognising and championing evolving family structures within the Defence community. Modern families are diverse and current policies and supports do not always reflect this. DFA is committed to ensuring inclusive representation that acknowledges single-parent families, blended families, same-sex couples and other non-traditional configurations.

3. Family wellbeing

Advocating for services and supports that enhance the overall wellbeing of Defence families. This includes ensuring access to mental health resources, community connection, employment support and family-friendly policies that are fit for purpose and responsive to real-world challenges.

Follow DFA on social media for advocacy updates or go to dfa.org.au.

DEFENCE SPECIAL NEEDS SUPPORT GROUP

Defence Special Needs Support Group Inc. (DSNSG) is a not-for-profit benevolent organisation that has been supporting current Defence and ex-serving members and their special-needs families for more than 25 years. It is available Australia wide at Defence locations.

Volunteers assist local members through advocacy, information pathways and local activities. DSNSG members have access to regular local events organised by the DSNSG Coordinator, along with access to a variety of programs.

To find out what is happening in your area, contact Townsville Coordinator Cherie Davis on 0417 182 233 or email townsville@dsnsq.org.au.

For further information about DSNSG, see dsnsg.org.au or call the DSNSG national helpline on 1800 037 674.

KOOKABURRA KIDS

The Department of Veterans' Affairs funds the Australian Kookaburra Kids Foundation to deliver the Defence Kids Program across Australia, providing camps, activity days and age-appropriate mental-health education focusing on coping skills and resilience, while allowing children to bond with peers who are facing similar challenges.

All young people aged eight to 18 from a Defence or veteran family are welcome to join the program.

To find out what camps and activity days are coming up in Townsville, to register a child and to book, see kookaburrakids.org.au/ defence-program.

CHAPLAINS

Air Force chaplains are representatives from various churches and faith groups. They ensure all personnel and their families have access to pastoral care and support. Chaplaincy services within Defence also provide independent support and referrals to assist with accessing health and wellbeing services.

ADF members and their families have 24/7 access to an on-call chaplain. To access a local chaplain, call the Defence switch on 1300 333 362 and ask for the on-call chaplain in the area.

Your local chaplains can also assist in the application process for RAAF Welfare Trust Fund (RWTF) loans. The loans are approved and administered by Canberra-based trustees. The RWTF provides a variety of low-cost loans including home improvement, professional development, long service and emergency loans. Group Life Insurance is available through the RWTF which includes access to loans covering any worthwhile purpose. Details about the loans can be found at raafwelfaretrustfund.gov.au and by searching for the RAAF Welfare Trust Fund on the intranet. Alternatively, contact your local Air Force chaplain.

GYM FACILITIES

Whether you're a seasoned athlete or just looking to stay active, the Townsville RAAF Base Gym has something for everyone. Open 24/7 and designed with the needs of Defence members and their families in mind, this top-tier facility offers a range

of amenities to support all fitness levels and goals.

Comprehensive training spaces

At the heart of the gym is a spacious weights room, fully equipped with free weights, resistance machines and functional training zones. Whether you're working on strength, endurance or rehabilitation, the setup caters to a variety of training programs. Adjacent to the weights area is the cardio room, stocked with modern treadmills, stationary bikes, rowing, cross-trainers and more - ideal for warm-ups, cool downs or full-blown cardio sessions.

Multi-use indoor court

Need a break from the machines? The full-sized basketball court offers plenty of opportunities for team sports and recreational play. The court is also fitted out for pickleball and other indoor games, providing a flexible and social way to stay active.

Outdoor pool

Cool down or kickstart your day in the 25m outdoor swimming pool, perfect for lap

swimming, agua fitness or recovery sessions. The pool is open weekdays from 0630 to 1930 and weekends from 0830 to 1930, offering convenient access around most schedules.

Open around the clock

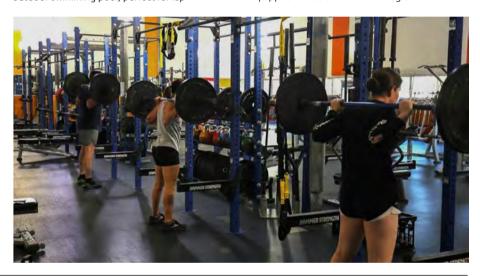
The gym's 24/7 access means you can work out whenever it suits you – before a shift, after a mission or during a quiet weekend. For Defence members juggling demanding schedules, this flexibility is key to maintaining a consistent fitness routine.

Who can use the facility?

Access is available to Defence members as well as their dependants who hold a current DCAC card, making it a valuable community resource. It's more than just a gym, it's a place for families to stay healthy, connected and active together.

Ready to train?

The Townsville RAAF Base Gym is waiting for you. Drop by and take advantage of one of the bestequipped fitness centres in the region.







DEFENCE **SUPPORT**

Defence offers a range of programs and services to help Australian Defence Force members and their families make the most of the opportunities and challenges of military life.

EFENCE FAMILIES MAKE a significant contribution to the wellbeing of our Australian Defence Force (ADF) members and the success of their missions. In support of our ADF families, Defence Member and Family Support (DMFS) has a wide range of information and support for families to help them navigate military life.

DMFS delivers national programs and services to ADF families across Australia. There's support available at every stage, from the support for new recruits and their families adjusting to Defence life to partners and children managing the challenges of military life, to the time when a member transitions from permanent service.

Support available from DMFS includes assistance for partners' employment, help with finding childcare, deployment support, assistance for dependants with special needs, social worker support, relocation, support for community groups, help for families during crisis and

emergency, and education support for children. DMFS also holds a number of information sessions and social events throughout the year for military families in the region.

For more information about the services and programs, visit the website www.defence. gov.au/adf-members-families/familyprograms-services, contact the 24/7 Defence Member and Family Helpline on 1800 624 608 or email the Helpline for advice at memberandfamilyhelpline@defence.gov.au.

YOUR LOCAL DMFS TEAM

The local DMFS team is made up of military and civilian staff, undertaking a variety of roles including military support, social work, family liaison and education support.

The team provides a range of services to families across the region, including:

- support in times of crisis
- deployment and absence support
- mobility and relocation support

- professional counselling for personal, relationship and family problems
- information sessions, social or support groups
- local education advice and assistance
- special needs recognition and review
- partner employment assistance
- finding childcare.

Make sure you don't miss out on the virtual and face-to-face events DMFS hosts to build and maintain connection with other Defence families in the area. Go to DMFS's Eventbrite page where you can register for free tickets to events. You can also see what local events are on by visiting the events calendar on the website www.defence.gov.au/adf-membersfamilies/local-services-events. Follow us on Facebook and Instagram and keep up-to-date with the latest DMFS news and events.

WHO CAN YOU MEET AT THE LOCAL OFFICE?

- Defence social workers are qualified professionals who are knowledgeable about the ADF and the military lifestyle.
- Family liaison officers have extensive knowledge of the region and can help families connect with local community groups and support services. They are also proactive in organising a range of information sessions and social events.
- Education liaison officers provide information and support to families around children's education and schools in the area.

DMFS PROGRAMS & SERVICES

24-HOUR SUPPORT

If you need support, help, or advice at any

time, contact the Defence Member and Family Helpline on 1800 624 608. The Helpline operates 24-hours a day, seven days a week and is staffed by qualified human services professionals, including social workers and psychologists.

PARTNER EMPLOYMENT

The Partner Employment Assistance Program provides funding for initiatives to assist ADF partners with employment when they are relocated on posting, or if their ADF member is medically transitioning, and for some reregistration costs. Eligible partners may be reimbursed up to \$1500 in a financial year for career support and coaching; professional licensing, checks and registration, and/ or employment related training. For more information, visit https://www.defence. gov.au/ adf-members-families/familyprogramsservices/support-for-families/ partneremployment-assistance-program.

FAMILIES WITH SPECIAL NEEDS

Families who have recognised family members with special needs can get information and practical assistance to reduce the impact of relocation.

SUPPORT DURING DEPLOYMENT AND TIME APART

DMFS provides a range of services, practical assistance and products to help inform and prepare ADF members and families for every stage of deployment. Support includes advice and referral to local support services, access to resilience programs, assistance in emergencies and crisis, and connection to community groups. Families can also opt in to receive regular deployment support calls by registering with the Defence Member and Family Helpline on 1800 624 608.

↓ The DMFS NQ team.

CHILDREN'S EDUCATION

DMFS has dedicated education liaison officers to provide advice to families and funds Defence School Mentors to support Defence children through changing schools and parental absence.

ACCESS TO CHILDCARE

DMFS maintains a network of childcare centres around Australia, with priority placement for ADF families. Families who are facing difficulties accessing childcare, such as when they move to a new area or change their work or care arrangements, can also access an individual case management service to help them find registered childcare services in their local community.

EMERGENCY AND CRISIS SUPPORT

DMFS provides a range of practical and emotional support programs for families facing emergency or crisis, including assistance in time of illness, injury, domestic crisis or bereavement. Members and their families can access 24-hour support, social work and assessment, or referral from the all-hours Defence Member and Family Helpline.

TRANSITION TO CIVILIAN LIFE

Joint Transition Authority delivers support to members and their families transitioning to Reserves Service or separating from the ADF. There is a range of support programs to assist ADF members and their families when they transition to civilian life, enabled by a transition coach. The coach helps to build a personalised package of support based on the circumstances and post-transition goals of the member and their family. The coach remains with the member and their family for up to two years post-transition. For more information, please email transition.nthqld@defence.gov.au.

SUPPORT FOR RESERVISTS

The families of Reserve members can access a broad range of support services when the Reservist is on continuous full-time service or away on deployment or exercise.

PARENTS

DMFS offers information and support services for the parents of ADF members to help them understand and manage the challenging aspects of having a son or daughter in the services.

CONNECTION WITH COMMUNITY

Defence families are strongest when they are connected with their local communities. DMFS provides a number of support and information services to help families connect with and contribute to their community.

CONTACT DMFS

The Defence Member and Family Helpline is your first point of call for support, information and connection with your local community. It is staffed by qualified human services professionals, including social workers and psychologists, who can assist you 24 hours a day, seven days a week. Phone 1800 624 608

Email memberandfamilyhelpline@defence.gov.au Website defence.gov.au/members-families



MAILING LIST

Scan the QR code to join DMFS NQ's mailing list and keep up-to-date with all our information and events.

DMFS TOWNSVILLE WELCOME & INFORMATION EXPO 2026

The DMFS Townsville Welcome & Information Expo will be held on Saturday 14 February 2026 at Townsville stadium, Murray. ADF members and their families in Townsville and surrounds are invited to attend. Discover what the Townsville region has to offer you and your family with over 100 exhibitors including local community and sporting groups, government organisations and other service providers. You'll also be able to meet the Townsville DMFS team. Bring the whole family along and enjoy complimentary entry, giveaways, interactive displays and activities, and food and drinks available to purchase. There'll be something for everyone! For more information email dmfs. townsville@defence.gov.au or sign up to the DMFS newsletter by scanning the OR code above.





OVING HOUSE CAN be both an exciting and daunting prospect - some big decisions need to be made, the most important one being where you are going to live. Children's education, distance to work for both the member and spouse/partner, health care, lifestyle preferences and the amenity of available housing are all factors to be considered.

SERVICE RESIDENCES

Unless you own a suitable home in your new posting locality, your first port of call is Defence Housing Australia (DHA). DHA provides housing and related services for Australian Defence Force members and their families through its portfolio of service residences (SR). DHA's portfolio comprises modern houses, townhouses and apartments in selected locations. The majority are off-base, integrated throughout the local community and in reasonably close proximity to Defence bases and establishments, amenities and services. DHA maintains the currency of its portfolio by upgrading existing properties, sourcing new properties through a variety of construction activities, acquiring properties

through traditional real estate markets and directly sourcing and leasing properties from private owners. You are eligible for a SR if you fit into any of these groups:

- You have a spouse, recognised interdependent partner or children who live with you (Accompanied Resident Family)
- You have Recognised Other Persons who normally live with you
- You are a member with unaccompanied resident family and your dependants need housing (Unaccompanied Resident Family).

More detailed information on entitlements can be found in the Pay and Conditions Manual, Chapter 7, pay-conditions.defence.gov.au/ pacman/chapter-7, and/or on DHA's website dha.qov.au.

SINGLES

DHA also holds some apartments suitable for single members – called Members Choice accommodation. The process for accessing Members Choice or private rental under Rent Allowance (RA) is the same as for families accessing SR, outlined below.

HOW DO I FIND A SERVICE RESIDENCE?

As soon as you know you require a Service Residence, call DHA on 139 342 to obtain a username and password to access Online Services, a unique online tool that will allow you to select your new home. Online Services will show you:

- Homes within your entitlement
- Interior and exterior photos of the homes
- Property details for each home
- A floor plan
- A map showing the location of the home and nearby facilities.

Once you have researched your options, you can reserve a home on Online Services.

Note that, whether you are an Accompanied Resident Family or a single, if you own a home in your current posting location which is suitable for you to live in, you will not be eligible for a SR or RA.

PRIVATE RENTAL

If DHA cannot provide you with a suitable SR, you may be eligible for RA. While DHA will manage your RA application, it is up to you to find a suitable rental property. Rental properties in the region can be sourced from local real estate agencies or on any of the following commercial websites:

- realestate.com.au/rent
- domain.com.au/rent
- rent.com.au
- property.com.au/rent.

BUYING A HOUSE

You may feel it's time to enter the housing market or wish to sell your home in your losing locality and purchase in the gaining locality. Assistance for home purchase may be available through:

- The Defence Home Ownership Assistance Scheme pays a monthly subsidy on a member's home loan interest. The scheme is administered by the Department of Veterans' Affairs, for details see dhoas.gov.au.
- The Home Purchase or Sale Expenses Allowance reimburses reasonable buying and selling costs. For details see the Pay and Conditions Manual, pay-conditions.defence. qov.au/pacman/chapter-7/part-3.

Note that a decision to purchase your own home in your new locality does not need

to be made before you proceed on posting, you can decide at any time during your posting. However, if you are in RA accommodation, you will need to consider the penalties in your lease for early termination.

MORE INFORMATION OR ASSISTANCE

For information on all accommodation options, application forms and to access Online Services, visit DHA's website, dha.qov.au.

At times, finding the right housing solution can be a challenging process. The Directorate of Relocations and Housing is responsible for the provision and delivery of quality housing and related services to ADF members under national contracts and in accordance with Defence Policy.

If you require additional support please email DRH.DRHM@defence.gov.au with your enquiry and your local Defence Relocation Manager will be in touch.



POSTINGCONNECT

PostingConnect provides an online environment to manage your posting. The platform provides direct access to posting services, including Toll and DHA, and is accessible from any device. PostingConnect allows members and their families to navigate the many aspects of a posting within one application. Log in to ServiceConnect via defence.gov.au to





There are a number of services to help manage your family's health in your new posting.

ADF MEMBER HEALTH

Defence provides essential healthcare to all ADF members, on and off base, including medical and dental, mental health, ambulance transport and hospitalisation. ADF members do not need a Medicare card.

TOWNSVILLE HEALTH CENTRE

Bld 918, Edwards Ave. Contact 07 4430 2717; jhunq.townsvillehc@defence.gov.au Emergencies 000 See page 12 for hours.

24-HOUR HEALTH SUPPORT

ADF members needing urgent medical treatment when away from base should call 1800 IM SICK (1800 467 425). The IM SICK line is a toll-free, all-hours service for ADF personnel to discuss health concerns over the phone and receive immediate advice on where they need to go to receive appropriate treatment. The service is provided by BUPA under the ADF Health Services Contract.

RECOGNISED DEPENDENTS

Members need to make arrangements for the healthcare of their families, but note that financial assistance is available (see under: DEFENCE FAMILY HEALTH CARE).

FINDING A GP

To find a GP in your locality, a good place to start is the 'find a health service' tool on the Australian Government's Health Direct website, healthdirect.gov.au/australian-health-services, which allows you to filter out GPs who don't bulk bill. GPs who don't bulk bill will charge you for

the visit. You can claim the 'schedule fee' from Medicare, but it will probably be less than the GP's account, leaving a residual cost.

Many doctors now offer a service called HICAPS that allows you to claim your Medicare rebate when you pay at the doctor's surgery.

Joining a social group to connect with others in your area is also good way to glean advice on local GPs and medical centres.

DEFENCE FAMILY HEALTH CARE

The National ADF Family Health Program will reimburse dependants of ADF members for out-of-pocket expenses for all GP visits. Specialist services will also be reimbursed. up to a total allocation of \$800 per dependent which can be shared between dependents. For more information visit adffamilyhealth.com or phone 02 6266 3547.

PRIVATE HEALTH INSURANCE

Medicare makes adequate provision to cover all Australian citizens for their essential health needs. However, Medicare doesn't cover many 'extras' such as ambulance services, most dental services, spectacles, contact lenses, hearing aids and cosmetic surgery.

You may choose to take out private health insurance to provide your family with a wider range of options and more comprehensive cover. Health insurance policies can be either hospital or general treatment (extras) or a combination of both. Your decision to purchase private insurance is a personal one and will be based on a number of factors:

- The advantages of having more choices, for instance the ability to choose your surgeon/obstetrician/specialist and the hospital you prefer from the private health insurer's agreed providers
- The probability of obtaining treatment faster than you might do on a public hospital waiting list
- Your desire to be covered for the extras

• The cost of private health cover for different options that are offered by the numerous providers in the health-insurance market.

With respect to the cost, you will also need to consider the tax implications of the Medicare Levy surcharge, which (as distinct from the Medicare Levy) is an additional tax imposed on those with a taxable income above a certain threshold who do not have a prescribed level of private health insurance.

The cost of your private health insurance policy will also be influenced by your age when you commence your policy. Once you turn 31, a Lifetime Health Cover (LHC) loading of two percent is added to your hospital cover premium for every year you're without hospital cover, e.g. if you delay until age 40, your LHC would be 20 percent. Note that permanent ADF members are considered to have had private hospital cover while serving.

This article is published as general education and should not be taken as professional advice.

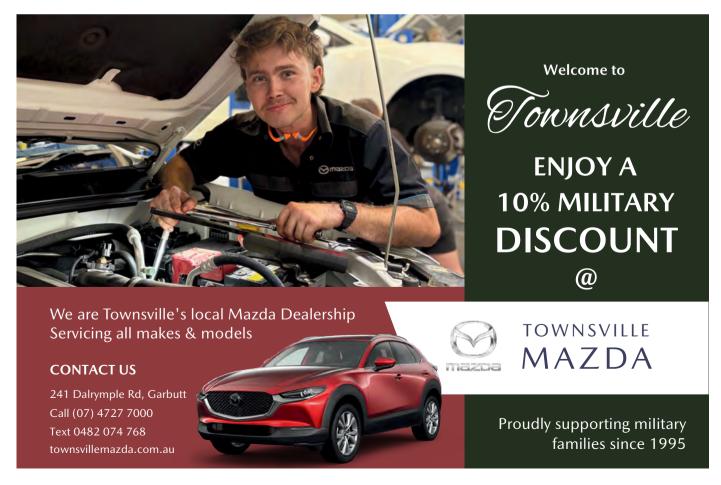
SOME USEFUL WEBSITES

Health insurance

- specific-products-and-activities/privatehealth-insurance

Medicare Levy

- https://pay-conditions.defence.gov.au/ pacman/tax-alerts/div-4





AAF BASE TOWNSVILLE is about 6km from the centre of Townsville, adjacent to the Townsville Airport, with which is shares a runway.

Townsville was founded in 1864 as a port for the fledgling pastoral industry in North Queensland. Following the discovery of gold in the hinterland at Ravenswood and then Charters Towers, the town developed into the principal centre of North Queensland. It now has a population of approximately 198,000, supported by excellent education facilities, healthcare, affordable housing, retail, events, entertainment, dining precincts and a wide range of outdoor recreation options, making the most of more than 300 days of sunshine each year.

LOCAL COUNCIL

Townsville City Council has two service centres: SERVE Centre, 103 Walker Street, Townsville City. Monday to Friday 8am - 5pm. Closed on public holidays.

SERVE Centre Citylibraries Riverway,

20 Village Boulevard, Thuringowa Central. Monday to Friday 9am - 5pm. Closed on public holidays. Phone 13 48 10 during business hours. Emergency after hours phone 13 48 10. www.townsville.qld.gov.au

GETTING HERE

By air. Townsville Airport has regular services to and from Adelaide, Brisbane, Cairns, Cloncurry, Darwin, Hughenden, Longreach, Mackay, Melbourne, Mount Isa, Sydney and Winton, operated by Jetstar, Qantas, Rex and Virgin, with additional mining charters.

www.townsvilleairport.com.au

By rail. The Spirit of Queensland runs between Brisbane and Cairns, via Townsville, three times a week in each direction. The Inlander runs between Townsville and Mount Isa, twice a week in each direction

queenslandrailtravel.com.au

GETTING AROUND

Kinetic operates 13 bus routes in the Townsville area, connecting Townsville city, surrounding suburbs, key shopping centres, James Cook University and Queensland Country Bank Stadium. See translink.com.au for routes, fares and timetables.

SeaLink North Queensland runs up to 17 daily return services to Nelly Bay Terminal on Magnetic Island. See sealink.com.au/magnetic-island for routes, fares and timetables.

Taxis: 13cabs 13cabs.com.au, 13 2227. Black & White Cabs blackandwhitecabs.com.au, 133 222. Townsville Taxis 07 4778 9555.

LIBRARIES

Townsville Citylibraries has three branches, a mobile library service which visits various locations around Townsville and an elibrary accessed by the Townsville Citylibraries App.

Citylibraries Flinders Street. Level 1, Northtown, 280 Flinders Street, Townsville. 07 4727 9666.

Citylibraries Aitkenvale. 4 Petunia Street, Aitkenvale, 07 4727 8310.

Citylibraries Riverway. 20 Sporting Drive, Thuringowa Central. 07 4773 8811.

SWIMMING POOLS

Tobruk Memorial Baths

32 The Strand, Townsville. 50m heated pool, 25m heated pool and a shallow toddlers' pool with shade cover. Swimming lessons for babies through to adults. Aqua aerobics and disability swimming classes.

Long Tan Memorial Pool

Corner Lindeman Avenue and Fulham Road, Heatley. 50m heated pool and 25m indoor heated pool.

Kokoda Memorial Pool

41 Wellington Street, Mundingburra. 25m program heated and shaded pool and children's aquatic playground.

Northern Beaches Leisure Centre

7-31 Erskine Place, Burdell.

northernbeachesleisurecentre.com.au

50m heated and shaded pool, heated programs pool, beach pool with play features, water slides and fenced toddler pool.

Riverway Lagoons

Village Boulevard, Thuringowa Central. Two lagoons and a special toddlers' area.

RECREATION

Townsville City Council provides a range of active events and programs and supports local sport and recreation organisations. For information on sports facilities, walking and cycling trails, clubs and events, see *activetownsville.com*

FLOOD, FIRE & EMERGENCY

In the event of a life-threatening emergency call 000 to connect to Police, Fire and Ambulance. For assistance or information for:

- Floods or storm assistance (SES) 132 500
- Bushfire updates and information, emergency assistance, contact Queensland Fire & Emergency Services qfes.qld.gov.au
- Health advice, talk to a registered nurse 24 hours a day, seven days a week on 13 HEALTH (13 432 584)
- Disasters and alerts see www.qld.gov.au/alerts

HOSPITALS

Townsville University Hospital. 100 Angus Smith Drive, Douglas. 07 4433 1111.

For more information on the hospital and other government healthcare available, see townsville.health.qld.gov.au.

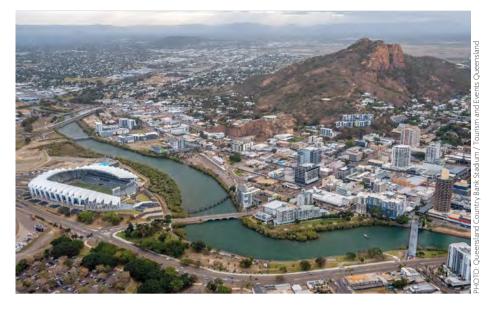
Mater Private Hospital. 25 Fulham Road, Pimlico and 12-14 Oxford Street, Hyde Park. 07 4727 4444. *matertsv.org.au*.

To find a GP, other regional hospitals and health services, see www.qld.gov.au/health/contacts/service-finder.

CHILDCARE

There is a variety of childcare options in the area. Turn to page 30 for information.





SCHOOLS

Townsville has a range of schooling options including public, private, selective and independent schools. It is important to arrange your housing prior to finalising your schooling choices. Defence does not regard a choice of school as grounds to limit your search for a property. For information on schooling in Queensland turn to the Education section, page 32.

HIGHER EDUCATION

Townsville's tertiary education campuses include James Cook University (*jcu.edu.au*) and CQUniversity (*cqu.edu.au*), as well as Tafe's Trade Training Centre Bohle (*tafeqld.edu.au*).

UTILITIES

You will need to arrange your own utilities such as electricity, gas, pay TV and internet. You should contact your local service providers, or you may like to take advantage of the free Fast Connect service, which will arrange for the disconnection and reconnection of utilities on your behalf. Contact them on 1300 661 464, at *fastconnect. net.au*, or access the service via Online Services on the Defence Housing Australia website at *dha.gov.au*. Also see the Housing section, page 20.

SHOPPING

Townsville has a good variety of shops and services. Here are a few of the larger shopping centres.

Townsville Shopping Centre 310-330 Ross River Road, Aitkenvale.

Myer, Big W, Woolworths, BWS and a wide range of services and retailers.

townsvilleshoppingcentre.com.au

The Intersection Townsville Shopping Centre Cnr Ross River Road & Nathan Street, Cranbrook. Coles, Kmart and a range of stores.

theintersectiontownsville.com.au

Vincent Market Place Cnr Fulham Road and Nathan Street.

Woolworths and specialty retailers

Willows Shopping Centre 13 Hervey Range Road, Thuringowa Central.

Aldi, Big W, Coles, Woolworths, Priceline, banks, services and a wide range of retailers.

willowsshoppingcentre.com.au

Parkside Plaza Kirwan 148 Bamford Lane, Kirwan. Woolworths and a small range of retailers.

Castletown Cnr Woolcock Street and Kings Road. Coles, Woolworths and Big W and a range of retailers. **castletown.com.au**

 $\textbf{Fairfield Central Shopping Centre}\ 2/30$

Lakeside Drive, Idalia.

Coles, Woolworths and a range of services and retailers. *fairfieldcentral.com.au*

Domain Central 103/141 Duckworth Street, Garbutt. One of Queensland's largest Homemaker, lifestyle and outlet centres with 60 retailers, including BCF, TK Maxx, The Good Guys, Joyce Mayne and JB Hi-Fi.

domaintownsville.gicre.com

Annandale Central Cnr University and MacArthur Drive.

Coles and 15-plus specialty stores.

annandalecentral.com.au

Thuringowa Village Cnr Dalrymple Road and Thuringowa Drive.

Coles and various retailers.

thuringowavillage.com.au

To find more shopping hubs, see shoplocaltownsville.com.au

MORE INFORMATION

To find more community services and supports available, visit the Community Information Centre Townsville website, *cictownsville.com.au*.







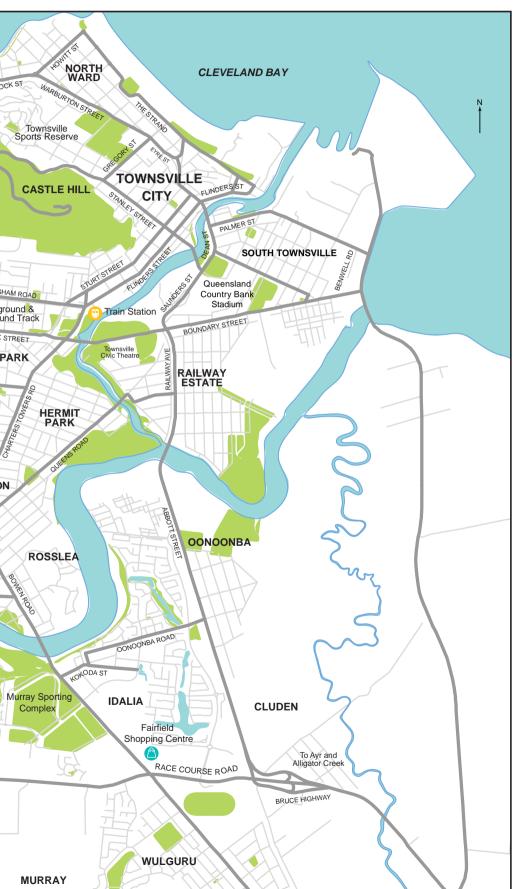






















EARLY **LEARNING**

Choosing the right childcare or early learning service will depend on your family's needs and where you and your child will feel most comfortable.

S WELL AS PROVIDING CARE. childcare and early learning services provide an opportunity for your child to develop social, emotional and learning skills. There is a range of care and playbased learning options available for babies and children up to six years of age. Some childcare providers also offer before- and after-school care to school-aged children.

Childcare may be offered by private providers, community groups, government agencies, individuals, babysitters or nannies. There are various education and care options available and it's important to research the type of early education and care that suits you and your children best well in advance.

LONG DAY CARE

A good option for those who work long days and need care for their children during business hours, long day care operates for at least eight hours a day, typically Monday to Friday, in a childcare centre and caters for children from birth to school age. It provides preparation for school through a play-based learning curriculum.

FAMILY DAY CARE

For parents who want their children to learn and play in small groups in a homelike environment, family day care caters for children from birth to 12 years, and is held in the home of a registered educator. They may also offer outside-schoolhours care.

KINDERGARTEN

Aimed at children aged three to five years, kindergarten (or preschool) prepares children for school through play-based learning. It can be a standalone service or part of another care service or school. From January 2024, kindergarten for 15 hours a week, 40 weeks a year is free for Queensland children attending a governmentapproved kindergarten program.

APPROVED KINDERGARTEN PROGRAMS

Non-compulsory approved kindergarten programs are taught by qualified early childhood teachers and meet strict quality quidelines set by the Australian and Queensland governments. They are offered in long day care services and sessional kindergarten services for children in the year before Prep (i.e. children who are four years old by 30 June in the year they start). Sessional kindergartens operate during school hours each school term, whereas long day care services can provide a kindergarten program as part of their extended hours of care. Families should speak to their local kindergarten program provider regarding the start date of their child's kindergarten program. earlychildhood.gld.gov.au

OUTSIDE OF SCHOOL HOURS CARE

Operating before and after school and/or during school holidays, this service works well for working parents with school-age children who need care outside of school hours. It provides education and care with a play-based curriculum.

OCCASIONAL CHILDCARE

Offered on a casual basis for short periods of time, occasional childcare caters for children, from birth to school age and is useful for parents with shortterm or last-minute needs.

CHILDCARE RATINGS

Kindergarten, long day care, outside-school-hours care and family day care services are assessed and rated under the National Quality Framework, which provides a national approach to regulation, assessment and quality improvement for early childhood education and care. To check a providers' rating go to acecqa.gov.au/resources/ national-registers. The Queensland Government monitors all services to ensure they meet their legal requirements, regardless of whether they have been assessed and rated.



HOW TO CHOOSE A SERVICE

Consider your child's needs and your family circumstances when choosing childcare. While you can expect national or state-approved services to meet minimum standards, try to visit a selection to compare what they offer before making a decision. Many services have a waiting list, so it is best to make a decision well in advance. Check with your chosen service to find out whether:

- their operating hours and days suit your family
- places are available for new enrolments
- the fees suit your budget
- there are any costs over and above the fees
- there is a fee to be on a waiting list
- children with additional needs are supported
- they offer an education program (such as kindergarten or long day care)
- the staff are well qualified and experienced
- the routine will suit your child
- meals are provided (ask to see a sample meal plan)
- the carer-to-child ratio suits your needs
- you can claim the Child Care Subsidy to help cover the costs of the service.

Visit the service to meet the staff, see the facilities and experience the atmosphere. Make an appointment to ensure someone is available to talk to you. Ask questions and share information about your child. The service should be able to give you written information that may include:

- days and times when the service is open
- how your child's day will be organised and their individual needs met



- excursions and outings
- pick-up and drop-off procedures
- how injuries, illness and infectious diseases are dealt with (including storing and giving medicine)
- hygiene, safety and emergency procedures
- all fees you will have to pay (including public holidays, late fees, holidays and when your child is away sick)
- how you can participate in the decisions affecting your child and how the service will respond to complaints and concerns

• staffing, staff development and child-free preparation times.

For more advice on what to look for see acecga.gov.au/resources/national-registers.

FIND AN EARLY CHILDHOOD SERVICE

Search the Starting Blocks website (startingblocks.gov.au/find-child-care) to find a kindergarten, long day care, family day care and outside schools hours care, captured under the National Law and National Quality Framework.

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 Defence Priority of Access Guidelines. One Tree Defence Childcare Unit Coral Sea, located at Kirwan, Townsville caters for children from birth to five years of age. dcu.onetree.org.au

SPECIAL NEEDS

The Australian Government's Inclusion Support Program (education.gov.au/child-carepackage/inclusion-support-program) and the Oueensland Government's Kindergarten Inclusion Support Scheme (earlychildhood.qld.gov.au) may provide funding to help services provide:

- specialist equipment and resources
- training for teachers
- extra teacher aide time
- more educators or carers.

CHILD CARE SUBSIDY

The Australian Government provides families with financial assistance to help cover the costs of approved childcare, under the Child Care Subsidy and Additional Child Care Subsidy. The Child Care Subsidy is income tested and is usually paid directly to approved Child Care Services to reduce the fees that eligible families pay. You can apply for the subsidy online or in person through Centrelink. servicesaustralia.gov.au

MORE INFORMATION

For more advice: earlychildhood.qld.gov.au; www.qld.gov.au/families/babies/childcare/ finding/assessing

St Margaret Mary's College proudly supports Defence families, and provides a welcoming and inclusive environment for students whose parents serve our nation.



To learn more, please visit our website.



St Margaret Mary's College ACADEMIC. CULTURE. FAITH. SPORT.





SCHOOLING

There's a lot to learn about how primary schools and high schools function – especially as different states have different arrangements in place. Here's some information about schooling in Queensland.

IN QUEENSLAND it is compulsory for children to attend school from the age of six years and six months until they turn 16, or they complete Year 10 (whichever comes first). You can choose to send your child to a state/public school (education.qld.gov.au), independent school (www.isq.qld.edu.au) or Catholic school (qcec.catholic.edu.au).

Publicly funded state education includes early childhood development programs; primary schools, secondary schools and P-10/12 schools; special schools; hospital schools; schools of distance education; centres for continuing secondary education; outdoor and environmental education centres; and Queensland Academies.

PRIMARY SCHOOL

Starting school is a major milestone for children and their families, so the decision you make about their education is important. The Department of Education Schools Directory (schoolsdirectory.

eq.edu.au) will help you find state and private schools in your area.

Children attending state school usually go to the school closest to where they live. However, parents can send their children to the state school of their choice, depending on available places. Some schools have a School Enrolment Management Plan, which means students may not be able to attend unless they live within the designated catchment zone. To help you choose the best school for your child, look at the school websites for information about performance, mission, staffing, funding and resources. You can also get information and compare schools at the My School website (myschool.edu.au). Once you have a shortlist, make an appointment to meet the principal and staff and see the school facilities.

To help decide which school is best for your child, consider the following:

• What are your child's needs and interests? Will the school be able to cater for them?

- Is the school reasonably close to home, work and carers?
- What facilities does the school offer?
- Are you comfortable with the feel of it?
- What are the school policies on homework, discipline and safety?
- Are other services available, such as after-school care?

Parents may wish to ask schools about:

- the size of the school
- when to enrol
- teaching methods and classroom environment
- uniform policy
- school hours
- levies
- assessment and reporting procedures
- available resources
- extracurricular activities
- communication between home and school
- student participation, e.g. school council
- parental involvement, such as parents and citizens' association.

Copies of the school rules or code of conduct, newsletters, prospectus and annual report will give you further information about the school and its activities.

STARTING SCHOOL

Enrolment forms and details of school enrolment processes are generally published on school websites. Usually, a child can be enrolled a year ahead for state schools and up to two years for non-state schools



Ignatius Park College



Growing Strong Minds ~ Building a Brotherhood

Enrolment enquiries:

384 Ross River Road, Cranbrook Q 4814 (07) 4796 0222 info@ipc.qld.edu.au



Before starting school, children are usually invited to visit their new school so they can become familiar with it. There are also lot of things families can do to help make a child's transition to school successful, including:

- getting to know as much about the school as they can
- talking with their child about school
- taking their child to the school to meet the teachers and to find out where things are
- making sure their child knows the transport arrangements for getting to and from school
- getting to know other families with children who will be in the same class as their child
- talking with their child about eating, toileting and hygiene at school
- making sure their child has had experiences of public toilets, libraries and public transport
- if appropriate, ensuring their child knows how before- and after-school-hours care will work
- answering their child's questions about school
- reading some children's books about starting school with their child
- always being positive and realistic about starting school.

SECONDARY SCHOOL

Secondary or high school, Year 7 to 12, is the final period of compulsory education for Queensland students. Students are eligible to enter the first year of secondary school, Year 7, after completing primary education (Prep or Year 1 to Year 6). You may enrol your child in the local secondary school by contacting the school directly. Secondary schools have different ways of introducing primary students to their school. Most students settle in quickly in response to the carefully designed transition programs initiated by schools. Primary and secondary schools cooperate to ease students through the transition.

The senior years of education (Year 10-12) are important for students wishing to progress to university or further study. Students who have completed all 12 years of compulsory education from Year 1 to 12 will be eligible to qualify for the Queensland Certificate of Education (QCE). Year 12 students applying for tertiary study will generally be assessed on their Australian Tertiary Admission Rank.

ADJUSTING TO A NEW SCHOOL

If your child is transferring to a new school, the principal will have processes to help them adjust, such as buddy systems. Even for students who are looking forward to it, a change in school may cause distress. Signs of stress include irritability, reluctance to talk, sleep disturbance, stomach aches, headaches and not wanting to go to school. The teacher or principal can provide support and advice if your child is having difficulty settling in.



If your child is moving from a non-state school to a state school (or vice versa) in Queensland, the new school can request a transfer note from the previous school. There is no need for parents or carers to complete any additional forms.

If your child has moved to Queensland from interstate, the new school can request consent from you to obtain your child's information from the previous school using the interstate student data transfer note. This system enables the new school to support the educational placements of new students. A transfer note is not required for students transferring their enrolment from one Queensland state school to another (including primary to secondary). Students who change schools during Year 11 or 12 can receive a credit transfer and their previous study at a school in Queensland, interstate or overseas may count towards their QCE.

When changing schools:

- consider the timing of the move and if the move can coincide with the change of term
- involve your children in discussions and decisions about moving – this may help allay any fears or concerns they have
- discuss the forthcoming move with your current school and collect documentation outlining student achievement levels and education history - this will help with appropriate placement at the new school
- prepare a list of your children's particular needs e.g. preferred subjects, transport needs, sporting and other interests
- consider subject choices, special education provisions, transport to and from school, vocational education programs, and cultural and sporting opportunities
- consider behaviour management, discipline and uniform policies.

MORE INFORMATION education.qld.gov.au; myqce.qcaa.qld.edu.au

SCHOOL DATES FOR 2025/26

This information is relevant to Queensland state schools. Independent and Catholic school term dates can vary so check with the relevant school

| PERIOD | START | FINISH |
|-----------------|---------------------|------------------------|
| 2025 | | |
| Term 3 | Monday 14 July | Friday 19 September |
| School Holidays | Monday 22 September | Friday 3 October |
| Term 4 | Tuesday 7 October | Friday 12 December |
| School Holidays | Monday 15 December | Monday 26 January 2026 |
| 2026 | | |
| Term 1 | Tuesday 27 January | Thursday 2 April |
| School Holidays | Monday 6 April | Friday 17 April |
| Term 2 | Tuesday 20 April | Friday 26 June |
| School Holidays | Monday 29 June | Friday 10 July |
| | | |



Whether you've just arrived in Townsville or are looking for early learning that feels like home, Uniting Early Learning is here to support your family.

We provide nurturing, values-based education and care, grounded in compassion, inclusion and respect for every child.

Every child is valued as an individual. We support their development through meaningful play, strong relationships and a sense of belonging.

Let's find the care that's right for your family - contact us today.





Find out more about our services and locations **uel.org.au**



Long Day Care at our welcoming centres in Kirwan and Riverview

Family Day Care

Family Day Care in small, home-based settings

In Home Child Care

In Home Child Care tailored to families with unique needs or schedules





SUPPORT FOR **DEFENCE KIDS**

If you're keen to minimise any disruption to your child's education as a result of your family's relocation. talk to Defence Member and Family Support.

DEFENCE MEMBER AND FAMILY SUPPORT

(DMFS) provides information, resources and programs to help with the transition between schools and education systems when ADF members and their families move, and provides support for the unique needs of Defence kids.

ADF EQUIP

The ADF Equip Program is designed to help children manage the challenges associated with Defence life. The program supports children to learn appropriate strategies to help them manage the challenge of parental absence and relocation related to service. It includes facilitated sessions tailored to age group and is open to children aged between five and 18 years.

EDUCATION LIAISON OFFICERS

Education liaison officers are experienced staff who help Defence families as they move around the country, providing information, advice, referral and specialised assistance. They are located in each state and territory and have extensive knowledge about the local schools and education systems as well as the challenges faced by Defence children. The assistance provided includes:

- Informing families about local schools and education systems
- Linking families with special education providers, resources or support agencies

- according to their children's individual needs (including special needs students)
- Working with schools to ensure a supportive education environment and to raise awareness of issues facing Defence children
- Informing families about Defence support services available, such as financial assistance under the Education Assistance Scheme.

DEFENCE SCHOOL MENTORS

DMFS's school mentor program provides support to the children of ADF members, particularly when moving in and out of a school on posting or when a parent is absent from home. Under the program, mentors in primary and secondary schools support Defence students transitioning from school to school and during times of parental absence. Mentors help schools, families and children to develop strategies to successfully integrate into the school and community. Their role also includes:

- Coordinating appropriate welcome and farewell activities
- Smoothing the transition between different schools and different education systems (including minimising the impact of relocation on learning outcomes)
- · Monitoring the social, emotional and academic wellbeing of Defence students

- Helping students develop self-confidence, self-reliance and resilience
- Referring students to services or school community programs that meet their needs.

To find out which schools in your area are currently funded under the program, see www. defence.gov.au/adf-members-families/familyprograms-services/support-for-children/ defence-school-mentor-program

CHILDCARE

DMFS maintains a network of childcare centres around Australia and has a range of programs to support the availability of childcare services to Defence families, who might face difficulties accessing childcare. That includes access to an individual case management service to help them find registered childcare services in their local community.

FINANCIAL ASSISTANCE **FOR FAMILIES**

Defence families can access a range of financial support to help minimise the disruption to schooling caused by posting and relocations. The support available includes:

- Tutoring assistance
- Boarding school allowance
- Tertiary accommodation
- Students with special needs
- Reimbursement of a lost scholarship
- Reunion travel.

The aim is to provide students with educational stability or short-term assistance to help overcome any immediate difficulties with education or emotional wellbeing as a result of relocation.

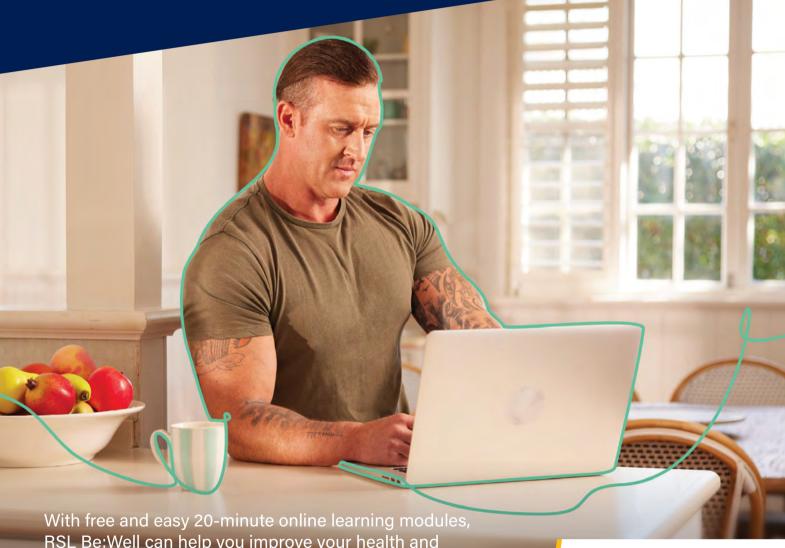
CONTACT DMFS

For more information about these services, contact the 24/7 Defence Member and Family Helpline on 1800 624 608, visit defence.gov.au/members-families or email memberandfamilyhelpline@defence.gov.au.

RSL Be:Well

VETERAN WELLBEING ONLINE

Wellbeing your way.



RSL Be: Well can help you improve your health and wellbeing at your own pace, in your own home.



CONNECT TODAY





There is wide range of support available to veterans of all ages.

THE VETERAN COMMUNITY is a critical part of the broader base community. As the majority of Defence staff are veterans themselves, having served overseas and in Australia, our staff and units appreciate the vital role veterans' organisation have in supporting our serving and ex-serving veterans.

The organisations are critical to supporting and advocating for our veterans and their families, ensuring the sacrifices of those who have served before us are appropriately remembered and providing a community for veterans to be part of after they leave the defence forces.

DEPARTMENT OF VETERANS' AFFAIRS

The Department of Veterans' Affairs (DVA) is an Australian Government agency providing support to veterans and their families.

The department's services and supports

include, but are not limited to:

- pensions and compensation
- funding for health care and treatment
- rehabilitation
- counselling
- support with returning to civilian life
- commemorative and community grants
- home-care assistance
- social health programs
- subsidised loans for housing and other housing related benefits
- commemorative activities and historical information.

DVA has been supporting the veteran community in Australia since the end of World War I, more than 100 years ago. Today, the government invests more than \$11.5 billion each year to support veterans and families. The department's services and supports are continually evolving to ensure that DVA looks after veterans, not just during their service, but through their transition into civilian life, and beyond. If you have served this country, they are here to help you.

Veterans' recognition. Veterans, including reservists, can apply for the Veterans' Recognition Program as part of the Australian Defence Veterans' Covenant to recognise and acknowledge the unique nature of military service, and the contribution of veterans and their families. Applicants can receive the Veteran Card (where eligible), Lapel Pin and Oath as recognition of their service. The Veteran Card is a redesign of the DVA Health Cards. While the Veteran Card's primary purpose continues to be providing health and treatment services to veterans, it also provides card holders with access to many different concessions from businesses across Australia as part of a new benefits program. Eligible current and former serving members of the ADF, including reservists, can register for the Veterans' Recognition Program through their MyService account.

Mental health support. DVA has a strong focus on mental health treatment. Under a program called Non-Liability Health Care, DVA funds treatment for all mental health conditions, whether related to service or not, for those with at least one day of continuous full-time service in the ADF, as well as eligible reservists. For further information visit dva.gov.au/get-support/healthsupport/health-services/mental-health-care/ non-liability-health-care-mental-health-veterans. In addition, mental health support including free and confidential counselling is available 24 hours a day, seven days a week through Open Arms (openarms.gov.au).

Finding employment after the ADF. The Australian Government's Veteran Employment Program (VEP) promotes the skills veterans bring to the civilian workforce to increase employment opportunities and supports employers to recruit and retain veterans and to build veteraninclusive environments. The VEP website offers information and practical advice on moving to civilian employment, finding a job, identifying skills, undertaking further education, or starting your own business. Resources include the Veteran Employment Toolkit, the Core Skills Identifier, and a searchable list of veteran-friendly employers. A wide range of organisations have joined the VEP's Veteran Employment Commitment – a growing network of employers who have demonstrated workplace policies and practices that support veteran employment. You can filter potential employers by organisation size, location (state and region), industries they work in and types of veteran employment practices they have in place – such as employment programs, employee groups or on-boarding tailored to veterans. Visit veteransemployment.gov.au/veterans to find out more.

Veteran Health Check. Transitioning can be a busy and challenging time for veterans and their families. There are many competing priorities to sort out – from planning a move, finding a new home, new schools and a new job. Your health can often be forgotten. DVA understands these challenges and is committed to providing veterans with easier access to health care. particularly in times of crisis. All ADF members who transition on or after 1 July 2019, and served at least one day of continuous full-time service. can access a comprehensive fully funded health assessment from their GP each year for the first five years following transition. The Veteran Health Check is specifically designed for veterans and can be accessed through your community or family GP. It can assist you and your GP to identify and support the onset of physical and mental health conditions that are common in the years following transition and organise for early and targeted referrals. Your GP may also make referrals for additional tests, treatment or assessment by other health professionals, and can refer you to relevant DVA services or programs. You will need your DVA Veteran Card to access the annual Veteran Health Check. Make sure to check that your GP accepts Veteran Cards when making an appointment. If you transitioned

from the ADF prior to 1 July 2019, you can still access a one-off comprehensive Veteran Health Check (also known as the One-off ADF postdischarge health assessment) from your GP at any time after you transitioned. For more information on the Veteran Health Check visit dva.gov.au/ veteranshealthcheck.

Connect with DVA online, DVA's online portal. MyService enables you to manage your business with DVA quickly and easily online. Through MyService you can keep your details up to date. submit claims and view a digital version of your Veteran Card. For more information or to register for MyService visit dva.gov.au/myservice.

On base support. DVA Veteran Support Officers (VSOs) visit more than 56 ADF bases nationally and offer members information and advice about the support and entitlements they might be able to receive through DVA. The support ranges from information on MyService through to instructions on how to submit a claim while you are still enlisted. VSOs are DVA staff – they are not Defence employees. To find out more or to make an appointment, you can contact the local VSO by email at vso@dva.gov. au. For general enquiries, DVA can be contacted (8am-5pm, Monday to Friday) on 1800 VETERAN (1800 838 372).















10AM-2AM 7 DAYS | 14 GOLF LINKS DR, KIRWAN | (07) 4773 8000



Queensland

RSL OUEENSLAND

If you've ever served in the ADF, RSL Queensland is here for you and your family. For more than 100 years, it has supported veterans, current serving Defence members and their families in real and meaningful ways. Its mission is to provide care, commemoration

and camaraderie to enable veterans and their families to live with dignity and respect.

Whether you're after employment support, social activities with fellow veterans, or help with finances or DVA claims, RSL Queensland has services to help you and your family every step of the way.

Along with a vibrant and supportive community at RSL sub branches across the state, you can also access services and support from Mates4Mates, plus many RSL Peer-Led Programs – providing opportunities for meaningful connection and support.

Free support for DVA claims is available in person at RAAF Base Townsville. To book, call 134 775 or email vs@rslqld.org.

Find out more at rslqld.org.

MATES 4 MATES

Mates4Mates is proudly part of RSL Queensland since its establishment in 2013 and is here for those impacted by service.

As one of Australia's leading veteran charities, Mates4Mates supports current and ex-serving Defence Force members and families through mental health and physical rehabilita-tion services, skills-based recovery programs, and social connection activities.

Whether you're a veteran or family member experiencing physical injuries, mental health impacts or social disconnection, Mates4Mates understands the challenges of transitioning from the Defence Force and is here to support you.

With services accessible through a purposebuilt Veteran & Family Wellbeing Centre in Townsville, Mates4Mates is also located in Far North Queensland, South East Queensland, Tasmania, and the Northern Territory. Online skills-based recovery programs and telehealth clinical appointments are also available to support veterans and families no matter where they live.

More than 14,000 veterans and families have directly benefited from Mates4Mates services. To access their support today, make the call that makes the difference on 1300 4 MATES (62 837) or visit mates4mates.org.



↑ A veteran waves to the crowd during an Anzac Day parade at the Strand, Townsville.



AIR FORCE ASSOCIATION QLD

The Air Force Association is the peak veterans support organisation for RAAF and ex-RAAF

members and their families in Australia. It is recognised by government and other veteran's organisations as the representative organisation for ex-RAAF members, with a primary goal of providing assistance to fellow members. As one of the oldest veteran support organisations, the Association has been influential in advocating for ex-RAAF members' needs resulting from service in World War I, World War II, post-war Southeast Asia, peacekeeping operations and in more recent years, the high operational tempo of today's modern Air Force.

In Queensland, the Air Force Association (RAAFA) Qld Division comprises 15 branches and a headquarters branch for members who live in a district where there is no branch RAAFA Old is well positioned to interact with other veterans' organisations, advocate to the Queensland Government and coordinate Air Force ceremonies throughout the state.

The Air Force Association Queensland exists to support the welfare of the Air Force family

through advocacy, assistance, camaraderie, and commemoration.

Advocacy. At the federal and state government levels, we provide an influential voice in representing ex-Air Force members' needs on veterans' issues. We work with our national board, state and federal veteran's authorities and other veterans' support organisations in ensuring the needs and interests of those who have served in the Air Force and their families are met. We also assist Air Force veterans in interpreting veteran policy and entitlements supporting them in their development of compensation claims and appeals.

Commemoration and Heritage. We partner with the RAAF at Townsville and Amberley and other stakeholders, including the Australian Air Force Cadets, conducting Air Force-specific ceremonies, the preservation of Air Force heritage and educating Queenslanders on the Air Force story.

Assistance. We appreciate ex-serving members and their families of various ages will require assistance and support at times and we can be there for them when needed.

Camaraderie. We hold various events across Queensland providing avenues for our broader Air Force family to remain connected.

For information on the Townsville branch, see raafatownsville.com.



Mates 4Mates is here to help you reconnect and recover.

- ✓ Mental health and wellbeing services
- ✓ Physical rehabilitation and wellbeing services
- ✓ Social connection activities
- ✓ Skills-based recovery programs





1300 4 MATES

mates4mates.org



ART & ENTERTAINMENT

OUEENSLAND MUSEUM TROPICS

Learn about North Queensland's World Heritage-listed rainforests, reefs and life in the tropics, with exhibitions and displays designed to captivate audiences of all ages.

70-102 Flinders Street, Townsville. museum.qld.gov.au/tropics

PERC TUCKER REGIONAL **GALLERY**

Housed in one of Townsville's finest heritage buildings, the gallery has a significant collection of North Queensland art and a diverse program of local, national and international exhibitions, with a special focus on North Queensland artists. Floor talks, lectures, education programs and performances of music, theatre and dance supplement exhibitions.

Corner of Flinders Mall and Denham Street, Townsville. townsville.qld.gov.au

MUSEUM OF UNDERWATER ART

A two-hour boat trip off the coast, the Coral Greenhouse and its surrounding gardens is an underwater museum by Jason deCaires Taylor, merging marine science, coral gardening and art. The Ocean Sentinels underwater sculptures blend human figures with marine elements to pay tribute to marine scientists or conservationists. The stunning coral gardens of nearby John Brewer Reef teem with marine life and are a great place for divers and snorkellers to experience the Great Barrier Reef. moua.com.au

PINNACLES GALLERY

A dynamic art space with a program of local and touring exhibitions of visual arts, craft, social history and more in Townsville's Riverway precinct in Thuringowa.

20 Village Boulevard, Thuringowa Central. townsville.qld.qov.au

POWERLINK'S COPPERSTRING 2032 EXPERIENCE CENTRE

Discover the history of energy in Queensland, learn more about the CopperString 2032 project and uncover the roles the North West Minerals Province and renewable energy will play in Queensland's energy future.

Stanley Street, Townsville City.

MARITIME MUSEUM OF TOWNSVILLE

Permanent exhibitions focus on the SS Yongala shipwreck, the Port of Townsville and Townsville during the world wars. A large display of model ships illustrates the evolution of ships. Outdoor displays include the former Bay Rock lighthouse, anchors and a number of original watercraft.

42-68 Palmer Street, South Townsville. www.tmml.org.au

NATIONAL TRUST HERITAGE CENTRE

Journey back to the late 1880s with three heritage houses that have been furnished and restored to their original period style, including a Worker's Dwelling (1878), a grand villa residence known as The Currajong





(1889) and an early North Queensland farm residence known as The Farmhouse (1921). Guided tours are available.

5 Castling Street, West End.

THE TOWNSVILLE MUSEUM AND HISTORICAL SOCIETY

Two large exhibition halls display artefacts relating to Townsville's medical, artistic, technological and social history.

27 Barbeler Street, Currajong.

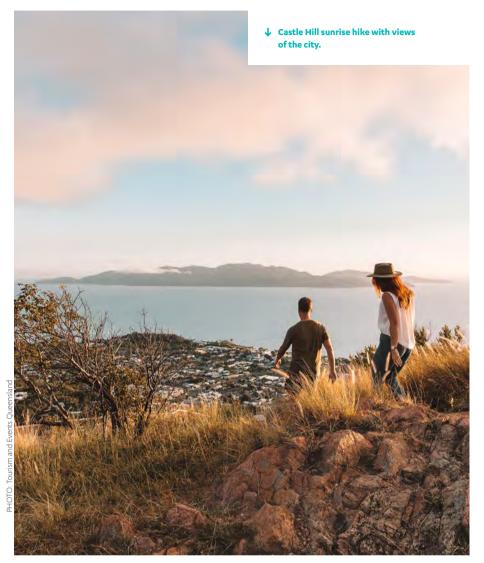
JEZZINE BARRACKS

Redeveloped and transformed into an Aboriginal and military commemorative heritage site, the Jezzine Barracks include an observation deck, a coastal walkway, public artworks and restoration of the Kissing Point Fort complex. The Army Museum of North Oueensland sits at the centre of Jezzine Barracks and exhibits objects and stories associated with the history of the Australian Army in North Queensland.

RIVERWAY

Located on the Ross River, the Riverway includes two huge swimming lagoons, the Riverway Arts Centre, Pinnacles Gallery, the Riverwalk, public art, village spine, restaurants and parklands.







↑ Queensland Country Bank Stadium

CASTLE HILL

A pink granite monolith towers over the cityscape at 286m and offers 360-degree views over the city and across to Magnetic Island. The 'Hill' retains some military fortifications and local folklore icon - the Saint – painted by a group of seven mates in the 1960s.

BOTANICAL GARDENS

Townsville has three unique botanic gardens.

Anderson Gardens is Townsville's largest botanic garden, with tropical trees, palms, grand avenues and the World Cycad Collection covering 25ha.

Heritage-listed Queens Gardens, the city's oldest botanical garden established in 1870, is a lush green oasis set against Castle Hill.

The 17ha Palmetum boasts the most diverse public collections of palms in the world, set among lawns and water features.

QUEENSLAND COUNTRY BANK STADIUM

Home of the NQ Cowboys NRL team, the stadium opened in 2020 and hosts sporting and entertainment events.

2 Pride Close, Railway Estate.

queenslandcountrybankstadium.com.au

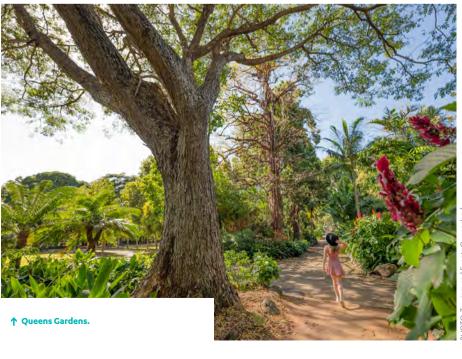
CLUDEN PARK

The heritage-listed, multipurpose venue hosts more than 30 horse race meets a year, including the Townsville Cup.

1 Racecourse Road, Cluden.

TOWNSVILLE CIVIC THEATRE

North Queensland's premier cultural facility is owned and managed by Townsville City Council. The theatre hosts performances in dance, music, opera, comedy and drama from major Australian companies with international and national artists and local performing arts organisations. townsville.qld.qov.au







BILLABONG SANCTUARY

About 17km south of Townsville on the Bruce Highway, Billabong Sanctuary offers interactive animal experiences and is a great place to meet koalas, kangaroos, crocodiles and cassowaries.

www.billabongsanctuary.com.au

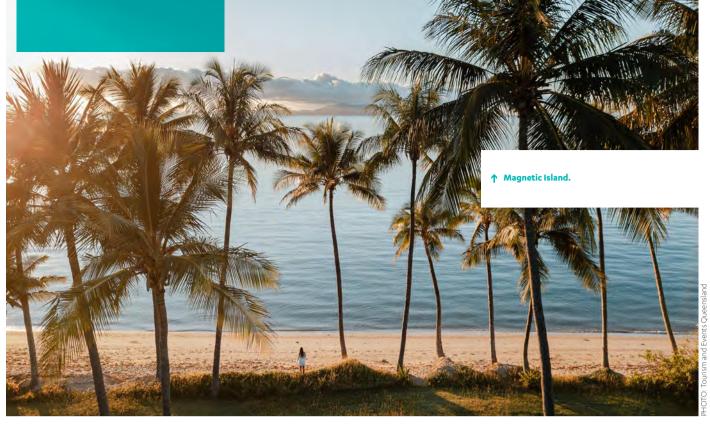
DINING & BARS

Townsville's 2.5km beachfront promenade, The Strand takes in views of Magnetic Island with waterfront restaurants and cafes dotted among parklands and waterparks, and along adjacent Gregory Street. In the city centre, Flinders Street and City Lane offer an eclectic mix of restaurants, clubs, pubs and bars. On the city's south bank, Palmer Street is Townsville's premium eating strip with award-winning restaurants for breakfast, lunch or dinner.

← Billabong Sanctuary.







PARKS & RECREATION

TOWNSVILLE LIES IN the Burdekin Dry Tropics Region. The low-lying coastal plain has rivers, creeks and freshwater wetlands, along with distinctive landmarks such as Castle Hill. The coastline features beaches. mangrove estuaries, saltpans and coastal swamps, home to a wide range of flora and fauna, including endangered and rare species such as mahogany gliders, dugong and cassowaries. The region is partly within and adjoins the Great Barrier Reef World Heritage Area, the Great Barrier Reef Marine Park and the Queensland State Marine Park.

TOWNSVILLE TOWN COMMON CONSERVATION PARK

Just 6km north of Townsville city centre, and known locally as the Town Common, the park offers stunning coastal views, deep-water lagoons, seasonal wetlands, coastal woodlands and sheltered beaches bordered by rocky headlands. Mangrovelined tributaries of the Bohle River meander across the floodplains that fill during the wet summer months. Visitors can hike across the Many Peaks Range, mountain bike the Under the Radar or Smedley's trails or follow the trail to the beautiful and secluded Shelly Beach.

MAGNETIC ISLAND

A 20-minute ferry ride from Townsville. Magnetic Island is a unique natural environment of palm-fringed sandy beaches, large granite boulders, hoop pines and

fringing coral reefs. It is home to Northern Australia's largest colony of koalas. Most of the island is protected as national park and features a network of walking tracks. Look for koalas, rock-wallabies, possums and a variety of birds. Swim or snorkel in secluded sandy bays and explore diverse reef and fish life. From November to April stingers (marine jellyfish) are around, so stinger suits are recommended for swimming and water sports. Learn about the Wulgurukaba Aboriginal people, visit historic sites linked to World War II, hire a jet ski or kayak, take a cruise or join a fishing charter.





CAPE PALLARENDA

10km north-east of Townsville, Cape Pallarenda Conservation Park contains the historic Quarantine Station, established in 1915, and the Cape Pallarenda Battery, built in 1943 to defend Townsville and its harbour. With in a landscape of open woodland and rocky shores, the park protects a variety of animal and plant life and is a gateway to the Cape Pallarenda trails, a network of shared walking and mountain biking trails in the Cape Pallarenda and Townsville Town Common conservation parks. Trails range from short easy walks to challenging hikes and cross-country mountain bike rides.

PALUMA RANGE NATIONAL PARK

The southern gateway for the Wet Tropics of Queensland World Heritage Area, the park comprises of two sections. The northern section, 91km north of Townsville, features Jourama Falls, framed by rainforest. To the south, 61km north of Townsville, rainforestcloaked Mount Spec rises nearly 1000m above the Big Crystal Creek floodplain. The park is home to many animals found

only in the Wet Tropics. There is a variety of walks in both sections and good swimming at Little Crystal Creek and at Paradise Waterhole and the Rockslides along Big Crystal Creek.

LAKE PALUMA

Nestled in the wet tropics rainforest about 90km north of Townsville, Lake Paluma has shelters with barbecues for day use and a limited number of camping sites. Swimming and non-motorised vessels are allowed.

BOWLING GREEN BAY NATIONAL PARK

About 25km south of Townsville, Bowling Green Bay National Park covers 57.900ha of coastal and mountainous country, from coastal wetlands and mangrove to mountaintop rainforests. In the summer months at least 30 different species of birds migrate to the park from various parts of the world. At 1221m, Mount Elliot dominates the landscape.



PHOTO: Zoe Falls, Hinchinbrook Island /

PHOTO: Wallaman Falls /



HINCHINBROOK

Just over an hour's drive north of Townsville. the Hinchinbrook Region is the gateway to the World- Heritage Wet Tropics. Ingham, in the heart of Hinchinbrook, is the central town for the local sugar industry and is known for its Italian delicatessens.

Wallaman Falls, in Girringun National Park an hour's drive west of Ingham, is Australia's highest single-drop waterfall with a sheer 268m drop surrounded be ancient rainforest. There is a lookout and a steep track to the base of the falls.

Australia's largest island national park, Hinchinbrook Island can be reached with short boat ride from Lucinda through the Hinchinbrook Channel. The island has numerous walks including a multi-day hike along the Thorsborne Trail, covering 32km of ungraded tracks, or guided day tours. Only 40 people are permitted to camp on Hinchinbrook Island at any one time.

With the Hinchinbrook Channel to the north and Coral Sea to the east. Lucinda is popular fishing spot for mangrove jack, coral trout, mud crabs and barramundi.

TYTO Wetlands, a 120-hectare rehabilitated wetland area, is home to unique flora and fauna including more than 240 species of birds, with extensive walking tracks, bird hides and viewing platforms.

GREAT BARRIER REEF

Townsville is the gateway to the central section of the Great Barrier Reef, and the headquarters for the Great Barrier Reef Marine Park Authority, Australian Institute of Marine Science, Great Barrier Reef Aquarium and James Cook University's Marine Biology degree.

Within a two-hour boat ride from Townsville, you can access some of the most secluded and pristine sections of the reef. Popular day-trip destinations include John Brewer, Lodestone, Stanley and Wheeler Reefs, offering shallow



↑ Colourful coral on Stanley Reef.

coral gardens brimming with marine life and deeper coral canyons and bommies for divers to explore up to 25m underwater.

There are plenty of guided day tours to snorkel or dive over the reef, or you can get an overview with a scenic flight. A number of local operators run certified diving courses.

For experienced divers, the SS Yongala shipwreck, 22km from Lynch's Beach at Alva, is rated one of the top dive sites in the world and is one of the only places along the east coast of Australia where reef and estuary fish can be seen together, along with numerous species of rays, turtles and coral.

The wreck of the steam-powered SS City of Adelaide rests off the shore of Cockle Bay, and is now populated with mangroves.

BEACHES

Townsville has some beautiful beaches, from The Strand to the more seclude northern beaches, including Bushland, Saunders, Toolakea, Toomulla and Balgal Beache. Stinger season runs from November to May and stinger nets are installed at many local beaches including The Strand (north and south), Pallarenda, Balgal Beach and Picnic Bay. Nets are only removed after the stinger season ends and once no stingers are caught in daily net drags for 14 days.









GOLD RUSH HISTORY

CHARTERS TOWERS

The outback town, 130km west of Townsville along the Overlander's Way, was once the largest goldfield in Australia, affectionately known as 'The World'. The legacy of the early gold rush era is evident in the streetscapes, with a pub on every corner.

The Venus Gold Battery, built in 1872 to crush ore, offers an insight into the gold rush and is the largest surviving battery relic in Australia and the oldest in Queensland. Learn about the town's history on the Heritage Walking Trail and in the Zara Clark Museum. The Miner's Cottage is a mini museum where you can try your hand at gold panning.

Charters Towers is also home of one of the largest herds of Texas Longhorns outside of Texas, which can be visited between May and October (texaslonghorn.com.au).



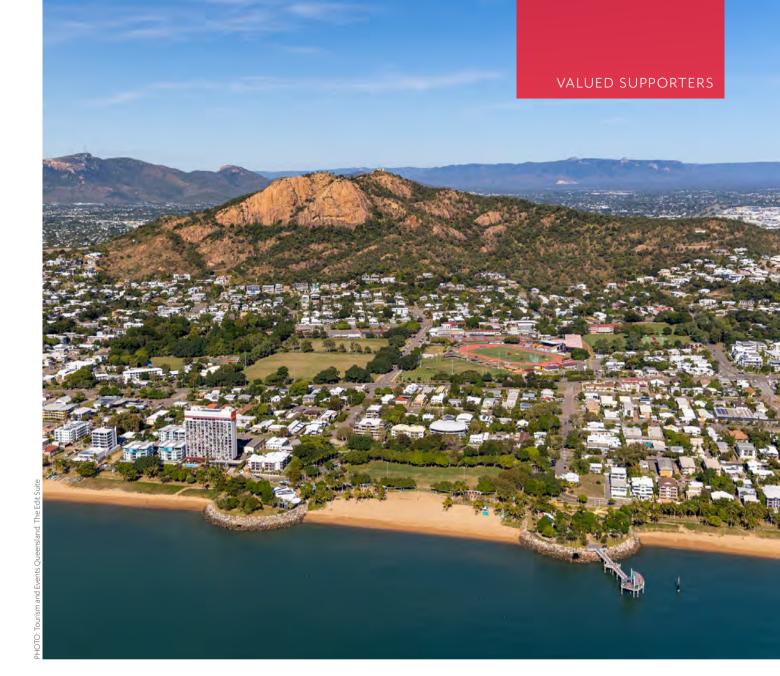


RAVENSWOOD

At the historic mining town of Ravenswood, gold exploration and processing is still in operation. An arts trail through the town includes all things from goat sculptures and community garden mosaics and finishes up at the famous Whiskey Bar.

MORE INFORMATION:

Townsville Visitor Information Centre. Townsville Bulletin Square, 340 Flinders Street, Townsville CBD. townsvillenorthqueensland.com.au



EVERYTHING YOU NEED AROUND TOWN

IGNATIUS PARK COLLEGE

Townsville's only boys-only Catholic College, Ignatius Park College is dedicated to the education of young men: their academic, spiritual and social growth. With exceptional educational and pastoral care programs, we provide students with the tools to create positive relationships inside and outside of the classroom. Our educators are committed to guiding students by the values of the Gospel, producing young men who are resilient and confident.



CONTACT 384 Ross River Road, Cranbrook. www.ipc.qld.edu.au

ST MARGARET MARY'S COLLEGE

St Margaret Mary's College provides your daughter with the best opportunity for success, through a holistic approach to education. Our students consistently achieve outstanding results in academics, culture, faith and sport. Within a supportive and motivating environment, fuelled by the research-backed benefits of an all-girls education, our students grow to become young women of spirit and purpose.

CONTACT 1-9 Crowle Street, Hyde Park. www.smmc.catholic.edu.au

UNITING FARIY I FARNING

Supporting Queensland families since 1964, Uniting Early Learning offers values-driven care where children play, learn, flourish and thrive. We provide long day care, flexible family day care, and in-home child care. Each unique child is nurtured in a safe, supportive environment. We're here to help you find the service that best fits your family's needs.



CONTACT Email contact@uel.org.au; uel.org.au

ALL FOR PAWS PET RETREAT

At All For Paws Pet Retreat, your pet is part of an active family. Dogs have more than five hours a day in large runs, and a pool ideal for overcoming injuries (or for those who just love water), plus special-needs one-on-one care and agility

training. Cats are well catered for in their secure indoor area, complete with scratching poles and hammocks.

CONTACT 8 Duggan Dr, Alligator Creek. Phone 07 4778 8157; email info@allforpaws.com.au; www.allforpaws.com.au

APS BENEFITS GROUP LTD

APS Benefits Group is a profit-for-member organisation offering a wide range of trusted financial services to help you improve your financial wellbeing through all stages of life, including funeral benefits, loans, investments, wills and estate planning, financial planning, tax, accounting and everything in between. Get in touch with our friendly team to learn more.



CONTACT 1300 131 809, apsbenefitsgroup.com.au

TOWNSVILLE VETERINARY CLINIC

Townsville Vet Clinic (TVC) provides the highest quality veterinary medical care for your furry family members in a friendly and relaxed setting. Established in 1975, TVC is locally owned, with first-



class facilities to provide veterinary services for large and small animals in one convenient location. We provide care for companion animals (cats, dogs, birds, reptiles) as well as large farm animals, specialising in horses.

CONTACT 32-34 Anne Street, Aitkenvale; 07 4779 0233; townsvillevetclinic.com.au

KEY MOTORS

Key Motors is your local North Queensland Subaru Dealer. We have been supporting the Defence community since 1995. We sponsor the local TPI association and are involved in numerous community events. Every Defence member is



entitled to National Fleet Savings on every Subaru model, so for new or used cars, finance, parts or service, please make yourself known as a Defence member. We value your service.

CONTACT 241 Dalrymple Road, Garbutt. 07 4727 7000. www.keysubaru.com.au

BROTHERS LEAGUES CLUB TOWNSVILLE

Proudly supporting our community, Brothers Leagues Club Townsville is home to the Mendi Blackhawks and is a leading entertainment and hospitality venue in Townsville. With a strong



focus on sport, family, and community engagement, we deliver unforgettable experiences both on and off the field, driving excellence in rugby league and creating a vibrant hub for locals and visitors alike.

CONTACT Golf Links Drive, Kirwan, brotherstsv.com.au

MARK CARNEY TOYOTA

Since opening our doors 40 years ago, we've expanded to become a crucial business to the North Queensland economy and proudly support a range of community organisations and events. We specialise in providing new Toyota, pre-owned vehicles, servicing and support to people within Townsville and across wider North Queensland.



CONTACT 124 -154 Duckworth Street, Garbutt. 07 4753 2427. www.mikecarneytoyota.com.au

MATES4MATES

Mates4Mates was established by RSL Queensland in 2013 and has since supported more than 14,000 current and ex-serving Australian Defence Force members and families impacted by service. If you're looking



to reconnect and recover, Mates4Mates offers mental health and physical rehabilitation services, skills and wellbeing programs, and social connection activities. Reach out to the Townsville team today.

CONTACT 1300 4 MATES (62 837); mates4mates.org

TOWNSVILLE MAZDA

Your local North Queensland Mazda dealer, Townsville Mazda has been supporting the Defence community since 1995 and we sponsor the local TPI association and are involved in numerous community events. Every Defence



member is entitled to National Fleet Savings on every Mazda model, so for new or used cars, finance, parts or service, please make yourself known as a Defence member. We value your service.

CONTACT 41 Dalrymple Road, Garbutt. 07 4727 7000; www.townsvillemazda.com.au

RSL QUEENSLAND

Our mission is to provide care, commemoration and camaraderie to enable veterans and their families to live with dignity and respect. That is our quiding light and underpins all that we do. Whether you're after employment support,



social activities with fellow veterans, or help with finances or DVA claims, RSL Queensland has services to help you and your family every step of the way. Free support for DVA claims is now available in person at RAAF Base Townsville.

CONTACT 134 775; email vs@rslqld.org; visit rslqld.org



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