

# Grand Matters

TIME FOR GRANDPARENTS



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.

## IN THIS ISSUE – MARCH 2023

- Term 2 2023 Activity Renewal Reminder
- Grandfamily Camps
- FairPlay Vouchers
- Young Athlete Assistance Program
- Cheaper Kindy for families in 2023
- Caring for yourself
- School Holiday activities
- Legal Aid Queensland – Fact Sheets
- Help paying bills
- Grandparent Useful Contacts
- Grandparent Support Groups in Qld
- Message Stick

### Time for Grandparents Program

M PO Box 2376  
Chermside Central QLD 4032  
T 1300 135 500  
E [grandparentsinfo@ucommunity.org.au](mailto:grandparentsinfo@ucommunity.org.au)  
W [www.grandparentsqld.com.au](http://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 2 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](mailto:grandparentsinfo@ucommunity.org.au) and [tfg.camps@ucommunity.org.au](mailto: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/airplay/apply> has a user friendly "How to" video explaining how to apply online.

### **Key Dates**

- 25 January 2023: round 8 open for parents, carers or guardians to apply for vouchers
- 29 March 2023 (or earlier if fully allocated): last date for parents, carers or guardians to apply for vouchers
- 17 May 2023: last day for vouchers to be presented to [activity providers](#)
- 31 May 2023: last day for vouchers to be redeemed by activity providers.

### **Need more information?**

**Phone:** Smart Service Qld on 137 468

**Email:** [fairplayvouchers@npsr.qld.gov.au](mailto:fairplayvouchers@npsr.qld.gov.au)

**Web:**

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

## Young Athlete Assistance Program

Do your grandchildren play representative sports?

If so, would you like up to \$800 to help contribute towards attending the costs of championships?



Whilst our Time for Grandparents Program is not able to fund representative sports, The Emerging Athlete Pathways (EAP) program supports eligible young athletes aged 10-18 years to progress on a development pathway by providing financial assistance to help alleviate the costs associated with attending state, national and international events.

### Are my grandchildren eligible?

Applicants eligible to apply for support are those who:

- ❖ have been selected as an athlete, coach, or official at an eligible State, National or International event
- ❖ have their selection/attendance confirmed by the relevant event selector or event organiser for their event are current resident of Queensland have not already been approved (or have submitted an application that is pending approval) under this program for attendance at 2 events (to either compete, coach or officiate) with event start dates within the same financial year
- ❖ are at least 10 years of age but under 19 years of age at the start of the event
- ❖ are required to travel at least 125km (one-way) from their home to the event location.

Eligible athletes, coaches and official can apply for up to two events per Financial Year (1 July – 30 June).

Events must be a Queensland State Championship, Queensland State School Championship, Australian National Championship, Australian National School Championship, or International Championship to be eligible. The full list of events is available on the [eligible events list](#).

### ***Submitting an application does not guarantee funding.***

Detailed eligibility and application information can be found at the Queensland Government Emerging Athlete Pathways [website](#) or by emailing [eap@dtis.qld.gov.au](mailto:eap@dtis.qld.gov.au) for more information.



## Cheaper Kindy for Families in 2023

From January 2023, kindergarten (kindy) will be cheaper for many Queensland families.

The Queensland Government is investing \$1 billion over five years to support all children to take part in a kindergarten program.

Whether your child attends a community kindergarten or kindy in a long day care, you may be eligible for free or cheaper kindy.

Kindy is a part-time educational program for children in the year before Prep. It provides meaningful experiences and interactions that support your child's early learning, wellbeing and development, now and into the future.

Find out more and see what you can save by visiting the Queensland Government Early Childhood and Education Care [website](#) or by calling their information service on **13 7468**.

## Caring for yourself

Caring for yourself is one of the most important things you can do as a grandparent caring for your grandchildren. In between school commitments, extra-curricular and social activities, running a household and meeting all of the needs of the family you are caring for, most grandparents are simply too exhausted to even think about themselves.

The grandparent's needs are usually last on the list of priorities and it may even seem selfish or self-indulgent to spend time or money devoted to yourself. However, when your needs are taken care of, the family that you care for will benefit too.

Most carers don't feel that they have the time or energy to add anything more to their day, even with the promise of it being beneficial to them. Taking care of yourself does not have to be complicated and there are many ways of incorporating moments of self-care into your day. So today when you are making yourself a cup of tea or coffee find a quiet place to have it and try this:

Slow your breathing down, take a gentle sip of your drink. Notice your surroundings - what can you smell, see, hear? Just be aware of the present moment and when your thoughts race off to what you have to do later or what happened yesterday, bring your attention back to the cup of tea or coffee, how your hands feel as you hold the cup and take a deep breath... As you start to collect these moments throughout the day you are beginning to practise self-care. The benefits of taking these moments for yourself will help to reduce stress, make it easier to cope with everyday life and improve your wellbeing.

*Information sourced from [Carers Australia](#).*



## 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.



## Legal Aid Queensland Fact Sheets



Legal Aid Queensland have free facts sheets, which you are able to read on their website. The fact sheets have been prepared by Legal Aid and are up-to-date; have been written in “lay” terms, using clear and concise language; are easy to understand and provide practical guidance.

Fact sheets include:

- Having a grandchild in your care
- Is a family report being prepared for your family law matter?
- Family dispute resolution
- Child support, Family Tax Benefit and your child care levels.

If you would like further information regarding the free fact sheets visit the Legal Aid Queensland [website](#).

## It's audit time for TFG!

We are asking for your help! Attached to your email, or sent in the mail with your newsletter, is a Fact Sheet and Consent Form asking if you would give permission for our Auditors to contact you to give your feedback on our services. You do not have to participate, but if you would like to, please complete the form as soon as possible, and return to us at either:

E: [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)  
Or

UnitingCare, Time for Grandparents,  
PO Box 2362, Chermside Central, 4032

## Help paying bills

If money is tight, it can be hard to keep up with regular bills like electricity and phone. Here are a few simple steps you can take to sort things out.

### Problems paying bills

If you can't pay your electricity, gas, phone or water bill, contact your service provider straight away. They will explain your options, such as:

- an extension to pay
- paying in instalments
- Centrelink deductions (Centrepay)
- applying for a utility rebate or voucher.

If you don't contact your provider, they may suspend or disconnect your service.

If you need a step-by-step guide on what to do, see the National Debt Helpline's get your bills under control information [here](#) or call 1800 007 007.

### Problems paying council rates

If you can't pay council rates, contact your council as soon as possible. Ask about your payment options, such as:

- paying in instalments
- paying part or all of your rates at a later time
- writing off interest on overdue rates
- waiving or reducing your rates if your land revaluation made your rates go and caused you financial hardship.

If you don't pay your rates, the council could charge you a penalty — usually the interest on the amount you owe.

For a step-by-step guide on what to do, see the National Debt Helpline's [pay your rates](#) or call 1800 007 007.



## Get help sorting out bills

Talk to a Financial Counsellor. Financial counselling is a **free and confidential** service offered by community organisations, community legal centres and some government agencies. Financial counsellors are skilled professionals.

They will listen to your problems and help you with things like:

- bills or fines you're struggling to pay
- being harassed by debt collectors
- gas, electricity or phone disconnection
- being evicted from your house
- car accidents with no insurance
- tax debts.

Financial counsellors guide you through your options. They can:

- suggest ways to improve your financial situation
- see if you're eligible for government concessions or support
- talk to your creditors about repayment arrangements
- help you apply for a hardship variation
- explain the risks of bankruptcy and talk through the alternatives
- help you organise your finances and do a budget
- refer you to other services, such as a gambling helpline, family support or legal aid.

If you feel overwhelmed by debt, contact a financial counsellor as soon as possible. If you get help early, you will have many more options. The free **National Debt Helpline** on **1800 007 007** can connect you with a financial counsellor in your local area, from 9.30am to 4.30pm, Monday to Friday.

Web: <https://moneysmart.gov.au/managing-debt/problems-paying-your-bills-and-fines>

# Grandparent Useful Contacts



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

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

Ph: 1300 135 500

E: [grandparentsinfo@ucommunity.org.au](mailto: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.

## Sunshine Coast

### **Buderim – Sunshine Coast Intergenerational Playgroup**

Phone: (07) 5453 4938

Email: [schub@playmatters.org.au](mailto:schub@playmatters.org.au)

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

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 grandparent families. All activities are attended and supported by a Family Worker.

## Brisbane and West Moreton

### **Hendra - Grandparents Playgroup**

Phone: Susanna 0404 176 726

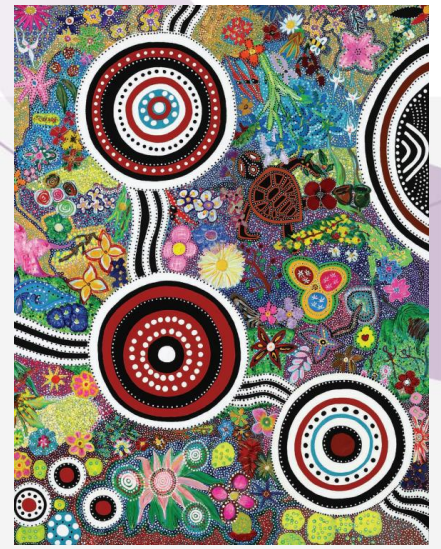
Ages 0-5 years. \$5 per session.

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.



# Message Stick

Aboriginal & Torres Strait Islander News



## Hello you Mob!

Hope you are all keeping well and good. In this first edition of Message Stick for 2023, I want to recap of the valuable support that's available for you and your mob when things get tough or no one to talk to when crisis happens.



## Lifeline's Community Recovery

At UnitingCare we have community recovery teams when flood or disaster affect you, your property or community. Below is a link if you need to contact Lifeline's community recovery team.

At times of crisis, everyone needs someone to lean on or help to cope with grief/ loss or despair. Lifeline's Community Recovery is a vital service where community recovery teams are sent out to a disaster area and respond to the people affected. The Community Recovery team is activated at the request of state or local government authorities, or local community leaders after an event such as: floods/cyclones/bushfires/major health emergencies/road accidents or other community crisis when they occur. For further details refer brochure via the below link.

<https://cdn-ucq.dataweavers.io/-/media/project/ucq/public/unitingcareqld/files/service-and-support/counselling/disaster-relief-and-community-recovery/community-recovery-brochure.pdf>

**Lifeline's national service - 13YARN** – a 24/7 national crisis support line for Aboriginal & Torres Strait Islander peoples. Our Mob@13YARN in Qld is a welcomed extension of Lifeline's national crisis line. Each state across Australia has their own 13YARN program and in Qld, it's called Our Mob.

ALL staff at Our Mob@13YARN are Aboriginal & Torres Strait Islander staff and volunteers who have the time to speak with you (in confidence) for any length of time you need that yarn. It's your story, your journey and 13YARN will take the time to listen. No shame, 13YARN listen without judgement in a culturally safe way.

If you, or someone you know are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 anytime 24/7 and talk with an Aboriginal & Torres Strait Islander Crisis Support Worker.

- **Call 13YARN crisis support on 13 92 76 or Lifeline crisis support on 13 11 14**



**Going through a tough time?**

**We're here to yarn.**

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

This is your story; your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

## Online peer support groups for grandparent carers

Again, this year, I am asking Aboriginal and Torres Strait Islander Grandparent Carers if interested in attending online (via Zoom) peer support group that I would then organise and host.

Unfortunately, last year, the response from the Grandparents was almost non-existent so it seems an online Aboriginal & Torres Strait Islander Grandparent support group has no interest. And that's okay. It's really about finding ways of connecting grandparents with other grandparents who share similar stories and issues with raising their grandchildren. It's a hard road sometimes. Talking with other grandparents who have those lived experiences is beneficial and really helpful when grandkids are a hand-full.

## Looking for ways to connect and support grandparent carers

Also, please contact the Time for Grandparents program on 1300 135 500, if you would like to perhaps start a grandparent carers support group or attend an activity with other carers in your local area. If there is interest, please let us know so we yarn and provide support. Give us a call. Don't be shame, be game.

If you have any other ideas/ ways to connect with other grandparent carers in your region through an outdoor activity or, coffee and chat, or a bus trip for the group, please be in contact to discuss further as we may be able to support the activity.

You can email our program at:

[grandparentsinformation@ucommunity.org.au](mailto:grandparentsinformation@ucommunity.org.au) or call our office on 1300 135 500. Our program would like to create a platform (a space) for Aboriginal and Torres Strait Islander grandparent carers to connect in some way – but **how** is the question so please put on those thinking caps. I am keen to hear your ideas.





## Language News

First Nations heritage alliance welcomes new national cultural policy [Giovanni Torre](#)  
– 31 January 2023, NIT

The First Nations Heritage Protection Alliance has welcomed the federal government's new National Cultural Policy, [Revive](#), for its focus on First Nations communities. The Alliance noted that the new cultural policy outlines a government commitment to introduce legislation "to protect intangible First Nations knowledge and cultural expressions, including the harm caused by [fake art](#)". The First Nations Heritage Protection Alliance also applauded the \$11 million allocated for establishing a First Nations Languages Policy Partnership between First Nations representatives and Australian governments.

"One of the world's [fastest rates](#) of language loss is in Australia, given until the 1970s previous government policies banned and discouraged Aboriginal people from speaking their languages," the Alliance said in a statement.

"Indigenous languages in Australia comprise only 2% of languages spoken in the world but represent 9% of the world's critically endangered languages." Alliance co-chair Kado Muir, an expert in language preservation, highlighted the cultural damage caused by the loss of languages. "Languages carry cultural knowledge. So, the loss of a language means the loss of culture, of Aboriginal people's connection to their ancestors, which in turn has the potential to impact on Aboriginal people's health and well-being," he said.





Mr Muir said that while he welcomes the new Revive: Cultural Policy, there is still not enough done to acknowledge and support the works of senior law men and women who are the custodians of the oldest intangible forms of cultural expressions on earth.

“Aboriginal and Torres Strait Islander peoples retain one of the oldest living traditions of intangible cultural heritage in the form of songs, dances, ceremonies and rituals, which have been continually practised for thousands of years,” he said. “These traditions are of immense World Heritage significance and should be globally acknowledged and inscribed with World Heritage status.”



NEWS  
Students from the Pertame School during an Easter Camp. Photo credit: Pertame School.

## Push to preserve endangered First Nations language with only 30 living speakers

Emma Ruben January 24, 2023 NIT

An ancient and rich language carrying more than 60,000 years of history is at risk. A First Nations community south of Alice Springs is now trying to save the endangered Pertame language, which has only thirty remaining fluent speakers in the world. "Australia has one of the worst records in the world for language extinction, and Pertame is at a tipping point with all living fluent speakers being in the grandparent and great grandparent generation.

A campaign has begun to build a classroom hub for the Pertame School to host language classes.

"Australia has one of the worst records in the world for language extinction, and Pertame is at a tipping point with all living fluent speakers being in the grandparent and great grandparent generation.

"To save our language and the ancient culture, worldview and ecological knowledge it contains, we must act fast. We need a home for our language, on the land the language came from." Pertame, considered one of the most endangered languages in the world, is an ancient and rich language carrying more than 60,000 years of history. [Read more](#)

## Much-loved children's classic *The Very Hungry Caterpillar* translated into six First Nations languages



Australians from multiple generations would be familiar with picture book *The Very Hungry Caterpillar* from their former years.

Now Indigenous children will be able to enjoy the classic in language, with the Eric Carle's text being published in multiple First Nations languages.

*The Very Hungry Caterpillar* has been translated to six First Nations languages and published by non-for-profit, The Indigenous Literacy Foundation.

The text is now available in First Nations languages including Murrinhpatha, Karwar, Kriol, Pitjantjatjara, Dhuwaya, and Aboriginal English.

The publications are part of Indigenous Literacy Foundation's translation rights project, where ILF collaborate with often remote Indigenous communities to translate and produce copies of texts in language.

Often children's books are chosen to provide young Indigenous children with the opportunity to read popular titles in language.

*The Very Hungry Caterpillar* is one of three texts that made Better Reading's Top 50 Kids' Books for 2022 that the Indigenous Literacy Foundation have published in language this year.

*Where is the Green Sheep?* written by Mem Fox and illustrated by Judy Horacek was published in Kriol and Pitjantjatjara, with Nick Bland's *The Very Cranky Bear* also published in Kriol in August of this year.

Other translations published by ILF this year include *Run Like a Rabbit* by Alison Lester in Garawa, and *What's That Noise?* by Sally Rippin and illustrated by Lorette Broekstra in Garawa and Kriol.

Translated texts are often used in ILF's Book Buzz initiative, a program which targets early literacy whilst focusing on First Nations language.

Texts translated by ILF are also included in their Book Supply program, which this year alone has donated more than 120 000 books to remote Indigenous communities.

The Indigenous Literacy so far have published 66 texts in language, many of which are commercially available through their online shop.

With the support of the Wylie Foundation and the Geneva-based Magic Libraries Foundation, a further six translated versions of *The Very Hungry Caterpillar* are planned for 2023.

***Stay safe you Mob and please contact our office if we can assist you in your caring journey - Thank you.***