

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Saltwater Veterans LTD	Staying connected - On the Water - Darwin	3/10/2024	Join the Saltwater Veterans Sailing Project (SVSP) for a sailing event that fosters social connection and meaningful engagement among veterans and their families. Volunteers and participants alike will enjoy an informative talk on staying connected, followed by a collaborative sailing experience. No sailing experience required, instructor on board to demonstrate and assist. This event underscores the importance of "Keeping Connected" and highlights the benefits of our supportive, connected community. Don't miss this opportunity to connect and thrive!	2:00 PM	451574791	sailingproject@saltwaterveterans.org	Meet out the front of Lolos Pergola	Cullen Bay	2/10/2024	Wear sunscreen, hat, sunglasses, long sleeve shirt. Gloves are recommended and bring a water bottle.
Robertson Barracks Family Group Inc.	Striking Fun at King Pin Darwin with RBFG	5/10/2024	Join Robertson Barracks Family Group at King Pin Darwin for a fun evening of Bowling and Laser Tag. This is an adults only event so grab some friends come out for a fun activity! Food and beverages available at King Pin. Tickets available www.rbf.com.au	4:30 PM	0487 606 347	robertsonbarracksfamilygroup@gmail.com	1 Neale Street	Darwin	27/09/2024	No
Playgroup Association of the Northern Territory	Defence Dandelions Community Playgroup - Open Day	10/10/2024	Come and connect in a morning of play. Defence Dandelions Community Playgroup along with Playgroup NT wish to welcome all Defence families with children under 5 years to join us for a morning of activities. There will be local businesses and support services for parents/carers to connect with while your children explore our purpose built playgroup space.	8:30 AM	0437711672	info@playgroupnt.com.au	Cnr McMillians Road and Marrara Drive	MARRARA	3/10/2024	Hat, drink bottle, own snacks, change of clothes for messy play
Reeling veterans Inc.	Strengthening bonds through pottery	12/10/2024	Finding connection in the pottery process gives one an opportunity to slow down. It's a very calming, stress releasing, and meditative activity where your personal wellbeing is enhanced by the therapeutic and healing medium of clay.	2:00 PM	0431992451	info@reelingveterans.com.au	Shop 1/5 Presley St	Stuart Park	6/10/2024	Occupational Health & Safety Please wear closed in shoes, no thongs, slappers, or sandals. Bring an apron or towel or wear old clothes, the clay will wash out of your clothes.
Mates4mates Limited	Managing Stress and Anxiety Workshop	13/10/2024	Join Mates4Mates for an enlightening workshop featuring a multidisciplinary team, including Veterans Medical Group, Open Arms, a dietitian, and exercise physiotherapist. Together, they will cover essential topics such as: - Recognising stress and anxiety - Impacts of stress on your body - When to seek help versus what is normal - Anxiety and medication - Effective ways to manage and prevent stress and anxiety The workshop will conclude with a guided meditation session to decompress. Open to veterans and their families aged 16 and over.	10:00 AM	(08) 7943 2800	vfwc.darwin@mates4mates.org	39 Stuart Highway	Stuart Park	4/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at https://www.rslqld.org/vfwc/new-client Participants are selected through a short expression of interest process. Speak to our Darwin team to register your interest. Participants don't need to bring anything. Lunch and snacks will be provided.
Young Diggers Ltd	"Ride for our Veterans Darwin to Pine Creek 2024"	13/10/2024	Join us for "RIDE FOR OUR VETERANS," a scenic motorcycle ride from Darwin to Lazy Lizards Pine Creek and return, in support of Veterans Health Week (VHW). This event promotes veterans' well-being by raising awareness for mental and physical health. Whether you're a rider or a supporter, come together to honour our veterans and strengthen the community. Your participation makes a difference. Let's ride for their health and future.	9:00 AM	0428075404	Andrew.Norton@toyota.com.au	299 Millar Terrace	Pine Creek	9/10/2024	Motorcycle or Car. Meeting at Noonamah hotel at 9am. Stands up at 9.30am ride to Adelaide River for a short rest then onto Lazy Lizard Hotel. Light Lunch at the Lazy Lizard Hotel. Tour of the "Shed" which is a local Automotive museum containing Motorbikes and cars. Ride back to Darwin.

Mates4Mates Limited	Bonsai Workshop	16/10/2024	Calling all beginner to intermediate bonsai enthusiasts! Join us for a 2-hour bonsai workshop where you can learn a new skill, connect with local veterans and their families, and explore mindfulness and self-expression. All materials and a light lunch are provided. Our services are disability friendly.	11:15 AM	(08) 7943 2800	vfwc.darwin@mates4mates.org	39 Stuart Highway	Stuart Park	2/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at https://www.rslqld.org/vfwc/new-client Participants are selected through a short expression of interest process. Speak to our
Veterans Australia NT Inc.	Keep connected - with your local community	17/10/2024	Join in our coffee catchup on Thursday 17th October and meet representatives from other community organisations - get to know who does what where!	10:30 AM	0414511952	sec@veteransaustralian.org.au	135 Bees Creek Rd	Bees Creek	10/10/2024	No
Reeling veterans Inc.	Billabong Connection	19/10/2024	Let's explore the billabong from the comfort of your own BBQ boat where we will encounter a range of fascinating animals, including saltwater crocodiles, colourful birdlife, and even the occasional buffalo.	10:00 AM	0431992451	info@reelingveterans.com.au	Corroboree-Billabong Rd Corroboree	Marrakai	12/10/2024	Nil
Australian International Military Games	Join 'Team Veteran' at Darwin parkrun	19/10/2024	Whether you are running, walking, rolling or volunteering, the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at Darwin parkrun this Veteran Health Week and sign up to "Team Veteran." We will have free Team Veteran shirts to give to those who sign up to the team and information on the importance of keeping connected. Free coffee/drink on us post event.	7:00 AM	0429568585	tcumpston@invictusaustralia.org	Cnr Esplanade and Herbert Street	Darwin	18/10/2024	Wear comfortable sports clothes and bring a water bottle.
Australian International Military Games	Join 'Team Veteran' at Palmerston parkrun	19/10/2024	Whether you are running, walking, rolling or volunteering, the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at Palmerston parkrun this Veteran Health Week and sign up to "Team Veteran." We will have free Team Veteran shirts to give to those who sign up to the team and information on the importance of keeping connected. Free coffee/drink on us post event.	7:00 AM	0429568585	tcumpston@invictusaustralia.org	Roystonea Avenue (corner with University Ave)	Palmerston	18/10/2024	Wear comfortable sports clothes and bring a water bottle.
Network Tindal Incorporated	Community Connections BBQ	20/10/2024	Come and connect with your community - Join Network Tindal for a Veterans' Health Week BBQ. With Barnyard Petting Zoo joining us for some animal therapy, come along and enjoy a nutritious lunch at the Network Tindal Community House. Have a chat with friends or make some new ones!	11:00 AM	0407651533	networktindal@gmail.com	1 Evans Place	Tindal	8/10/2024	No requirements
Reeling veterans Inc.	Mad about coffee	26/10/2024	Coffee lovers. learn the art of making great coffee.	9:00 AM	0431992451	info@reelingveterans.com.au	Shop 2/3 Parap Place	Darwin	5/10/2024	Shoes