

DEFENCE COMMUNITY ORGANISATION

*The Defence Community Organisation
Defence capability by delivering family
services, information and programs to
commanders of the Australian Defence*



DCO supports ADF families in peace and war

WELCOME TO DARWIN



Australian Government

Department of Defence

Welcome to Darwin

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

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

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

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

'DCO supports ADF families in peace and war'

Publisher's Note:

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

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Welcomes and Introductions

Comd IBDE Welcome and Introduction

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

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

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

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

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

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

Commander 1st Brigade

Welcome from the Commanding Officer, HMAS Coonawarra

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

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

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

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

Australia, and also the Territory's strong military connection. From our wonderful markets, our readily accessible sporting facilities and trips to places like Kakadu and Litchfield National Parks, there really is plenty to see and do.

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

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

Commander Stuart Wheeler, RAN
Commanding Officer
HMAS Coonawarra

Welcome From OC 396 ECSW

Welcome to the Top End.

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

For a period after the war, RAAF Base Darwin was a staging post to support our Defence involvement in Australian defence and foreign policies in Asia, Indo-China and South East Asia. Today, RAAF Base Darwin continues to support our own and visiting foreign deployments of aircraft. Although the role remains to project airpower into our region, the way we do business has changed over the years.

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

Living in Darwin presents a different lifestyle that many families and individuals have not experienced before. However, that same lifestyle endears most people to the Territory in

a way that no other posting does. An additional feature of a posting to Darwin is the way the local community welcomes us as a valued part of the community. I urge you to make the most of the opportunity you now have to enjoy your stay in the Top End and I recommend this information book to you as a valuable resource to assist you with the transition to the lifestyle here.

GPCAPT Peter Viggers ADC
OC 396 ECSW
RAAF Base Darwin

Defence Support Services

Defence Community Organisation (DCO)

How We Can Assist You

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

Your local DCO Team is staffed by social workers, military support officers, regional education liaison officers, family liaison officers and administrative staff who are available to assist you and your family through the provision of:

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

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

Where To Find Us

3 Tybell Street
Winnellie

Tel: (08) 8935 7900

Fax: (08) 8935 7901

Email: dco.darwin@defence.gov.au

DCO Website

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

After Hours Emergency Support

The DCO Office is open from 8.30am to 5.00pm, Monday to Friday. All requests for

emergency DCO assistance outside these hours and on Public Holidays should be directed to the National Welfare Coordination Centre (NWCC) on **1800 801 026**.

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

Chaplains and Philanthropic Organisations

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

Introduction to Local Bases

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

Defence Establishment Berrimah

Larrakeyah Barracks (Incorporating HMAS COONAWARRA)

Robertson Barracks (Palmerston)

Jindalee facilities (40km from Alice Springs)

Nhulunbuy (Gove Peninsula)

RAAF Base Darwin

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

Defence Units

Robertson Barracks

- Headquarters 1st Brigade
- 1st Armoured Regiment
- 1st Aviation Regiment
- 2nd Cavalry Regiment
- 8th/12th Medium Regiment
- 1st Combat Engineer Regiment
- 1st Combat Signal Regiment
- 5th Battalion, The Royal Australian Regiment
 - 7th Battalion, The Royal Australia Regiment
- 1st Combat Service Support Battalion
- 11 Military Police Platoon and 1 Sect 51 MP Pl (SIB)
- 1st Troop, Emergency Response Squadron
- Joint Health Services Agency
- Robertson Barracks Medical Centre
- Joint Movement Control Office – Darwin
- Land Warfare Centre NT
- Adelaide University Regiment – North Australia Command

Larrakeyah Barracks

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

RAAF Base Darwin

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

Defence Establishment Berrimah

- Army Personnel Agency – Darwin

Other

- Shoal Bay Receiving Station
- Australian Army Band – Darwin

Base Information

Driving on Bases

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

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

Speed Limits

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

Parking

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

Living in Accommodation

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

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

Exercise Facilities

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

ID Cards and Passes

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

Defence Sporting Clubs

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

Northern Territory Education

Regional Education Liaison Officer (REDLO)

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

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

Defence School Transition Aides

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

They may:

- organise activities which welcome and farewell ADF families and help them settle into the new school community

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

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

Contact the REDLO for further information:

Tel: (08) 8935 7906

Email: redlo.nt@defence.gov.au

Handy Contacts

Internet: www.deet.nt.gov.au

Employment

The Services Workforce Access Program for Partners (SWAPP) Select

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

Professional Employment Services

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

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

Training

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

Personalised Resume Preparation

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

Child Care

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

Internet Access

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

Professional Registration Expense Payments (PREP)

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

Family Day Care

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

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

Fringe Benefits Tax (FBT)

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

Further Information

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

Children's Services

Defence Child Care Program

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

Defence Child Care Centres

All Defence/Corporate Child Care Centres across Australia are managed for Defence by ABC and are required to meet the State/Territory Child Care Regulations for licensing and the requirements for Child Care Benefit (CCB). The centres provide priority of access to Defence families in accordance with Defence's Priority of Access (POA) guidelines.

ABC Durack 1	ABC Durack 2	ABC Fairway	ABC Stuart Park 2	ABC Stuart Park
Cnr University Ave & Woodlake Blvd Palmerston Tel: (08) 8932 7000 Fax: (08) 8932 7010	Cnr University Ave & Woodlake Blvd Palmerston Tel: (08) 8931 4122 Fax: (08) 8931 4133	Waters 205 Wishart Rd, Palmerston NT Tel: (08) 8932 4533	2a Bishop St Stuart Park NT Tel: (08) 8941 4044	2 Bishop St Stuart Park NT Tel: (08) 8981 1599 Fax: (08) 9529 2496

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

National Enrolment Call Centre

The ABC National Enrolment Call Centre can be contacted on 1800 222 543 for Defence families to:

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

Handy Contacts

Defence Community Organisation

Internet: www.defence.gov.au/dco/childcare.htm

ABC

Internet: www.childcare.com.au
or 1800 222 543

Child Care Access Hotline – provides up-to-date information about child care options and locations:

Tel: 1800 670 305

Department of Families, Community Services and Indigenous Affairs

Internet: www.facsia.gov.au

The National Childcare Accreditation Council (NCAC)

Internet: www.ncac.gov.au

Family Day Care Australia

Tel: (02) 4320 1100 or 1800 658 699

Internet: www.familydaycare.com.au

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

Family Day Care

Darwin Family Day Care

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

Care inform the staff that you are a Defence family to allow for prioritising.

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

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

Darwin Family Day Care
Tel: (08) 8945 2945

Emergency and Respite Care

Charlton Brown Group Agency Services
Freecall 1300 301 888

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

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

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

Special Needs

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

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

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

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

Children with Special Needs

The decision on where to enrol a student, and with what level of support, will depend on a number of factors, including the student's educational needs, the expressed desires of parents and caregivers, the capacity of the education system to provide the level of

support services required generally and at a particular location, and the availability of appropriate support services at alternative locations.

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

Relocations and Housing

Defence Relocations and Housing Manager

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

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

Defence Housing Australia



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

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

Handy contact information:

Defence Housing Australia

National Call Centre:

Tel: 1800 249 711

Australia-wide 24-hour maintenance hotline:

Tel: 1300 366 615

DHA website: www.dha.gov.au

Toll Transitions



You can complete your inventory online, in your own time at www.tolltransitions.com.au/defence. When you need to, you can save the inventory and return to it when you have the time. You can re-use the inventory every time you relocate. Simply log onto the website and amend your stored inventory.

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

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

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

Water Safety in the Northern Territory

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

Rental properties with a pool or spa

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

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

For further information regarding swimming

pool fencing requirements, 1300 301 059 or email: watersafety@nt.gov.au.

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

Health

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

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

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

■ **NT Health Direct**

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

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

Telephone NT Health Direct on freecall:
1800 186 026

■ **Royal Darwin Hospital**

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

■ Darwin Private Hospital

Rocklands Drv, Tiwi NT 0810.
General enquiries: (08) 8920 6011
Internet: www.healthscope.com.au
click on Surgical/Medical and select
the Northern Territory.

■ Community Care/Health Centres

Casuarina Community Care Centre

Casuarina Plaza,
corner of Trower Rd and Vanderlin Dr
Tel: (08) 8922 7301

Palmerston Community Care Centre

Palmerston Health Precinct,
Cnr Temple Terrace and Roystonea Ave
Tel: (08) 8999 3344

■ Children's Services Unit

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

■ Private and General Practitioners

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

Internet:
www.tedgp.asn.au/gppractices/index.htm

■ Alternative Health Care

Darwin Holistic Health Centre

54 Gregory St, Parap
Tel: (08) 8941 1699
Internet: www.darwinholistic.org.au

■ Dentists

A free dental service is provided through
the primary and secondary schools.
For enquiries, contact School Dental Clinics
on (08) 8922 6475

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

■ Acclimatising

Heat stress, dehydration and heat exhaustion
can be avoided with a few simple steps. The
following hints will assist you in acclimatising to
life in the tropics:

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

Danger signs of heat stress:

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

To prevent prickly heat:

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

■ Melioidosis

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

■ Midges

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

■ Tropical Ear/Swimmers' Ear

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

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

Defence Community Groups



Defence Special Needs Support Group (DSNSG)

The DSNSG is a national volunteer organisation established to provide support, information and assistance to Defence families who care for someone with a disability or special need. Membership is free. For more information, contact the National Office.

National Coordinator
Margaret Fisk
Tel: 1800 037 674
Internet: www.dsnsng.com.au



Defence Families of Australia (DFA)

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

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

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

Issues and committees that DFA are currently involved in include:

- Child care expansion program
- Family Support Funding Advisory Committee
- Defence Housing Australia Advisory Committee
- New Housing Classification Policy
- Superannuation review
- Deployment, Relocations and Housing support
- Education Assistance review
- Support to Community Groups and Houses.

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

Support!

DFA seeks the opinion of families about essential services and entitlements. By joining our DFA family network, you are supporting our aims to represent your needs and improve service conditions for all ADF families. Please take a few minutes to enter your details on our website www.dfa.org.au/subscribe.php. You will receive quarterly DFA news bulletins updating you on DFA activities and contribute to being a 'voice for Defence Families'.

How can you be involved in DFA?

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

Up-to-date family/spouse information is available on our website: www.dfa.org.au.

If you need help or advice:

Tel: 1800 100 509

Coonawarra Community House

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

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

Building 53, Melville Rd,
Defence Establishment Berrimah

Tel: (08) 8947 0411

Email: coonawarracomhouse1@bigpond.com

Kids Force Early Childhood Programs

Kids Force Kindergarten

For children aged two to five years.

Kids Force Occasional Care

For children aged six months to five years.

Kids Force Holiday Care

For children aged six months to 12 years.

Kids Force Preschool

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

Kids Force is located at:

Cnr Billeroy Rd and Adina Cres,
RAAF Base Darwin

For details on any of these programs

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

Email: coonawarracomhouse@bigpond.com

Larrakeyah Neighbourhood House

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

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

20 Stevens Tce, Larrakeyah Barracks

Tel: (08) 8935 5498

Email: lh@dodo.com.au

Robertson Barracks Family Group

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

For information regarding facilities and activities, check out their website: www.rbfm.com.au, or give them a call on (08) 8935 3710 or simply pop in for a visit at any time.

Billeroy Road Community Centre

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

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

12 Billeroy Road

RAAF Base Darwin

Tel: (08) 8923 5170

Email: billeroy@sa.chariot.net.au

'The Top Ender' Tri-services Newsletter Inc.

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

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

Tel: (08) 8947 2657

Fax: (08) 8947 2159

Email: thetopender@optusnet.com.au

Local Community

Living in the Top End

Climate

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

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

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

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

Shopping

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

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

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

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

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

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

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

Box Jellyfish

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

Crocodiles

Two types of crocodiles are found in the Northern Territory: the salt-water crocodile and the freshwater crocodile. The salt-water crocodile is a threat to humans, having the ability to cause serious injuries and fatalities. Children and pets are easy targets for a salt-water crocodile and should be kept away from the water's edge. The freshwater crocodile is smaller in size and not usually a danger to people. Warning signs are present throughout the Territory, indicating the presence and type of crocodiles that inhabit the water holes, creeks or beach areas. If in doubt, contact the Parks and Wildlife Commission of the Northern Territory for further information.
Tel: (08) 8999 5511
Internet: www.nt.gov.au/nreta/parks

Cane Toads

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

Cultural Diversity

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

The Northern Land Council offers information on a number of issues; permits for access to Aboriginal land; fishing permits; tours and much more.
Tel: (08) 8920 5100
or 1800 645 299 (NT toll free only)
Internet: www.nlc.org.au

Sport

A list of sporting clubs in Darwin can be found in the local telephone directory's Yellow Pages. Juniors are encouraged to get involved in sports and clubs usually have a strong family environment. Information and a list of sporting clubs for juniors in the NT can be found at
Internet: www.sportlinkup.nt.gov.au
Tel: 1800 045 678

Fishing

Contact the Recreational Fishing Officer for further information.
Tel: 08 8999 2372
Internet: www.fisheries.nt.gov.au

The Darwin Cup

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

Darwin Entertainment Centre

For details about upcoming events or how to become a member contact the Darwin Entertainment Centre.
Tel: (08) 8980 3333
Internet: www.darwinentertainment.com.au

Markets

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

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

Palmerston Markets at the Frances Mall
in Palmerston
Operates Friday evenings from 5pm to 10pm during the Dry season.

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

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

RSL Clubs

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

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

Tourism

For information contact the below tourism information centres.

Tourism NT – Northern Territory Australia
Tel: 13 61 10
Internet: www.tourismnt.com.au

Tourism Top End
Tel: 1300 138 886
Internet: www.tourismtopend.com.au

Coonawarra Holiday Cabins

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

Tel: 0429 619 586

Parks and Gardens

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

The George Brown Botanical Gardens

Darwin's George Brown Botanical Gardens are one of the very few Botanic Gardens in a tropical region. The 42 hectares of Botanic Gardens are located about two kilometres from Darwin City. Near the lower entrance of Gardens Road you can find the water fountain, floral displays, the Wesleyan Church, a playground, barbecues and toilets. An alternative entry and car park is via Geranium Street in Stuart Park, which leads to the Information Centre.

General Services

Electoral Information

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

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

Churches

There are many churches, mosques and temples in Darwin and Palmerston that provide services for all religions. Refer to Churches in the Yellow Pages Directory of the local Telephone Book, or visit www.yellowpages.com.au, to find their locations and contact details.

Library Services

■ Darwin

Library Locations and Contact Details

Casuarina Library

Bradshaw Tce, Casuarina
Tel: (08) 8930 0200

City Library

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

Karama Library

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

Nightcliff Library

Pavonia Place, Nightcliff
Tel: (08) 8985 1461

Or visit the Darwin City Council website for further information.

Internet: www.darwin.nt.gov.au

■ Palmerston

Palmerston Library

Goyder Square, on the Boulevard in the City Centre

Tel: (08) 8935 9999

Internet: www.palmerston.nt.gov.au

Roadside Service

The Automobile Association of the Northern Territory (AANT)

79-81 Smith St, Darwin

Tel: (08) 8981 3837

24-hour emergency road and battery service

Tel: 13 11 11

Internet: www.aant.com.au

Insurance

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

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

Essential Services

■ Electricity

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

■ Power and Water Corporation

Tel: 1800 245 092

Internet: www.powerwater.com.au

■ Telephone

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

Telstra

Tel: 13 22 00

Internet: www.telstra.com.au

Garbage Collection

Contact your city council for garbage collection days.

Darwin City Council

Tel: (08) 8930 0300

Internet: www.darwin.nt.gov.au

Palmerston City Council

Tel: (08) 8935 9922

Internet: www.palmerston.nt.gov.au

Transport

■ Defence Driving Licence Scheme

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

■ Changing Interstate Registration

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

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

■ Transferring an Interstate Licence

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

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

■ **Motor Vehicle Registry Offices**

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

■ **Transport**

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

■ **Public Transport**

Timetables are available from any terminal, or contact your Family Liaison Officer. For further information about public transport or the school bus system, visit www.ipe.nt.gov.au/whatwedo/busandferry/index.html.

Pet Care

Caring for your Pet in the Tropics

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

Leptospirosis

Prevention is by vaccination and is highly recommended.

Heat Stroke

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

Dog Registration

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

Darwin City Council

Tel: (08) 8982 2511

Internet: www.darcity.nt.gov.au

Palmerston Town Council

Tel: (08) 8935 9922

Internet: www.pcc.nt.gov.au

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

Contact details for kennels and catteries can be found in the Yellow Pages or online at www.whitepages.com.au.

Emergency Information

Tropical Cyclones

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

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

For further information or updates during cyclone season contact:

Bureau of Meteorology

Tel: 1800 061 438 (freecall)

Internet: www.bom.gov.au

NT Emergency Services

Tel: (08) 8922 3630

Internet: www.nt.gov.au/pfes

How to Develop an Emergency Plan

Take sensible precautions:

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

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

Involve the family:

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

Find out about existing plans:

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

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

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

Be prepared for evacuation

- In some emergencies the safest action is to stay inside. But in other emergencies it can be safer to leave a building or evacuate an entire area. The appropriate action depends on the particular hazard causing the emergency. Consult the relevant information

and action guides, and follow advice from emergency authorities.

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

Three golden rules if you leave

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

A checklist for your emergency survival kit

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

- battery-operated radio (with spare batteries)
- torch (with spare batteries), candles and waterproof matches
- strong shoes, leather gloves, hat, goggles and overalls
- first aid kit and manual, and combination pocket knife

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

Coping Emotionally

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

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

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

Actions On Warnings

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

Cyclone warning – 24 hours

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

Cyclone warning – 6–12 hours

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

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

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

Announcement to take shelter

Cyclone strike is expected within 4–6 hours

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

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

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

Underground Shelters:

Casuarina Shopping Square car park

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

Emergency Shelters:

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

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

Note: Domestic pets cannot be taken to these shelters

Destructive winds have reached Darwin

The cyclone strikes and you should be in your shelter.

Winds no longer a threat

The worst of the cyclone will have passed.

Telephone Directory

Area Code (08)

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

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

Army Hobbies and Amenities
Tel: 8935 2067

COMSUPER
Tel: 1300 000 177

Coonawarra Holiday Cabins
Tel: 0429 619 586

DEFCON
Tel: (07) 3278 4333

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

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

Department of Veteran's Affairs
Tel: 1300 551 918

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

Emergency Numbers

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

Ambulance/Fire/Police
Tel: 000

Cyclone Advice - Bureau of Meteorology
Tel: 1300 659 211

NT Emergency Services
Tel: 8922 3630

NT Health Direct
Tel: 1800 186 026

Poisons Information
Tel: 13 11 26

Vietnam Veterans Counselling Service (VVCS)
VETLINE (24 hrs): 1800 011 046

Chaplains

Navy
Tel: 8935 5246

RAAF
Tel: 8923 5014

Army
HQ 1 BDE Duty Chaplain
Tel: 0427 713 963

1 ARMD REGT
Tel: 8935 6547

1 AVN REGT
Tel: 8925 1070

1 CER
Tel: 8935 6414

1 CSSB
Tel: 8935 9005

2 CAV REGT
Tel: 8935 6647

5/7 RAR
Tel: 8935 3056

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

APA
Tel: 8999 4154

Councils

Darwin City Council
Tel: 8930 0300

Litchfield Shire Council
Tel: 8983 1912

Palmerston City Council
Tel: 8935 9922

Defence Community Organisation (DCO) Darwin

Reception/Admin
Tel: 8935 7900

Area Manager
Tel: 8935 7900

Social Workers
Tel: 8935 7900

REDLO
Tel: 8935 7906

Family Liaison Officers
Tel: 8935 7900

Program Administrator
Tel: 8935 7916

Military Support Officers:

Navy
Tel: 8935 7911

Army
Tel: 8935 7904

RAAF
Tel: 8935 7905

Defence Service Centres

Service Direct
Tel: 1800 333 362

Larrakeyah Barracks
Tel: 8935 5229

RAAF Base Darwin
Tel: 8923 5724

Robertson Barracks
Tel: 8935 2607

Defence Establishment Berrimah
Tel: 8935 4108

Defence Special Needs Support Group (DSNSG)

National
Tel: 1800 037 674

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

Family Relationship Centre
Tel: 1800 650 276

Hospitals

Royal Darwin Hospital
Tel: 8922 8888

Darwin Private Hospital
Tel: 8920 6011

Justice of the Peace/Commissioner for Oaths

Department of Justice
Tel: 8935 7777

Military Rehabilitation and Compensation Service (MRCS)

General Enquiries
Tel: 1300 550 461

Motor Vehicle Registry (MVR)

General Enquiries
Tel: 1300 654 628

Philanthropic Organisations

Everyman's Welfare Service
General Enquiries
Tel: 8935 3476

Robertson Barracks Recreation Centre
Tel: 8935 2525

Salvation Army
General Enquiries
Tel: 8935 2526



Australian Government
Department of Defence