

Grand Matters

TIME FOR GRANDPARENTS



Time for Grandparents Office Closure

The Time for Grandparents Program would like to take this opportunity to let you know that this office will be closed:

from Monday, 26 December 2022 and will re-open Tuesday, 3 January 2023.

Please remember that should you require any urgent assistance over the Christmas and New Year period please call:

Lifeline on 13 11 14

or Parentline on 1300 301 300

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In recognition of the importance of supporting families where children are being raised by their grandparents, Seniors Enquiry Line, in partnership with the Queensland Government, operates the Time for Grandparents Program. This program, funded by the Department of Communities is designed to provide the children of these families with fun and interesting activities and give grandparents the opportunity to have some well-earned time out. Alternatively, grandparents may also enjoy attending these activities with their children.

Combined grandparent and grandchildren camps are also available. Grandparents who are the primary carers of grandchildren and who are not receiving the fostering allowance and not approved relative/ kinship carers with the Department of Child Safety are eligible for the program.

For all bookings and enquiries please contact Seniors Enquiry Line 1300 135 500 from Monday to Friday 9am to 5pm. All enquiries are welcome and confidential. If grandparents are unsure about eligibility, they are encouraged to contact the Time for Grandparents Program.

Time for Grandparents Program

M PO Box 2376

Chermside Central QLD 4032

T 1300 135 500

E grandparentsinfo@uccommunity.org.au

W www.grandparentsqld.com.au

Disclaimer: The materials and information included in this edition of Grandmatters 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 detailed 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.

Term 1 2023 - Activity Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact Time for Grandparents on 1300 135 500 prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. **We need all of the following information from you before we can process the payment:**

- 1) Name of the activity provider or club
- 2) Contact person's name and phone number / email
- 3) Sign-on date, or activity start and finish date
- 4) Cost of the activity.

There is a limit of \$500 funding assistance per grandchild per financial year (July 2022 – June 2023).

If you wish to have your grandchildren attend activities that exceed the \$500 limit, Time for Grandparents will contribute up to \$500 towards the total cost per grandchild per financial year.

Grandfamily Camps

Emails from Time For Grandparents

As we move into the digital age, please be aware to check your inbox for emails from Time for Grandparents offering the opportunity to express interest in attending one of our Grandfamily camps. Our email addresses are: grandparentsinfo@ucommunity.org.au and tfg.camps@ucommunity.org.au. Remember to also check your junk/spam mail. If you do not have an email address, Time for Grandparents will still contact you by telephone.

Please bear in mind that expressing interest in attending a camp does not guarantee a place – TFG need to balance a range of considerations when choosing families to participate.

FairPlay Vouchers

Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards sport and active recreation membership, registration or participation fees with registered activity providers. There is a limit of 1 voucher per child per calendar year.

Who is eligible?

You can apply for a Fair Play voucher if your child: is a Queensland resident aged from 5 to 17 years (inclusive) at the time of application and;

- ❖ did not receive a FairPlay voucher this calendar year
- ❖ holds, or whose parent, carer or guardian holds, a valid Department of Human Services Health Care Card or Pensioner Concession Card with the child's name on it.

How to apply for a Fair Play voucher

The new FairPlay system, [Enquire](#), is now open and accessible for existing and new users to register. If you think you will be applying for a voucher in the future, [register online now](#).

The registration process is simple and will mean you are set up in the new system, ready to apply for your next eligible round of FairPlay. Even if you have previously received a voucher, you will need to register in the new system to apply in the future. The Queensland Government website <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply> has a user friendly "How to" video explaining how to apply online.

Key Dates

Applications for Round 7 FairPlay closed on 28 September 2022. Round 7 expiry and redemption dates have been extended for 2 weeks.
20 July 2022: round 7 opened
28 September 2022 (or earlier if fully allocated): round 7 closed
9 November 2022: vouchers expire and must have been presented to an [activity provider](#)
23 November 2022: vouchers must be redeemed by activity providers.

Need more information?

Phone: Smart Service Qld on 137 468

Email: fairplayvouchers@npsr.qld.gov.au

Web:

<https://www.qld.gov.au/recreation/sports/funding/fairplay>

Assistance with back to school costs

Would you like some help with the cost of computers or iPads for school, schoolbooks, stationery, uniforms and excursions?

The beginning of another school year can be a tricky time to balance all the financial demands of needing new books, stationery, uniforms and having to pay for upcoming school excursions.

Speak to the Guidance Officer, Principal, Deputy Principal or form teacher at your child's school to discuss how they may be able to assist you. It could also be worth your while to speak with your local Neighbourhood Centre, as they may well be able to advise you about what assistance is available in your local community. If the school is unable to provide assistance, the following agencies may also be able to help you if you are finding this a difficult time:



The Smith Family - Learning for Life Program may be able to provide financial assistance to help disadvantaged families afford the cost of their child's education.

<https://www.thesmithfamily.com.au/programs/learning-for-life>

Phone: 1300 326 459

Savers Plus Program - the Savers Plus Program may be able to match you dollar for dollar up to \$500 to save for education costs if you have:

- ❖ a Health Care Card or Pensioner Concession Card AND an eligible Centrelink payment
- ❖ a child in school (can be starting school next year) OR be studying yourself
- ❖ A regular income from work (either yourself or your partner - many types of income and Centrelink payments are eligible) <https://www.thesmithfamily.com.au/programs/financial/saver-plus>

Phone: 1300 610 355

NILS - No Interest Loan Scheme - provides families on low incomes with access to safe, fair and affordable credit. Loans may be available for education essentials such as computers and textbooks if you have:

- ❖ a Health Care Card or Pension Concession Card OR earn less than \$70,000 gross annual income as a single or \$100,000 gross annual income as a couple or person with dependants OR
- ❖ have experienced family or domestic violence in the last ten years AND can show that you have the capacity to repay the loan <https://goodshep.org.au/services/nils/>

Phone: 13 64 57

St Vincent de Paul Society - you may receive food, clothing and other assistance on assessment by contacting the Call and Support Centre. If approved, the Call and Support Centre will then forward your request to your closest Support Centre. <https://www.vinnies.org.au/findhelp#!qld>

Phone: 1800 846 643

The Salvation Army - if you find yourself in a sudden crisis call you may receive support for immediate basic needs.

Phone: (07) 3001 6288

Whilst a lot of people find it difficult to approach these services, just remember that they are set up to help anyone in financial distress and if you are considering accessing their services then you are likely to be exactly who the services are catering for. Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.

Don't hesitate to ask for help if you need it!

Ways to survive the school holidays

School holidays can be a mixed bag for grandparents. There is the chance to relax and spend time with the kids, but there can also be stress when you are together all day every day. Here are Professor Matt Sanders', founder of the Triple P — Positive Parenting Program, top five survival tips to help prevent the school holidays ending in tears.

Plan Activities in Advance

With the help of all your children, plan activities they can look forward to and will enjoy. They can be things to do at home, out-and-about, free or with a budget. Put the full list on the fridge and refer your kids to the 'at home' section when you're hit with the 'I'm bored' moaning.

Set a Holiday Budget

Set a holiday budget and stick to it. Explain to your children it is important they understand you're not made of money. This will also help them to learn they don't always need lots of money to have fun.



Being Bored Is Okay

Don't fall into the trap of becoming your child's fulltime entertainer. Children need to learn to amuse themselves and to find interesting and fun things to do in a safe environment. But remember, it's important to show an interest when your child is busy and absorbed, not just when they're bored and seeking attention.

Set Ground Rules

Set ground rules around things such as television and screen time. Set a time limit you're comfortable with and monitor it. This will help balance their time spent inside and playing outside. And if taking turns with siblings or friends is a problem, set a timer for each child.

Take Care of Yourself

Make a little time for yourself. If you can, organise for the kids to occasionally play with friends or for extended family to help. The holidays can seem never-ending and if you're feeling stressed it's much more difficult to be calm, patient and consistent with your children. It's easier to look after your children if you look after yourself.

Source: <https://www.couriermail.com.au/news/queensland/top-five-ways-to-survive-these-school-holidays-and-prevent-them-from-ending-in-tears/news-story/7b14c27d6a62d0db49a727aa335a3239>

Christmas food parcels or gifts



Christmas is meant to be a time of celebration, however, if times are tough it can be especially difficult. If you are going through challenging times this year, enquire at these services listed below, as you may be eligible for a food parcel or gift assistance. Alternatively, enquire at your neighbourhood centre about support in your local area.

Salvation Army – Statewide

To find out if you are eligible for support this Christmas in the form of food hampers or gifts, reach out to your local Salvos. Local Salvo Centre locations on the [Salvation Army website](#).

Phone: (07) 3001 6288

Foodbank – Statewide

Foodbank Queensland is the largest supplier of food relief, providing food directly to frontline charities across the state. If you or your family are in need of food, [please click here to visit their Find Food page](#). This will help you find local food support near you.

St Vincent De Paul Society - Statewide

St Vincent De Paul Society may be able to offer the provision of food and/or food vouchers.

Phone: 1800 846 643

Wesley Mission - Fortitude Valley

Wesley Mission food hampers may be available. Dependent upon availability, eligibility requirements apply. Contact Wesley Mission to make an appointment.

Phone: 3216 1579

Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.



Grandparent Useful Contacts



Time for Grandparents		1300 135 500	
13 Yarn	13 92 76	Aboriginal and Torres Strait Islander Legal Service (Qld)	1800 012 255
ADIS Alcohol and Drug Support	1800 177 833	ARAFMI	1300 554 660
Beyond Blue	1300 224 636	Blue Knot	1300 657 380
Bravehearts	1800 272 831	Carer Gateway	1800 422 737
Carers Qld	1300 747 363	Centrelink Grandparent Advisor	1800 245 965
Centrelink Social Workers	132 850	Child Health Phone Support	13 43 25 84
Disability Gateway	1800 643 787	DV & Sexual Assault National Helpline	1800 737 732
DVConnect Womensline	1800 811 811	Elder Abuse Prevention Unit	1300 651 192
Family Drug Support	1300 386 186	Family Relationship Advice Line	1800 050 321
Financial First Aid	1800 007 007	Headspace	1800 650 890
Kids Helpline	1800 551 800	Legal Aid Advice Line	1300 651 188
Lifeline Crisis Line	13 11 14	MensLine Australia	1800 737 732
Mob Strong Debt Help	1800 808 488	My Aged Care	1800 200 422
NDIS – National Disability Insurance Scheme	1800 800 110	NILS – No Interest Loan Scheme	136 457
Parentline	1300 301 300	Relationships Australia	1300 364 277
Salvation Army	137 258	Seniors Enquiry Line	1300 135 500
St Vincent de Paul	1800 659 467	Suicide Call Back Service	1300 659 467

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 support groups that are not listed, please phone us on **1300 135 500** or email us at: grandparentsinfo@ucommunity.org.au

Time for Grandparents Online and Face-to-Face Peer Support Groups

Ph: 1300 135 500

E: grandparentsinfo@ucommunity.org.au

Time for Grandparents is looking to begin free online and face-to-face peer support groups. Join other grandparent carers to share lived experience and practical advice about your caring role, as well as receive information, encouragement, peer support and connection.

Central QLD & Wide Bay

Urangan - Grandparents Support Group

Phone: Anglicare 1300 114 397

Come join us for a cuppa and a chat. We can discuss issues you may be having with your grandkids. Some topics we cover are safe internet use, behavioural issues, diet, and any suggestions and concerns welcome.

Sunshine Coast

Buderim – Sunshine Coast Intergenerational Playgroup

Phone: (07) 5453 4938

Email: schub@playmatters.org.au

Facebook: <https://www.facebook.com/playmattersssc>

Website: <https://playmatters.org.au/>

Playgroup for Grandparents, Carers, Mums and Dads with children under school age, birth to 5 years. Playgroup meets each Wednesday 9.30am to 11.30am during school terms. Come along for a fun, friendly, relaxed morning together. Our venue, Play Matters Sunshine Coast Hub is set on 1 acre of gorgeous, magical grounds.

It is safely fenced with plenty of car parking and easy access.

Children engage in a range of play experiences. It is a perfect environment to make new friends, play, and become part of a community. Tea and coffee are available but please bring your own snacks. We look forward to making you welcome!

Caloundra - GAP Peer Support Program

Phone: (07) 5491 4000

The GAP peer support program encourages grandparents who are the primary carer of their grandchildren to meet regularly for peer support activities including guest speakers, coffee catch ups, monthly BBQs and school holiday activities for the the grandparent families. All activities are attended and supported by a Family Worker.

Brisbane and West Moreton

Hendra - Grandparents Playgroup

Phone: Susanna 0404 176 726

Ages 0-5 years. \$5 per session. Monday 9.30am. Come along to our Grandparents Playgroup. Playgroup is a wonderful way for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children. Susanna is the first point of contact but if you do not get a response please call Barbara: 0420 617 274.

North Queensland

Innisfail – Grandparent Peer Support Group

Phone: 0427 406 246

Fortnightly meetings, Wednesday 9.30am. Join other grandparent carers for conversation and peer support. No children in attendance, grandparents only. Social meetings including grandchildren are held at separate times on occasion.

Message Stick

Aboriginal & Torres Strait Islander News



Hello you Mob!



Congratulations to Kabi Kabi man, Kerry Neill (centred here) and his TriballLink team brothers where the Queensland Government's Outdoor Recreation Award 2022 recognised TriballLink the winner of this year's outdoor recreation award (October 2022).

Many of you mob might remember Kerry from Kindilan camps at Redland Bay and Bundaberg Grandfamily camps over the many years Kerry delivered cultural activities for the Time for Grandparents cultural camps, **jarjum nimbulima** (meaning *children return*). Kerry will continue to provide culture for our grandchildren and families at QCCC Mapleton on the sunshine coast at next year's **jarjum nimbulima** Grandfamily camp. Click here to see full story: <https://www.qccc.org.au/outdoors-queensland-awards-2022/>

Federal Government backs TriballLink (2 Nov 2022)



Kerry's classroom is always full of enthusiastic, listeners young & old



Triballink at QCCC Mapleton will extend their 'authentic food' area across the lake

Triballink Centre at QCCC Mapleton is an Indigenous education program where students can touch, taste, feel and experience traditional culture has been awarded a \$454,000 Federal Government grant.

Member for Fairfax Ted O'Brien announced funding to help pay for new infrastructure to enhance the successful Triballink program based at the Queensland Conference and Camping Centre (QCCC) in Mapleton.

Mr O'Brien said Triballink was the only program on the Sunshine Coast where students could be immersed in Aboriginal culture and the money would significantly enhance that experience. The new funding will enable the construction of an eco-dining deck for tasting Indigenous meals, a shade sail for all-weather protection, tiered seating and smoking racks.

The grant would also pay for a new trailer fitted out as a mobile classroom to conduct school visits to educate students on Indigenous culture in line with the curriculum. "Triballink delivers a fully immersive Indigenous experience for school groups with bush food, traditional dance, story-telling, artefacts and more," said Mr O'Brien.

"This funding will take the experience to the next level and allow them to conduct even more authentic Aboriginal activities with all new infrastructure."

Minister for Indigenous Affairs Nigel Scullion said the cultural centre was a truly invaluable community resource that delivered an important educational experience for all Australians who visited.

Kerry Neill said it was his dream to run a cultural program to share the stories of Indigenous people with thousands of students each year.

"I love stories. The first thing I do when I talk to my grandmother is asked her what stories she has and Triballink is a place where we can bring stories to life," said Mr Neill.

“I can’t stop smiling about this grant. It will turn our experience from awesome to spectacular. It’s a game-changer that will lift the facility and enhance the program.”

“The Triballink Centre is a hub of cultural awareness where students can go on bush food walks, get immersed in an authentic encampment, experience a Corroboree and listen to storytelling.”

<https://www.qccc.org.au/triballink/>



Dr Aleeta explains the benefits of COVID-19 oral treatments

Oral treatments are available for people who catch COVID-19 and are most at risk of severe illness from the virus. You can take them in your own home and they can help reduce your symptoms.

You may be eligible for oral treatments if you test positive for COVID-19, and are:

- 70 years or older, with or without symptoms
- 50 years or older with 2 of the key risk factors, or
- Aboriginal or Torres Strait Islander, 30 years or older and with 2 key risk factors.

[Watch a video of Dr Aleeta Fejo](#) explaining the benefits of COVID-19 oral treatments on the Department of Health and Aged Care website.

You can also find more information about eligible risk factors on the [Department of Health and Aged Care](#) website.

Health updates to keep your mob safe.

Information for Aboriginal and Torres Strait Islander communities on COVID-19 vaccines, and other health updates.

Welcome to the latest update for Aboriginal and Torres Strait Islander households, communities and organisations. In this edition, find out about the benefits of COVID-19 oral treatments, read about vaccinating our children, the 715 health check and more!

Latest news

- [Dr Aleeta explains the benefits of COVID-19 oral treatments](#)
- COVID Warrior Aunty June
- Vaccinating our children
- Make the choice
- [Yarn for life](#)
- [Your health is in your hands!](#)
- Updated COVID-19 vaccine resources available





An Adnyamathanha man, Goodes said he remembers going back to Adnyamathanha country (South Australia) with his mum.

“This trip back to Country is one that I made with my mum not too long ago. It was a very emotional and spiritual moment for all involved,” he said.

“This is when I learnt about my kinship and my role as a north wind Ararru man

“Going back on Country was such an important part of my childhood because it allowed my family and I to catch up with our (relatives), and to learn more about the land and our culture,” he said.

“I remember absolutely loving it. It was so quiet and remote.

“The parents and grandparents stayed in the house, and the cousins and kids stayed in tents. We would go on walks, and go fishing.”

Their first picture book in the series Somebody’s Land sold over 3000 copies in its first week

The book also won children’s picture book of the year at the Australian Book Industry Awards this year

Hardy said while illustrating this book, he pulled from both Goodes’s Adnyamathanha culture, and his own experience of going back to Country.

“The mother depicted in Back on Country is from the Adnyamathanha people of the Flinders Ranges in South Australia, Adam’s Country,” he said.

“Adam also went back to his Country for a while, to talk to all of his relatives. The illustrating process was really important to me.

“There are hints of my experiences going back on my country as a kid in this book especially the house and with the kids staying in tents out the backyard. *Back on Country* is available for purchase from Allen and Unwin from 1 November 2022.

ART & CULTURE

Purrumpa Conference in Adelaide, the largest national gathering of First Nations arts and culture in 50 years

November 8, 2022



First Nations creatives from across the country came together for a week-long celebration of art and culture at the Purrumpa Conference in Tarntanya (Adelaide) in November. Convened by the Australia Council, Purrumpa meaning 'to blossom' in Kaurna language was the largest national gathering of First Nations arts and culture in 50 years.

The five-day conference brought together Elders, artists, arts workers, performers and thought leaders for deep listening, performances, keynote speeches, ceremony, yarning circles and storytelling across multiple artforms

Federal Indigenous Australians Minister Linda Burney and Arts Minister Tony Burke were among those attending.

"Purrumpa is an opportunity to celebrate the enormous artistic and cultural contribution of First Nations people, who maintain one of the oldest continuing cultures in the world," Ms Burney said.

"It's an opportunity to reflect on the past, but also look forward to the next 50 years."

Joining Ms Burney was Pat Anderson, Thomas Mayor and Moogy Sumner for discussions about the Uluru Statement from the Heart and the national journey to a referendum on an Aboriginal and Torres Strait Islander Voice to Parliament.

South Australian youth arts organisation Carclew showcased emerging First Nations artists, with music and dance performances, live podcasting, artist talks and poetry.

Contemporary dancers perform at opening.

While artist in residence and Lakun Mara founder Sonya Rankine, an award-winning Ngarrindjeri, Narungga, Ngadjuri & Wirangu artist, created a weaving experience throughout the event.

Lakun Mara, meaning weaving hands in Ngarrindjeri, focuses on cultural revival and maintenance of traditional Ngarrindjeri weaving and cultural practices.



Lakun Mara founder Sonya Rankine created a weaving experience throughout the event

Group artworks and collaborations could be seen all around the Adelaide Convention Centre contributed to by all those attending.

The last national gathering of this kind was held in 1973, hosted by the Aboriginal and Torres Strait Islander Arts Board (now the First Nations Arts and Culture Strategy Panel).

It was a milestone moment that set out policy, encouraged excellence and the preservation of First Nations culture through creative expression.

<https://www.nit.com.au/purrumpa-conference-the-largest-national-gathering-of-first-nations-arts-and-culture-in-50-years/>

