

IN THE FEDERAL CIRCUIT AND FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896 of 2023

BETWEEN

**STEPHEN CHRISTOPHER COOKE**

**Applicant**

**and**

**HEATHER ANNE COOKE**

**Respondent**

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Applicant

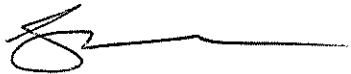
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC i" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....

Simone Johnson, Solicitor

Ln 619204806 MRN H2940327 Name COOKE HEATHER ANNE S F Dob 31-Jul-1978  
St 18/21 Bar Beach Ave Sub THE JUNCTION PC 2291 Phone  
Wd Cardiology C1 (JHH\* Doc Dr S Turner\_TURNSN Sp Blood CollT 11:05 16-Jan-24

BIOCHEMISTRY - GENERAL	Fasting: ?	(result)	(range)	(result)	(range)
	T.Protein	72	(60 - 80)		
	Albumin	47	(31 - 47)		
	Calc.Glob.	25	(22 - 42)		
	Total Bilirubin	9	(< 20)		
	GGT	14	(5 - 35)		
	Alk.Phos.	41	(30 - 110)		
	ALT	13	(10 - 35)		
	AST	17	(10 - 35)		

COMMENTS:

||| Help ||| Cumulative Results

Ln 619204806 MRN H2940327	Name COOKE HEATHER ANNE	S F Dob 31-Jul-1978
St 18/21 Bar Beach Ave Sub THE JUNCTION	PC 2291	Phone
Wd Cardiology C1 (JHH* Doc Dr S Turner_TURNSN Sp Blood CollT 11:05 16-Jan-24		

BIOCHEMISTRY - ROUTINE

Specimen: Blood

	(result)	(range)	(units)
CDT	1.8		%

## Routine Comment

CDT testing is referred to Concord Hospital, Sydney.

CDT is assayed using the Siemens N Latex CDT assay. This is an

[F1 Help](#)[F8 View Comments](#)[F9 Cumulative Results](#)

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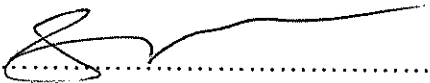
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC2" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.

  
.....  
Simone Johnson, Solicitor

"HC2"



IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
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No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 3" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....

Simone Johnson, Solicitor

"HC3"

**Olivia Shedden**

---

**Subject:** FW: Course completed

**Categories:** LEAP

----- Forwarded message -----

**From:** Do not reply to this email (via Relationships Australia)

<[noreply@relationshipsnswelearn.net.au](mailto:noreply@relationshipsnswelearn.net.au)>

**Date:** Sat, Mar 16, 2024 at 1:56 PM

**Subject:** Course completed

**To:** Heather Cooke <[heather111cooke@gmail.com](mailto:heather111cooke@gmail.com)>

Congratulations!

You have completed the course [Kids in Focus Online](#).

# Certificate



## Triple P Online Positive Parenting Program

Awarded to

**Heather Cooke**

---

in recognition of completing Triple P Online.

A handwritten signature in black ink, appearing to read 'M Sanders'.

Professor Matt Sanders

Date: Mar 17, 2024

Badges earned

---



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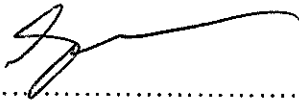
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 4" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....

Simone Johnson, Solicitor

" HC4 "

**Olivia Shedden**

---

**Subject:** FW: Children

**Categories:** LEAP

----- Forwarded message -----

**From:** Heather finn <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)>

**Date:** Tue, 2 Apr 2024, 9:13 am

**Subject:** Fwd: Children

**To:** <[heather111cooke@gmail.com](mailto:heather111cooke@gmail.com)>

----- Forwarded message -----

**From:** Heather finn <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)>

**Date:** Tue, 12 Mar 2024, 6:50 pm

**Subject:** Children

**To:** Stephen Cooke <[stevecooke.c@gmail.com](mailto:stevecooke.c@gmail.com)>

Christian had his appointment with Dr Elder this afternoon as you are aware.

He has been continued on Ritalin at the same dosage until review.

Christian's ritalin will now be dispensed from Doc's pharmacy at the John Hunter. You can collect his dosage for your agreed 10 days per month every 25 days from today the 12th of March 2024.

# Message Report



Generated: 03/25/2024 at 12:10 PM by Heather Cooke  
Number of messages: 5  
Timezone: Antarctica/Macquarie  
Parents: Heather Cooke, Stephen Cooke  
Child(ren): Christian Cooke, Joshua Cooke  
Third Party:

OurFamilyWizard  
701 N Washington Ave Suite 700  
Minneapolis, MN 55401  
ourfamilywizard.com  
info@ourfamilywizard.com

---

## Message 1 of 5

**Sent:** 03/20/2024 at 06:47 PM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 03/21/2024 at 07:46 PM*)  
**Subject:** Swim class

---

Going forward I've rearranged the kids swim class to a Thursday afternoon.

Josh at 4  
Christian at 4:30.

They are scheduled to start next Thursday the 28th March.

I will not attend.

Can you confirm if you are agreeable with this plan and then I can prepare the children

---

## Message 2 of 5

**Sent:** 03/22/2024 at 12:51 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 03/22/2024 at 08:49 AM*)  
**Subject:** Re: Swim class

---

Hi Stephen,

This is not a decision for the children to make and as I said it should have been discussed with them after we ( the parents) have decided. Asking them their preference keeps putting them in the middle of our conflict and is unhealthy for them.

The options do not include more visitation for you. If you are not agreeable to taking kids to swim on Thursday then that is okay. I will not be taking them going forwards on a Wednesday.

Heather

---

## Message 3 of 5

**Sent:** 03/22/2024 at 02:11 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 03/22/2024 at 08:26 AM*)  
**Subject:** Re: Swim class

---

Hi Stephen,

I'm unsure if you received my previous message so I'll reiterate.

Firstly, this is a parenting matter to be discussed and decided with me. Talking to the children about it keeps them in the middle of our conflict and is unhealthy for them. Please going forward be mindful of the stress that the children are under.

I made this proposal as the children are being negatively affected by seeing us in this high conflict situation and are incredibly distressed after swim class.

Thus the options are:

- 1) That you take them to swim on Thursday and I do not attend.
- 2) That I take them on a Wednesday and you agree to not attend
- 3) That the children stop swim class.

Please let me know your preference.

Heather

Message 4 of 5

---

**Sent:** 03/22/2024 at 10:17 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 03/22/2024 at 10:18 AM*)  
**Subject:** Re: Swim class

---

Hi,

It would be best for the children if they could

- 1) continue swim
- 2) not witness us together.

It is causing them distress.

You are arguing over

- 1) Saying hello
- 2) Watching them swim from afar
- 3) Saying goodbye
- 4) 30 minutes of looking at them per week

Perhaps you would like to consider the children.

Can you let me know as I will have to notify Arnold's? They are a busy business and are holding spots for our children.

Message 5 of 5

---

**Sent:** 03/22/2024 at 09:00 PM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 03/22/2024 at 09:59 PM*)  
**Subject:** Re: Swim class

---

Hi Stephen,

They are ready to start next Thursday at 4pm.

Heather

# Message Report



Generated: 03/25/2024 at 12:08 PM by Heather Cooke

Number of messages: 4

Timezone: Antarctica/Macquarie

Parents: Heather Cooke, Stephen Cooke

Child(ren): Christian Cooke, Joshua Cooke

Third Party:

OurFamilyWizard  
701 N Washington Ave Suite 700  
Minneapolis, MN 55401  
ourfamilywizard.com  
info@ourfamilywizard.com

## Message 1 of 4

---

**Sent:** 03/21/2024 at 08:40 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 03/22/2024 at 12:42 AM*)  
**Subject:** Re: Swim class

---

Hi Heather,

Sorry for the delay in getting back to you.

I talked to the kids about it. Christian is not agreeable as it would mean seeing less of dad. He is very bright to have spotted that.

Don't know what to counter propose as a solution other than to suggest perhaps smoothing it over for him by giving up another day on the alternate week so instead of just Thursday every second week I would have the boys Wednesday or Friday both weeks as well? No reason for him to say no to your proposal then.

I sure would enjoy taking the boys to swim again.

## Message 2 of 4

---

**Sent:** 03/22/2024 at 08:49 AM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 03/22/2024 at 08:53 AM*)  
**Subject:** Re: Swim class

---

Hi Heather,

I see a very different picture than the one you paint below. On a Wednesday, I am always greeted by the children running towards me with lots of expressions of love including hugs and kisses from both boys.

I'll have to send this to my lawyer as your proposal is to reduce the time the boys see me and deviates from the interim interim arrangement agreed upon at mediation and from what I can see, this decision would be to the detriment of the boys.

Stephen

Message 3 of 4

---

**Sent:** 03/22/2024 at 09:24 AM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 03/22/2024 at 10:08 AM*)  
**Subject:** Re: Swim class

---

Having said that, I am happy to take the children to swim on Thursdays but I do not agree to spending less time with the boys.

Message 4 of 4

---

**Sent:** 03/22/2024 at 07:58 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 03/22/2024 at 08:59 PM*)  
**Subject:** Re: Swim class

---

Hi Heather,

Happy to take them to swim on Thursdays, please make the necessary arrangements.

Stephen

# Message Report



Generated: 04/02/2024 at 09:22 AM by Heather Cooke

Number of messages: 1

Timezone: Antarctica/Macquarie

Parents: Heather Cooke, Stephen Cooke

Child(ren): Christian Cooke, Joshua Cooke

Third Party:

OurFamilyWizard  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

## Message 1 of 1

---

Sent: 04/01/2024 at 09:34 AM  
From: Stephen Cooke  
To: Heather Cooke (*First Viewed: 04/01/2024 at 10:00 AM*)  
Subject: Re: School holidays

---

I agree.

---

On 03/30/2024 at 10:21 AM, Heather Cooke wrote:

To: Stephen Cooke (*First Viewed: 03/30/2024 at 12:24 PM*)  
Subject: School holidays

---

Hi,

I propose that you have the boys for the first week of the school holidays, the 12-19th April and I have them from the 19th to the 26th. There is a pupil free day on the 29th.

Thus I propose that I pick the boys up at the Shell petrol station on Glebe Road on the 19th Apr at 3:30.

That I drop them back to you on the 26th Apr at 4:30

That I pick them up on the 29th Apr at 4:30

Heather

# Message Report



**Generated:** 10/20/2025 at 10:10 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 04/02/2024 — 04/02/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

OurFamilyWizard, LLC.  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

---

Message 1 of 1

**Sent:** 04/02/2024 at 10:34 AM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 04/02/2024 at 03:40 PM*)  
**Subject:** Re: School holidays

I had no such conversation with the boys. Additionally, I hadn't responded to your proposal until April 1st because I was still considering it, contemplating discussing it with legal, as it deviates from the interim, interim agreement (previously agreed upon in an effort to prevent a possible vacuum from occurring.)

Perhaps the conversation you mentioned has more to do with Joshua simply expressing concerns about the lack of fairness in the current custody arrangement, which you've forced.

In 2023, I was significantly more involved in the boys' before and after school activities, including Lab Learning, Hockey, Ice Skating, Music classes, Swim, and Tennis, representing approximately 65% of their participation, while you were occupied with work. However, there has since been a notable shift in this dynamic, which has been unilateral on your part. Undoubtedly, this change has had a considerable impact on the boys' lives.

Furthermore, I've received multiple letters from Delaney Roberts alleging that my emotional state, particularly instances of 'crying,' has caused distress for the children. However, I refute the claim that I have been crying constantly in front of the children. In fact, Christian has questioned me about why the contact photo assigned to me on your phone is a picture of me crying on the couch.

Thank you for arranging counseling for the boys.

Sent: 04/02/2024 at 09:20 AM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 04/02/2024 at 09:20 AM*)  
Subject: Re: School holidays

Thanks.

Joshua told me during our call on Sunday night that you agreed to the proposed dates

Could I please remind you that both boys are exhibiting signs of significant anxiety. Parenting issues should be discussed with me, not the children. Continuing to involve them is detrimental to their mental health.

I've arranged counselling for them.

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Applicant


and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 5" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor



"HC5"



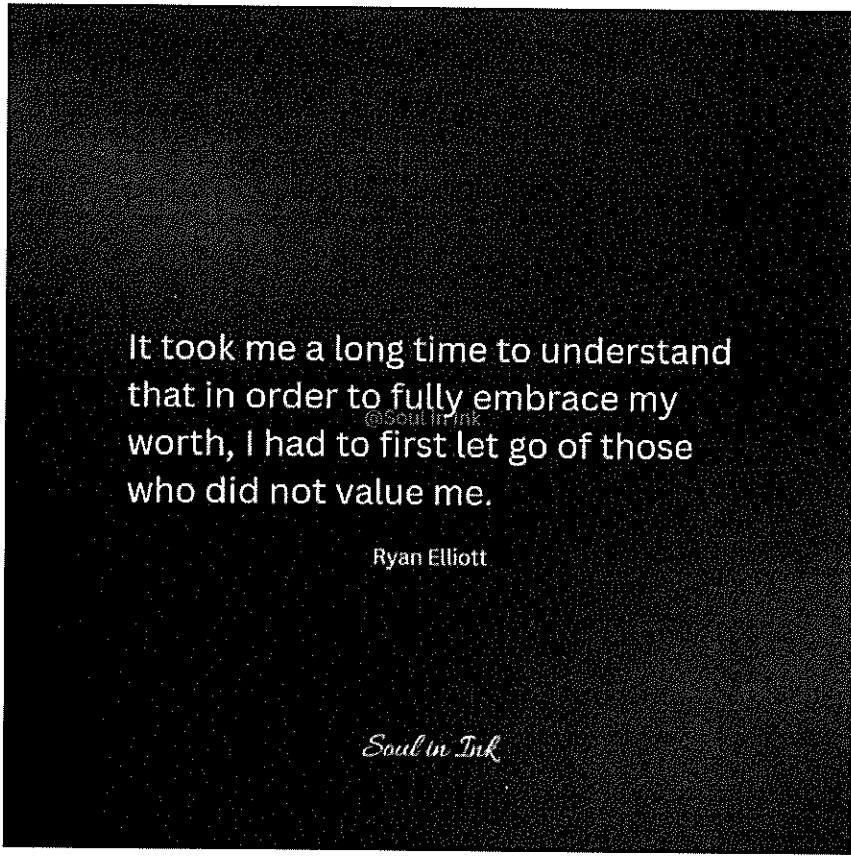
Heather Cooke

1 h · ⚙️



Sage Silence • Follow

1 d · 🌐



Like Comment Send Share

Be the first to like this

Write a comment...

**Olivia Shedden**

---

**Subject:** FW: Facebook

**Categories:** LEAP

----- Forwarded message -----

**From:** Heather finn <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)>

**Date:** Mon, 4 Mar 2024, 11:05 am

**Subject:** Fwd: Facebook

**To:** <[heather111cooke@gmail.com](mailto:heather111cooke@gmail.com)>

----- Forwarded message -----

**From:** Heather finn <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)>

**Date:** Mon, 4 Mar 2024, 10:15 am

**Subject:** Re: Facebook

**To:** Stephen Cooke <[stevecooke.c@gmail.com](mailto:stevecooke.c@gmail.com)>

Hi,

Please refrain from contacting me on any issue that does not pertain to the children. This is out and out bullying.. My behaviour is not your business to comment on.

On Mon, 4 Mar 2024, 9:55 am Stephen Cooke, <[stevecooke.c@gmail.com](mailto:stevecooke.c@gmail.com)> wrote:

Can you please refrain from posting content like this on Facebook? It's clear that I would share similar sentiments about our situation especially considering your decision to decline marriage counselling and posting such content only serves to alienate me.

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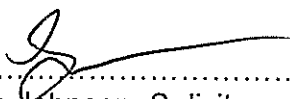
and

**HEATHER ANNE COOKE**

Respondent

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This is the exhibit marked with the letter "HC 6" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.

  
.....  
Simone Johnson, Solicitor

"HC6"

**Olivia Shedden**

---

**From:** Stephen Cooke <stevecooke.c@gmail.com>  
**Sent:** Thursday, 14 March 2024 6:44 PM  
**To:** Heather Cooke  
**Cc:** Marissa Walsh; Simon Farmer; Anna Roberts  
**Subject:** Re: Meeting with Simon Farmer

**Categories:** LEAP

Hi all,

Apologies...

I did however make it quite clear to all in my previous email;

A) I was unaware of the nature of the meeting

B) Heather and I have seperated

C) I have previously asked Walsh to prepare my most recent tax return as per order by the court. I was under the impression this may be related.

Kind regards,

Stephen

On Thu, 14 Mar 2024, 6:08 pm Heather Cooke, <[heather111cooke@gmail.com](mailto:heather111cooke@gmail.com)> wrote:

Hi all,

Stephen you will not be present at my planned meeting with Simon to discuss my financial goals. Nor will you be privy to the agenda, nor receiving a recording of this meeting.

Your request is a breach of my privacy. It constitutes ongoing harrassment. Additionally you are not to contact me on any issue other than parenting unless through our respective solicitors.

Regards

Heather

On Thu, 14 Mar 2024, 5:39 pm Stephen Cooke, <[stevecooke.c@gmail.com](mailto:stevecooke.c@gmail.com)> wrote:

Hello Marissa,

Certainly, I'm free. Could you kindly inform me about the agenda for the meeting? Additionally, since Heather and I are no longer together, could you please arrange for a Zoom option and recording of the

meeting?

Thank you.

Stephen

On Wed, Mar 6, 2024 at 8:31 PM Marissa Walsh <MarissaW@walshs.com.au> wrote:

Hi Heather and Stephen,

My name is Marissa and I am part of the admin team here at Walshs.

I am emailing you to confirm your meeting with Simon Farmer on Monday 18<sup>th</sup> March at 11:30am Brisbane time (AEST). Simon will call Heather's mobile (0431 016 494) at the time of the meeting.

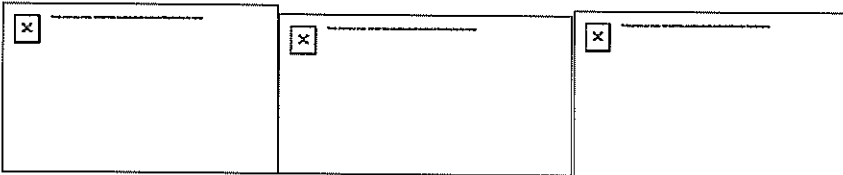
Thank you both! If you have any queries prior to your meeting with Simon please do not hesitate to contact me and I will be more than happy to assist.

I hope you have a lovely evening.

Kind Regards,

**Marissa Walsh**

Executive Assistant to Peter Hodgson



**Chartered Accountants | Financial Advisers | Mortgage Brokers**

Level 24, 10 Eagle Street, Brisbane QLD 4000 | GPO Box 12, Brisbane QLD 4001

T: 07 3221 5677 | F: 07 3221 5744 | W: [www.walshs.com.au](http://www.walshs.com.au)



Walshs Practice Unit Trust ABN 11 248 978 295

Walshs Financial Planning ABN 82 122 293 912 AFSL 432636

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**STEPHEN CHRISTOPHER COOKE**

Applicant

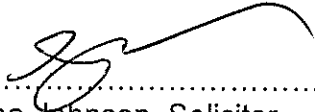
and

**HEATHER ANNE COOKE**

Respondent

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.....  
Simone Johnson, Solicitor



# DELANEY ROBERTS

SPECIALIST FAMILY LAWYERS

"HC7"

Our Ref: ALR:OS:13629  
Your Ref: Matthew Shepherd

28 June 2024

Mr Shepherd  
Ramsden Family Law  
6/15 Castlereagh Street  
Sydney NSW 2000

**By Email only: [mshpherd@ramsdenlaw.com.au](mailto:mshpherd@ramsdenlaw.com.au)**

Dear Colleagues

**Re: Cooke & Cooke**

---

We refer to the interim parenting orders dated 23 April 2024, and particularly Order 10(c) which provides as follows: "10. That each of the parents is hereby restrained from... (c) using physical punishment to discipline the children."

We are instructed that on 24 June 2024, when the children returned to our client's care after spending the weekend with your client, Joshua informed our client that he had been physically disciplined by your client. On this occasion, Joshua said to our client:

*"I had a bad weekend. I want a do over 'cos I didn't have a very good time with Dad". When our client asked him what had happened, "I spilt water on the leather lounge so Dad put me in time out twice - once on Saturday and once on Sunday. Dad hit me across the back and bottom and he left me in time out for three hours the first time and five hours the second time." Joshua was extremely distressed as he told our client this and was sobbing heavily.*

Our client was significantly concerned about Joshua's statement and immediately scheduled a consultation with a GP, Dr Dean Miller at Newcastle General Practice. (Joshua's usual GP, Dr Tonkin, was not available on this occasion). Our client requested a medical assessment of Joshua as a result of his disclosure.

SYDNEY | NEWCASTLE | ADAMSTOWN

Tel: 1300 760 773  
E [hello@delaneyroberts.com.au](mailto:hello@delaneyroberts.com.au)

Telstra Civic, Suite 1, Level 2,  
317 Hunter Street, Newcastle NSW 2300  
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Our client took Joshua to see Dr Miller on Wednesday, 26 June 2024. On this occasion, Dr Miller asked Joshua what had happened. Joshua repeated what he had said to our client; that your client had hit him across the back and buttocks and, in addition, told Dr Miller that your client had thrown him into his bedroom by grabbing him around the collar of his t shirt then slammed the door, leaving him for an extended period of time. Whilst Joshua does not have a watch or a clear understanding of time, his explanation of the time out was that it was for several hours and a very long period of time in comparison to the time outs he has at our client's home of 2 minutes for a short time-out or 10 minutes for an extended time-out. Dr Miller asked Joshua to repeat his explanation of the incident, and Joshua repeated his disclosure and he also had Joshua physically demonstrate what had occurred. Dr Miller also asked Joshua if this was the first time he had been smacked, to which Joshua replied "*No, he's smacked me lots of times*".

Dr Miller was sufficiently satisfied that the assault had occurred and made a report to Child Protection Services while our client and Joshua remained in the consultation. Our client has made follow up enquiries with Child Protection Services in an effort to expedite this matter. Our client is extremely concerned for the safety of the children whilst in the care of your client and has therefore determined that the children shall not spend any unsupervised time with your client. She is taking steps to bring this issue before the Court without delay.

Our client therefore proposes that until the Court can made a further interim determination, the children spend supervised time with your client at a suitable contact centre:

1. Each Thursday from 4:00pm to 6:00pm, and
2. Each fortnight from 9:00am to 1:00pm on Saturday, and 9:00am to 1:00pm on the following Sunday.

Whilst we understand that your client may be upset by our client's approach to this matter, our client is only concerned about ensuring the safety of the children and herself moving forward.

Yours faithfully  
**Delaney Roberts Family Lawyers**



Anna Roberts  
Director, Solicitor & Family Dispute Resolution Practitioner  
BComn LLB GradDipLegPrac  
M.AppLaw (Family Law) GradDip (FDRP)  
email: [aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)  
phone: 02 4952 3901

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 8" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"H08"

# Patient Health Summary

Name: Mast Joshua Cooke  
Address: 1/213 Morgan St  
Merewether 2291  
D.O.B.: 27/01/2017  
Record No.:  
Home Phone:  
Work Phone:  
Mobile Phone: 0431 016 494

Newcastle General Practice  
62 Denison St  
Hamilton East 2303  
49466000

Printed on 28th June 2024

---

## Consultations:

### Surgery consultation

Recorded by: Dr Dean Miller Visit date: 26/06/2024

Recorded on: 26/06/2024

Seen with mum

#1

#### Discussion with mum first

Josh reported that over last weekend his father hit him

Mum reports in the past, 2-3x per year would hit the kids

Has left marks on them in the past (eg bruising up legs)

Reports he had hit them on back of legs/bottom in the past

Mum reports that dad has a history of ADHD, poor emotional regulation: can escalate things very quickly, usually over minor issues

Had some conflict over weekend

Spilled some water on the couch

Put in "time out", then was smacked

Reports varying places - bottom, back, face

Josh has a counsellor

Seeing him tomorrow

#### Discussion with Josh

Got in trouble

Then got smacked in his back - with his dad's hand

Hurt a bit, a bit more than a "pat"

Got in trouble the next day

Was put in his room for a few hours

Initially said he was "shoved" in his room

However, explained it as being picked up from behind and placed in his room

Reports there was no further smacking that day

When asked if this was the first time he had been smacked, replied "No, he's smacked me a lot of times"

o/e:

Happy and alert.

Interactive and playful

Seemed shy and uncertain at answering questions initially, but seemed to become more comfortable during the consult

Was able to show me how dad picked him up on the weekend, by using mum as a reference

Movements - all normal

Back - nontender, no bruising. Good ROM with rotation and flexion

Skin (face, upper body) - nil bruising or obvious injuries

Nil particular injuries noted today

Discussed mandatory reporting

eReport made: Engagement Number: 15732841

Mum aware

To review with me if any further reports on violence

Review/support prn

#2

Had flu vaccine today

Not the 1st one

Tolerated previous ones

I checked vaccine, dose and exp

**Reason for visit:**

Domestic and family abuse and violence (DFAV)

Influenza Immunisation

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 9" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

**From:** Matthew Shepherd <mshepherd@ramsdenlaw.com.au>  
**Sent:** Mon, 1 Jul 2024 14:58:03 +1100  
**To:** Olivia Shedden  
**Cc:** Thiala Beltrao; Anna Roberts  
**Subject:** RE: Cooke & Cooke  
**Categories:** LEAP

"HC9"

Dear Colleagues

We refer to your letter of Friday 29 June 2024.

We are instructed that our client has complied with Order 10 and has not used physical punishment. The incident described in your email did not occur. Our client did not hit Joshua. Our client did not put him in time-out for three and five hours or any extended period.

As your emails says, Joshua does not have a clear understanding of time. Miscommunications and misunderstandings between separated parents relying on messages via children is common. Understanding such statements of children, and especially then questioning children about them, can be difficult. Questioning can lead to further miscommunications and misunderstandings and needs to be done carefully by experts in the field who have considered all explanations of why such statements might have been made and spoken with all relevant people.

Our client does not agree to seeing the children on a supervised basis or for lesser periods than provided for in the interim orders. He requires the April parenting Orders be followed.

The April Orders provide that the boys are with our client for the second half of the July school holidays which would start 13 July.

Your client has asked our client via My Family Wizard however that he have the boys for the first half. This would therefore be from Friday 5 July (being the last of the school term) to 13 July being a period of 8 nights.

Please confirm by 12 noon Wednesday 5 July that your client's preference continues to be that the boys be with our client the first half, or if she prefers to follow the orders and the boys be with our client for the second half.

Regards,

**MATTHEW SHEPHERD**  
Acc. Spec. (Family Law) NSW

D: (02) 8123 1229  
E: [mshepherd@ramsdenlaw.com.au](mailto:mshepherd@ramsdenlaw.com.au)



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A: Level 6, 15 Castlereagh Street, Sydney NSW 2000

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**From:** Olivia Shedden <oshedden@delaneyroberts.com.au>  
**Sent:** Friday, June 28, 2024 3:58 PM  
**To:** Matthew Shepherd <mshepherd@ramsdenlaw.com.au>  
**Cc:** Anna Roberts <aroberts@delaneyroberts.com.au>; Thiala Beltrao <tbeltrao@delaneyroberts.com.au>  
**Subject:** Cooke & Cooke

Dear Colleagues,

Please see [attached](#) letter to you of even date.

Yours faithfully

OLIVIA SHEDDEN

Solicitor

BBus, LLB (Hons), DipLegPrac



T 02 4952 3901

E [oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)

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# DELANEY ROBERTS

SPECIALIST FAMILY LAWYERS

Our Ref: ALR:OS:13629  
Your Ref: Matthew Shepherd

2 July 2024

Mr Shepherd  
Ramsden Family Law  
6/15 Castlereagh Street  
Sydney NSW 2000

**By Email only: [mshepherd@ramsdenlaw.com.au](mailto:mshepherd@ramsdenlaw.com.au)**

Dear Colleagues

**Re: Cooke & Cooke**

---

We refer to the above matter and your email dated 1 July 2024.

Our client acknowledges that Joshua is seven (7) years old and therefore does not have a strong understanding of time. However, our client maintains Joshua made consistent allegations over multiple days to her and Dr Miller and therefore it appears the incident did occur. We enclose a copy of Dr Miller's notes for your reference.

Our client considers this issue should be brought before the Court and intends to file an urgent Application. In the meantime, our client is not prepared to allow the children to spend time with your client unless it is supervised time and as per the schedule proposed in our correspondence dated 28 June 2024.

We request your client engage with a local children's contact service and you forward to us written booking confirmation of the supervision sessions. To clarify any doubt, we confirm our client will collect the children from school each Thursday and will arrange changeovers for supervision directly with the contact service.

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in Family Law



THE LAW SOCIETY OF NSW  
PROFESSIONAL  
STANDARDS SCHEME

We look forward to hearing from you.

Yours faithfully

**Delaney Roberts Family Lawyers**



Anna Roberts

Director, Solicitor & Family Dispute Resolution Practitioner

BComn LLB GradDipLegPrac

M.AppLaw (Family Law) GradDip (FDRP)

email: [aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)

phone: 02 4952 3901

Encl. 1

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

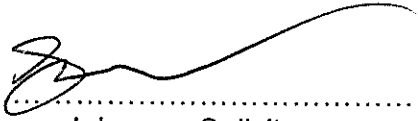
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC10" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

# Message Report

"HC10"



**Generated:** 10/20/2025 at 10:31 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 10/16/2024 — 10/17/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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---

Message 1 of 1

**Sent:** 10/17/2024 at 07:02 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 10/17/2024 at 08:29 AM*)  
**Subject:** Re: Lab learning invoice

Hi

Therapy is 130/session per child. So outgoing cost is 260/fortnight. Rebate is 96.55 so out of pocket is roughly 35 per session. So for both kids total out of pocket is 75 per fortnight. I'd send you the rebate through.

If you don't support it then I'll cover it.

Heather

**Sent:** 10/16/2024 at 08:29 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 10/17/2024 at 06:10 AM*)  
**Subject:** Re: Lab learning invoice

Hi Heather,

I've given some thought to your request regarding the boys' therapy for Term 4. While I fully support their well-being, I feel conflicted. I'm concerned that by covering the ongoing therapy costs, it may inadvertently contradict the parenting balance I'm striving for with you for the boys.

That being said, I do feel the therapy for the boys in the past was warranted, and I'm happy to

contribute towards that. If you could specify the total cost for therapy you paid for a term, less the Medicare rebate(s), I'd be happy to reconcile this with you directly or through Anna. I believe OurFamilyWizard supports payments as well, and I await your advice.

Regarding uniforms, I stopped by Lowes Kotara per your suggestion and picked up two sets of microfiber shorts and golf shirts for Joshie for school. I'll send them back with him, and I'm excited for Josh because Josh is Josh, and we know Josh! :)

Additionally, I've paid the Lab Learning invoice for Christian, and you can find the receipt attached.

It would be nice if we could settle things without court.

Best regards,  
Stephen

**See Attachments:** Lab\_Learning\_Term\_4\_Payment\_Reciept.pdf (374.9 KB)

Sent: 10/16/2024 at 04:59 PM  
From: Stephen Cooke  
To: Heather Cooke (*First Viewed: 10/16/2024 at 08:16 PM*)  
Subject: Re: Lab learning invoice

Understood. Thank you.

Sent: 10/16/2024 at 03:12 PM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 10/16/2024 at 04:58 PM*)  
Subject: Re: Lab learning invoice

Hi,

No all invoices are settled to date. I'll let you know when something comes up

Heather

Sent: 10/16/2024 at 02:21 PM  
From: Stephen Cooke  
To: Heather Cooke (*First Viewed: 10/16/2024 at 03:04 PM*)  
Subject: Re: Lab learning invoice

Hi Heather,

I've received it and will action payment later today and send you a not when I have.

Sentral, I do continue to have access but open invoices is empty. Perhaps you need to contact the school or it hasn't posted yet?

Stephen

Sent: 10/16/2024 at 01:44 PM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 10/16/2024 at 02:00 PM*)  
Subject: Lab learning invoice

Hi,

I've just sent the lab learning invoice for term 4 to you. Can you please check your email and confirm that you've received it.? If you can also confirm when it's paid id be grateful?

Also do you have access to Sentral to pay for the children's education expenses for term 4? If you don't I'll contact the school on your behalf to organise.

Heather

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 11" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

# Message Report

"HCII"



**Generated:** 10/20/2025 at 10:34 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 08/05/2024 — 08/05/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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---

Message 1 of 1

**Sent:** 08/05/2024 at 09:56 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 08/05/2024 at 10:01 AM*)  
**Subject:** Re: Late drop-off this morning

Thanks for letting me know

**Sent:** 08/05/2024 at 09:47 AM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 08/05/2024 at 09:56 AM*)  
**Subject:** Late drop-off this morning

Hi Heather

I had an appointment at the home for 9:00am.

Regards,

Stephen

# Message Report



**Generated:** 10/20/2025 at 10:34 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 08/19/2024 — 08/19/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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---

Message 1 of 1

**Sent:** 08/19/2024 at 09:47 AM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 08/19/2024 at 12:14 PM*)  
**Subject:** Late drop-off this morning

Hi Heather,

We were a bit late this morning with a 9:40am sign in.

Regards,

Stephen

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

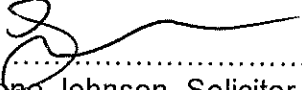
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 12" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.

  
.....  
Simone Johnson, Solicitor

# Message Report

"HC12"



**Generated:** 10/20/2025 at 10:36 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 09/12/2024 — 09/12/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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---

Message 1 of 1

**Sent:** 09/12/2024 at 04:09 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 09/12/2024 at 05:52 PM*)  
**Subject:** Pick-up update

Hi Heather,

Traffic on Glebe Rd was a bit heavier than usual today, so I called the office at 3:23 to let Martine know to have the boys ready for pick-up at the office.

Having anticipated a possible miscommunication due to time constraints, I first stopped by the Kiss and Ride, where I collected Christian at 3:27 pm. The two of us then headed to the office to pick up Joshua at 3:30 pm. I assume Mr. Beaven was speaking with you on the phone when I arrived looking for Christian, hence this message to clarify.

Rest assured, both boys are safe and sound.

Speak soon.

Stephen

**See Attachments:** 20240912\_153250\_1.jpg (3.0 MB)

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

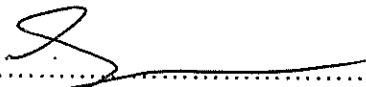
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC13" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.

  
.....  
Simone Johnson, Solicitor

"HC13"

# Message Report



**Generated:** 10/20/2025 at 10:39 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 05/27/2024 — 05/27/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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Message 1 of 1

**Sent:** 05/27/2024 at 07:28 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 05/27/2024 at 08:25 PM*)  
**Subject:** Re: Swimming

They're not coping well at all with me taking them to swim on Thursday. Announcing it's time to got to swim on a Thursday is met with tears. They appear to be exhausted when I pick them up and they are just wanting to hang with me. Christian typically announces he's had bad asthma that morning as well and I'm certainly not going to contest that and push swim given the current circumstance we find ourselves in.

No, there are no dishonor fees, I paid for the lessons we didn't go to.

**Sent:** 05/27/2024 at 07:16 PM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 05/27/2024 at 07:16 PM*)  
**Subject:** Re: Swimming

The last time the children attended swim was the 18th Apr.

Christian last had an asthma exacerbation on May 9th.

Are there dishonour fees to be paid?

Sent: 05/27/2024 at 07:10 PM  
From: Stephen Cooke  
To: Heather Cooke (First Viewed: 05/27/2024 at 07:10 PM)  
Subject: Re: Swimming

Sure. They're getting their sport in with dad anyways by way of bike rides (Saturday and Sunday.)

Thursday 4:00 pm swim hasn't been working. I get a lot of complaints that it reduces their time with me and while I have been pushing through, the last few visits haven't happen because of asthma (Christian)

Sent: 05/27/2024 at 05:12 PM  
From: Heather Cooke  
To: Stephen Cooke (First Viewed: 05/27/2024 at 05:54 PM)  
Subject: Swimming

Hi,

I will arrange to take the children to swim going forwards.

I have arranged for a friend to pick up the boxes of belongings of mine that you would like to dump (mentioned in your email to Michael Flook last week) on Wednesday between 4:30 - 5 pm. Perhaps you could handover the swim bag then.

Thanks

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant


and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 14" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.

  
.....  
Simone Johnson, Solicitor

"HC14"

# Message Report



**Generated:** 10/20/2025 at 10:41 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 09/15/2024 — 09/15/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

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ourfamilywizard.com

info@ourfamilywizard.com

(866) 755-9991

---

Message 1 of 1

**Sent:** 09/15/2024 at 02:21 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 09/17/2024 at 10:22 AM*)  
**Subject:** Re: Handover Oct 11

Thanks Heather.

**Sent:** 09/15/2024 at 01:52 PM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: 09/15/2024 at 02:20 PM*)  
**Subject:** Re: Handover Oct 11

Great I'll let oosh know. The kids will have a great day.

**Sent:** 09/15/2024 at 01:25 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 09/15/2024 at 01:50 PM*)  
**Subject:** Re: Handover Oct 11

I'm happy to pick them up from OOSH at 4:00 pm that day. I have great memories of riding the bus home with friends after school trips and other activities.

Sent: 09/15/2024 at 07:16 AM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 09/15/2024 at 08:03 AM*)  
Subject: Handover Oct 11

Hi,

I have to work on Oct 11 so I've booked kids into oosh. Oosh is having a vacation day so the children will be off site until 4pm.

In terms of picking them up you can grab them from oosh at any time after 4 pm or if you want to get them at 3 they'll be on their excursion in Cessnock. Can you let me know your preference as I need to let oosh know you'll be signing them out and give them a rough time and location.

Thanks

# Message Report



**Generated:** 10/20/2025 at 10:41 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 07/26/2024 — 10/11/2024

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

OurFamilyWizard, LLC.  
ourfamilywizard.com  
info@ourfamilywizard.com  
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---

Message 1 of 1

**Sent:** 10/11/2024 at 03:48 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 10/11/2024 at 03:56 PM*)  
**Subject:** Re: Term 3 School holidays

Apologies.

**Sent:** 10/11/2024 at 03:47 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 10/11/2024 at 03:56 PM*)  
**Subject:** Re: Term 3 School holidays

I'm at OOSH

**Sent:** 10/11/2024 at 03:32 PM  
**From:** Stephen Cooke  
**To:** Heather Cooke (*First Viewed: 10/11/2024 at 03:56 PM*)  
**Subject:** Re: Term 3 School holidays

Heather,

The last message I have regarding this matter is the boys are returned to me for 3:00pm on Oct 11.

Can you please be reasonable, I'm sitting here at the petrol station concerned.

Regards,

Stephen

Sent: 10/11/2024 at 03:24 PM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 10/11/2024 at 03:25 PM*)  
Subject: Re: Term 3 School holidays

Please read your messages

Sent: 10/11/2024 at 03:22 PM  
From: Stephen Cooke  
To: Heather Cooke (*First Viewed: 10/11/2024 at 03:24 PM*)  
Subject: Re: Term 3 School holidays

Hi Heather,

Where are you?

Sent: 07/31/2024 at 06:21 AM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 07/31/2024 at 07:04 AM*)  
Subject: Re: Term 3 School holidays

Thanks for your reply

Sent: 07/31/2024 at 12:40 AM  
From: Stephen Cooke  
To: Heather Cooke (*First Viewed: 07/31/2024 at 06:20 AM*)  
Subject: Re: Term 3 School holidays

Evening Heather,

I apologize for not responding sooner. Thank you for providing the options for the upcoming Term 3 school holidays. Given that September 27th is already my scheduled weekend with the boys, I believe Option 1 is better for the children as it aligns with their regular routine and provides balanced time with both of us during the holidays.

As per our regular arrangement, I will have the boys on Thursday evening, September 26, before

the holiday starts.

Option 1:

I have the kids from 3pm Friday, September 27 until 3pm Friday, October 4.

You have the kids from 3pm Friday, October 4 until 3pm Friday, October 11.

I have the kids back from 3pm Friday, October 11 and return them to school on Monday, October 14.

This option helps the children maintain a consistent schedule and ensures they spend balanced and quality time with both of us during the holidays.

Please let me know if this works for you.

Thanks,

Stephen

Sent: 07/26/2024 at 12:54 PM

From: Heather Cooke

To: Stephen Cooke (*First Viewed: 07/30/2024 at 07:46 PM*)

Subject: Term 3 School holidays

Hi,

It is 9 weeks until term 3 school holidays. To prepare, I need dates to arrange care for the children.

School finishes on Fri Sept 27 which is your weekend.

Please let me know your preference.

Option 1

You have kids from 3pm Fri Sept 27 until 3pm Fri Oct 4, Then you get kids back 3pm Oct 11 and return them to school on Oct 14

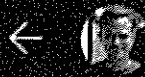
Option 2

You have the kids from 3pm Fri Sept 27 until 9 am Mon Oct 30, then you get the kids back 9 am Mon 7 and return them to school 9 am Mon Oct 14

Can I please request that you let me know by latest 5pm next Tues Jul 30th so I can make the necessary arrangements?

Thanks

11:43



Steve Cooke @



12:21 pm

Fri, 13 Sept

Hi Heather,

I understand you are asking for my new address. At this time, I prefer to keep my address private for personal reasons. However, this decision does not affect my commitment to co-parenting or ensuring the best interests of the children.

I'm more than willing to discuss any specific concerns you have or find alternative ways to manage exchanges or communication that work for both of us while keeping the focus on the children's well-being. If you have any suggestions for a neutral, child-friendly location for drop-offs and pick-ups, I'd be happy to consider them.

I appreciate your understanding on this matter.

Best regards,  
Stephen

1:19 am

Fri, 11 Oct

I'm here 3:19 pm



Signal message



11:36 M



←  Steve Cooke   

You missed a call, but the caller didn't leave a message.

Friday, 11 Oct • 3:18 pm

You missed a call, but the caller didn't leave a message.

3:18 pm

You missed a call, but the caller didn't leave a message.

3:23 pm

You missed a call, but the caller didn't leave a message.


3:24 pm

You missed a call, but the caller didn't leave a message.

3:30 pm

You missed a call, but the caller didn't leave a message.

 RCS chat with Steve

 RCS message   

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

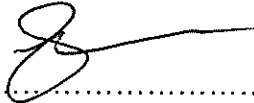
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 15" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HCIS"

**Olivia Shedden**

---

**From:** Stephen Cooke <stephencooke.c@gmail.com>  
**Sent:** Tuesday, 15 October 2024 4:25 PM  
**To:** JLM Admin  
**Cc:** Anna Roberts  
**Subject:** Re: Cooke and Cooke

**Categories:** LEAP

Hi Jo,

Matthew advised me the other day that, given my decision to self-represent, it may be prudent for me to contact you directly before today's mention. Unfortunately, due to other reasons, I was unable to take action before the meeting.

Noted on your earlier communications, and I will ensure I keep Anna in the loop.

Thank you for your understanding.

Kind regards,  
Stephen

Follow me on LinkedIn: [[www.linkedin.com/in/stephen-cooke-b853702ab](https://www.linkedin.com/in/stephen-cooke-b853702ab)]

On Tue, Oct 15, 2024 at 4:15 PM JLM Admin <[admin@jlmfamilylawyers.com.au](mailto:admin@jlmfamilylawyers.com.au)> wrote:

Dear Mr Cooke,

I refer to your text message requesting a call from me in the next few days.

Please note that I don't speak with one party without the other party present (or their legal representative if represented).

I am independent of both parents and represent the children.

All communications must be transparent and copied to all parties to the proceedings.

Regards

Jo Markham

Lawyer

**JLM** Family Lawyers

---

[admin@jlmfamilylawyers.com.au](mailto:admin@jlmfamilylawyers.com.au)

Ph: 0474 134 961

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## Olivia Shedden

---

**Subject:** FW: Meeting

**Categories:** LEAP

**From:** Stephen Cooke <stephencooke.c@gmail.com>  
**Date:** 19 October 2024 at 2:28:49 PM AEDT  
**To:** Anna Roberts <aroberts@delaneyroberts.com.au>, JLM Admin <admin@jlmfamilylawyers.com.au>  
**Subject:** Re: Meeting

Dear Ms. Roberts, Ms. Markham,

I hope this message finds you well. I was wondering if it would be appropriate for the three of us to meet for an informal coffee in a public setting, perhaps at Nobbys Beach or another location, such as The Kiosk at Newcastle Beach near Clarity Lawyers. I would be happy to treat.

My intention for the meeting is to have a relaxed, off-the-record conversation focused on exploring amicable ways to resolve the matter without seeking any advantage for either side. Of course, any discussions would not form part of the formal legal process.

Please let me know if this is something that would be appropriate, and I am happy to accommodate your schedules.

Kind regards,  
Stephen Cooke

On Thu, 17 Oct 2024, 2:16 pm Stephen Cooke, <[stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)> wrote:

Dear Ms. Roberts,

Thank you for your email.

Firstly, I acknowledge my delayed responses to Heather's recent queries and the impact this has had on her ability to schedule arrangements. I understand the importance of timely communication, and I will make a concerted effort to respond more promptly moving forward, adhering to the deadlines set, particularly regarding matters related to the children. While I may not have responded directly in every instance, I assure you that I have been deeply involved in the legal proceedings we are navigating, and my attention to these issues is very much present. I fully expect to be more fluid in my responses as things progress, and I will endeavor to stay within the required timeframe in the future.

Regarding the Christmas holidays, I will support the arrangements Heather has already committed to, and I will send her a note to confirm this later this afternoon.

Regarding therapy, I have not yet investigated providers or costs, but I am open to recommendations from yourself, Ms. Markham, or Mr. Cowen. If there are no suggestions, that's fine — I will take a look on my end and provide some suggestions as well.

Regarding the mutual restraint on phone recordings, I acknowledge Heather's concerns, and I am open to agreeing to a mutual restriction prohibiting either party from recording one another without express consent, as proposed.

Lastly, I appreciate your advice regarding subpoenas and will make use of the resources available through the court website.

Thank you again for your email and for your attention to these matters.

Best regards,  
Stephen Cooke

On Thu, 17 Oct 2024, 12:58 pm Anna Roberts, <[aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)> wrote:

Dear Mr Cooke

Thank you for your email below. There was no problem with the Court event on 15 October so please no need to apologise.

#### **Phone recordings**

In relation to the phone recordings, Heather has previously been very concerned about recordings you have made of her phone calls with the children, and other calls including during the relationship. Whilst she wishes to make it clear that there has not been any allegation that she has recorded you without consent, she is agreeable to a mutual restraint restricting either party from recording the other without express consent immediately prior to the proposed recording.

#### **Proposal for therapy**

In relation to your proposal for therapy to assist co-parenting communications and collaborations, would you please provide further details including proposed provider and costs? While Heather is more than willing to attempt to improve co-parenting communications, she is not sure how therapy can assist where you are not able to communicate a response to her queries about arrangements for the children. For example, recently Heather messaged you via Our Family Wizard on several occasions to establish arrangements for the Christmas holidays as she has work commitments (patient clinics) she was required to schedule. After she repeatedly followed you up for a response, she eventually had to schedule her patient clinics without having an agreement about the

Christmas holidays, noting that this may cause difficulties in the Christmas break as she was not able to confirm arrangements with you.

Prior to going to the cost of therapy, Heather requests that you confirm that you will respond to her questions about the children within at least 48 hours so that arrangements can be made for the children without the situation becoming stressful and disorganised. Would you please confirm that you can do so? In the meantime, we would be happy to receive further details of the proposed therapy.

### **Subpoenas**

In relation to the subpoenas, as Heather's representative, I cannot advise you including to assist with Subpoenas you wish to file. There is quite a lot of helpful information on the Court website, including in relation to filing a Subpoena, which you might find beneficial [Subpoena - Family Law | Federal Circuit and Family Court of Australia \(fcfcoa.gov.au\)](http://www.fcfcoa.gov.au)

Yours faithfully

**ANNA ROBERTS**

Director, Solicitor & Family Dispute Resolution Practitioner  
BComn LLB GradDipLegPracM.AppLaw (Family Law) Grad Dip (FDRP)

**Error! Filename not specified.**

T 02 4952 3901

E [aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)

**Error! Filename not specified.**

Sydney Office: Level 15, [370 Pitt Street Sydney NSW 2000](#)

Newcastle Office: [Suite 1, Level 1, 317 Hunter Street, Newcastle NSW 2000](#)

Adamstown Office: [274 Brunner Road, Adamstown NSW 2289](#)

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**From:** Stephen Cooke <[stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)>  
**Sent:** Wednesday, 16 October 2024 1:36 PM  
**To:** JLM Admin <[admin@jlmfamilylawyers.com.au](mailto:admin@jlmfamilylawyers.com.au)>; Anna Roberts <[aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)>  
**Subject:** Apologies, Next Steps, and Request for Information

Dear Jo and Anna,

I hope this message finds you well.

Firstly, I want to extend my sincere apologies for any confusion or frustration caused yesterday. I greatly appreciate your patience throughout this process. Jo, I would be especially grateful for any advice you may have regarding the next steps or recommendations on providing information or answering any questions you may have for me.

I understand that there have been some challenges from your perspective, particularly with my adherence to due process. This is not entirely intentional on my part. Please feel free to reach out with any questions or requests, with Anna in copy, especially concerning the boys when they are with me, including if you'd like any photos or updates.

As I am now self-represented, I hope I'm not overstepping by asking: Would it be possible for you to share, at a high level, what information you've received or reviewed so far (for example, school records, OOSH, etc.)? I would like to provide additional context to help you and Drew form a more complete picture, while fully respecting Heather's privacy and her time with the boys. My intention is not to inquire into specifics of the boys' activities while they are with Heather but rather to understand how such information is generally communicated (e.g., through email, affidavit, or otherwise). This will help ensure I am following the appropriate process and contributing effectively from my side.

I also kindly ask you both to take note of my service address:

- **PO Box 33, SHORTLAND, NSW 2307**

- **Phone:** 0412846712
- **Email:** [stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)

And my residential address:

- **7A Bakeri Cct, Warabrook, NSW 2304**

To make it clear, any perceived reluctance on my part to proceed with Drew or the Family Report during yesterday's mention has nothing to do with impeding the court's process or pursuing what's in the best interests of Christian and Joshua. What I've become very aware of is the importance of adhering to due process, respecting it, and recognizing the consequences when it's not fully realized, as this can have significant implications. My hesitation yesterday was solely about ensuring I get the necessary information in front of Drew in a way that allows him to action it as he deems fit. I actually quite like Drew and think he is a lovely man based on my limited interaction with him. I am confident he will act in the best interests of the boys.

Lastly, I want to address a personal matter to clarify any potential misunderstandings. Since the end of my marriage, I have remained celibate. I understand that this may not seem directly relevant, but I believe it's important to state this to avoid any false assumptions or misconceptions that could affect the overall process, which should be addressed in court should it come to that. My choice is not because I hope or expect the marriage is salvageable, but rather it reflects where I am personally. Additionally, I want to emphasize that I do not drink alcohol, except at social work functions, and this has remained consistent throughout the process. As noted in the attached report, my alcohol levels remain below detectable limits, and I have fully complied with the order regarding refraining from alcohol consumption when the children are under my care.

As you are aware, I am working towards a 50/50 equal parenting arrangement for the boys. I firmly believe that, with the appropriate structure and conditions in place on both sides, the boys would benefit the most from this arrangement. I would greatly appreciate any support or guidance from you, Jo, Drew, and Anna, to help us reach this outcome in the best interests of the boys.

In addition, I would like to suggest exploring a neutral third-party therapy option specifically aimed at improving co-parenting communication and collaboration. Heather and I could attend independently and, where appropriate, jointly. I believe this could foster a healthier environment for addressing co-parenting issues, and I would welcome any recommendations you may have for suitable services that focus on co-parenting.

**Without prejudice**, Heather has mentioned concerns about being audio recorded. To address this, I propose that we either seek an order or mutual undertaking that prohibits either Heather or myself from audio recording conversations between the two of us or between the children and the other parent while under the care of the other parent, without explicit consent. I rely upon you, Anna, for guidance in this regard as to how such an order or mutual undertaking could be introduced and applied in an unbiased, neutral, and equal fashion. I believe this would help ease her concerns and foster a more neutral, cooperative environment.

On this note, Anna, could you please assist in preparing and serving the necessary subpoenas to the parties listed below, for which I have been granted leave, in relation to the Family Report that Drew is working on? Additionally, could you provide me with an estimate of your costs for handling these subpoenas and a timeline for when I can expect the documents to be returned? I would ask that you request a 7-day turnaround time and copy me on such correspondence. I will also need independent copies of the documents once they are available.

- **ATUNE Health Centres - Cardiff**  
Address: 52 Ada St, Cardiff NSW 2285  
Phone: (02) 4954 4511
- **Chromis Occupational Medicine**  
Address: 47 Church St, Maitland NSW 2320  
Phone: (02) 4936 9999

Thank you both again for your understanding and support.

Best regards,  
Stephen

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 16" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC16"

**Olivia Shedden**

---

**Subject:** FW: NCC3896/2023Cooke and Cooke Family Law Matter  
**Importance:** High  
**Categories:** LEAP

**From:** Samantha Miller <samantha@claritylawyers.com.au>  
**Sent:** Wednesday, 20 December 2023 1:10 PM  
**To:** Anna Roberts <aroberts@delaneyroberts.com.au>; Olivia Shedden <oshedden@delaneyroberts.com.au>  
**Cc:** Heather Cooke <heather111cooke@gmail.com>  
**Subject:** RE: NCC3896/2023Cooke and Cooke Family Law Matter  
**Importance:** High

Dear Colleagues,

I sincerely apologise, the error was all mine. As you are aware it's a super busy time of the year and I made an error with the late January dates. I confirm that the correct dates and therefore agreement is as set out below.

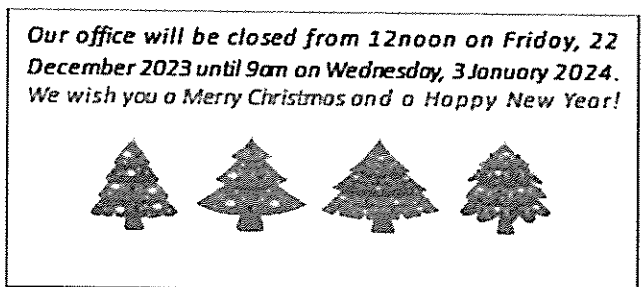
I wonder whether, given the circumstances, your client might consider making the children available earlier today? In that regard I suggest that the parties can communicate between themselves to avoid the delay associated with going through our offices.

Yours faithfully,

Samantha Miller | Director and Principal Solicitor

Office: 4023 5553

[Click Here to Book an Appointment](#)



Level 4, T&G Building, 45 Hunter Street, Newcastle NSW

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**From:** Anna Roberts <[aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)>  
**Sent:** Tuesday, December 19, 2023 6:37 PM  
**To:** Samantha Miller <[samantha@claritylawyers.com.au](mailto:samantha@claritylawyers.com.au)>; Olivia Shedden <[oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)>  
**Cc:** Heather Cooke <[heather111cooke@gmail.com](mailto:heather111cooke@gmail.com)>  
**Subject:** RE: NCC3896/2023Cooke and Cooke Family Law Matter

Dear Colleagues

We refer to your letter of today's date. The times and dates set out in your said letter do not accord with the agreement reached between the parties, particularly at paragraphs 3 and 4.

The agreement reached between the parties is as follows:

1. From 3:00pm on 17 December to 10:00am on 25 December,
2. From 3:00pm on 31 December to 3:00pm on 7 January,
3. From 3:00pm on 14 January to 3:00pm on 21 January,
4. On 27 January, Joshua's Birthday, from 1:00pm to 5:00pm,
5. From 3:00pm on 28 January to 3:00pm on 31 January,

Please confirm your client's position in relation to the above proposal.

Yours faithfully

**ANNA ROBERTS**

Director, Solicitor & Family Dispute Resolution Practitioner  
BComm LLB GradDipLegPracM.AppLaw (Family Law) Grad Dip (FDRP)



T 02 4952 3901

E [aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)

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From: Samantha Miller <[samantha@claritylawyers.com.au](mailto:samantha@claritylawyers.com.au)>

Sent: Tuesday, December 19, 2023 1:37 PM

To: Anna Roberts <[aroberts@delaneyroberts.com.au](mailto:aroberts@delaneyroberts.com.au)>; Olivia Shedden <[oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)>

Subject: NCC3896/2023Cooke and Cooke Family Law Matter

Importance: High

Dear Colleagues,

Please see attached for your urgent attention.

Yours faithfully,

Samantha Miller | Director and Principal Solicitor

Office: 4023 5553

[Click Here to Book an Appointment](#)



Level 4, T&G Building, 45 Hunter Street, Newcastle NSW

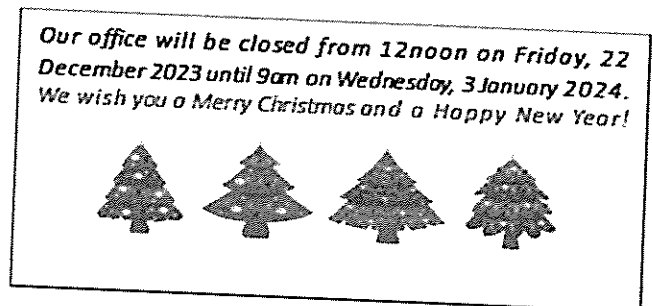
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IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 17" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC17"

**FAMILY LAW ACT 1975**

**IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
(DIVISION 2)**

**AT COFFS HARBOUR**

**No. (P)NCC3896/2023**

**BETWEEN**

Clarity Lawyers  
Level 2, 45 Hunter Street  
NEWCASTLE NSW 2300

**STEPHEN CHRISTOPHER COOKE**  
**(Applicant)**

**AND**

Delaney Roberts Family Lawyers  
Telstra Civic Suite 1,  
Level 2,  
317 Hunter Street,  
NEWCASTLE NSW 2300

**HEATHER ANNE COOKE**  
**(Respondent)**

---

ORDER 23/4/2024

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FAMILY LAW ACT 1975

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
(DIVISION 2)

FILE NO: (P)NCC3896/2023

BETWEEN:

STEPHEN CHRISTOPHER COOKE (Applicant)

AND:

HEATHER ANNE COOKE (Respondent)

BEFORE:

JUDGE CARTY

DATE:

23 April 2024

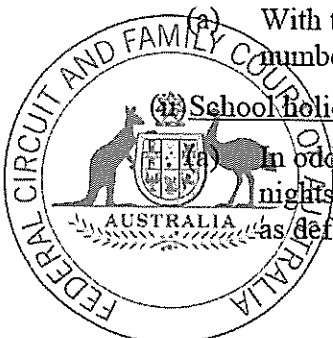
MADE AT:

COFFS HARBOUR

UPON APPLICATION MADE TO THE COURT by Ms Turner, Solicitor, for and with the APPLICANT and Ms Roberts, Solicitor, for and with the RESPONDENT.

**THE COURT ORDERS UNTIL FURTHER ORDER THAT:**

1. The children Christian Finn Cooke born on 20 August 2014 and Joshua Finn Cook born 27 January 2017 live with the mother.
2. The children spend time with the father at all such times as may be agreed between the parents and failing agreement as follows:
  - 2.1 During school term, in a fortnightly cycle as follows:
    - i. Week 1 from the conclusion of school or 3.00pm on Thursday until the commencement of school or 9.00am on Monday; and
    - ii. Week 2 from the conclusion of school or 3.00pm on Thursday until the commencement of school or 9.00am on Friday.
  - 2.2 During the school holiday period the spend time with arrangements in Order 2.1 are suspended and the children will spend time with the father as agreed between the parents and, in the absence of agreement, as follows:
    - (i) School holidays following Terms 1, 2 and 3:
      - (a) With the father for the first half of each of the school holiday periods in odd numbered years and the second half in even numbered years.
      - (b) School holidays (including Christmas) following Term 4:
        - (a) In odd numbered years with the father from 3.00pm Christmas Day for 14 nights, and then from 22 January for the balance of the school holiday period as defined herein;



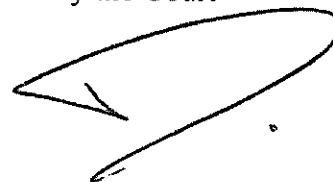
(b) In even numbered years with the father from the day after school breaks up until 3pm Christmas Day, and then from 8 January for 14 nights.

- 3 For the purposes of Order 2.2 herein, the school holidays are deemed to commence at the conclusion of school on the last day of term, and to conclude on the day prior to the commencement of the next school term, and changeovers shall occur at 3pm.
- 4 Changeover is to occur at school on a school day and otherwise at the Shell Service Station on Glebe Road, Merewether NSW.
- 5 That all communications between the parents in relation to the children will be in writing via text message or email, unless in an emergency.
- 6 The parent with the care of the children is to facilitate a phone call with the other parent at any time requested by either of the children.
- 7 Each parent is hereby restrained from consuming alcohol to such an extent that their Blood Alcohol Concentration ("BAC") will exceed 0.05 at any time that the children are in their care, or for the period six (6) hours prior to the children coming into their care.
- 8 All outstanding interim applications are dismissed.

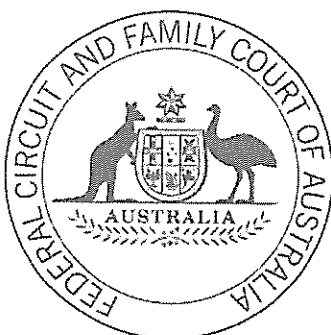
**THE COURT FURTHER ORDERS ON AN INTERIM BASIS BY CONSENT THAT:**

- 9 Notwithstanding any other order herein, the children are to spend time as follows:
  - (a) During each Mother's Day and Father's Day, from 3.00pm to 6.00pm with the relevant parent to celebrate Mother's or Father's Day.
  - (b) During each of the children's birthdays, from 3.00pm to 6.00pm with the parent with whom they did not wake up.
- 10 That each of the parents is hereby restrained from:
  - (a) Denigrating the other parent or allowing any third party to denigrate the other parent, in the presence of the children.
  - (b) Discussing with the children any aspect of the parenting dispute or Court proceedings.
  - (c) Using physical punishment to discipline the children.

By the Court



Registrar



## Family Violence Information Sheet

This information sheet contains important information for litigants who have experienced, or are alleged to have perpetrated, family violence. This information is not a substitute for legal advice.

### About family violence

Family violence means violent, threatening or other behaviour that coerces or controls a member of the person's family (the family member), or causes them to be fearful (section 4AB *Family Law Act 1975*).

The Federal Circuit and Family Court of Australia (the Court) takes family violence very seriously. Protecting family members from the effects of family violence and ensuring the safety of all people engaged in the family law system, including when attending court, is a high priority for the Court.

### Safety at court

Parties concerned about their safety when attending court events can contact the Court's registry in which their matter is listed to arrange a safety at court plan prior to the listing.

### Legal and support services

The Family Advocacy and Support Service (FASS) is a free legal and support service provided by Legal Aid to assist family law litigants who have been affected by family violence. Litigants can attend the free Legal Aid Family Law Duty Service. For more information about FASS, see Family Advocacy and Support Services, Legal Aid, see the Legal Aid section of Find a Lawyer or contact the Court.

### Cross-examination

Division 4 of Part XI of the *Family Law Act 1975* provides that **unrepresented litigants will be unable to cross-examine the other party at an interim or a final hearing if there are allegations of family violence and:**

- i. either party has been charged with or convicted with an offence involving violence or threat of violence involving the other party: section 102NA(1)(c)(i)
- ii. a final Family Violence Order applies to both parties: section 102NA(1)(c)(ii)
- iii. an injunction has been made under section 68B or section 114 of the *Family Law Act* for the personal protection of one party against another: section 102NA(1)(c)(iii), or
- iv. the Court makes an order that personal cross-examination should not be permitted: section 102NA(1)(c)(iv).

In matters involving alleged family violence which **do not** fall into the above categories, the Court may permit personal cross-examination by an unrepresented party but must ensure alternative protections, such as cross-examination via video link, are implemented: section 102NB.

### **These provisions apply to all proceedings under the Family Law Act, not just parenting proceedings.**

Parties who are not permitted to personally cross-examine another party may retain private legal representation or apply to the Commonwealth Family Violence and Cross-Examination of Parties Scheme (the Scheme) to obtain legal representation. The Scheme is not means or merits tested, but applicants may be required to contribute to the cost of their representation. Applications are made through the relevant state or territory Legal Aid Commission. All applications to the Scheme must be made at least 12 weeks prior to the final hearing.

**Unrepresented litigants who do not have legal representation either privately or through the Scheme will be unable to cross-examine the other party at the final hearing.**

Further information can be found on the Court's website: [www.fcfoa.gov.au/fi/fv/overview](http://www.fcfoa.gov.au/fi/fv/overview)

This information sheet provides general information only and is not provided as legal advice. If you have a legal issue, you should contact a lawyer before making a decision about what to do or applying to the Court. The Federal Circuit and Family Court of Australia cannot provide legal advice.

0921V2

## Parenting orders – obligations, consequences and who can help

This information is for parents and other people, such as grandparents, who are subject to a parenting order. It includes information, pursuant to section 65DA(2) of the *Family Law Act 1975*, about the legal obligations created by a parenting order and the consequences that may follow if it is contravened (breached).

This document also includes information, pursuant to sections 62B and 65DA(3) of the Family Law Act, about:

- courses, programs and services in the community that can help people understand their responsibilities and adjust to a parenting order, and
- the options available to ensure that people comply with (follow) a parenting order.

### It is important that you read this information

You have been given this document because a court has made a parenting order which requires you to take certain steps.

**Note** – If this document is attached to a parenting order, the information provided pursuant to section 65DA(2) of the Family Law Act forms part of the order.

It is important that you understand the terms of the order and the obligations it creates. If you are unsure about any of the terms or obligations, ask your lawyer if you have one. You can also seek legal advice about a parenting order if you were not represented at court.

### Community courses, programs and services

There are courses, programs and services in the community that can help you:

- reach an agreement with the other party
- understand your parental responsibilities, and
- adjust to and follow court orders.

For more information about these options, go to [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au), call 1800 050 321 or visit a Family Relationship Centre near you.

A court may order you to attend a post-separation parenting program. You must attend. If you fail to go to a program as ordered, without reasonable excuse, you may be in breach of the parenting order and be penalised.

### What is a parenting order?

A parenting order is a set of orders made by a court about parenting arrangements for a child. A court can make a parenting order based on an agreement between the parties (consent orders) or after a court hearing or trial. When a parenting order is made, each person affected by the order must follow it.

A parenting order may deal with one or more of the following:

- who the child will live with
- how much time the child will spend with each parent and with other people, such as grandparents
- the allocation of parental responsibility
- how the child will communicate with a parent they do not live with, or other people
- any other aspect of the care, welfare or development of the child.

A parenting order can require the parties to follow certain steps before applying to a court to change an order. It can also state the process for resolving disputes that arise from the order.

If the parenting order provides that two or more people have equal shared parental responsibility, any decision about a major long-term issue in relation to a child must be made jointly. This requires each person to consult with the other person and make a genuine effort to reach a joint decision.

**Note** – The status of a parenting order may be altered if a parenting plan is developed by both parties in the future. For more information about parenting plans, go to [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au), call 1800 050 321 or visit a Family Relationship Centre near you.

### Your legal obligations

- You must do everything a parenting order says. In doing so, you cannot be merely passive but must take positive action and this positive obligation includes taking all reasonable steps to ensure that the order is put into effect. You must also positively encourage your children to comply with the orders. For example where the order states your children are to spend time with another party, you must not only ensure that the children are available but must also positively encourage them to go and do so. There are agencies in the community that can help you and your family adjust to and comply with the order (see details above).

- If a parenting order has been made that provides for a child to spend time with, live with, communicate with a person, or a person is to have parental responsibility for a child, then it is an offence to send the child from Australia without an order of the Court or without the consent in writing of the person in whose favour the order has been made. Penalty is imprisonment for three years.
- The order remains in force until a new parenting order or parenting plan changes it in some way.
- Even if the needs or circumstances of you, the child or the other party change, the court order applies until it is formally changed by a court or, in some situations, you enter into a parenting plan with the other party.
- Sometimes people talk to each other about changing arrangements set out in a parenting order. These talks do not change the order.

If you and the other party agree to change the arrangements, you may enter into a parenting plan or apply for consent orders that vary the existing orders. For more information about consent orders, go to [www.fcftoa.gov.au](http://www.fcftoa.gov.au), live chat or call 1300 352 000.

If you want to change a parenting order and the other party does not agree, family dispute resolution can help you and the other party work through your disagreement. Resolving issues this way is less formal than going to court and should cost less in money, time and emotion. If an agreement cannot be reached, you may consider applying to a court for orders.

### Legal advice

You should seek legal advice before deciding what to do. A lawyer can help you understand your legal rights and responsibilities, and explain how the law applies to your case. A lawyer can also help you reach an agreement without going to court. You can seek legal advice from a legal aid office, community legal centre or private law firm. Court staff can help you with questions about court forms and the court process, but cannot give you legal advice.

### Penalties for failing to comply with a parenting order

A court can only penalise someone for failing to comply with a parenting order, which has not been altered by a parenting plan, if another person files an application alleging the person did not comply with the order. After considering all the facts of the case and applying the law, a court may decide that:

1. the alleged contravention was not established
2. the contravention was established but there was a reasonable excuse
3. there was a less serious contravention without reasonable excuse, or
4. there was a more serious contravention without reasonable excuse.

If a court finds that you have failed to comply with a parenting order without reasonable excuse, it may impose a penalty. Depending on the situation and the type and seriousness of the contravention, a court may:

- vary the primary order
- order you to attend a post separation parenting program
- compensate for time lost with a child as a result of the contravention
- require you to enter into a bond
- order you to pay all or some of the legal costs of the other party or parties
- order you to pay compensation for reasonable expenses lost as a result of the contravention
- require you to participate in community service
- order you to pay a fine
- order you to a sentence of imprisonment.

In addition to these orders, a court may also adjourn the case to allow you or the other party to apply for a further parenting order.

The penalties are listed in Division 13A in the *Family Law Act 1975*. To view the Act, go to [www.legislation.gov.au](http://www.legislation.gov.au). For more information about compliance, see the fact sheet 'Compliance with parenting orders'.

### Where the parenting orders are inconsistent with a family violence order

If a parenting order is made that is inconsistent with a family violence order, the family violence order is invalid to the extent of the inconsistency. If you wish to vary or revoke a parenting order or injunction, you should seek legal advice. Depending on your circumstances, options available may include appealing the parenting order or making a further application to the Court. The parenting order remains in force until it is varied or revoked, and your legal obligations remain as set out in this document.

### Location and recovery orders

If you breach a parenting order and you cannot be found, a court may make a location order. This order requires other people or organisations, including government departments, to give any information they have about where you and the child may be located.

If you breach a parenting order by failing to return the child as required, a court may also make a recovery order. This is an order issued to the Marshal of the Court, all officers of the Australian Federal Police and all state and territory police officers to find and recover the child. The order may also allow a search of any vehicle, vessel, aircraft or any other premises where the child may be found.

This fact sheet provides general information only and does not provide legal advice. If you have a legal issue, you should contact a lawyer before making a decision about what to do or applying to the Court. The Court cannot provide legal advice.

### **More information**

For more information, including access to legislation, forms or publications mentioned in this fact sheet:

- go to [www.fcfcga.gov.au](http://www.fcfcga.gov.au)
- live chat on the website
- call 1300 352 000, or
- visit a court registry near you.

Distributed in accordance with sections 62B and 65DA of the *Family Law Act 1975*.

0921 V2

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

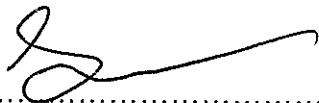
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 18" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"H C 18"

# Message Report



Generated: 03/11/2025 at 10:18 AM by Heather Cooke  
Number of messages: 1  
Timezone: Antarctica/Macquarie  
Parents: Heather Cooke, Stephen Cooke  
Child(ren): Christian Cooke, Joshua Cooke  
Third Party:

OurFamilyWizard  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

## Message 1 of 1

Sent: 03/06/2025 at 05:05 PM  
From: Heather Cooke  
To: Stephen Cooke (First Viewed: 03/06/2025 at 05:07 PM)  
Subject: Re: Kids

I'm concerned for your and their safety and will have the police check in you

On 03/06/2025 at 05:03 PM, Stephen Cooke wrote:

To: Heather Cooke (First Viewed: 03/06/2025 at 05:03 PM)  
Subject: Re: Kids

Hi Heather,

I'm terribly sorry... I've been very distracted.

Please help me in continuing to care for them while I continue to do the lords work and please remind them both that they are forever loved by me the only way I know.

Please teach them to put the needs of others before their own.

You alone are not responsible for this.

Stephen Christopher Cooke

On 03/06/2025 at 03:51 PM, Heather Cooke wrote:

To: Stephen Cooke (First Viewed: 03/06/2025 at 03:56 PM)  
Subject: Kids

Kids are in oosh

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

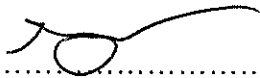
and

**HEATHER ANNE COOKE**

Respondent

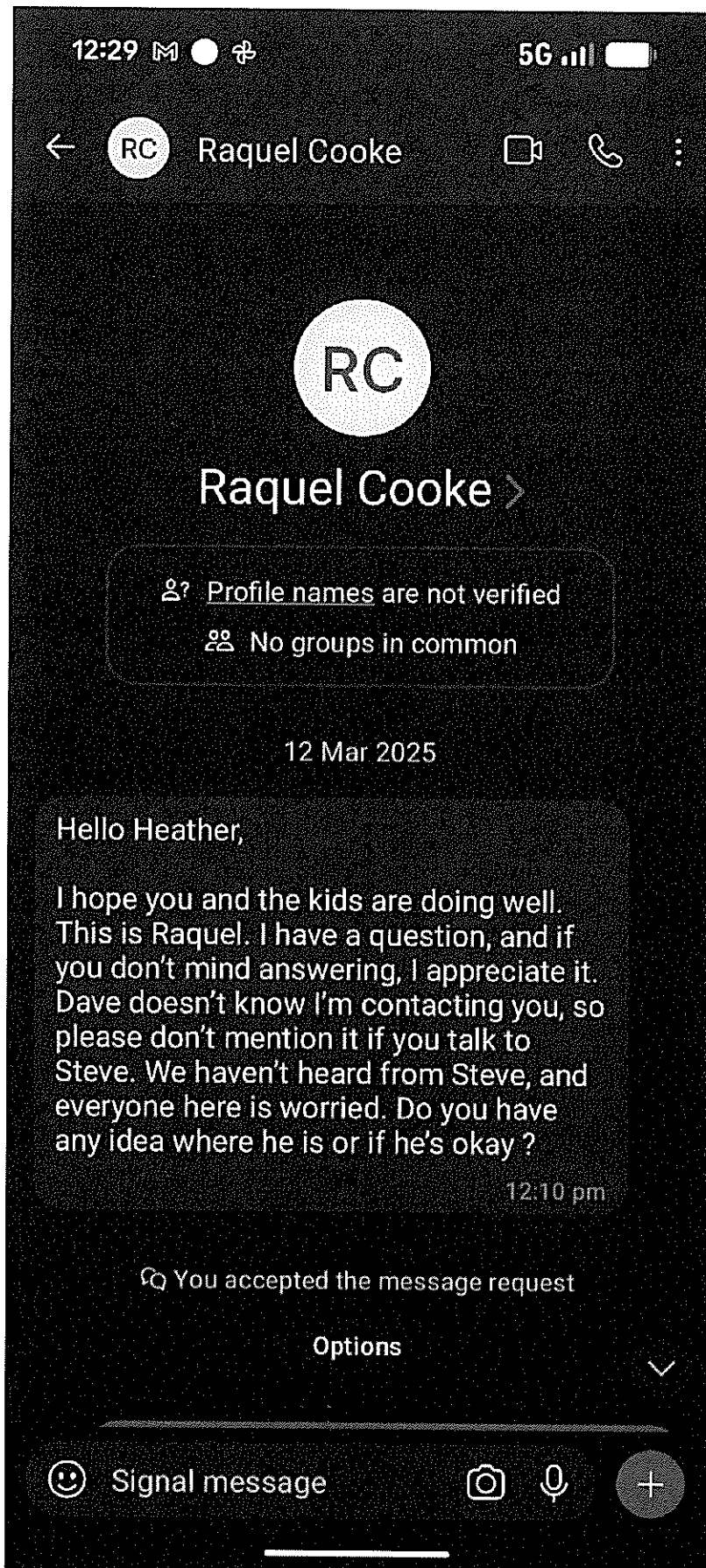
**EXHIBIT COVER SHEET**

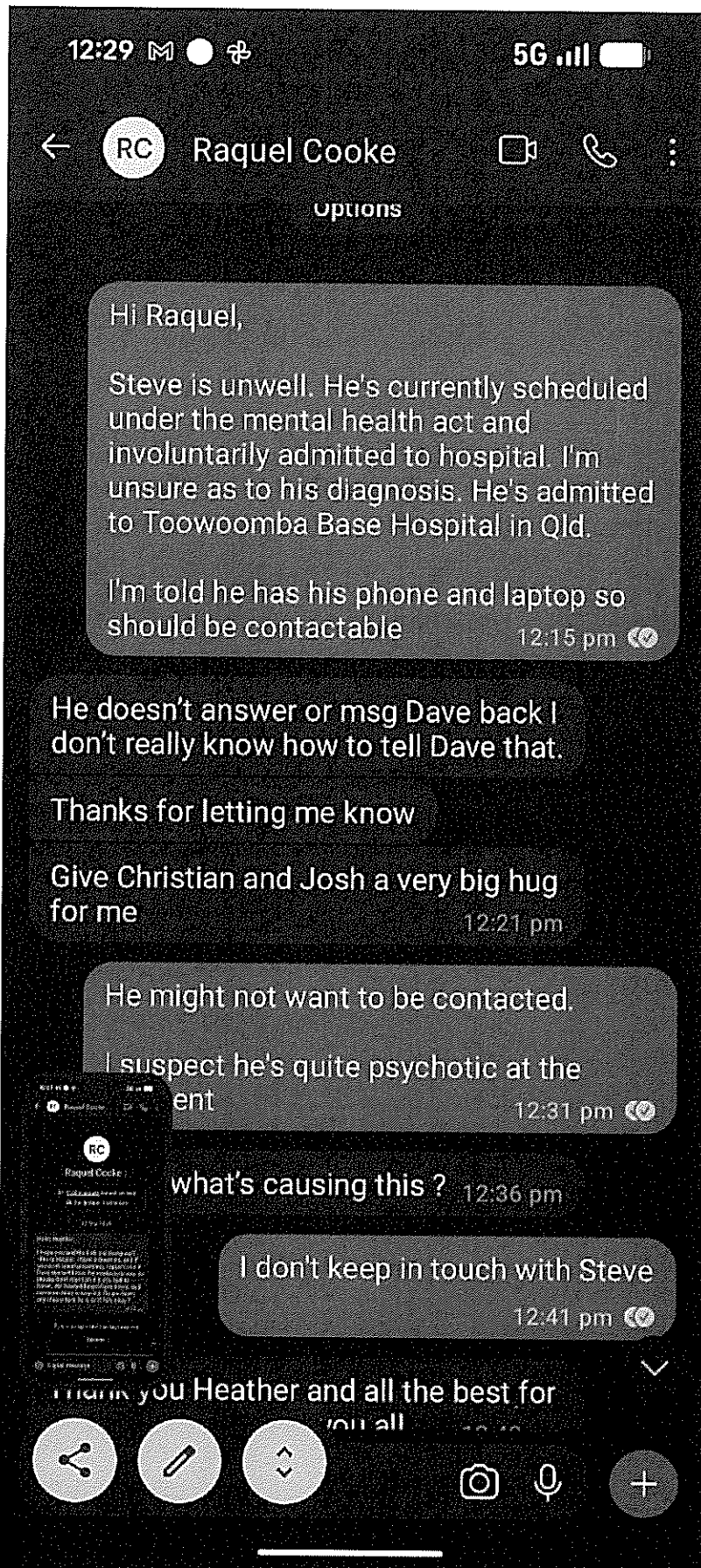
This is the exhibit marked with the letter "HC19" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC19"





IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**


This is the exhibit marked with the letter "HC 20" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

# Message Report

"HC20"

 OurFamilyWizard

Generated: 03/31/2025 at 11:28 AM by Heather Cooke

Number of messages: 1

Timezone: Antarctica/Macquarie

Parents: Heather Cooke, Stephen Cooke

Child(ren): Christian Cooke, Joshua Cooke

Third Party:

OurFamilyWizard  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

## Message 1 of 1

---

Sent: 03/14/2025 at 02:39 PM  
From: Heather Cooke  
To: Stephen Cooke (*First Viewed: 03/14/2025 at 02:40 PM*)  
Subject: Re: Care Arrangements and Vehicle

---

You will not see or contact the children until after the court hearing on Apr 7.

---

On 03/14/2025 at 02:21 PM, Stephen Cooke wrote:

To: Heather Cooke (*First Viewed: 03/14/2025 at 02:38 PM*)  
Subject: Re: Care Arrangements and Vehicle

---

Heather,

I just learned that the boys did not attend school today. Can you please clarify why they were absent?

Given that they are not at school, I suggest we do the handover later today at the petrol station on Glebe Rd, as we usually do during school holidays. Please confirm what time works for you.

Stephen

---

On 03/14/2025 at 02:12 PM, Stephen Cooke wrote:

To: Heather Cooke (*First Viewed: 03/14/2025 at 02:16 PM*)  
Subject: Re: Care Arrangements and Vehicle

---

Heather,

I do not consent to this change in care arrangements. As per the April orders, I am to care for the boys for five nights per fortnight. This is Week 1, and I am scheduled to look after them from Thursday after OOSH until Monday morning. I plan to pick them up from OOSH this afternoon and have already contacted them to arrange after-school care for today.

The current situation arose as a direct result of your report to the police, misrepresenting my message as a suicide note. I was detained under the Mental Health Act, incurring significant costs. I have since collected my vehicle and discovered that it was damaged in the process of being towed, including a smashed window in an apparent attempt to release the emergency brake. Given that my message clearly indicated that I was unavailable for one evening and reassured the boys of my love for them, your actions appear to have been taken with the intent to alter the care arrangements rather than out of genuine concern.

Stephen

---

**On 03/13/2025 at 10:17 PM, Heather Cooke wrote:**

**To:** Stephen Cooke (*First Viewed: 03/14/2025 at 08:23 AM*)  
**Subject:** Re: Today March 13

---

I have arranged care for the kids until the hearing on Apr 7th. They are aware that you love them, but for their safety they will stay with me for the next few weeks.

I'd suggest you use this time to get well and recover.

Also you'll need to collect your car so there is no need to rush back to Newcastle. I'd appreciate if you'd reimburse me for the cost of having your car towed and safely garaged. By the time the police located it a window had been smashed.

---

**On 03/13/2025 at 01:27 PM, Stephen Cooke wrote:**

**To:** Heather Cooke (*First Viewed: 03/13/2025 at 05:07 PM*)  
**Subject:** Today March 13

---

Hi Heather,

Unfortunately I will not be able to pick the boys up after school today and will not be back in Newcastle until tomorrow morning but I will be available for Friday after school and weekend care.

Very truly sorry for the inconvenience and to the boys. Please tell that I love them and will make it up to them.

Kind regards,

Stephen Cooke

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

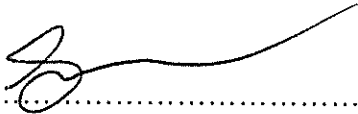
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 21" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC21"

# Message Report



**Generated:** 10/14/2025 at 09:00 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 03/27/2025 — 03/27/2025

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

OurFamilyWizard, LLC.  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

---

Message 1 of 1

**Sent:** 03/27/2025 at 05:48 PM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: Never*)  
**Subject:** Check in

Your neighbours are concerned for your welfare and have asked the police to check on you. They have currently been unable to contact you and are listing you as a missing person.

Can you please let me know if you are well and your location. You need help

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

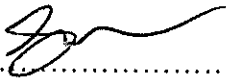
and

**HEATHER ANNE COOKE**

Respondent

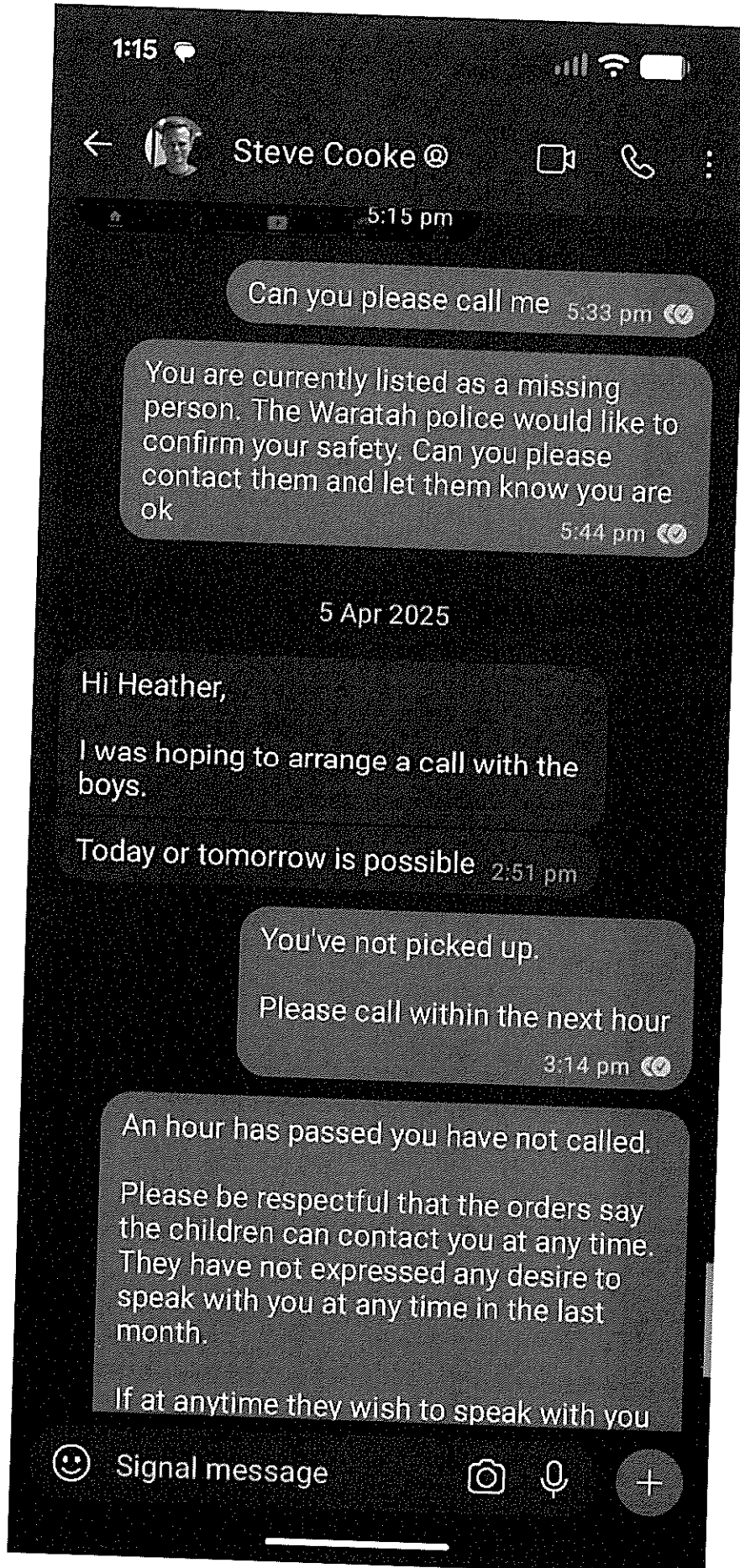
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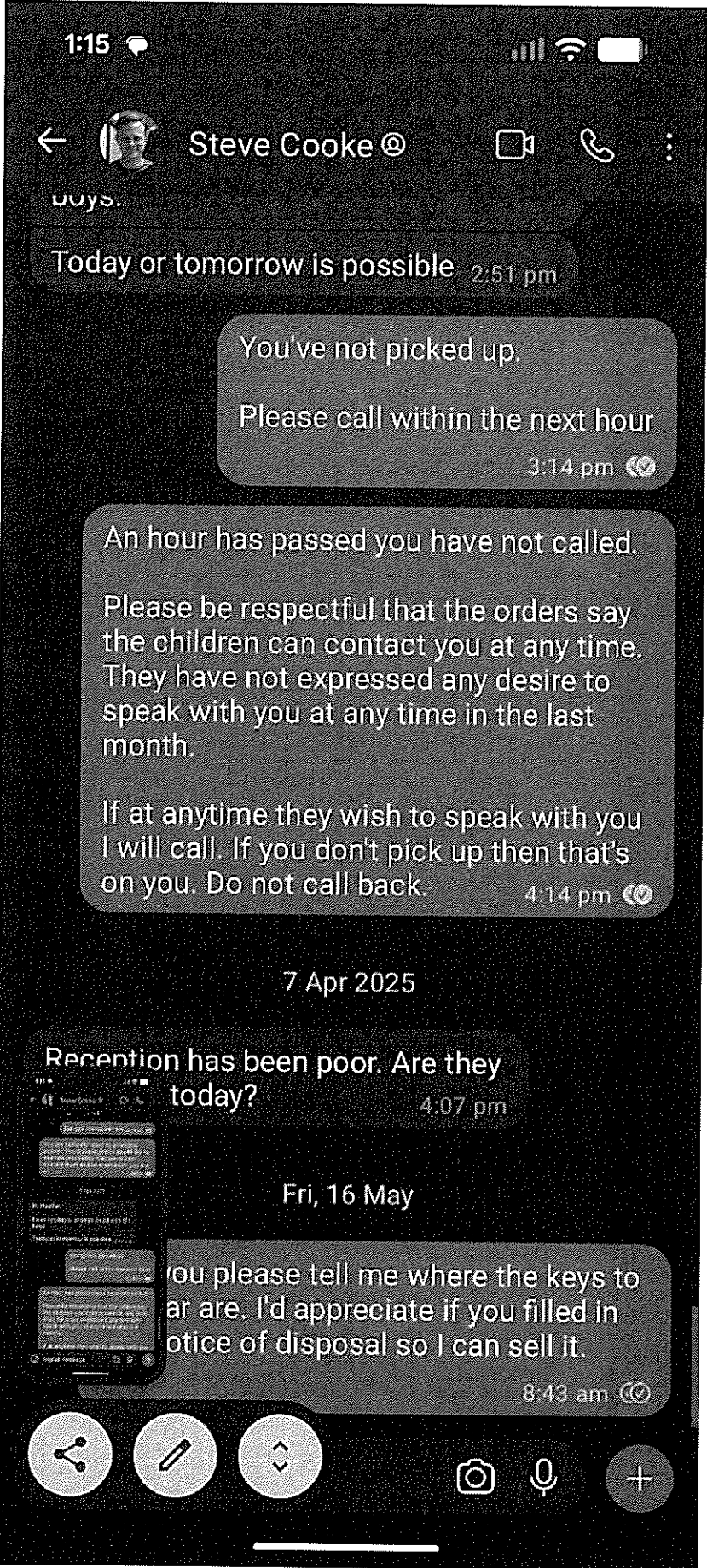
This is the exhibit marked with the letter "HC 22" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC22"





IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

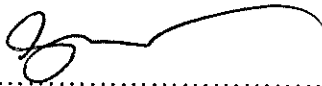
and

**HEATHER ANNE COOKE**

Respondent

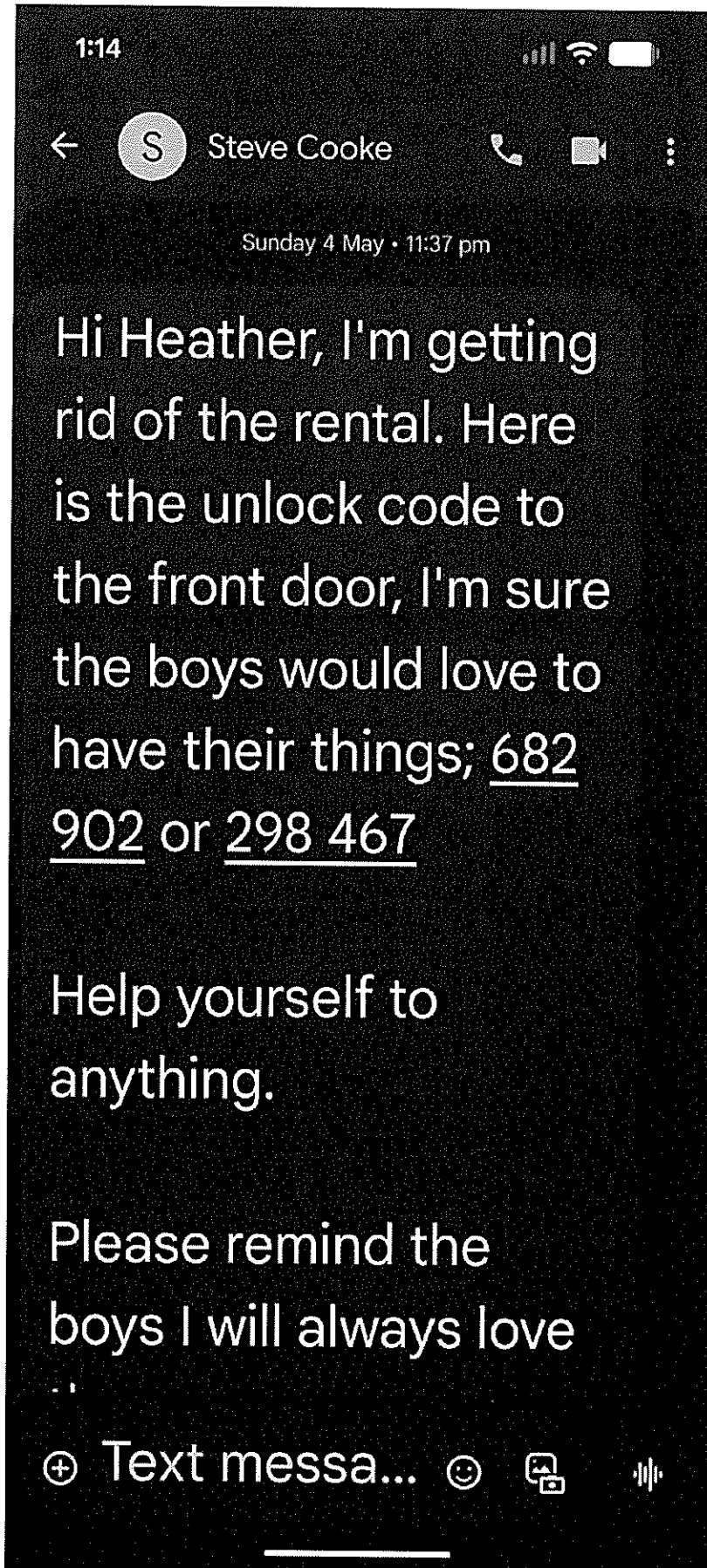
**EXHIBIT COVER SHEET**

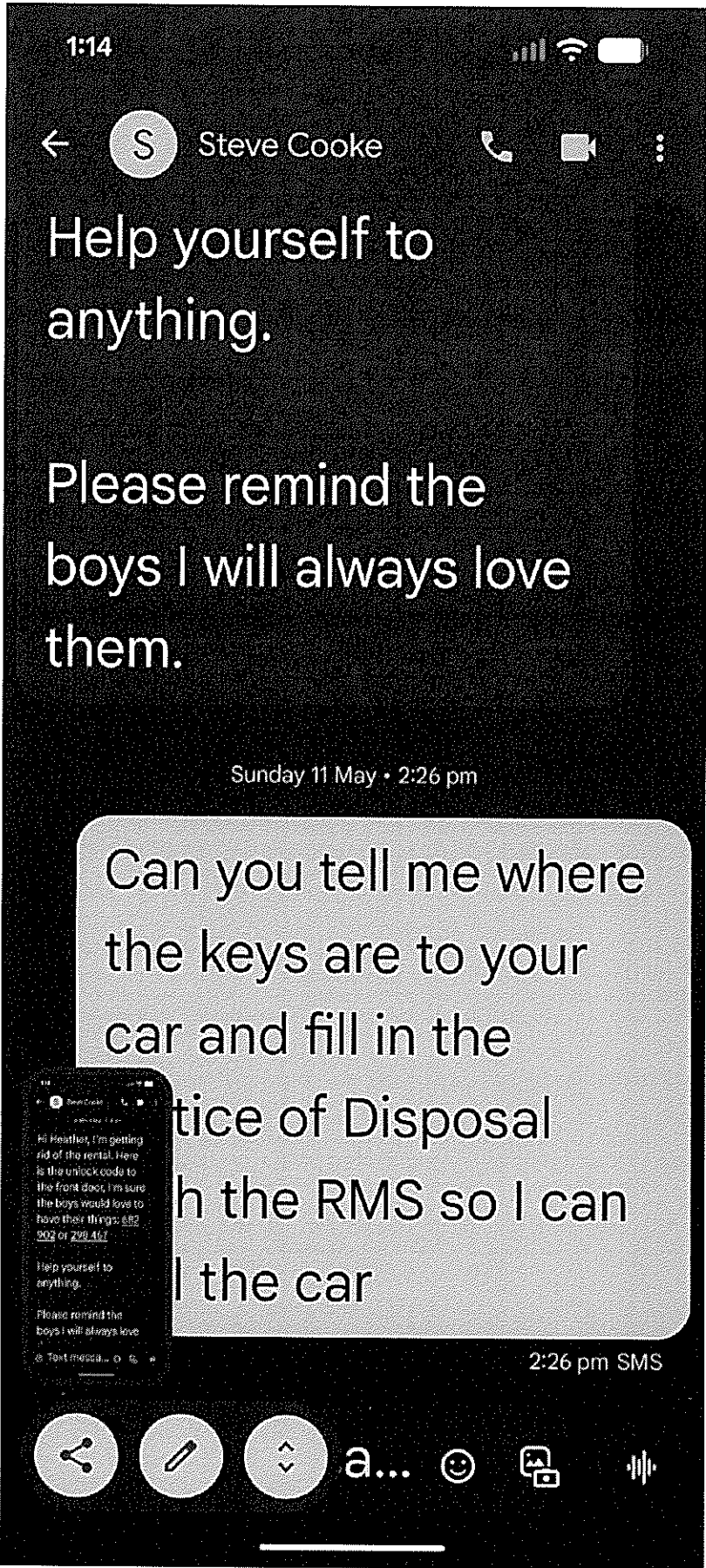
This is the exhibit marked with the letter "HC 23" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC23"





IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 24" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC24"





Angela Cooke

Active 12 hours ago



we've got a call scheduled with Dave and Raquel this Sat our time. Will you be there?



I won't, they're in Pickering, but I'm always free to have a call with you guys.

We'd love that. Kids are missing their Dad

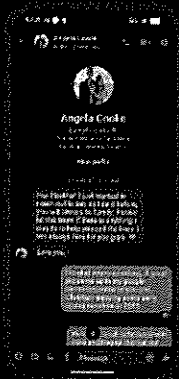
I would also be happy to come visit in the fall, only if you think it would be helpful to the boys.



I am sure. As are we 😊

Id love to have you anytime Ang

He's in Thailand



ast I saw he was in terdam. I got a garmin watch ite.

We started cleaning out his rental this week. There's a court case to im evicted in a couple of



Messenger detected this screenshot.



Angela Cooke

Active 12 hours ago



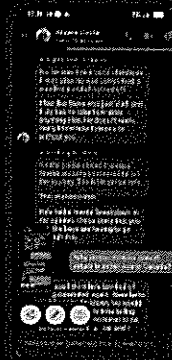
return to either AUS or Canada?

With aus I think he's terrified of being committed again. Were he to visit Canada, he knows we would all spend the whole time telling him that he must go home to his boys. My parents, Dave, and I have been clear about that. At the moment, I think we are a constant reminder of something that didn't work out in his life and it too painful for him, so he is pretending we dont exist.



We still have a court date for custody but with his actions he's unlikely to be granted any

His actions are disgusting and centered, to be clear. But I do think he is well at the rent.



Angela replied to you

still have a court date for custody but with his actions he's unlikely to be granted any

That makes sense.



You replied to Angela

Messenger detected this screenshot.



Angela Cooke

Active 12 hours ago



↩ You replied to Angela

His actions are disgusting and self centered, to be clear. But I do not think he is well at the mome...

Agreed, it's so frustrating he won't accept this and get the help he needs

I agree. 😞

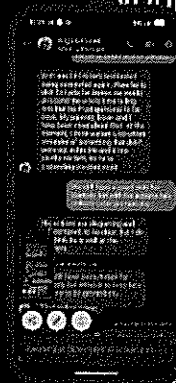
Were you dealing with this long?



While you were married I mean.

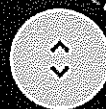
He's always been left of centre but it got worse

I'm sorry, Heather. This is a lot on your plate. I'm sure you are ~~usted.~~



This week yes. Other weeks not so much

... well, last chat tomorrow the boys. Like I said, I am always happy to help any way I can. In the fall I can we can catch



Messenger detected this screenshot.

12:31

5G



Angela Cooke

Active 12 hours ago



Id love that Ang truely



Love you Heather! Have a great day.

13 MAY AT 12:59 PM

Angela replied to you

Sure, we could do early our time.

Christian has therapy at 8:15 for ...

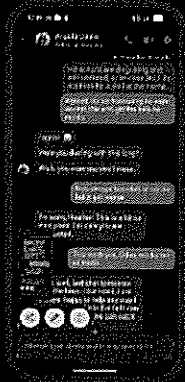


Hi Heather, I was just checking the time zones. Would 5am my time work 7pm your time work?

13 MAY AT 1:25 PM

Sure

13 MAY AT 7:32 PM



now?

13 MAY AT 8:18 PM

We'll try on what app now

Angela missed your video call.

Angela missed your video call.



call ended.

9:25 AM

Messenger detected this screenshot.

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

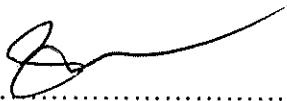
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 25" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC 25"

**Olivia Shedden**

---

**Subject:** FW: Call

**Categories:** LEAP

----- Forwarded message -----

**From:** Heather finn <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)>

**Date:** Tue, 20 May 2025, 6:02 pm

**Subject:** Re: Call

**To:** Stephen Cooke <[stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)>

Hi,

This is a genuine offer to call the children. Your current mental state is of course a concern.

The children want to know why you've left? They want to know your future plans? I cannot answer any of these questions for them. Remember you are the one that has placed them and us in this position with your actions.

You have been unavailable to talk with the children on two previous occasions when they've asked. They might not ask again. Remember YOU ABANDONED them and they are not ok with you at the moment.

Goodluck with whatever you decide to do.

On Tue, 20 May 2025, 5:32 pm Stephen Cooke, <[stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)> wrote:

I am always open to genuine connection with my sons.

However, under the current legal and emotional conditions—particularly your recent legal attempt to sever our relationship—I do not feel that a phone call would be safe or appropriate at this time.

I will not participate in anything that risks further confusion or harm for the boys, or that could be misused against the bond we share.

When a time comes that allows for real, unmanipulated connection, I am ready. Until then, I continue to love them from where I am.

Stephen

On Sun, 18 May 2025, 11:40 pm Heather finn, <[heather111finn@gmail.com](mailto:heather111finn@gmail.com)> wrote:

The children would like to speak with you. Can you please call on Tuesday at 6 pm?

Thanks

Heather

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent




**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 2b" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.




.....  
Simone Johnson, Solicitor

"HC26"

6:55   

Estimate range LOW MID HIGH

rated high **\$700K** **\$820K** **\$940K**

[View less](#) 

## Property history

ALL **SOLD** RENTED

---



**RENTED** (price unknown) PER WEEK

Listed by JCS Real Estate Newcastle  
19 days listed



**RENTED** (price unknown) PER WEEK

Listed by JCS Real Estate Newcastle  
8 days listed



**RENTED** **\$660** PER WEEK

Listed by JCS Real Estate - Newcastle  
20 days listed

[View more results](#)



**Send me the property report**

See price estimate, suburb insights, sales history, and more.

---

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 27" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"H027"

# Message Report



**Generated:** 10/14/2025 at 09:01 AM by Heather Cooke

**Timezone:** Antarctica/Macquarie

**Format:** mm/dd/yyyy

**Parents:** Heather Cooke, Stephen Cooke

**Child(ren):** Christian Cooke, Joshua Cooke

**Date Range:** 06/16/2025 — 06/16/2025

**Contains:** 1 selected messages

**Order:** Chronological (oldest first, most recent last)

OurFamilyWizard, LLC.  
ourfamilywizard.com  
info@ourfamilywizard.com  
(866) 755-9991

---

Message 1 of 1

**Sent:** 06/16/2025 at 07:24 AM  
**From:** Heather Cooke  
**To:** Stephen Cooke (*First Viewed: Never*)  
**Subject:** Passport

Christian needs his passport renewing. It needs your signature. Before I fill out the application can you let me know if you will provide it or not?

A reply within 7 days is expected

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant


and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC28" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....

Simone Johnson, Solicitor

" HC 28 "

**From:** Olivia Shedden  
**Sent:** Fri, 8 Aug 2025 17:46:19 +1100  
**To:** 'stephencooke.c@gmail.com'; 'Jo Markham'  
**Cc:** Anna Roberts; Rebecca Roach  
**Bcc:** 'Heather Anne Cooke'  
**Subject:** Cooke & Cooke - important correspondence  
**Attachments:** Amended Response sealed 08.08.25.pdf, Emails regarding calls with children.pdf, 08.08.25 LTOS serving amended Response etc.pdf, 14.05.25 Draft Final Minute of Order.pdf, 14.05.25 LTOS encl draft final Minute of Order.pdf  
**Importance:** High  
**Categories:** LEAP

Dear Mr Cooke,

Please see [attached](#) letter to you and the four (4) enclosures referred to therein.

Yours faithfully

OLIVIA SHEDDEN

Solicitor

LLB (Hons), DipLegPrac, BBus (HRM)



**DELANEY ROBERTS**

SPECIALIST FAMILY LAWYERS

T 02 4075 2737

E [oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)

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# DELANEY ROBERTS

SPECIALIST FAMILY LAWYERS

Our Ref: OS:RR:13629  
Your Ref:

8 August 2025

Mr SC Cooke  
7A Bakeri Circuit  
Warabrook NSW 2304

**By Email only: [stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)  
Cc: [admin@jlmfamilylawyers.com.au](mailto:admin@jlmfamilylawyers.com.au)**

Dear Mr Cooke

**Re: Cooke & Cooke**

---

We refer to the above matter and our correspondence dated 14 May 2025. We note we have not received a response from you.

Please see **enclosed** by way of service amended Response sealed 8 August 2025. You will note our client seeks Orders on a final basis for the children to spend no time and have no communication with you.

We are instructed:

1. Our client has contacted you on four (4) occasions to try to facilitate the children having a telephone call with you at their requests,
2. You responded on one (1) occasion shortly after our last correspondence to you in May stating words to the effect of you feel unsafe calling the children, it is part of a plan to trick you and you do not intend to contact the children. We **enclose** a copy of this email correspondence for your reference,
3. The children have not had contact with you since you dropped them off at school on 1 March 2025,
4. In May 2025 you texted our client stating you would be letting your rental go and providing the code to collect items. Our client contacted your property manager Courtney Simpson of JCS Real Estate to confirm she could access the property. Ms Simpson told our client she had not heard from you despite making multiple attempts to contact you and she had filed an NCAT application to terminate your

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T 1300 760 773  
E [hello@delaneyroberts.com.au](mailto:hello@delaneyroberts.com.au)

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PO Box 660, Newcastle NSW 2300

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lease due to rental arrears. She also told our client you had changed the locks and barricaded the property from the inside to prevent them from accessing it,

5. Our client attended the property and took some items for the children and some furniture to assist Ms Simpson. Our client saw your car parked in the driveway and sent you some texts asking for the keys to arrange disposal however you never responded. Our client is aware at the time of the NCAT hearing on 29 May 2025, your car was still on the driveway.

We refer to our client's offer of settlement dated 14 May 2025. We are instructed to reinstate that offer and advise the offer will remain open for a period of 14 days. Please see **enclosed** a copy of our correspondence and Minute of Order dated 14 May 2025 for your reference.

Should you wish to accept this offer, please sign the Minute of Order and return the same to us to sign and send to the Court.

Should you not accept this offer within 14 days, we put you on notice that our client intends to pursue the Orders contained in the enclosed amended Response and seek an adverse Order of costs against you at the Final Hearing in November.

Please note that you are entitled to obtain legal representation in respect of this matter. In the event that you do instruct a solicitor, please provide a copy of this letter to them.

We look forward to hearing from you as soon as possible and within 14 days.

Yours faithfully  
**Delaney Roberts Family Lawyers**



Olivia Shedden  
Solicitor  
BBus, LLB (Hons), DipLegPrac  
email: oshedden@delaneyroberts.com.au  
phone: 02 4952 3901

Encl. 4

IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

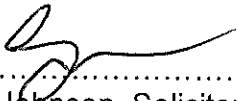
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 29" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....

Simone Johnson, Solicitor

"HC29"

**From:** Stephen Cooke <stephencooke.c@gmail.com>  
**Sent:** Sat, 9 Aug 2025 18:47:14 +1100  
**To:** Olivia Shedden  
**Cc:** Jo Markham;Anna Roberts;Rebecca Roach  
**Subject:** Re: Cooke & Cooke - important correspondence  
**Categories:** LEAP

Ms Shedden,

Your letter and its enclosures have been received. My position is simple: I reject them in their entirety. There will be no acceptance, no counter-proposal, and no further discussion of your proposed orders.

You write as though you hold the authority to dictate the terms of my children's lives. You do not. Any authority you once imagined has been forfeited by the repeated breaches of legal diligence, fairness, and basic humanity that have marked your firm's conduct.

What you have placed before me is not law in service of justice — it is law as an instrument of control, used to strip children of their father under the guise of procedure. It is the language of the soulless, devoid of compassion, built to protect power, not people.

Make no mistake: I see the broader machinery you serve. The collusion between certain legal actors, state structures, and religious influence is neither invisible nor beyond reach. I will not be silent in naming it for what it is — a coordinated effort that has no rightful place in the lives of children.

You may wish to believe that erasing a father is a victory. It is not. It is a record of your participation in something that stands in direct opposition to God, to truth, and to the principles that any genuine legal profession should uphold.

You are instructed not to contact me further in this regard. I will address my children's future in the proper forum, and I will do so without entertaining the hollow theatre that your correspondence represents.

Stephen Christopher Cooke

On Fri, Aug 8, 2025 at 8:46 AM Olivia Shedden <[oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)> wrote:

Dear Mr Cooke,

Please see [attached](#) letter to you and the four (4) enclosures referred to therein.

Yours faithfully

OLIVIA SHEDDEN

Solicitor

LLB (Hons), DipLegPrac, BBus (HRM)



**DELANEY ROBERTS**

SPECIALIST FAMILY LAWYERS

T 02 4075 2737

E [oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)

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IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

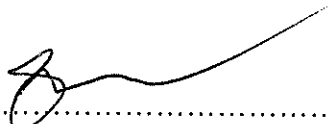
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 30" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC30"

**From:** Olivia Shedden  
**Sent:** Mon, 11 Aug 2025 12:28:38 +1100  
**To:** 'stephencooke.c@gmail.com'  
**Cc:** Anna Roberts; Rebecca Roach; 'Jo Markham'  
**Bcc:** 'Heather Anne Cooke'  
**Subject:** Cooke & Cooke  
**Attachments:** 11.08.25 LTOS serving amended Response.pdf, Amended Response sealed 11.08.25.pdf  
**Categories:** LEAP

Dear Mr Cooke,

Please see **attached** letter to you and the enclosure referred to therein.

Yours faithfully

OLIVIA SHEDDEN

Solicitor

LLB (Hons), DipLegPrac, BBus (HRM)



T 02 4075 2737

E [oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)

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# DELANEY ROBERTS

SPECIALIST FAMILY LAWYERS

Our Ref: OS:RR:13629  
Your Ref:

11 August 2025

Mr SC Cooke  
7A Bakeri Circuit  
Warabrook NSW 2304

**By Email only: [stephencooke.c@gmail.com](mailto:stephencooke.c@gmail.com)  
Cc: [admin@jlmfamilylawyers.com.au](mailto:admin@jlmfamilylawyers.com.au)**

Dear Mr Cooke

**Re: Cooke & Cooke**

---

We refer to the above matter and our recent correspondence.

We **enclose** by way of service Amended Response sealed today.

We note the Amended Response sealed on 8 August 2025 and served on you under cover of our correspondence that same day was rejected for filing due to some formatting requirements of the Court.

We confirm receipt of your correspondence dated 9 August 2025.

Yours faithfully  
**Delaney Roberts Family Lawyers**

Olivia Shedden  
Solicitor  
BBus, LLB (Hons), DipLegPrac  
email: [oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)  
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IN THE FEDERAL CIRCUIT AND  
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AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

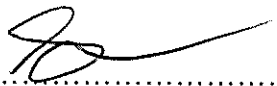
and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

This is the exhibit marked with the letter "HC 31" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC31"

**From:** Stephen Cooke <stephencooke.c@gmail.com>  
**Sent:** Tue, 12 Aug 2025 05:02:10 +1100  
**To:** Olivia Shedden  
**Cc:** Anna Roberts; Rebecca Roach; Jo Markham  
**Subject:** Re: NCC3896/2023 – Observations on Legal Process  
**Categories:** LEAP

Ms Shedden,

I acknowledge receipt of your correspondence of 11 August 2025.

It has not escaped my notice that your client's recent filings contain matters already determined by final property orders made on 13 September 2024 — orders that were agreed to by both parties and sealed by the Court. These orders were extended and agreed upon without any changes by your firm, while I was, I may add, in a disadvantaged position and under considerable pressure, which I now view as having been exploited.

The reintroduction of such terms in new proceedings, without any lawful application to set aside those final orders, speaks directly to what I and many others have come to see as a symptom of broader systemic rot within the NSW legal system: a willingness to proceed as though finality and good faith agreements are optional when expedient.

Delaney Roberts' involvement in this particular sequence — from agreement, to attempted re-negotiation, to procedural reintroduction — is now part of the documented record.

In the interest of transparency and public accountability, I intend to share this exchange, along with relevant context, on public platforms including TikTok and Instagram. This is not intended to prejudice any proceedings, but to contribute to a broader discussion about the integrity of legal process in NSW.

Stephen Christopher Cooke

On Mon, Aug 11, 2025 at 4:29 AM Olivia Shedden <[oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)> wrote:

Dear Mr Cooke,

Please see [attached](#) letter to you and the enclosure referred to therein.

Yours faithfully

OLIVIA SHEDDEN

Solicitor

LLB (Hons), DipLegPrac, BBus (HRM)



T 02 4075 2737

[oshedden@delaneyroberts.com.au](mailto:oshedden@delaneyroberts.com.au)

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IN THE FEDERAL CIRCUIT AND  
FAMILY COURT OF AUSTRALIA  
AT NEWCASTLE

No. NCC3896/2023

IN THE MATTER OF

**STEPHEN CHRISTOPHER COOKE**

Applicant

and

**HEATHER ANNE COOKE**

Respondent

**EXHIBIT COVER SHEET**

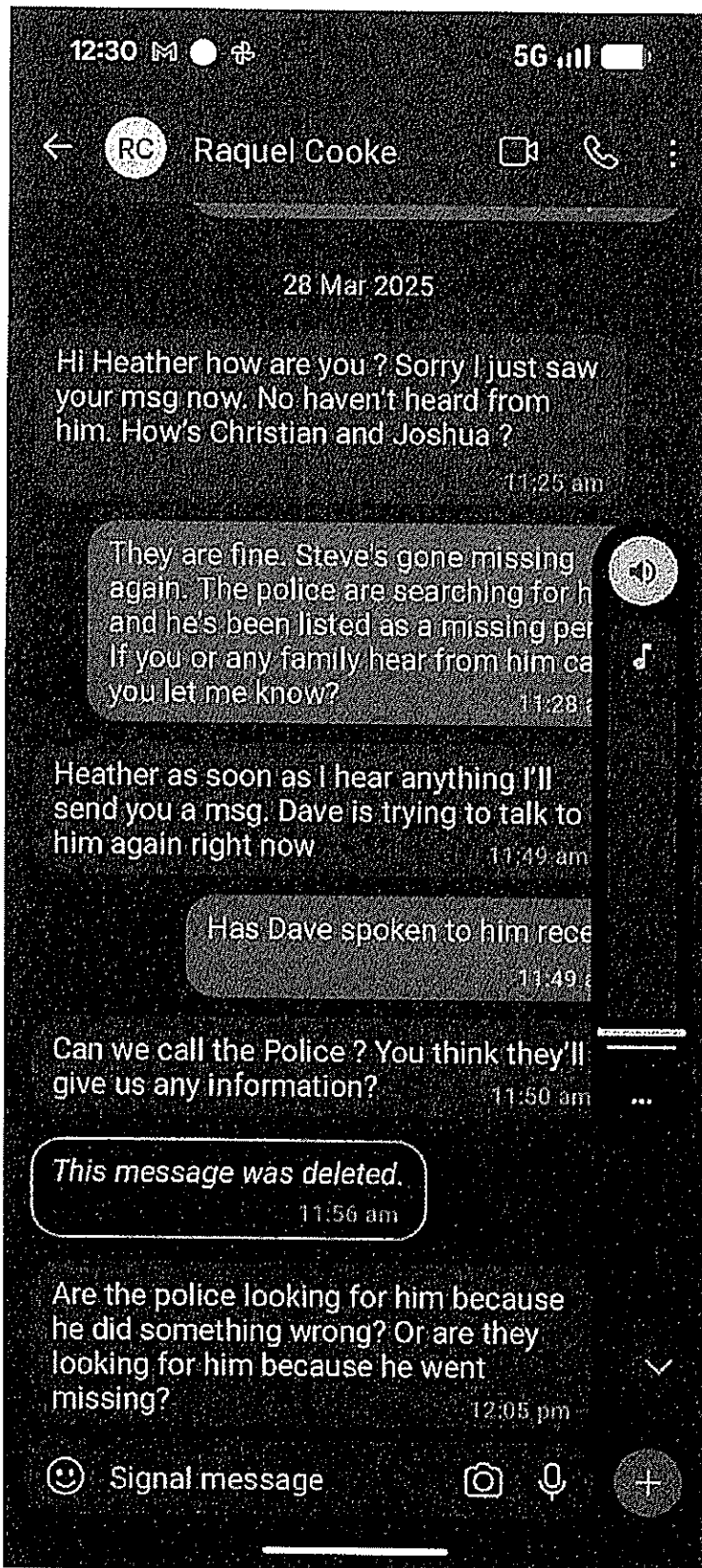
This is the exhibit marked with the letter "HC32" referred to in the Affidavit of Heather Anne Cooke sworn before me on 20 October 2025.



.....  
Simone Johnson, Solicitor

"HC32"





12:30 M ● 🔒

5G 📶 🔋

← RC Raquel Cooke



missing?

12:05 pm

His neighbours asked the police to check on him they were concerned about his behaviour. They're looking for him because he's missing

12:32 pm 📷

Thank you Heather. If I hear from him I'll let you know. Did the neighbours said anything? How was him behaving? Could you give me the neighbours phone number? I won't tell I got it from you

12:48 pm

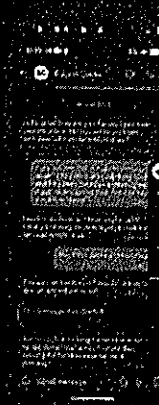
I'm sorry I don't have their number

2:15 pm 📷

Thank you. I'll let you know if we hear from him.

2:35 pm

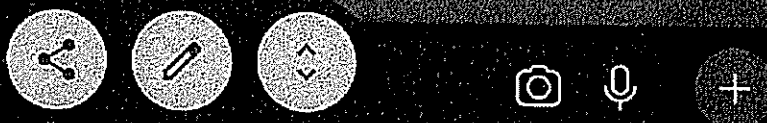
29 Mar 2025



er, it's David. Thanks for  
ng. I haven't been able to reach  
out we are still trying. Do you  
v long he's been missing for?  
u,

9:20 am

really his neighbours hadn't seen him  
couple of days when they called th  
e on Thursday our time.



12:30 M ● 🔒

5G 📶 🔋



Raquel Cooke



know how long he's been missing for?  
Thank you,

9:20 am

Not really his neighbours hadn't seen him for a couple of days when they called the police on Thursday our time.

He sent me a message yesterday saying not to take kids to America and Canada and a weird video. I've tried to get him to contact police.

I think he may be psychotic he hasn't been making sense and he's been scheduled twice this month

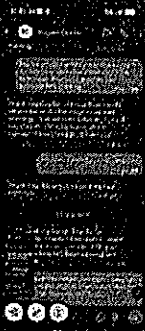
9:28 am 📎

Not sure how to respond to that news, but thanks for letting us know. When you say scheduled twice this month, I suppose you mean he was supposed to show up for something and didn't?

9:29 am

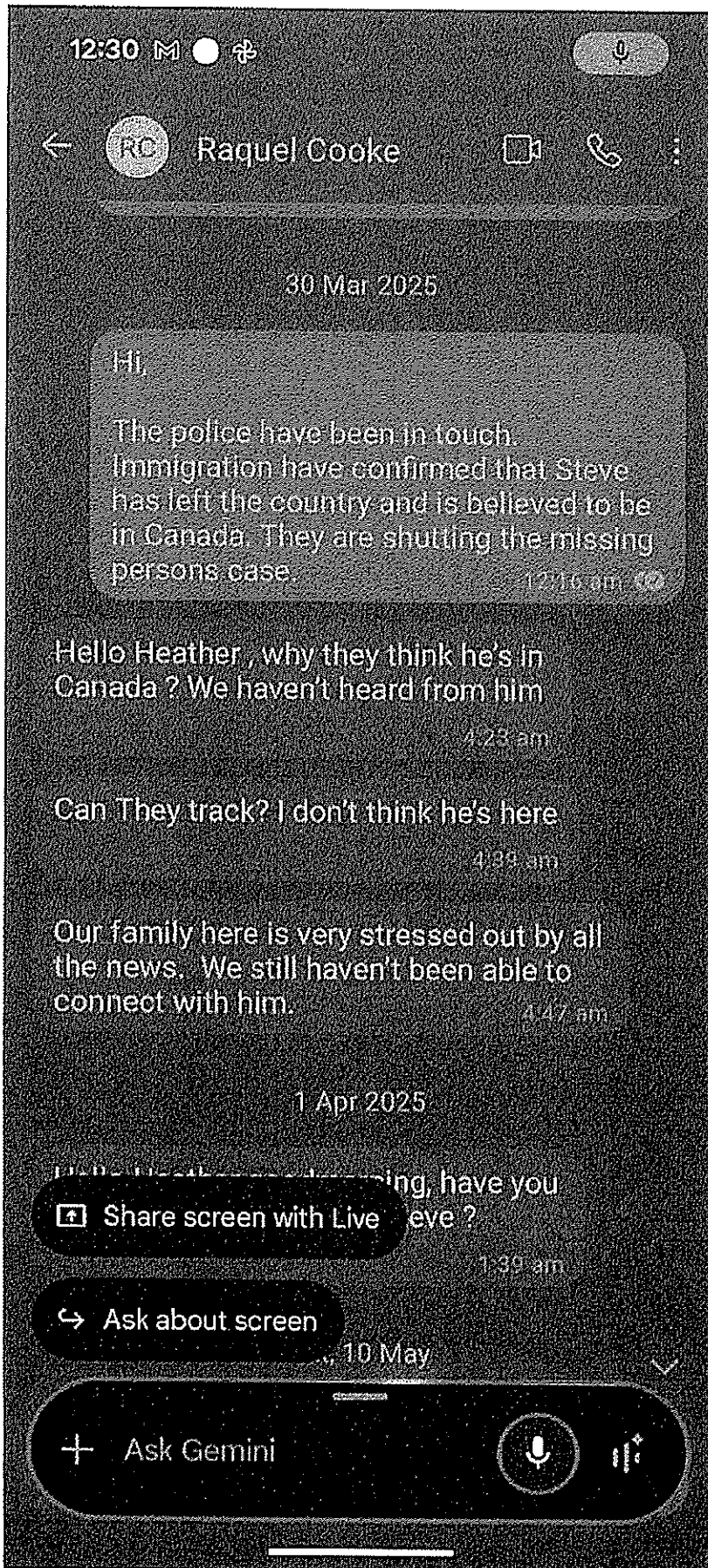
No involuntarily admitted to hospital for mental health reasons. I'm legally not of kin so can't get any information. He's already been tracked interstate and removed from the police earlier in the month before he went missing this week

9:53 am 📎



30 Mar 2025





6:16



← RC Raquel Cooke



Sorry Raquel boys have been really emotional this week. We tried to arrange a call with Steve but he won't speak to them.

It's been 4 months and the boys are really hurting.

I couldn't get them in a state to chat yesterday 😞. Can we chat in a couple of weeks?

7:27 am

Hello Heather I'm so sorry to hear that. There are no words to describe how bad I feel to hear about this. I have no idea what's going on in his mind, as he won't talk to anyone here either. His parents are devastated because he's not answering or speaking to anyone. Please know that we are here for you. Feel free to call anytime you need. God bless you, Christian, and Joshua. We love you all.

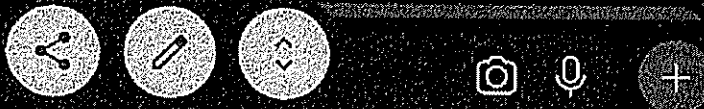
9:25 am

Thu, 19 June

Heather, how's the boys doing?

1:18 pm

Wed, 25 June



6:17



Raquel Cooke



Fri, 11 July



2:44 am

Hello Heather , we are concerned about Steve . He hasn't talk to nobody here for a long time. I know you also tried a few weeks ago but do you know anything? Have you heard from him or anything about him ?

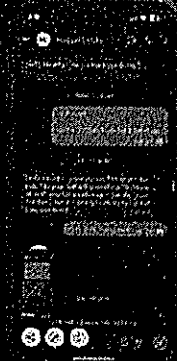
12:33 pm

No I haven't. Apparently he posted on Instagram recently. I don't follow his social media.

And said she can track his watch

1:12 pm

Sat, 12 July



? 9:18 am



6:17



← RC Raquel Cooke 📺 📞 ⋮

Sun, 10 Aug

Aww Heather thanks for the videos . I love their costumes.

I'm going to show to Bennie and Leah tomorrow

Do you mind if I ask how is the boys dealing with not talking to Steve ? Did you tried to talk to him again after Father's Day ? He completely deleted us from his life

2:21 pm

Aw you are welcome

Boys get stronger every day. Our fathers day is Sept so the first big thing he'll miss is Christian's birthday.

I think he's in Ontario now anyway. After all he can't stay more then 3 months in any country except Canada or Australia

2:26 pm 🌐



Does you think he is in Ontario ?

I see his Social Media he's living in Europe

posting a lot on Instagram that's

2:45 pm

are you in touch with



6:17



← RC Raquel Cooke



Sun, 10 Aug

What makes you think he is in Ontario ?

As far as I see his Social Media he's living in a Van in Europe

He's posting a lot on Instagram that's how I know

2:45 pm

Ang would know are you in touch with her?

She's tracking him

2:47 pm

She told you he is in Ontario ? That's crazy because Dave doesn't know that

As far as I see his Instagram he is in Europe living in a Van and staying in Airbnb occasionally

2:48 pm

Nah I'm not in touch with Ang

mutual friends have said they think he's in Ontario

2:49 pm

nk so

bought the Van

moving from Country to country in



6:17



Raquel Cooke



I don't think so

I think he bought the Van

And is going from Country to country in Europe

Crazy

I feel really bad for the kids

Break my heart 2:52 pm

That makes sense for now but ultimately his money will run out then he's going to head back to Canada

2:52 pm

His not talking to his parents either

Didn't even call on his mothers birthday

2:53 pm

When he has no money someone will support him

2:53 pm

is having mental health issues

2:54 pm

He may still be psychotic. He hasn't any treatment and it has been 5 hs

2:55 pm



6:17



← RC Raquel Cooke



He got like that I divorce? Did he show any signs? Sun, 10 Aug 2:56 pm

Well yes he's always been paranoid and needed grounding 2:57 pm

I hope he'll wake up one day and realize he's losing precious time with the boys .

Edited 2:59 pm

Not time ... a life time 2:59 pm

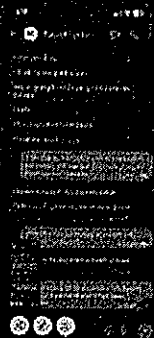
I know

Maybe go back to work and keep his mind occupied

I hope Christian and Joshua will forgive him. I notice Josh calls him Steve and not dad

I really don't think he is in Canada for sure 3:01 pm

Always has 3:01 pm



led him dad? 3:02 pm





Angela Cooke

Active 12 hours ago



We've got a car scheduled with Dave and Raquel this Sat our time. Will you be there?



I won't, they're in Pickering, but I'm always free to have a call with you guys.

We'd love that. Kids are missing their Dad

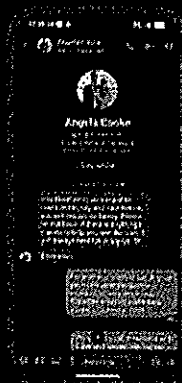
I would also be happy to come visit in the fall, only if you think it would be helpful to the boys.



I am sure. As are we 😊

Id love to have you anytime Ang

He's in Thailand



last I saw he was in terdam. I got a garmin watch etc.

We started cleaning out his rental this week. There's a court case to evict him in a couple of



Messenger detected this screenshot.



Angela Cooke

Active 12 hours ago



↩️ Angela replied to herself

No, he was fine around christmas. It was after he was committed, it was like a switch turned off.

I feel like Steve was just 'dad' and truly has no idea how to be anything else. He doesn't know really know how to move on without you.

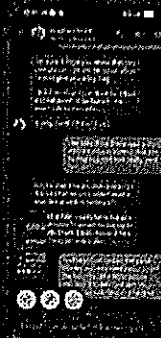


↩️ Angela replied to you

No the police closed the case, Border security confirmed he left the country. The NSW police refe...

That makes sense

He's had a mental breakdown in my opinion. I'm so sorry that you the boys are having to go through this.



Why do you think he doesn't return to either Aus or Canada?

aus I think he's terrified of being committed again. Were he to return to Canada he knows we would be the time telling him no home to his boys. My daughter, I, I've and I



Messenger detected this screenshot.



Angela Cooke

Active 12 hours ago



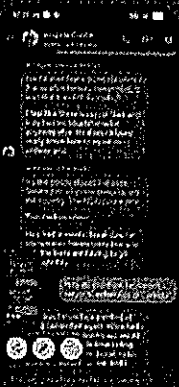
return to either AUS or Canada?

With aus I think he's terrified of being committed again. Were he to visit Canada, he knows we would all spend the whole time telling him that he must go home to his boys. My parents, Dave, and I have been clear about that. At the moment, I think we are a constant reminder of something that didn't work out in his life and it too painful for him, so he is pretending we dont exist.



We still have a court date for custody but with his actions he's unlikely to be granted any

His actions are disgusting and centered, to be clear. But I do think he is well at the rent.

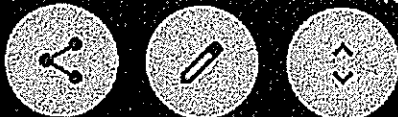


Angela replied to you

We still have a court date for custody but with his actions he's unlikely to be granted any



That makes sense.



← You replied to Angela

His actions are disgusting and



Angela Cooke

Active 12 hours ago



The kids will be pumped.

Messenger the kids will want to see your face

Perfect! 🥰 I can't wait.



Are you okay?

We haven't heard anything about Steve's long term plans so we don't really know what to expect



I'm always here if you need to talk.

It's been a super emotional week

How are you?

Do you know what happened between Steve and your parents?



ure. I hope you know that you always call me, Heather. Wish I could give you a big hug.



Ist think he's had a honest. He

Messenger detected this screenshot.



Angela Cooke

Active 12 hours ago



I'm sure. I hope you know that you can always call me, Heather. Wish I could give you a big hug.

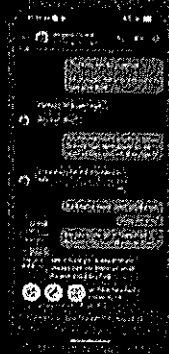
I have no idea. I just think he's had a breakdown to be honest. He won't talk to me either.



It very painful for us too

The kids think there was a fight round Xmas. It seems that not having support has really sent him off

No, he was fine around christmas. It was after he was committed, it was like a switch turned off.



Id it help you to have his gps dinates? I would be happy to ide them. I don't know if he's ssing person in Aus

No the police closed the case. Border security confirmed he left the country. The NSW police referred it to Interpol and they up with him in Thailand



self  
↓

Messenger detected this screenshot.

12:31 M ● 🔒

5G 📶 🔋



Angela Cooke

Active 12 hours ago



update.

We started cleaning out his rental this week. There's a court case to have him evicted in a couple of weeks



Does tomorrow work for a call with the boys

Kids are struggling

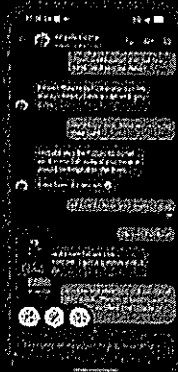
Oh I'm so relieved. I wanted to make sure they were able to get their favourite stuffed animals.



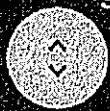
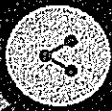
I can't imagine Heather

Sure, we could do early our time.

Christian has therapy at 8:15 for his dyscalculia. He's smashing it. Or we could do after school round 5ish our time



great! I will give you guys a hen 🐔. I just had to do the version it looks like it's 3pm my time. Looking forward to it.



this app or what's



Messenger detected this screenshot.

6:19



Angela Cooke

Active 5 hours ago



16 JUNE AT 9:49 AM

Hey Heather! How are you and the boys? Let me know if you guys are free for a chat sometime this week. I'm tied up tomorrow morning (your time), but free any other day.



16 JUNE AT 8:01 PM

Hi Ang,

We're not great it's been emotional for us all since we had to clean out Steve's rental. He won't talk to the kids and they are really hurting.

They'd love to chat to you though. They were asking for you yesterday 🥺

How's Wednesday morning our time I'll get them up for six so that'll be fourish on your end I think!

Thanks Heather.

Share screen with Live

Let me know that you guys are

Ask about screen s, Heather.

Ask Gemini



6:19



Angela Cooke

Active 5 hours ago

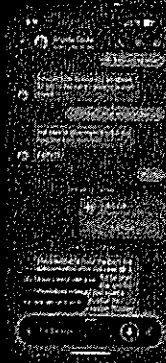


Hey Heather! I hope the boys are feeling better after our chat 😊. I was wondering, would it be okay if I mailed you a birthday gift for Christian? I would just need a little guidance as to what he wants. He seems to love Thomas the train stuff, but I'm not sure what he has already.



20 JUNE AT 9:02 PM

Also, my parents have asked me to ask you if you would be receptive of them having a video call with the boys. My parents are very ashamed of Stephen's recent behaviour, and they haven't reached out to you because they didn't know how to, and they didn't know if you would want to hear from them. They would love to continue to send birthday/Christmas gifts to the boys and here for the boys in any city that you see fit. No sure at all. I just told them I'd ask. Let me know 🙏.



21 JUNE AT 5:06 PM



Hi Ang,



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