



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

March 2013

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headspace: National Youth Mental Health Foundation

headspace is the National Youth Mental Health Foundation, established to help young people who are going through a tough time. Are your grandkids looking for someone to talk to? If they're 12-25, they can get health advice, support and information from *headspace*. Getting help early is the key to resolving these problems quickly.

headspace can help young people with: General health, mental health, counselling, education and employment services, and alcohol and other drug services.

So please encourage your grandkids to contact *headspace* if they:

- are feeling down, stressed or can't stop worrying
- haven't felt like themselves for a long time
- can't deal with school or finding it difficult to concentrate
- are feeling sick or worried about their health
- want to cut down on their drinking or drug use
- are being bullied, hurt or harassed

- want to talk about sexuality, identity or relationships
- are having difficulties with friendships
- have sexual health issues or want to find out about contraception
- are worried about work or study or if they're having money trouble

The website contains a link for parents and carers, a research and information library with facts on many mental health concerns, factsheets, and the option for online counselling through e-*headspace*.

How can *headspace* be contacted?

Support can be accessed face-to-face, on the phone, via email or online. Please phone or visit the website to find centre locations.

Phone: 1800 650 890 (9am-1am AEST)

Web: www.headspace.org.au

Email: info@headspace.org.au



THOUGHTS OF THE DAY

The first duty of love
is to listen.
– PAUL TILLICH

Grandparents make the
world...a little softer, a little
kinder, a little warmer.
– AUTHOR UNKNOWN

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 of 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. All ideas are welcome.



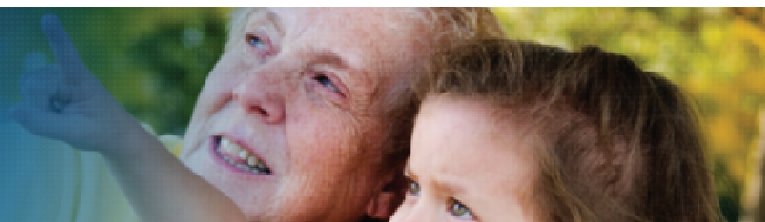
UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

LEGAL AID QLD FACTSHEET: HAVING A GRANDCHILD IN YOUR CARE

Thank you to Legal Aid Queensland for permitting the reproduction of this factsheet

Having a grandchild in your care



Financial support

Government payments

If you have a grandchild in your care, there are a number of payments you may be able to get. Contact the Family Assistance Office at the Commonwealth Department of Human Services on 136 150 for assistance.

Medicare benefits

You can claim Medicare benefits for medical expenses for your grandchild whilst they are in your care. Contact Medicare at the Commonwealth Department of Human Services on 132 011.

Child support

It may be possible to get child support payments from your grandchild's parents. Child support can be a complex part of family law. It is important to get legal advice about this before you apply. You can get legal advice about child support from any legal aid commission or some community legal centres.

Help at legal aid

The first step is to get legal advice about your individual circumstances.

Telephone information and legal advice

Call the Legal Aid telephone service. This service provides free information and/or can refer you to other services which may help.

Legal advice

You may be able to go to your local legal aid office to speak to a lawyer face-to-face in private, or obtain an advice session over the phone. These are generally short sessions in which brief advice is given. Most legal aid offices provide this service free of charge; however, some may require a small fee. Contact the telephone service to find out the availability of these sessions.

Family law duty lawyer

If you need to go to court you may be able to see a duty lawyer on the day for advice if you have not had time to get legal help. Duty lawyers are very busy so it is always best to get legal help before you go to court.

Family law information sessions

Legal aid lawyers sometimes run family law information sessions. These sessions give information only. Legal advice is not given on individual cases at these sessions. Contact your local legal aid office to find out if there are any family law information sessions offered in your area.

Representation

Once you have received some advice, you may need to apply for legal aid. If legal aid is granted, you will have a legal aid lawyer represent you in your matter.

Family dispute resolution conferences

These conferences aim to resolve family disputes at an early stage. Everyone involved has a chance to work out an agreement without going to court. If agreement is reached, consent orders may be drafted and filed with the court. You may need to go to one of these conferences if you receive legal aid for your family law matter and cannot reach agreement with the other party.

For further information see the contact details below.

Legal Aid Queensland For more information about our services:

Ph: **1300 65 11 88**

Web: www.legalaid.qld.gov.au

Brisbane

44 Herschel St

Bundaberg

2nd Floor, WIN Tower, Cnr Quay & Barolin Sts

Caboolture

Ground Floor, Kingsgate, 42 King St

Cairns

Level 2, Cairns Square Complex, Cnr Abbott & Shields St

Inala

Level 1, Inala Commonwealth Offices, 20 Wirraway Parade

Ipswich

97 Brisbane St

Mackay

Ground Floor, 17 Brisbane St

Maroochydore

Ground Floor, M1 Building, 1 Duporth Ave

Mount Isa

6 Miles St

Rockhampton

Ground Floor, 35 Fitzroy St

Southport

1st Floor, 100 Scarborough St

Toowoomba

1st Floor, 154 Hume St

Townsville

3rd Floor, Northtown, 280 Flinders St

Woodridge

1st Floor, Woodridge Place, Cnr Ewing Road & Carmody St

The material in this factsheet is intended as a general guide only. Readers should not act on the basis of any material in this publication without getting legal advice about their own particular situations. The legal aid commission in this state or territory expressly disclaims any liability howsoever caused to any person in respect of any action taken in reliance on the contents of this publication.

Home Interaction Program for Parents and Youngsters (HIPPY):

Would you like some assistance to prepare your grandchild to begin their first year of school?

Brotherhood of St Laurence have a program named HIPPY (Home Interaction Program for Parents and Youngsters) operating in various locations throughout Queensland. The program aims to provide access to a tutor, practical learning activities and materials to help children learn and develop, as well as providing parents and carers with the skills and confidence you need to take an active role in your children's education.

Who is HIPPY aimed at?

HIPPY is directed at families with young children in disadvantaged communities, the year before the child begins formal schooling. The program encompasses diverse economic, cultural, educational and social demographics including Aboriginal and Torres Strait Islander families, culturally and linguistically diverse families, and families with Anglo-Celtic and European backgrounds.

How does the HIPPY program work?

The Home Interaction Program for Parents and Youngsters (HIPPY) is a two-year home-based parenting and early childhood enrichment program for families with young children. Families start HIPPY the year before your child starts school (usually around 4 years old) and continue HIPPY into your child's first year of formal schooling.

HIPPY places attention on the interactions between children and their parents or carers to support early literacy development. It seeks to

build a sense of belonging for families and children and actively equip parents and carers to support their children and other parents. The program is informed by an evidence base that indicates that children's earliest and most powerful learnings come from their family, and that early learning experiences which encourage literacy and numeracy equip children for lifelong learning.

How do I contact my local HIPPY program?

There are eight HIPPPY branches throughout Queensland. They can be contacted on the following phone numbers and emails:

- **Caboolture:** (07) 3863 0448; charbers@redcross.org.au
- **Inala:** (07) 3000 9620; Jacqui.Ruhle@health.qld.gov.au,
- **Logan Central:** (07) 3808 1684; sarahc@keng.org.au
- **Manoora:** (07) 4041 5574; pwatts@playgroupqld.com.au
- **Mount Morgan:** (07) 4938 2262; epowell@redcross.org.au
- **Mount Isa (Pioneer):** 0408 738 722; jhill@isagsp.centacare.com.au
- **Riverview:** (07) 3816 2111; bseaman@playgroupqld.com.au
- **West Ipswich:** 0408 487 446; awahl@redcross.org.au



More Information:

Web: www.hippyaustralia.org.au
Email: hippyaustralia@bsl.org.au
Phone: Contact the HIPPY program's head office on (03) 9445 2400



Kid's Corner Recipe: Ham and Vegie Slice

Get those kids in the kitchen to help you quickly whip up this wonderfully tasty and healthy lunchbox treat for young and old! This is a great way to help the kids to increase their daily servings of vegies and teach them some healthy cooking skills at the same time. Enjoy!



Ingredients

- 6 eggs
- 60g plain flour
- 1 cup zucchini, grated and drained
- ½ cup sweet corn kernels or 225g can, drained
- 1 cup grated carrot
- ¼ cup chives, chopped
- 100g lean ham, chopped
- 50g grated reduced-fat cheese

Cooking Instructions

Preheat oven to 180°C. Beat eggs and flour together until smooth. Add zucchini, corn, carrot, chives and ham and combine. Pour into a dish lightly sprayed with oil. Top with cheese. Bake for 30-40 minutes until set.

Sourced from www.healthier.qld.gov.au

Grandparent Support Groups in QLD

In an effort to keep information current, please let us know of any additional groups or if you find any of these details to be incorrect by phoning 1300 135 500 or emailing 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 - Cairns & District Grandparents Support Group:

Phone John or Janet on Ph. (07) 4055 5161
Monthly support meetings for information & companionship

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 - Grand Families Townsville:

Phone Robyn Moore on 0408 378 556 or
Robbie Chivers on 0419 809 666
Monthly meetings for friendship, advice and support

Townsville - Grandparents in Need of Support (GINOS):

Phone Nev on Ph. (07) 4723 3520
Email: trcota@bigpond.net.au
Regular meetings and support for grandparent carers

Townsville - 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

Caboolture - Grandparents and Grandchildren:

Phone Helen on Ph. (07)5497 7325

Caboolture - Grandparents and Grandchildren

Regular meetings for information, support, referrals and advocacy. Annual m'ship fee: \$30 couples/ \$20 singles

SUNSHINE COAST (continued)

Gympie - Grandparents and Grandchildren Society:

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

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

Mitchelton - Grandparents and Grandchildren Society:

Phone 0401 969 343, ask to be phoned straight back if necessary. Information and support for grandparent carers, regular meetings if in demand

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.

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.