

WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*

## WELCOME TO JULY



As we move into the second half of the year, it's a great opportunity to reflect on the conversations we've shared and the connections we've built as a community. In June, we came together for an inspiring session, *Leading at Work, Leading at Home: Navigating Career & Fatherhood*, featuring Pete Cipollone, CEO of Turazo. Pete shared honest reflections on balancing leadership with family life, the ways fatherhood has shaped his approach to work, and the importance of creating workplaces where people feel supported both professionally and personally. Thank you to everyone who joined the discussion and contributed their own experiences and perspectives. As always, we encourage you to continue these conversations beyond our events. Sometimes, a simple conversation with a colleague can make a lasting impact.

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## Parenting & Caregiving Tip for July

Life as a parent or caregiver can often feel like moving from one responsibility to the next without stopping to acknowledge how much you've achieved.

This month, take time to celebrate the small wins—whether that's getting through a busy week, spending quality time with family, asking for help when you need it, or simply taking a well-earned break. Progress isn't always measured by the big milestones; often it's found in the everyday moments that strengthen our resilience.

Remember, giving yourself credit for what you've accomplished is just as important as planning what's next.



# What's Coming Up at CaPE

## From Deployment to Daily Life: Military Family Perspectives

 *More details, speakers, and registration information will be shared soon—watch this space!*

We're excited to announce that our next CaPE event will shine a light on the experiences of military families and the unique challenges and strengths they bring to both home and working life.

Through a panel discussion featuring military spouses, veterans, parents of service members, caregivers, and military personnel, we'll explore topics including family life during deployment, transitioning to civilian life, balancing careers with military commitments, and how colleagues and organisations can better support military families.

Whether you have a personal connection to the military community or simply want to broaden your understanding, this promises to be an insightful and thought-provoking conversation.

*A note for July*



Summer often brings a change of pace. For some, it's school holidays, family travel, or spending more time outdoors. For others, it can mean juggling childcare, caring for loved ones while colleagues are on leave, or simply adapting to different routines. Whatever July looks like for you, we encourage you to approach it with flexibility and kindness—both towards yourself and those around you.

This is also a good reminder that every family's situation is different. Some families are navigating caring responsibilities, others are supporting loved ones from afar, while many are balancing work commitments with busy home lives. At CaPE, we celebrate these diverse experiences and remain committed to building a community where everyone feels seen, supported, and connected.

Take time this month to recharge where you can, check in with those around you, and remember that even small acts of support can make a meaningful difference.

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## Listen, Watch & Read

Each month we'll share a book, podcast, TED Talk or other resource that supports our community or aligns with our monthly theme. Feel free to share your favourite with us!

This July, in anticipation of our Military Family Perspectives event, we're **highlighting 3 podcasts**, your go-to source for insights on military family matters:

**The Bridge Podcast** - tune in for thoughtful discussions designed to inform and empower those who serve our country and their families.

**Military Life** - a podcast telling the stories of everyday Australian Military partners.

**The InDependent Spouse** - is your go-to space for real stories, practical tips, and a thriving network navigating modern UK armed forces family life.

Something for younger readers...

**'My Army Life'** is a beautifully written storybook aimed at children aged 3-10 years old. Penned by children's picture book writer, Donna David, the book tells the story of a young child whose Army Dad goes away on deployment. Told through a series of diary entries, we follow the Little Trooper throughout their experience and learn everything about their unique life as a military child, including how they keep in touch with their Dad and how family and friends cope when a loved one is serving away with the British Armed Forces.

This is the fourth book that Donna has written for Little Troopers following a successful three-part letter series in 2018. She has now completed the follow ups 'My Navy Life and 'My RAF Life' for children, aged five and above.

## Community Corner

### Have a story to share?

We'd love to hear from you. Whether you've overcome a parenting challenge, found a helpful caregiving resource, attended one of our events, or simply have advice that could help another member, your story could inspire someone else in our community.

If you'd like to be featured in an upcoming newsletter or have an idea for a future event, get in touch with the CaPE team.

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