



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

June 2014

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ACTION REQUIRED TO RETAIN FAMILY TAX BENEFIT PART A SUPPLEMENT- Child health check results must be reported to Centrelink by 30th June to retain payments

If you receive Family Tax Benefit Part A and an income support payment your grandchild may need to have a health check for you to get the Family Tax Benefit Part A supplement. If your child needs to have a health check, Centrelink will send you a letter to let you know.

At the end of the financial year Centrelink checks your income against your estimated income to make sure they pay you the right amount of Family Tax Benefit (FTB) and to see if you are eligible for further top-up payments such as the Family Tax Benefit Part A supplement.

So, if the health check isn't done, or you haven't told Centrelink by 30th June, part or all of the Family Tax Benefit Part A supplement (up to \$726.35) for your child will be withheld.

A health check is an assessment of your child's physical health and general wellbeing. It includes height, weight, hearing and sight. It ensures your child is healthy, fit and ready to learn when

they start school. A health check can be done from when your child turns three.

What do I need to do?

- ◆ 1. Arrange for a health check that meets the requirements for FTB Part A supplement purposes in QLD. This could be any of the following:
 - A two and half to three and a half year old health check or a four to five year old health check - outlined in the Personal Health Record (the Red Book)
 - A general health check provided by your local GP
 - A Healthy Kids Check provided under the Medicare Benefits Schedule
- ◆ 2. Tell Centrelink the health check has been completed by phone or their online services. This is to ensure you receive the Family Tax Benefit Part A supplement.
- ◆ 3. Tell Centrelink if you cannot complete a health check for your child. If there is a reason a health check can't be completed for your child, call Centrelink on as soon as possible to discuss.

Contacting Centrelink:

You can contact Centrelink's online services at www.humanservices.gov.au/customer/services/centrelink/centrelink-online-services or phone them on Ph. 136 150.



THOUGHTS OF THE DAY

Young people need something stable to hold on to - a culture connection, a sense of their own past, a hope for their own future. Most of all, they need what grandparents can give them...

- JAY KESLER

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph.: 1300 135 500

E: grandparentsinfo@uccommunity.org.au

W: www.grandparentsqld.com.au

Events for the Grandchildren

If you would like to find child and family-friendly events occurring throughout Queensland each month, click [here](#) or visit the upcoming events section on our website.

Contribute to the Newsletter

If there is information on a particular topic that you would like to see included in our newsletter, or you would like to share your story with others then please send your thoughts or ideas to our contact details to the left. All ideas are welcome.

Mother Tiger and her Piglets

In a zoo in California, a tiger gave birth to a rare set of triplet tiger cubs. Unfortunately, due to complications in the pregnancy, the cubs were born prematurely and died shortly after birth. The mother tiger, after recovering from the delivery, suddenly appeared to decline in health, although physically she was fine.

The veterinarians felt that the loss of her litter had caused the tigress to fall into a depression. The vets thought that the tigress' state would improve if she could surrogate another mother's cubs. After checking with many other zoos across the country, the bad news was that there were no tiger cubs of the right age to introduce to the mourning mother.

The veterinarians decided to try something that had never been tried in a zoo environment. Sometimes a mother of one species will take on the care of a different species. The only orphans that could be found quickly were a litter of prematurely weaned piglets. The zoo keepers and vets wrapped the piglets in tiger skin and placed the babies around the mother tiger. Would they become cubs or pork chops? Take a look – you won't believe your eyes.



Sourced from Your Life Choices at <http://www.yourlifechoices.com.au/news/mother-tiger-and-her-piglets?page=single>

NEW MACKAY GRANDPARENTS SUPPORT GROUP

You are Invited to an Open Forum!

When: Wednesday 11th June 2014
10am—12 noon
Where: George Street Neighbourhood Centre
4 George Street, Mackay



All grandparents raising their grandchildren in the Mackay region are invited to an open forum meeting to discuss the format that the new Mackay Grandparents Support Group will take. Come along and:

- Have a cuppa
- Share the issues that affect your daily life
- Share your concerns
- Connect with others

RSVP: By Friday 6 June to
Deb on 0423 749 552
Kellie on 0434 035 124

BRISBANE'S GREEN HEART WISDOM Over 60's Energy Saving Program

Brisbane City Council (BCC) is inviting residents to participate in the Green Heart Wisdom program which aims to help Brisbane's over 60s to save energy and save on power bills.

Both individuals and small groups of 8-10 people are welcome to apply. Participants need to be aged 60 years and over, live in the BCC area, have a Pensioner Concession Card, and own and live in a home with its own electricity meter.



Participants receive:

- Four free group workshops (in groups of 8 to 12) held once a month for four months, with a CSIRO trained facilitator;
- Magazines full of easy energy tips and information to take home;
- A \$50 grocery voucher.

For more information, go to www.brisbane.qld.gov.au/greenheart or phone the BCC on (07) 3403 8888.

TEACHING CHILDREN ABOUT MONEY:

MoneySmart Website

One of the most valuable skills you can pass on to your grandchildren is good money management. Showing kids the basic steps, such as how to budget and shop around for the best price, will establish good money habits for life.

There is a new MoneySmart Teaching website developed by the Australian Securities and Investments Commission (ASIC) which helps to teach children of all ages about money. The site is developed to assist both parents/carers and teachers to encourage children to develop and benefit from knowledge, understanding, skills and behaviours to establish good consumer and financial habits.

There are some fabulous age-specific exercises available that your grandkids can do online or the exercises can be printed out (although a greater range are available online) under the learning resources tab at www.teaching.moneysmart.gov.au/ You can select a specific school year level you are tailoring the exercise for (ranging from year 1 – year 12), and you can also select parents as the audience if you wish to guide your grandchild through the exercise.

The Money Smart website also lists some specific tips on teaching your grandkids to

be savvy about how they earn, spend and save their money, including the following:

- Start early - its never too early to start a piggy bank!
- Encourage saving - set goals to obtain desired treats
- Pay pocket money for jobs around the house - teach that money has to be earned
- Show children how to budget—get ideas on various ways to teach them this skill
- Help older kids get a part-time job.—teenagers can benefit from a casual job with independent income.

More Information:

See the MoneySmart website at www.moneysmart.gov.au/ Further information on each of these tips is available under the “Life events and you” tab, then select “Families”, then click on “Teaching your kids about money”.



RECIPE: Easy Beef Hotpot

This super easy one pot throw together meal is a classic hearty winter warmer that you can whip up in no time with the greatest of ease. This should be a fantastic way to get some healthy vegies into the kids with each portion containing 3 serves of vegetables. Enjoy with some of your favourite crusty bread.

Ingredients:

1kg chuck or blade steak, cubed
2 tablespoons flour
2 teaspoons paprika
425g can crushed tomatoes
2 medium onions, sliced
1 clove garlic, crushed
2 sticks celery, sliced
2 large carrots, thickly sliced
1 turnip, cut into large chunks

Sourced from www.healthier.qld.gov.au/recipes

Method:

Preheat oven to 180°C. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish. Add all remaining ingredients and stir to combine. Press a piece of baking paper over the ingredients and cover closely with a lid. Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required. Serves 6.



Grandparent Support Groups in QLD

In an effort to keep information current, if you find any of these details to be incorrect or if you know of any additional groups, please phone us on Ph. 1300 135 500 or email us at GrandparentsInfo@uccommunity.org.au



NORTH QLD

Atherton - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850
Email: fshadmin@cst.org.au
Monthly support meetings for grandparents raising their grandchildren

Cairns - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Mareeba - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850
Email: fshadmin@cst.org.au
Monthly support meetings for grandparents raising their grandchildren

Townsville - Indigenous MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

CENTRAL QLD & WIDE BAY

Hervey Bay - Grandparents United:

Phone Family Connect Ph. (07) 4194 3050 - ask for Grandparents United, Email: familyconnect@hbnc.com.au
Fortnightly informal support meetings for grandparent carers

Rockhampton - Grandparents Support Group:

Phone Louise on Ph. (07) 4926 5007,
Email: ronje1@optusnet.com.au
Weekly meetings for information, support & companionship

SUNSHINE COAST

Bokarina - Grandparents as Parents:

Phone Donna on Ph. (07) 5413 1555
Fortnightly meetings for support, information and companionship

Buderim - Grandparents Raising Children Playgroup:

Phone Michelle Poole on Ph. (07) 5453 4938
Email: mpoole@playgroupqld.com.au
Weekly playgroup for any grandparent providing care for their grandchildren under school age. Grandparents only to obtain support and interaction from like-minded people.

Caboolture - Grandparents and Grandchildren:

Phone Lynn Fielding on Ph. 0407 251 274
Regular meetings for information, support, referrals and advocacy. Annual membership fee: \$30 couples/ \$20 singles

Gympie - Grandparents and Grandchildren Society:

Phone (07) 5482 9012
Regular meetings and support for grandparent carers

Maroochydore- Children in Grandparents' Care Inc.:

Phone 0457 864 001 or 0478 789 395
Helps meet the needs of children raised by their grandparents. Occasional material support available. Please ring to register.

BRISBANE & WEST MORETON

Deception Bay - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Eagleby - KinKare:

Phone (07) 3287 1664, Web: www.kinkare.com.au
Regular meetings for grandparents and kin carers for information and social support

Ipswich - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Logan - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Redcliffe - Grandparents and Grandchildren:

Phone Margaret on Ph. 0427 516 696
Regular meetings for information, support, referrals and advocacy. Annual membership fee: \$30 couples/ \$20 singles

Zillmere - Indigenous MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised. Transport may be available –please enquire if you require transport

Zillmere - Murri Connections:

Phone Tess Rowley at Centacare on Ph. (07) 3252 4371
Regular meetings for all Indigenous carers, including grandparent carers

TOOWOOMBA & SOUTH WEST QLD

Toowoomba - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

GOLD COAST

Broadbeach Waters – Grandparents & Grandkids Support:

Phone (07) 5504 6178
Information and support for grandparent carers, regular meetings if in demand

Labrador - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Studio Village/Oxenford - Grandparents Raising Children Playgroup:

Phone Nikki or Belinda on Ph. (07) 5529 8253
Email: family@studiovillage.com.au
Weekly playgroup for grandparents raising their grandchildren to build social connections and support your child's development. Transport may be available –please enquire

Disclaimer:

The materials and information included in this edition of the "Grand Matters" newsletter are provided as a service to you and do not necessarily reflect endorsement by the Time for Grandparents Program. The Time for Grandparents program is not responsible for the accuracy of information provided from outside sources. Groups and workshops promoted in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line or the Time for Grandparents Program in any way unless specified.