

NAVY



# NAVY FAMILIES NEWSLETTER

October 2025



If you would like to subscribe to this newsletter, and receive it directly via e-mail, please send an e-mail with the word 'news' in the subject line to [navy.families@defence.gov.au](mailto:navy.families@defence.gov.au)

Navy acknowledges the role our Navy families play every day — whether through the challenges of time apart, managing the demands of relocations, or creating stability at home while your loved one serves. Our strength at sea is derived by our families at home.

This year has already shown us the strength and commitment of our Navy people and the families who stand beside them. From international exercises to the steady roll-out of new support programs, it's clear that the contribution of Navy families remains at the heart of our success.

In this edition, you'll find updates on new and revised programs that directly affect families. We encourage you to share your voices and experiences — your input continues to shape the way Navy supports its people and their families. Thank you for everything you do. You are an essential part of the Navy team.



# Partner Employment Assistance Program (PEAP)



The Partner Employment Assistance Program (PEAP) recognised the service and sacrifices of Australian Defence Force (ADF) members and their families, and the unique challenges ADF partners face in sustaining a career while supporting the member's service.

Eligible ADF partners across the country can now claim up to **\$1,500 per financial year** to access employment support services - including career coaching and support, job search assistance, professional industry licenses, and accredited training.

This Defence Member and Family Support (DMFS) initiative helps partners of Navy members build their careers, no matter where Navy life takes them.

→ [Learn more and apply.](#)



## Support Resources



[Defence Member and Family Support](#)



[Navy Family Support](#)



## Funded Travel for Medical Purposes

- Better support for ADF personnel and families living in a remote location who require specialist medical or dental treatment.
- ADF personnel may now receive funding for a support person, and possibly their dependent children, to travel with them.

DEFGRAM 376/2025 - 8 July 2025 - 'Changes for ADF personnel and families when travelling for a medical purpose'

→ [Read full policy details](#)

## Share Your Advice and Experience

We're collecting short, real-life reflections and advice to share with other families in future newsletters. This time we're asking:



- What's the one thing you wish more Navy people knew about Navy family life?
- What is one tip you'd give another Navy family preparing for the deployment of a loved one?
- What else would you like to see in Navy Families Newsletters?

Send your answers to [navy.families@defence.gov.au](mailto:navy.families@defence.gov.au) - just a few sentences is perfect!

## Do you have the Navy Families Handbook?

As part of the Stay Onboard – People First campaign, the Navy Families Team developed the Navy Families Handbook. This handbook includes valuable information and contacts to support you and your family.

Head to the Navy website to download a copy of the Navy Families Handbook today or ask your loved one for a hard copy.



[Download the handbook](#)



[ADF Family Health Program Website](#)

## Service spotlight: ADF Family Health Program

Defence families receive \$800 for each recognised dependent per financial year, plus unlimited eligible GP services.

Eligible services include General Practice services, specialist services, diagnostics and radiology, allied health services, and dental services

To register, ask your spouse/partner to apply via form AD858-1 on the Defence Protected Network.

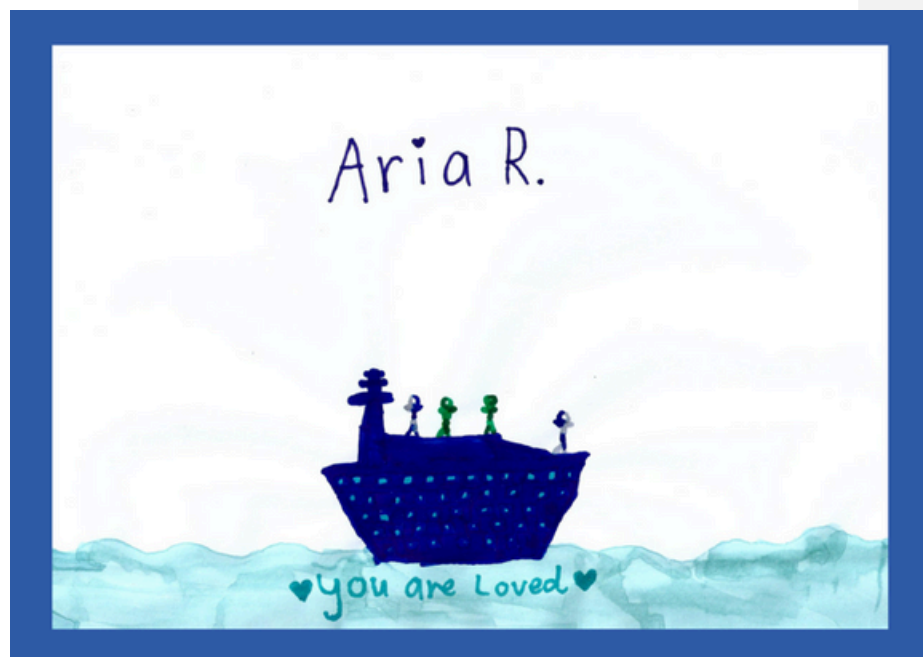
## Artwork from Our Navy Kids

We want to showcase the creativity of Navy kids! If your child has a parent currently deployed, encourage them to create a drawing, painting or other artwork that reflects Navy family life.

Scan or photograph their masterpiece and e-mail it to [navy.families@defence.gov.au](mailto:navy.families@defence.gov.au) for a chance to be featured in our upcoming editions.

As part of their mission to empower and support military children, [Defence Kidz](#) launched a Postcard Competition inviting Defence children from across Australia to submit their artwork. The goal of the competition was to give Defence kids a voice, capture their unique perspectives, and create something tangible that could help strengthen connection between families during times of separation.

One of the standout winners was Aria, a proud Navy child. Aria's beautiful artwork was selected as a winning entry and has since been professionally printed and made into postcards distributed to military families. These postcards not only showcase the creativity of Defence children but also serve as a heartfelt way for families to stay connected.



If you have ideas, questions or comments, the Navy Families Team would love to hear from you.

Email: [navy.families@defence.gov.au](mailto:navy.families@defence.gov.au)