



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

March 2014

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YOUNG ATHLETE ASSISTANCE PROGRAM

Do your grandchildren play representative sports? If so, would you like \$200 to help contribute towards the cost of travel and accommodation for the championship?

Whilst our Time for Grandparents Program is not able to fund representative sports, there is a new government funded Young Athlete Assistance Program which may be able to provide \$200 once every two years to young Queensland athletes or officials who have competed or officiated in various championships. The funding is only provided after the event has occurred, so you must cover your own costs initially before submitting an application to be reimbursed. Participation at the championship must be confirmed by the relevant organisation. Lodging an application does not guarantee funding will be available, but all applicants will receive written notification advising the outcome of their application.

Are my grandchildren eligible?

To be eligible, your grandchild must:

- within the last 6 months have competed or officiated at an eligible championship, including:
 - a Queensland State Championship
 - a Queensland State School Championship
 - an Australian National Championship
 - an Australian National School Championship

- an International Championship
- have lived in Queensland for more than 12 months before the championship
- be under the age of 18 at the start of the championship
- live more than 200km from the championship location for the one-way trip (to check radial distances go to <http://www.ga.gov.au/cocky/distance.jsp>)
- be able to confirm your participation or service
- not hold a current Queensland Academy of Sport Scholarship.

Which championships are eligible?

You can check the list of eligible championships at <http://www.nprsr.qld.gov.au/funding/pdf/overview/yaap-events-list.pdf> or you can phone the Department of National Parks, Recreation, Sport & Racing on Ph. 1300 656 191. If your grandchild's championship is not on the list you can contact your state or national sporting association or ring the above number to discuss your eligibility.

More Information

The application form and more information is available from <http://www.nprsr.qld.gov.au/funding/overview/young-athlete.html> or by phoning Ph. 1300 656 191.



THOUGHTS OF THE DAY

Everyone has a unique role to fill in the world and is important in some respect. Everyone, including and perhaps especially you, is indispensable.

- NATHANIEL HAWTHORNE

Most grandmas have a touch of the scallywag

- HELEN THOMSON

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph.: 1300 135 500

E: grandparentsinfo@ucommunity.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.

IMMUNISATIONS

National Register and Addressing Concerns



Did you know about the Australian Childhood Immunisation Register which records vaccinations given to children under 7 years of age? An immunisation history statement can be provided to a child's parent or guardian at any time to help them keep track of their child's immunisations and as proof of immunisation for childcare and school enrolments by phoning the Immunisation Register on **Ph. 1800 653 809**.

You do not need to do anything to add a child on the Immunisation Register. Children who are under 7 years of age and enrolled in Medicare are automatically included on it. Even if your grandchild is not enrolled in Medicare, they will be added to the Immunisation Register once your doctor or immunisation provider supplies your grandchild's immunisation details.

The National Immunisation Program Schedule specifies various vaccines that are recommended for children between birth and 4 years of age. If your grandchild hasn't been immunised or has missed a vaccination, it's easy to catch up if you wish to—just ask your doctor, immunisation clinic or some hospitals will also do vaccinations. With your consent, your doctor or immunisation provider can contact the Australian Childhood Immunisation Register to check your child's immunisation history. This is useful if they have not seen your child before and it will help them decide what vaccinations are due and when.

If you have concerns about the safety of immunisations you can read the latest edition of the Immunisation Myths and Realities booklet, providing you with the latest scientific information on immunisation and responding to some of the common myths and concerns about vaccinations. **To view this booklet, see the Immunise Australia Program website - <http://www.immunise.health.gov.au/>** (scroll down to find the booklet).

CONGRATULATIONS KATE*!

Good luck for your future

From everyone at the Time for Grandparents program we would like to say congratulations to you Kate for all your outstanding achievements in the time you were in your grandmother's care and enrolled on our program!

Let us share Kate's achievements with the rest of you... Whilst undertaking a high school-based apprenticeship in hairdressing, Kate also held down a part time job and was buying her own clothes to help ease the financial burden on her grandmother. During this time, Kate even managed to save up enough money to buy her own car which will now be perfect to get her to her newly acquired full time dream job in hairdressing. Time for Grandparents staff say well done! Congratulations on achieving all that you were aspiring to Kate and making your grandmother so proud. We wish you much happiness for your independent future! **Names have been changed to protect privacy*

FIFTY UP CLUB

Consumer Discounts for Over 50's

There is a new club named FiftyUp aimed at helping consumers aged 50 and over access discounts, special offers, and improved products. FiftyUp will focus on essential household goods and services, like energy, insurance, finance, and retirement savings. As the FiftyUp Club unlock discounts they will notify their members by email. **The Club is currently only sourcing offers for members who live in New South Wales, but offers will become available soon for members in other states.**



The consumer network One Big Switch established the FiftyUp Club in conjunction with Macquarie Radio. The FiftyUp Club earns a commission, paid by the provider, for a member who takes up a special FiftyUp Club offer. One Big Switch and Macquarie Radio share these commissions. Part of these commissions will be used to fund future FiftyUp Club Campaigns.

How do we join?

You join the FiftyUp Club by registering at www.FiftyUpClub.com. Registration is quick and easy, and cost and obligation-free. The more FiftyUps who join the Club, the greater the chance of success of unlocking discounts and unique products and services.

UNDERSTANDING LEGAL JARGON

Law Term Finder Website

Are you involved in a Family Law dispute or mediation and feeling bamboozled by the legal terminology used? Or would you just like a greater understanding of legal jargon? If you answered yes to either of these questions you may benefit from perusing the **LawTermFinder website at www.lawtermfinder.mq.edu.au/**. LawTermFinder allows you to type in legal words and phrases frequently used in Australian Family Law and it will give you a plain language meaning.

The website has been jointly compiled by Australian Government and Macquarie University with input provided by ANU College of Law, and a specialist family law practice in Sydney, Dettmann Longworth Lawyers, so you can be guaranteed of accurate definitions.

The website not only gives you accessible definitions of terms used in family law and in mediation services, but also provides examples of each term in use. Where possible, diagrams are shown of clusters of terms whose meanings are interconnected. There are linked audio-recordings of the definitions, and links to legal documents for those seeking more information.



MYCHILD: Need Information about Child Care?

Do you need more information in order to make informed decisions about child care options for your grandchildren?

The Australian Government *MyChild* website provides information on the different types of child care including Long Day Care, Family Day Care, In Home Care, Outside School Hours Care and



Occasional Care. You can also search a database to find Child Care Benefit approved child care centres with vacancies in your local area. In many cases, you will also be able to find fee information including how much Australian Government assistance you may be entitled to receive. If this is all new to you, there is even a link with some helpful hints on where and how to get started .

Under the Families and Carers link on the *MyChild* website you will also find information on educational children's activities, early childhood education options, promoting health and wellbeing, support for families, carers and children, programs for Indigenous families, and a range of child care fact sheets.

Assistance with the costs of child care:

MyChild provides information about various types of benefits and rebates available to help families cover the costs of childcare, including Child Care Benefit, Child Care Rebate and Grandparent Child Care Benefit.

Grandparent Child Care Benefit covers the full cost of the total fee charged for Child Care Benefit eligible hours - up to 50 hours for each child in Child Care Benefit approved care each week.

Grandparent Child Care Benefit is available to you if you are a grandparent who:

- meets the existing Child Care Benefit eligibility requirements (see website for more information)
- receives an income support payment from Department of Human Services or the Department of Veterans' Affairs
- is the primary provider of the ongoing daily care for your grandchild and has the responsibility for the day-to-day decisions about your grandchild's care, welfare and development.

More Information: See the *MyChild* website or phone the hotline for more information at:

Web: www.mychild.gov.au

Phone: *MyChild* Hotline 13 36 84

RECIPE: Pear and Banana Muffins

Get the kids involved and ask them to give you a hand in the kitchen to bake these delicious muffins for a healthy lunch box snack. And best of all, they'll never suspect they're getting some of their daily fruit requirements from these delicious treats!

Ingredients:

Olive or canola oil spray
2 cups wholemeal self-raising flour
2 cups white self-raising flour
1 cup brown sugar
2 eggs
150 mL low-fat natural yoghurt
½ cup orange juice
1 large banana, peeled and chopped
1 pear, cored and diced
½ cup buttermilk or low-fat milk

Method:

Preheat oven to 170 °C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool. Makes 24 muffins.



Hint: Wrap muffins individually and freeze for a lunch box snack.

Variation: Use apples, blueberries or other firm fruit to vary the flavour.

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

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 - 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 - 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 Margaret on Ph. 0427 516 696
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

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.