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# Time for Grandparents GRAND MATTERS NEWSLETTER

December 2018

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*My idea of Christmas, whether*

*old fashioned or modern,*

*is very simple:*

*loving others.*

*Bob Hope*

## Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

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

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

## Grandchildren's Activities Term 1 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 grandchild's choice of activity and the availability of funding. We need the following information from you in order to process the payment as quickly as possible: 1) Name of the activity provider or club 2) Contact person's name and phone number/email 3) Sign-on date, activity start and finish date; and 4) the cost of the activity. You can phone us on **1300 135 500**.

## School Holiday Activities

### Do you have activities planned over the school holidays?

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
- YMCA camping provide vacation care camps at various locations in Queensland
- Scripture Union Camps Qld <http://sucamps.org.au/> run close to 100 camps across Queensland for primary and high school students.
- School Holiday Directory has a list of activities e.g. camps, art, craft, outdoor activities and vacation care. <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.

### 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

## Get Started Vouchers Round 13



## Beyond Blue - 'BeyondNow' Suicide Safety Planning App



### Round 13 applications open January 2019:

**Get Started** is a program funded by the Queensland Government that assists young people to participate in sport and recreation activities. Families of eligible children can apply for vouchers valued at up to \$150 each per child for use at a sport or recreation club registered with Get Started. Round 13 applications open in January 2019 and must be presented to a registered club by approximately May 2019 (dates are yet to be confirmed by the Queensland Government). There is a limit of one voucher per child per calendar year. It is a web based application process, so if you do not have access to a computer please contact us as we may be able to assist. **Please call Time for Grandparents on 1300 135 500 at least two weeks prior to the open date** so we can organise a permission form to apply on your behalf. This timeframe is very important as once the allocation for each round is exhausted, the program will close and no further vouchers will be offered by the Queensland Government for that round.

**Who is eligible?** Children aged 5-17 years (inclusive) who are Queensland residents and hold, or whose parent, carer or guardian holds a Centrelink Health Care Card or Pensioner Concession Card with the children listed as dependants.

### Need more information?

Phone: Smart Service Queensland on **13 74 68**

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

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



### What is safety planning?

If you or someone close to you is experiencing suicidal thoughts or feelings, safety planning can help you get through the tough moments.

It involves creating a structured plan – ideally with support from your health professional or someone you trust – that you work through when you're experiencing suicidal thoughts, feelings, distress or crisis.

Your safety plan starts with things you can do by yourself, such as thinking about your reasons to live and distracting yourself with enjoyable activities. It then moves on to coping strategies and people you can contact for support – your friends, family and health professionals. While everyone's plan will be unique to them, the process and structure are the same – it prompts you to work through the steps until you feel safe.

### What is BeyondNow?

Convenient and confidential, the BeyondNow app puts your safety plan in your pocket so you can access and edit it at any time. You can also email a copy to trusted friends, family or your health professional so they can support you when you're experiencing suicidal thoughts or heading towards a suicidal crisis.

BeyondNow is free to download from the Apple Store or Google Play. If you don't have a smartphone or would prefer to use your desktop or laptop, it is also available to use online. BeyondNow is designed to be used as part of your overall mental wellbeing and safety strategy. It is not intended to be your only form of support. Ideally you should work with a health professional or support person to create your plan.

### Crisis Support

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact **Emergency Services on 000**. Other crisis support services include: **Lifeline 13 1 14** or **Suicide Callback Service 1300 659 467**.

Web: <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

## ASSISTANCE WITH BACK TO SCHOOL COSTS

### Would you like some help with the cost of school books, 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 camps and 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:

- **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.

**Phone: 1800 846 643**

- **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.

**Phone: 1300 326 459**

- **The Salvation Army** - if you find yourself in crisis and are in need of material or financial assistance this phone number will connect you with The Emergency Relief Assessment Team which may be able to assist with the provision of immediate basic needs including food, clothing and household items.

**Phone: 1300 371 288**

- **Savers Plus Program** - if you have a Health Care Card or Pension Concession Card and have *any* paid employment the Savers Plus Program may be able to match you dollar for dollar up to \$500 to save for education costs.

**Phone: 1300 610 355**

- **NILS - No Interest Loan Scheme** - provides families on low incomes with access to safe, fair and affordable credit. If you have a Health Care Card or Pension Concession Card, or earn less than \$45,000 a year (after tax), loans may be available for education essentials such as computers and text books.

**Phone: 136 457**

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!

### Tiny Teddy Santa Sleighs

#### Ingredients

- Large candy canes
- Small (12g) Milky Way bars
- 100g chocolate melts
- Tiny Teddy biscuits
- Mini M&Ms, red only
- Pretzels



#### Method

1. Place chocolate in a glass bowl and melt in the microwave for 1 minute. Stir until melted. Place a layer of baking paper down to sit your sleighs on. Peel plastic off candy canes. Place on the sheet about 3cm apart.
2. Spoon a little melted chocolate on the back of a Milky Way and sit the Milky Way on the candy canes. Adjust the canes so the hooks are standing straight up.
3. Using a sharp knife, cut the legs off a Tiny Teddy biscuit. Dab a little melted chocolate on the cut edge.
4. Sit the Tiny Teddy on top of the Milky Way and hold until firmly attached.
5. Dot a little chocolate on a red Mini M&M and stick it on the face of the Tiny Teddy biscuit. Dab a little chocolate on the bottom of each pretzel and place on Tiny Teddy head as antlers.

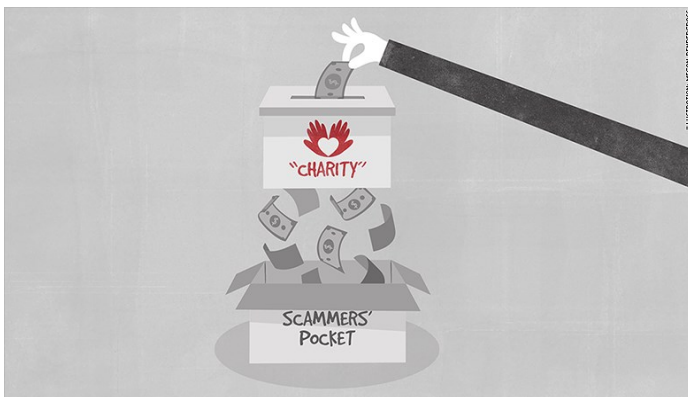


## FAKE CHARITIES

### Protect yourself from scammers

During the festive season we are often seeking opportunities to give back to the community. Scammers know this and can prey on your generosity and compassion. Scammers have been known to pose as a fake charity or even impersonate well known legitimate organisations. A scammer operating a fake charity may contact you in a number of different ways: for example, you may be approached on the street or they may knock on your front door collecting money. They may also call or email you and some will set up fake websites.

If you are considering donating to charity ensure your donation is going where you are wanting it to go. You can approach your chosen charity directly to make an offer of support. Be careful of donation requests sent via email or on social media, don't click on a link provided by someone you don't know. You can also confirm if a charity is registered and verify their contact details on the Australian Charities and Not-for-profits Commission (ACNC) website <https://www.acnc.gov.au/for-public>.



More information or further tips on avoiding fake charities can be found on Australian Charities and Not-for-profits Commission website:

<https://www.acnc.gov.au/for-public/helping-charity/making-sure-your-donation-gets-where-it-needs>

If you don't have access to the internet, you can call Time for Grandparents for this information on **1300 135 500**.

## SCHOOL HOLIDAYS

### Top 5 ways to survive these 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' card.

#### 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 OK

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 spend 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/lifestyle/parenting/school-holidays/top-five-ways-to-survive-these-school-holidays-and-prevent-them-from-ending-in-tears/news-story/7b14c27d6a62d0db49a727aa335a3239>

## A POEM

Thanks to Merryl Jorgensen, a grandparent with the Time for Grandparents Program, for writing the following poem for Grandmatters.

### GRANDFAMILY CAMP

We've all been on a grandfamily camp,  
It was fun for one and all.  
The grandparents had time to relax,  
While the grandchildren had a ball.

It was interesting to hear everyone's stories,  
Life's not easy for any of us.  
If you need to get anything done for the kids,  
It pays to make a fuss.

Always look forward never back,  
It will make all the tough times worthwhile.  
When you look into your grandchild's face,  
And see that wonderful smile.

So grit your teeth and tough it out,  
If you can lean on a friend.  
I'm sure that the stress and worry,  
Will be worth it in the end.



## FOOD PARCELS

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 listed services as you may be eligible for food parcel assistance.

- **Nexus Care** - Everton Park
  - offers a membership program for \$7 which entitles people to one parcel of food a month for three months.
  - Phone: 3353 7230**
- **Picabeen Community Options** - Mitchelton
  - has a very limited food pantry for food parcels available for people in need. Conditions apply.
  - Phone: 3354 2555**
- **Salvation Army**
  - if you need help with food parcels or gifts and are going through tough times this year you may be eligible for assistance. To enquire contact your local Salvos via the Salvos Assistance Line.
  - Phone: 1300 371 288**
- **St Vincent De Paul Society**
  - may be able to offer the provision of food.
  - Phone: 1800 846 643**

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.





## Message Stick

Aboriginal/Torres Strait Islander

NEWS

Hello You Mob,

### *Conference Updates:*

I reported in the last edition of Grand Matters about the Inaugural **GroundWater** Gathering 2018 two day Conference where UnitingCare's Aboriginal and Torres Strait Islander staff did a wonderful job for UnitingCare's Child & Family Sector about Sharing Cultural Connections, Knowledge & Practice. The purpose of the **GroundWater** Gathering was not only to inform non-Indigenous staff about our Indigenous services, best practices and how non-Indigenous staff can work more culturally and respectfully with Mob, but the gathering was important for all UnitingCare's Indigenous staff from across the state to come together as one. It was a great event and will now be held annually.

The Family Relationship Services Australia (FRSA) will hold their national conference in Cairns in November where I will be presenting the Time for Grandparents program. My presentation will talk more broadly about how better support is needed for regional and remote Grandparent Carers.

The Time for Grandparents program would like to support more 'Grandparent Support groups' across Qld. It's been noticed that Grandparent support groups come and go and seems difficult to sustain regular meetings. Again, I will present this information at the FRSA Conference in an attempt to attract further funds or interest from service providers or other sectors that may be able to support Grandparent and Kinship Carers. I will let you know in the next edition of Grand Matters the outcomes of the presentation at the conference. Whilst in Cairns, I will travel to Atherton Tablelands to see if the facility there is appropriate for our overnight respite camp. We hope to secure a facility to use for respite purposes in 2019.

### *Long-term study*

Known as **Mayi Kuwayu** (Ngiyampaa-Wongaibon language meaning 'to follow people over time'), the study will follow the respondents for up to 50 years.

The health benefits of connections to identity, culture & land for Aboriginal and Torres Strait Islander peoples are to be measured in a study. For many Aboriginal and Torres Strait Islander people, this concept is intuitive. "We know if we maintain a connection to our country, to our languages, to strong family and kinship networks, that it is good for us, but we need the data."

From November 2018, 20,000 Aboriginal and Torres Strait Islander people will be mailed a copy of the survey, and a further 180,000 will have one by the end of January. All Indigenous people over 16 who are registered with Medicare will receive a copy, or will be eligible to fill out online. Two pilot studies in Victoria and Central Australia have already demonstrated that better connections to country vastly improved the mental health of its Aboriginal participants.

*"Those two studies are showing the same health benefits in two totally different environments."*



## WHAT'S ON IN YOUR AREA?

### Events happening across Queensland

#### Sunshine Coast

- ◆ Christmas in Cooroy Nov 30 - Dec 1
- ◆ Kilcoy Christmas Carnival December 8
- ◆ Carols on Kings Beach December 15
- ◆ Mooloolaba Christmas Boat Parade December 22

#### Gold Coast

- ◆ Broadbeach Christmas Carols December 8
  - ◆ Coolangatta Christmas Carols December 9
- ◆ Carols on the Beach Surfers Paradise December 23

#### Brisbane

- ◆ Carols by Twilight - South Bank December 14
- ◆ Christmas by Starlight - Cleveland December 15
- ◆ Pine Rivers Park Christmas Carols Dec 16



#### Central QLD & Wide Bay

- ◆ Gladstone Christmas Street Party Dec 2
- ◆ Pageant of Lights Bundaberg December 6
- ◆ Carols in the Park Maryborough Dec 9
- ◆ Rockhampton Carols by Candlelight Dec 15

#### Toowoomba & South West QLD

- ◆ Gatton Christmas Festival December 7
- ◆ Triple M Toowoomba Mayoral Carols by Candlelight December 9
- ◆ Forest Hill Christmas Festivities Dec 14
- ◆ St George Christmas Carnival December 14

#### North QLD

- ◆ Ingham Carols by Candlelight December 2
- ◆ Townsville Carols by Candlelight December 9
- ◆ Cairns Carols by Candlelight December 9

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

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 Monday, 24 December 2018 and will re-open Wednesday, 2 January 2019.**

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**

# Grandparent Useful Contacts

**Time for Grandparents Program - 1300 135 500**  
**Centrelink Grandparent Advisor - 1800 245 965**  
**Centrelink Social Workers - 132 850**  
**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**  
**National Debt Helpline - 1800 007 007**  
**Family Relationships Advice Line - 1800 050 321**  
**Elder Abuse Prevention Unit - 1300 651 192**

## 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 1300 135 500 or email us at [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)

### CENTRAL QLD & WIDE BAY

#### Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone: Karen Rogers 0457 857 457

Email: [kazzarogers\\_6439@msn.com](mailto:kazzarogers_6439@msn.com)

Fortnightly meetings at Hervey Bay RSL for support, care and advice whilst children are being supervised.

### SUNSHINE COAST

#### Bokarina - Grandparents as Parents

Phone: Family Well Being Caseworker (07) 5413 1555

Fortnightly meetings for support, information and companionship.

#### Buderim - Grandparents Raising Children Playgroup

Phone: Michelle Poole (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 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.

#### Noosaville State School - Grandparents as Parents Support Group

Phone: Michelle Gameiro (07) 5440 3222

Monthly meetings for grandparents raising grandchildren who attend schools in the local vicinity.

### 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.

#### Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle, Neighbourhood Centre

Meets 9:30am to 11:30am each Wednesday. Information, support and a grandchildren's playgroup. Gold coin donation.

### GOLD COAST

#### Broadbeach Waters - Grandparents & Grandkids Support

Phone: Maree Newman (07) 5504 6178

Information and support for grandparent carers, regular meetings on 3rd Tuesday every month.

#### Nerang - Grandparent Carers Support Group

Phone: Maree Newman (07) 5504 6178

Email: [goldcoast@carersqld.asn.au](mailto:goldcoast@carersqld.asn.au)

Meetings from 9.30am to 12pm on 3rd Tuesday each month.

**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 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. If you know of a support group that is not listed, please let us know.