

Grand Matters

TIME FOR GRANDPARENTS



Time for Grandparents Message Service

If you have called Time for Grandparents recently you may have reached our new answering service during times when our staff are busy on other calls. If you do reach our answering service, please be sure to leave a message, including your full name and phone number, and one of our friendly Time for Grandparents staff will call you back as soon as possible.

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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.



Term 1 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.

Time for Grandparents Program

M PO Box 2376
Chermside Central QLD 4032
T 1300 135 500
E grandparentsinfo@ucommunity.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.

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 – the Time for Grandparent Program needs to balance a range of considerations when choosing families to participate.



FairPlay Vouchers

Round 6

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 FairPlay voucher if your child: is a Queensland resident aged from 5 to 17 years (inclusive) at the time of application; 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 FairPlay voucher

Please be advised that from 1 July, 2020 the Time for Grandparents Program is no longer applying for FairPlay vouchers on behalf of grandparents. If you do not have access to a computer or the internet, perhaps another family member or friend may be able to assist. You may also be able to access a computer at your local library or community centre. The Queensland Government website <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply> has a very user friendly "How to" video explaining how to apply online. Two important tips to remember when applying online are:

1. You will be asked to enter your valid Health Care Card or Pensioner Concession Card number. This number has to be linked to the child's name or you will need to enter the child's own Health Care Card number.
2. When entering the child's birthdate, it is a requirement that you use the calendar drop down box and not just type the date of birth into the box.

Key Dates

Round 6 now open

23 March 2022: Round 6 applications close (or earlier if fully allocated).

11 May 2022: Vouchers expire and must have been presented to an [activity provider](#).

25 May 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>

Time For Grandparents – Online Video Peer Support Group

The Time for Grandparents Program launched our 2022 schedule of the 'Time for Grandparents Online Video Peer Support Group' for grandparent carers on **Monday January 31, 2022**. The group will run **fortnightly**, from **10am – 12noon**.



The purpose of the 'Time for Grandparents Online Video Peer Support Group' is to bring together grandparent carers who are the full-time carers of their grandchildren in order to share lived experience and practical advice about their caring role, as well as receiving information, encouragement, peer support and connection.

If you would like to join the 'Time for Grandparents Online Video Peer Support Group', you must register your interest to participate in order to receive an invitation including the meeting link and passcode to access the group.

Please contact Kym at the Time for Grandparents Program on Monday, Thursday or Friday, 9am – 5pm, on 1300 135 500, or by email at

grandparentsinfo@ucommunity.org.au if you would like further information.



School Holiday Activities

The Time for Grandparents Program may be able to help with ideas to keep your grandchildren engaged over the school holidays. Ideas include:

- Your local library - free daily activities are provided for children of all ages
- PCYC - Police Citizens Youth Club Qld have vacation care programs in Queensland
<https://www.pcyq.org.au/find-your-pcyq/>
- YMCA provide vacation care at various locations in Queensland
<https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care>
- Scripture Union Camps Qld run close to 100 camps across Queensland for primary and high school students
<http://sucamps.org.au/>
- School Holiday Directory has a list of activities including camps, art, craft, outdoor activities
<http://www.schoolholidaydirectory.com.au/categories>

Please give us a call on **1300 135 500** if you would like further assistance in finding an activity for your grandchild over the school holidays.

Covid Care Plan for Carers & Children

COVID-19 is now circulating widely in Queensland and with grandchildren returning to school, it is more necessary than ever to be prepared. If you get COVID-19 and need to isolate, it may be too late to get the essentials in order. Be prepared and do what you can now.

Your COVID kit should include:

- * a thermometer
- * pain relief
- * your regular medications
- * a plan for who can look after your children, pets, or people in your care only if you have to go to hospital (see 'COVID Care Plan for Carers and Children' below)
- * face masks, hand sanitiser and gloves
- * a plan for how you'll get food and essentials for two weeks such as frozen meals, long life milk, and supplies and food for your pets. If possible, arrange a friend or family member who doesn't live with you to shop for you and leave it at your door
- * phone numbers for people you can call if you need help
- * stay-at-home activities to keep you entertained.

COVID Care Plan for Carers and Children

You can fill out a 'COVID Care Plan for Carers and Children' form, which includes important information about:

- * you and your health
- * your child, your child's needs and who will care for your child if you can't care for them whilst you're isolating or in hospital.

You can share it with your health worker or doctor, hospital staff, a friend or family member if you need to go to hospital.

'Care Plan for Carers and Children' form:

https://www.qld.gov.au/data/assets/pdf_file/0015/230604/COVID-Care-Plan-for-Parents-Carers-and-Children.pdf

BE COVIDSAFE

Early Childhood – Family Information Sessions

The Benevolent Society is delivering online information sessions for ***all parents and carers who have a child under seven***. A referral to the NDIS Early Childhood Approach is **NOT** required to register.

The topics being delivered in Term 1, 2022 are:

- Play and Physical Skills
- Emotional Regulation and Behaviour
- An Introduction to Speech and Language Development.

The information sessions are an opportunity for parents and carers to:

- Better understand their child's support needs
- Learn new strategies and receive tools that will promote their child's development
- Have their developmental questions answered by a multidisciplinary allied health team
- Develop a peer support network.

More information can be found [here](#) or contact the Benevolent Society on **1300 003 234**.

Family Drug Support

Family Drug Support (FDS) is a not-for-profit, non-government Australia wide service that provides support and education to family members and friends of people who use alcohol and/or drugs.

Families can call and speak with highly trained and empathetic volunteers and staff who will provide support and information on **1300 386 186** (available 24 hours, 7 days a week).

Website: <https://www.fds.org.au/>

Face Masks and Complex Trauma

Blue Knot provides information and support for anyone who is affected by complex trauma. *Complex trauma is repeated, ongoing, and often extreme interpersonal trauma (between people) – violence, abuse, neglect or exploitation experienced as a child, young person and adult.*

Blue Knot have created a very helpful Fact Sheet, which can be found [here](#), about face masks and complex trauma.

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

Carer Gateway

Carer Gateway is a national support service funded by the Australian Government. It provides free support for carers through a network of regional Carer Gateway service providers. *Wellways Australia* is the chosen service provider of Carer Gateway services throughout Queensland.

Can Carer Gateway support you?

Do you take care of a family member or friend:

- with a disability?
- who is sick?
- who is older?

Does being a carer affect your health?

Does being a carer affect how much time you spend:

- at work?
- at school?
- with friends?

If you answered 'Yes' to any of these questions, Carer Gateway can help you.

How to access Carer Gateway

You do not have to know exactly what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.

The Carer Gateway team is available Monday to Friday from 8am to 5pm local time. To register for services, call **1800 422 737** or visit www.carergateway.gov.au for more information.



carergateway.gov.au

1800 422 737 Monday-Friday 8am-5pm

Useful Contacts

Time for Grandparents	1300 135 500	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	Centrelink Grandparent Advisor	1800 245 965
Centrelink Social Workers	132 850	Child Health Phone Support	13 43 25 84
Disability Gateway	100 643 787	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
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	Wellways Carer Gateway	1800 422 737

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

STATE-WIDE

Time for Grandparents Online video Peer Support Group

Phone: Kym on 1300 135 500

Email:

grandparentsinfo@ucommunity.org.au

Fortnightly free online Zoom meetings held on Monday from 10am – 12noon. Join other grandparents 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 - 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.



BRISBANE & WEST MORETON

Ipswich - Time for Grandparents - Grandparent Support Group

Phone: Dulcie on 1300 135 500

Fortnightly meetings held on Wednesday from 10am - 11.30am. Join other grandparents for conversation, information and peer support.

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.

Townsville – Grandparents Connect

Phone: 07 4775 9115

Email: fsp.townsville@ucommunity.org.au

Come and meet other grandparents who are also full time carers of their grandchildren. Morning tea provided.

Message Stick

Aboriginal & Torres Strait Islander News

Hello you Mob!

I would like to first acknowledge the many families affected by the Covid virus with some communities hit harder than others. For those at risk, please take all the precautions possible in staying Covid safe. Also be in contact if we are able to assist in any way.

Our organisation has lots of resources in keeping Covid safe including counselling referrals for families needing mind-health support or feel socially isolated and affecting their wellbeing.



The Aboriginal Flag

On 25 January 2022, the Australian Government publicly announced the Aboriginal Flag (image) is released for community use. For more than a year, the controversial issue of copyright/ownership had stopped the use of the Aboriginal flag /image across Australia. This day marked an occasion where Aboriginal flags flew high on the 50th Anniversary of the **Aboriginal Tent Embassy**.

Australia Day 26 January 2022

Australia Day means many things to other fellow Australians and Migrants. As non-Indigenous people celebrate the day, many Aboriginal & Torres Strait Islander remember the day as a day of mourning /of invasion /or survival /a day to reflect Australia's black history and where we are as First Nations Peoples in moving forward. *Everyone has their own story.*

Aboriginal Tent Embassy 50th Anniversary

This year, we celebrated the Aboriginal Tent Embassy when four young Aboriginal men pitched a beach umbrella on the lawns of Federal Parliament in Canberra on 26 January 1972 declaring rights to their homeland & self-determination. This year marks the 50th anniversary of the Aboriginal Tent Embassy (again) an historic event as the longest continuing protest site in the world. (NITV Australia Day broadcast 26/01/22)
<https://www.news.com.au/national/nsw-act/news/huge-crowds-march-on-50th-anniversary-of-aboriginal-tent-embassy-in-canberra/news-story/da05af54f6769731bf5813b60e008f54?amp>

Message Stick

Aboriginal & Torres Strait Islander News

On another important matter

I would like to ask you, as an Aboriginal & Torres Strait Islander Grandparent/s on the Time for Grandparents program, if you are interested in attending an online Zoom gathering for Aboriginal & Torres Strait Islander Grandparents who care for their Grandchildren that I would host regularly.

Please note: The number of positive responses to the 3-question survey will determine whether or not to start a yarning group so please respond today if you think an online yarning circle may be helpful for you or, just to connect to other grandparents raising their grandchildren across Qld. Please click this link, or copy and paste to your browser to respond:

<https://www.surveymonkey.com/r/SGBP9CM>

Our children Our future

As First Nations Peoples, we keep breaking records (having the *highest* or *longest*) for example, highest number of Aboriginal & Torres Strait Islander children in out-of-home care, in youth detention centres compared to mainstream population. The numbers would be much higher if grandparents, like you, didn't take on the responsibility to care for your grandchildren when the children's parent/s were unable to do so.

We all need to provide opportunities for children to grow & support their dreams and futures. A nice reminder here of the sport /recreational activities we offer grandchildren through the program. Playing sport and doing recreational activities help grow children. Your grandchild/ren could be the next tennis champion like Ash Barty, runner Cathy Freeman or NRL/AFL superstars. With Brisbane hosting the 2032 Olympic Games let your grandchildren dare to dream. Contact us on 1300 135 500 re: grandchildren's activities.

Please remember to click on the survey so we can meet online for that yarn. Take care you Mob.

