



www.grandparentsqld.com.au

Time for Grandparents GRAND MATTERS NEWSLETTER

March 2016

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THOUGHT OF THE DAY

The generosity of your time is the most valuable gift you can give.

- SARA HENDERSON

If you are ever going to see a rainbow, you have got to stand a little rain.

- ANONYMOUS

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

Grandchildren's Activities

Term 3 Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact us prior to the commencement of each term to discuss continuing your grandchildren's choice of activity and availability of funding. We need the following information from you in order to process the payment as quickly as possible: name of the activity provider or club; a contact person's name and their phone number/email; the sign-on date; activity start and finish date; and the cost of the activity. You can phone us on **1300 135 500**.

Family & Child Connect

Free Family Support

Family and Child Connect is a free service for families that feel they may need extra support in the home. They are there to support you with the challenges of parenthood and try to find a solution that works for your family. Family and Child Connect will talk to you about your worries, and connect you to the right local services that can help you. You can access Family and Child Connect as often as you need and for as long as needed. A worker from the service is able to visit you at your home or at a place that is mutually convenient and safe to talk.

If you and your family are dealing with many problems at the same time, Family and Child Connect can arrange special assistance for you. Intensive Family Support Services can work with you over an extended period of time to make sure your family receives the help you need. In many areas, there are specialist family support services for Aboriginal and Torres Strait Islander families, and most other family support services will be able to offer families the choice of working with an Aboriginal or Torres Strait Islander worker.

Where can I find a Family & Child Connect office?

- Beenleigh/Bayside
- Browns Plains/Beaudesert
- Emerald
- Ipswich
- Gold Coast
- Gladstone
- Logan
- Maryborough/Bundaberg
- Moreton Bay
- Rockhampton
- Roma
- South Burnett - Kingaroy
- South Burnett - Murgon
- Sunshine Coast including Gympie
- Toowoomba
- Townsville



For more information:

Phone: 13 FAMILY or 13 32 64

Web: <http://www.familychildconnect.org.au/index.asp>

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 Events section on our website.

Tell us what you think

UnitingCare Community values all compliments, complaints and feedback. To provide a compliment, make a complaint or offer feedback you can call us on **1300 135 500**.

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.



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

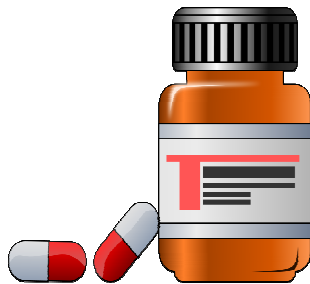
PHARMACEUTICAL BENEFITS SCHEME

\$1 Discount PBS prescriptions

Pharmacists are now able to discount by \$1 the cost of a prescription subsidised through the Government's Pharmaceutical Benefits Scheme (PBS). The discount is optional, though some pharmacy chains are already offering the \$1 discount.

For pensioners, the cost of a prescription is now \$6.20, but chemists will be able to charge \$5.20 instead. For general consumers, the cost now is \$38.30, but can be discounted to \$37.30. Chemists who pass on the discount will lose the money. If you want the discount, you will need to shop around.

Although patients who don't reach the PBS Safety Net can be better off, those people who **do** reach the Safety Net would still pay the same amount before they reached the eligibility thresholds, although it will take them longer. When pensioners reach the Safety Net medicines become free, while for general patients the price will drop to \$6.20.



UNITINGCARE COMMUNITY

Elder Abuse Prevention Unit

The UnitingCare Community Elder Abuse Prevention Unit is a state-wide service that is funded by the Department of Communities, Child Safety and Disability Services and operates under a Human Rights framework based on the United Nations Principles for Older Persons. The unit operates an information, referral and support Helpline between 9am and 5pm Monday to Friday that is available to anyone who experiences or suspects the abuse of an older person. Interpreter services can be engaged.

Elder abuse can be difficult to talk about as the person inflicting the abuse is usually someone close to the older person, often family. Callers can remain anonymous and feel confident that the rights and dignity of the older person will always be respected.

The EAPU also offers FREE awareness sessions and training for community groups and workers.

For further information please call **1300 651 192** or email eapu@ucommunity.org.au.



NEW GRANDPARENT SUPPORT GROUP

Grandparents and Grandchildren Support Inc.

The Grandparents and Grandchildren Support Inc. is a network of people that provide support to grandparents who are taking on an active role in the raising of their grandchildren. Whether it is just wanting to be a better grandparent, or due to family circumstances such as a relationship breakup, illness, sole parenting issues or work commitments, if you are required as a grandparent to take a more active role, our group is here to help.

Support is offered when dealing with:

- Financial, legal and parent matters
- Services for children
- Respite issues
- Centrelink and other government departments



Monthly meetings are held as well as social functions and general get-togethers where we can share information, news and views. Contact Helen on 07 5497 7325 or Sue on 0424 531 811 for more information.

QCOSS

Energy Factsheet

Queensland Council of Social Service has released a energy factsheet on simple tips to help you reduce the size of the electricity bill.

The factsheet has simple tips on

- Keeping cool on a budget
- Reducing hot water usage
- Reducing the running costs for you fridge



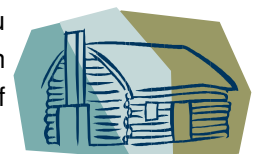
If you would like a free copy of the energy factsheet please call us on **1300 135 500** and we will send you one in the mail.

TIME FOR GRANDPARENTS

Grandfamily Weekends

The Time for Grandparents program provides overnight respite for Grandparents & their Grandchildren they are caring for (known here as *Grandfamilies*). As our program is a state-wide service, "time out" weekends are organised around 4 QLD regions – Brisbane, Bundaberg/Hervey Bay, Rockhampton and Townsville. Most Grandfamilies residing close to these regions are invited to attend the annual Grandfamily Weekend.

As we are updating our invite list, if you have not attended a Grandfamily Weekend in the above regions before and would like to be invited to one in your area, please call us on **1300 135 500**. If you have been to Grandfamily Weekend in the past and you wish to be taken off the invite list please also notify us.



Open Chicken Pies



- 2 (about 500g) chicken breast fillets
- 2 cups (320g) frozen vegetables
- 1/2 x 30g packet spring vegetable soup mix
- 1 tablespoon whole-egg mayonnaise
- 1 tablespoon coarsely grated cheddar
- 1 1/2 sheets (25cm) reduced-fat puff pastry
- Mixed salad leaves, to serve

Step 1 Preheat oven to 200°C. Heat a large non-stick frying pan over medium heat. Add the chicken and cook for 5-7 minutes each side or until cooked through. Transfer to a plate and set aside to cool slightly. Coarsely chop the chicken and place in a medium bowl.

Step 2 Add the vegetables, soup mix, mayonnaise and cheddar to the chicken and stir until well combined.

Step 3 Cut the pastry sheets into 12cm squares. Line six 8cm (base measurement) fluted tart tins with removable bases with the pastry, allowing the sides to overhang. Spoon the chicken mixture into the lined tins. Place on an oven tray. Bake for 30 minutes or until the pastry is puffed and golden. Serve with salad leaves.

<http://www.taste.com.au/recipes/28001/open+chicken+pies?ref=collections,kid-friendly>

Vegetable fritters



Step 1 Sift the combined flours and salt into a large bowl. Add the corn, carrot, zucchini and cheddar and stir to combine.

Step 2 Whisk the egg and milk together in a jug. Add to the flour mixture and stir to combine.

Step 3 Heat the oil in a large non-stick frypan over medium heat. Pour three 1/4-cupfuls (60ml) of mixture into the pan and cook for 2 minutes or until bubbles rise to the surface. Use a spatula to turn and cook for a further 1-2 minutes or until golden brown and cooked through. Transfer to a plate. Repeat in 3 more batches with remaining batter to make 12 fritters.

Step 4 Serve topped with sour cream and sweet chilli sauce.

- 1 cup (150g) self raising flour
- 1/2 cup (80g) wholemeal self raising flour
- 1/2 teaspoon salt
- 420g can corn kernels, drained
- 1 medium carrot, peeled, coarsely grated
- 1 medium zucchini, ends trimmed, coarsely grated
- 1/2 cup (40g) coarsely grated light cheddar
- 3 eggs, lightly whisked
- 1 cup (250ml) milk
- 2 tablespoons olive oil
- Reduced-fat sour cream, to serve
- Sweet chilli sauce, to serve

<http://www.taste.com.au/recipes/28002/vegetable+fritters?ref=collections,kid-friendly>

WHAT'S ON IN YOUR AREA?

March events happening across Queensland

Sunshine Coast

- ◆ Coolum Beach Movie in the park (26 Mar) Phone: 0439 706 206
- ◆ The Sunshine Coast Lego Event (5-6 Mar) Phone: 07 5413 1400
- ◆ Kenilworth Cheese, Wine & Food Fest (26 Mar) Phone: 07 5472 3156

Central QLD & Wide Bay

- ◆ Mackay Easter Carnival (27 Mar) Phone: 07 4961 9777
- ◆ Maryborough North Coast Campout (26-27 Mar) Phone: 0417 326 150
- ◆ Bundaberg Travelling Farm (29Mar-3Apr) Phone: 0403 778 825

Gold Coast

- ◆ Street Entertainment Championships (25-28 Mar) Phone: 07 5584 3700
- ◆ Broadbeach Italian Festival (26-27Mar) Phone: 0410 243 548
- ◆ Tamborine Mountain Show (19 Mar) Phone: 07 5545 2155

Toowoomba & South West QLD

- ◆ Roma's Easter in the Country Festival (24-28 Mar) Phone: 0459 521 196
- ◆ Highfields Easter Vintage Festival (26-28 Mar) Phone: 07 4696 6309

North QLD

- ◆ Townsville Riverway Movie Night (18 Mar) Phone: 1300 878 001
- ◆ Innisfail Feast of the senses (20 Mar) Phone: 0447037476
- ◆ Cairns Melanoma March (20 Mar) Phone: 07 4044 3044

Brisbane

- ◆ Springfield Harmony Day Festival (12 Mar) Phone: 0410 567 618
- ◆ Churchill Movies in the Park (5 Mar) Phone: 07 3810 6666
- ◆ Redcliffe Sails Festival (25 Mar) Phone: 1800 810 400
- ◆ Morayfield The Handmade Expo (6 Mar) Phone: 07 3261 1589

Grandparent Useful Contacts

Time for Grandparents Program - 1300 135 500
Centrelink Grandparent Advisor - 1800 245 965
Centrelink Social Workers - 131 794
Kids Helpline - 1800 551 800
Bravehearts - 1800 272 831
Lifeline Crisis Line - 13 11 14
Parentline - 1300 301 300

Beyond Blue - 1300 224 636
ARAFMI - 1800 351 881
Relationships Australia - 1300 364 277
Legal Aid Advice Line - 1300 651 188
Financial First Aid - 1800 007 007
Family Relationships Advice Line - 1800 050 321
Medicine Line - 1300 633 424

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

GOLD COAST

Broadbeach Waters - Grandparents & Grandkids Support

Phone: (07) 5504 6178

Information and support for grandparent carers, regular meetings if in demand.

Studio Village/Oxenford - Grandparents Raising Children Playgroup

Phone: Nikki or Belinda (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.

CENTRAL QLD & WIDE BAY

Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone: Karen Rogers 0457 857 457

Email: kazzarogers_6439@msn.com

Fortnightly meetings for support, care and advice whilst children are being supervised.

Rockhampton - Grandparents Support Group

Phone: Louise (07) 4926 5007

Email: ronje1@optusnet.com.au

Weekly meetings for information, support & companionship.

NORTH QLD

Townsville - Grandparent Support Group

Phone: Hazel Illin (07) 4725 7744

Fortnightly meetings for support, care and advice whilst children are supervised.

Mackay - Grandparent Support Group

Phone: Debbie 0423 749 552 or Kellie 0434 035 124

Meets 4th Wed of the month to share issues and concerns and connect with other grandparents.

TOOWOOMBA & SOUTH WEST QLD

Toowoomba - Grandparent Support Group

Phone: May Benstead 0439 717 586

Fortnightly meetings for support, care and advice whilst children are supervised.

BRISBANE & WEST MORETON

Ascot - Grandparent Playgroup

Phone: 1800 171 882

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.

Deception Bay - Grandparents Support Group

Phone: (07) 3204 2022

Fortnightly meetings for support, care and advice whilst children are being supervised.

Eagleby - KinKare

Phone: (07) 3287 1664

Regular meetings for grandparents and kin carers for information and social support.

Moreton Area - Grandparents and Grandchildren

Phone: Helen 0438 143 008 or Sue 0424 531 811

Regular meetings for information, support, referrals and advocacy. Annual membership fee: \$20 couples/ \$10 singles.

Zillmere - Murri Connections

Phone: Tess Rowley at Centacare (07) 3252 4371

Regular meetings for all Indigenous carers, including grandparent carers.

SUNSHINE COAST

Bokarina - Grandparents as Parents

Phone: Bill (07) 5413 1500

As needed meetings for support, information and companionship.

Buderim - Grandparents Raising Children Playgroup

Phone: Michelle Poole (07) 5453 4938

Email: mpoole@playgroupqld.com.au

Weekly playgroup for any grandparent providing care for their grandchildren under school age to obtain support and interaction from like-minded people.

Gympie - Grandparents and Grandchildren Society

Phone: (07) 5482 9012

Regular meetings and support for grandparent carers.

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.