



www.grandparentsqld.com.au

## Time for Grandparents

# GRAND MATTERS NEWSLETTER

December 2014



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### THOUGHTS OF THE DAY

If I had known how wonderful it would be to have grandchildren, I'd have had them first.

- LOIS WYSE

### Contact Details

Time for Grandparents Program

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W: [www.grandparentsqld.com.au](http://www.grandparentsqld.com.au)

## Beyond Blue: The BRAVE Program. Free online program to help children and parents cope with anxiety.

Does your grandchild need any help with managing worry or anxiety? The BRAVE Program is an interactive, online program for the prevention, early intervention and treatment of anxiety. The program provides ways for young people to better cope with their worries and also has a parent section on how to talk to children and teenagers who are experiencing anxiety.

The BRAVE Program has been developed by researchers from universities across the state and is funded by Beyond Blue. This is a great program that is easily accessed by yourself and your grandchild. It is also of great benefit for people who live in rural and regional areas, where services are limited.

### How do you access the program?

The BRAVE Program can be used on any computer tablet device or mobile and includes up to 10 sessions that you can work through at your own pace.

### What does the program help with?

There are interactive activities on:

- Anxious body signs and relaxation
- Activating helpful thoughts
- Victory over your fears
- Finding solutions to your problems
- Rewarding yourself
- Preparing for the future.

### Who is the program suited for?

There are two self-directed programs available for yourself and your grandchild. The BRAVE Program has a section for children aged 8-12 years and a section for teenagers aged 12-17 years. Parents can also take part in a separate parent program to learn ways of helping their child or young person manage anxiety.

### More information:

If you would like more information on The BRAVE Program visit their website at [www.youthbeyondblue.com/brave](http://www.youthbeyondblue.com/brave)



### 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.



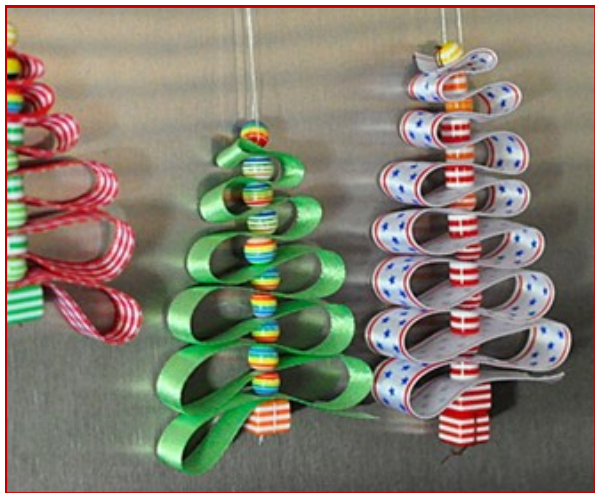
UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

# KIDS CHRISTMAS ACTIVITY

## Ribbon Christmas Tree

With Christmas fast approaching and the kids on school holidays, keep them entertained with this simple and cheap craft activity. They would make wonderful Christmas tree and house decorations or a cheap gift to a friend.



### Materials:-

- 8 – 15 Large Beads
- 30 – 40 cm of ribbon (at least 1.5 cm wide)
- Needle
- Thread

### Instructions:-

1. Cut a length of cotton and thread on a bead. Perhaps use a larger bead for the base. Secure the bead with a knot.
2. Start with about 6 cm of ribbon, and fold over. Push the needle up through the centre.
3. Add a bead.
4. Fold the ribbon back, making it sit just a little in from the last layer.
5. Thread the needle in the centre.
6. Repeat steps 3 to 5 until you have a Christmas tree shape! Finish off with a bead at the top, and secure it with a knot.

Sourced: <http://beafunmum.com/2012/11/ribbon-christmas-tree-decoration/>

## CHRISTMAS SCAMS

Protect yourself these holidays

With Christmas just around the corner, SCAMwatch is reminding consumers to watch out for scammers taking advantage of the Christmas rush. Some scams are:

- Online shopping: scammers set up fake websites which offer popular items at great prices. These websites can be easily mistaken for legitimate online retailers, with sophisticated designs that look just like the real thing.
- Fake parcel delivery scams, where scammers pretend, either by phone or email, to be from a legitimate parcel delivery service such as Australia Post or FedEx. They may want to deliver the parcel at a cost. Or they may attach files to an email - If you open the files, you may find your computer locks up and/or loses data.

### Protect yourself:

- Remember, if you come across a website with an offer that sounds too good to be true, it probably is.
- If you are suspicious about a 'missed' parcel delivery, call the company directly to verify that the correspondence is genuine.
- If a shopping site only offers you to pay by money order or wire transfer, steer clear - it's rare to recover money sent this way. Only pay via secure payment methods – look for a web address starting with 'https' and a closed padlock symbol.
- Find the contact details through an internet search or phone book – do not rely on numbers provided.



You can report scams to the ACCC on [www.scamwatch.gov.au](http://www.scamwatch.gov.au) or by calling 1300 795 995.

## PCYC YOUTH DEVELOPMENT

Emergency Services Cadet Program

Early this year the PCYC partnered with the Queensland's Emergency Services (QLD Fire and Rescue, QLD Ambulance, QLD Police, SES, Rural Fire Service, Volunteer Marine Rescue, Coast Guard, Surf Lifesaving and the Red Cross) across the state to create the Emergency Services Cadet Program.



This is a free program offered to youth between ages of 12 and 17 years. The program operates during school term with all volunteer work on the weekend and school holidays. Cadets learn a diverse range of service skills and are encouraged to explore a career pathway with emergency services.

The program operates across Queensland out of the emergency sponsoring facilities. At the moment 11 cadet locations have opened with 15 more cadet groups to open across Queensland in the next 3 years. The current cadet locations include:

- |              |                  |
|--------------|------------------|
| ◆ Inglewood  | ◆ South Brisbane |
| ◆ Pomona     | ◆ Cedar Creek    |
| ◆ Childers   | ◆ Wolffdene      |
| ◆ Biggenden  | ◆ Hughenden      |
| ◆ Hervey Bay | ◆ Palm Island    |
| ◆ Mackay     |                  |



### More Information:

For further information on the Emergency Services Cadet Program contact Jennie Schoof at PCYC on (07) 3909 9555, or visit their website at <http://www.pcy.org.au/Cadets/>

## RECIPE: Mini Christmas Puddings

This is a quick and easy Christmas dessert that the whole family will enjoy on the day. It is a kid friendly recipe that they will love helping you make. These Mini Christmas Puddings could even make a cheap present to a friend!

### Ingredients:

200g Dark chocolate, chopped  
700g Apple and cranberry cake  
1/3 Cup orange juice  
1/2 Cup icing sugar mixture, sifted  
250g White chocolate melts  
40 Assorted coloured mini jelly beans

### Method:

Place dark chocolate in a heatproof bowl over a saucepan of simmering water. Stir until melted and smooth.

Crumble cake into a large bowl. Add dark chocolate, orange juice and sugar. Stir to combine. Cover. Refrigerate for 20 minutes or until firm enough to handle.

Roll level tablespoons of cake mixture into balls. Place on baking trays lined with baking paper, flattening bases slightly so they sit on trays. Refrigerate until firm.

Melt white chocolate and cool for 10 minutes. Drizzle over puddings to form 'custard'. Decorate with jelly beans.

<http://www.taste.com.au/recipes/21304/mini-christmas-puddings?>



## SENATE INQUIRY & REPORT

### An inquiry into Grandparents who take primary responsibility for raising their grandchildren.

Last December, the Senate referred the following matter to the Community Affairs References Committee for inquiry and report. The report was finalised at the end of October and is now available for viewing online.



The report looked into Grandparents who take on the primary responsibility for raising their grandchildren when parents are unable or unwilling to do so, through a formal or informal care arrangement. The inquiry examined the following issues:

- The practical challenges faced and grandparent support Needs.
- The role and contribution of grandparents and how this should be recognised.
- Other challenges faced, including circumstances complicated by family conflict, mental illness, substance abuse, homelessness, child abuse or neglect, or family violence.
- The barriers that grandparents face in acquiring legal recognition of their family arrangements, including Legal Aid entitlements for grandparents seeking to formalise their custodial arrangements through the Family Law Courts.
- The practical measures that can be implemented by the governments and the community sector to better support grandparents.
- The specific needs of particular groups within the caring population, including Aboriginal and Torres Strait Islander grandparent carers, grandparents caring for grandchildren with a disability, grandparents from culturally and linguistically diverse backgrounds, grandparents with mental health needs and grandparents with an informal care arrangement for their grandchildren.

Throughout the inquiry the Senate heard from many government research departments, and community service providers as well as personal accounts from grandparents who have raised, and who currently are raising grandchildren. After the accounts and investigations, the standing committee then produced a report tabling eighteen recommendations. The following represent five of the recommendations. To view all the recommendations please see the full report at the web address at the bottom of this page.

1. That the Department of Social Services and the Department of Human Services initiate a comprehensive review of support provided to grandparents raising grandchildren;
2. That the Department of Human Services investigate means of identifying kinship care arrangements in applications for Commonwealth benefits, to better identify grandparents to whom financial support should be provided, subject to any eligibility criteria;
3. That the Department of Human Services review the number and geographical allocation of grandparent advisor positions to ensure that needs are being met in high demand areas and regional and rural Australia;
4. That the Government *considers* providing dedicated funding for community legal centres and Aboriginal and Torres Strait Islander Legal Services to enable the better provision of legal assistance to grandparents;
5. And that the Australian Government, in consultation with relevant stakeholders, investigate how access to and the availability of professional counselling services can be enhanced for grandparent families.

### More information:

If you would like more information or to view the Senate report please visit [http://www.aph.gov.au/Parliamentary\\_Business/Committees/Senate/Community\\_Affairs/Grandparent\\_Carers](http://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/Grandparent_Carers) . Please note that due to funding, The Time for Grandparents Program is unfortunately unable to print the Senate report.

## CENTRELINK SUPPORT Grandparent Advisors

### Do you need support with your Centrelink matters?

If you have any Centrelink questions regarding payment options for your grandchild, ask to speak to a Centrelink Grandparent Advisor. The Grandparent Advisors are there to support grandparents with full time caring responsibility for their grandchildren.



A Centrelink Grandparent Advisor is able to assist you with the following:

- Assessing circumstances
- Providing appropriate information about Centrelink payments and services
- Providing information about other services and support available
- Arranging referral to appropriate external agencies/ organisations as required
- Liaising with Centrelink staff to provide assistance with claims for payments and/or services as required.

You can speak to a Grandparent Adviser directly by calling Freecall **1800 245 965**.

## SCHOOLKIDS BONUS PAYMENTS Abolition Dates and Interim Changes

In September the Government announced that they have agreed to delay the abolition date of the Schoolkids Bonus until 31 December 2016, meaning that the last instalment date is July 2016. However, changes have been put in place in the interim in regards to eligibility.



Starting from 1 January 2015, an income test will apply. Eligible families who receive Family Tax Benefit Part A with an adjusted taxable income of \$100,000 or less will be paid Schoolkids Bonus. Eligibility for Schoolkids Bonus will be based on the income information you have already provided to Centrelink.

The Schoolkids Bonus is automatically paid in January and July. If you are eligible you will receive Schoolkids Bonus in:

- 2 instalments of \$211 for each child in primary school - a total of \$422 each year
- 2 instalments of \$421 for each child in secondary school - a total of \$842 each year

#### More Information:

For updated information on the abolition of the Schoolkids Bonus see the Centrelink website at [www.humanservices.gov.au/customer/services/schoolkids-bonus](http://www.humanservices.gov.au/customer/services/schoolkids-bonus), phone them on 136 150, or visit their nearest service Centrelink Centre. Alternatively, you can phone Time for Grandparents on 1300 135 500.

## CHRISTMAS FINANCES

### Easing the burden this Christmas

Christmas can be a time of year filled with joy and happiness but it can also be a very challenging time of year for families finding it tough to make ends meet. There can be a lot of added expense trying to provide presents and a Christmas meal for the kids.



If your family is struggling to make ends meet this year, it may be possible that our Time for Grandparents program can assist you to link in with welfare agencies who can provide some Christmas relief, often by providing a community Christmas lunch or a Christmas hamper.



Perhaps contact your local council for ideas on free and cheap events happening in your local region. Do not hesitate to call us if you are struggling to make ends meet this year. Please note that we cannot guarantee we will be able to find an appropriate service in your area, but we will certainly do our best to help you.

**Phone us on 1300 135 500.**

## 'MYTIME FOR GRANDPARENTS'

### New support group at Hervey Bay



MyTime for Grandparents is a national network of grandparent and other kinship carers who are the full-time carers of their children aged up to 18 years. Grandparent and Kinship Carers meet as a group to find out about local support that is available for them as they care for their children. MyTime provides a place to meet with other Grandparent and Kinship Carers to discuss issues that affect their lives. They can socialise and share ideas with others who understand their caring role, find out about available community support, have fun, hear from others and share experiences. There is no cost to attend.

#### Join us at our next session:

When: Friday 21st November 2014 at 11:30am—1:30pm  
Venue: Hervey Bay Community Centre, 22 Charles Street, Pialba

#### Christmas Party:

When: Monday 15th December 2014 at 11:00am—2:00pm  
Venue: Hervey Bay Community Centre, 22 Charles Street, Pialba

**For more information about MyTime groups please contact: 1800 171 882**



## Get Started Program - Round 5 applications open in February:

### Funding to help kids participate in sport and recreation activities

Would you like a \$150 voucher to help pay the cost of your grandkids membership and participation fees at a registered sport and recreation club? If so, read on....

*Get Started* is a Queensland Government funding program to assist young people to participate in sport and recreation activities. This funding is separate from (and in addition to) funding available through our own Time for Grandparents program.

Families of eligible children can apply for vouchers valued at up to \$150 for use at a sport or recreation club registered with *Get Started*. **The next round of voucher applications will open on 2nd February 2015. There is a limit of one voucher per child per calendar year.**

The Queensland Government have increased the funding available to the *Get Started Program* which means that more grandparents may be successful in their applications. **As it is a web based application if you do not have access to a computer please contact Time for Grandparents as we may be able to assist.**

#### Who is eligible?

- Children aged 5 -18 years of age who hold, or whose parent, carer or guardian holds a Centrelink Health Care Card or Pensioner Concession Card with the children listed as dependants, and who are Queensland residents, OR
- Other children or young people identified by two referral agents (see website or phone for details).

#### Need More Information?

Phone: Smart Service Queensland on 13QGOV (137468)

Email: [getstarted@nprsr.qld.gov.au](mailto:getstarted@nprsr.qld.gov.au)

Web: [www.nprsr.qld.gov.au/getinthegame](http://www.nprsr.qld.gov.au/getinthegame).

Alternatively you can phone us on 1300 135 500 for further information on how to apply and we can post you a fact sheet outlining the required procedure.



# Merry Christmas!

Wishing each of you a Merry Christmas and Happy New Year  
from all of us at Time for Grandparents –

**Julie, Joanne, Peggy, Barbara, Dulcie, Deanne, Sharlene & Sarah!**

Seniors Enquiry Line and 'Time for Grandparents' program would like to take this opportunity to let you know that this office will be closed from **Thursday 25th December 2014 and will re-open Monday 5th January 2015**. Please remember that should you require any urgent assistance over the Xmas and New Year period please call

**Lifeline on 13 11 14 or Parentline on 1300 30 1300**

# 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](mailto:GrandparentsInfo@uccommunity.org.au)

## NORTH QLD

### Atherton - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850  
Email: [fshadmin@cst.org.au](mailto:fshadmin@cst.org.au)  
Monthly support meetings for grandparents raising their grandchildren

### 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](mailto: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](mailto:familyconnect@hbnc.com.au)  
Fortnightly informal support meetings for grandparent carers

### Hervey Bay - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882  
Fortnightly meetings for support, care and advice whilst children supervised

### Rockhampton - Grandparents Support Group:

Phone Louise on Ph. (07) 4926 5007,  
Email: [ronje1@optusnet.com.au](mailto: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](mailto: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 Lynn Fielding on Ph. 0407 251 274  
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](http://www.kinkare.com.au)  
Regular meetings for grandparents and kin carers for information and social support

### Inala - Indigenous MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882  
Fortnightly meetings for support, care and advice whilst children supervised

### 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

### Redcliffe - 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

### 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

## 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](mailto: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

## 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

### 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.