



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

June 2015

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THOUGHTS OF THE DAY

To become truly great, one has to stand with people, not above them.
- CHARLES DE MONTESQUIEU

Teaching our grandchildren to make the most of their time is perhaps one of the best things we can teach them.
- ANONYMOUS

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

E: grandparentsinfo@uccommunity.org.au

W: www.grandparentsqld.com.au

Grandchildren's Activities

Term 3 Renewal Reminder

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

Thank You for sharing!



The Time for Grandparents Program would like to thank each of you for the wonderful feedback you provide and for your willingness to share your stories with us and other grandparents on the program.

Annabelle, one of our dedicated grandparents, has kindly shared this photograph on the left of her granddaughter. Hayley is a cheer leader for Fitness and Dance at the Sunnybank Saints squad team. Hayley has been attending cheer leading for five years now and has a very important role in her team as the flyer position. This photo was taken at the ANZ Stadium where they competed against other teams. Annabelle is a very proud grandmother.

Well done Hayley!

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.

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

THE SALVATION ARMY

Financial Counselling—Moneycare

The Salvation Army's Moneycare service provides free and confidential financial counselling for anyone who is in financial difficulty or wishing to avoid financial difficulty.

A financial counsellor is able to help you if you are:

- Having difficulty paying debts or fines
- Experiencing harassment from creditors or debt collectors
- Facing legal action regarding your debts
- Dealing with car or house repossession
- Worried about being evicted from your home
- Struggling to live on a low income

If appropriate, a financial counsellor can also advocate for you.

If you would like to get in contact with Moneycare you can contact your local office through their postcode finder on their website <http://salvos.org.au/need-help/financial-assistance/financial-counselling/> or phone the Salvo Care Line on **1300 36 36 22**.



BUDGET PLANNER

Money Smart

The best way to take control of your finances is to do a budget. This is a simple tool that helps you understand the money going in and out of your household. Money Smart has an excellent Budget Planner with a calculator that enables you to work out where your money is going. The original Budget Planner can be simplified by using the new 'Budget planner wizard', which asks some basic questions about your situation (e.g. about whether single or not, children, pets, home ownership, debt, savings etc) and then reduces the categories to those which are relevant to you.

If you would like further information visit www.moneysmart.gov.au, where you will be able to create a budget personalised to your household.



ENERGY & WATER OMBUDSMAN QLD

Indigenous Outreach Officer

The Office of the Energy and Water Ombudsman Queensland (EWOQ) provides a free and independent dispute



resolution service for residents across Queensland and water customers in south-east Queensland.

EWOQ deal with a range of complaints including high and disputed bills, poor customer service, connection and supply issues, and marketing misconduct. This service can also help you if you are having difficulty paying your bill or are facing disconnection. Before contacting EWOQ, try to resolve your complaint and issue with your provider first, as EWOQ will ask this question when you call them.

EWOQ also have an Indigenous Investigation Conciliation and Outreach Officer, who provides an opportunity for Indigenous communities to speak directly with a designated liaison officer who can assist with complaints and provide general assistance.

It is also possible to download a number of fact sheets that provide information on common complaints that EWOQ deals with. Below are some of the factsheets that are available on their website.

- Electricity, gas and water bills explained
- High electricity, gas or water bills
- Payment assistance and rebates
- Electricity and gas contracts explained
- Electricity, gas and water meters explained
- Facing disconnection or restriction
- Electricity retailers in regional Queensland
- Who to contact with a complaint
- Ombudsman services in Australia

For more information on EWOQ or to download their fact sheets, visit their website at <http://www.ewoq.com.au/>. The Time for Grandparents Program is happy to print and send you a copy of the fact sheet you want. Just give us a call on **1300 135 500** and we will send it out.

PROPOSED CENTRELINK CHANGES

Immunisation Requirements



Starting from 1 January 2016, subject to the passage of legislation, families with children who are not immunised and do not have an approved exemption will not receive the Family Tax

Benefit Part A end of year supplement and child care subsidies.

Conscientious objection will also be removed as a reason for a vaccination exemption. This means that children over 12 months who are not immunised and do not have a medical exemption will not be able to access these payments. Exemptions will continue to apply for approved medical reasons only.

To meet the immunisation requirements, children will need to be immunised, be on a recognised immunisation catch up schedule, or have an approved exemption. Consult your local GP to find out the required vaccinations to meet the criteria.



MURRI CONNECTIONS

Indigenous Support Program

Murri Connections Program is for Aboriginal and Torres Strait Islander families who are living with or caring for someone with a mental illness or disability.

The Murri Connections Program meets:

When Every Tuesday 9:30am – 12:30pm

Where Zillmere Community Centre

54 Handford Road,
Zillmere

For further information please contact Toni on:

Free call **1800 052 222** or

email: tintake@suncare.org.au



UNITINGCARE COMMUNITY

Country Callback Service

UnitingCare Community has a service, 'Country Callback', to help Queenslanders affected by drought and hardship. This is a free, confidential and independent 24-hour advice, referral and counselling service for anyone living in rural Queensland.

Country Callback enables the provision of ongoing emotional support by telephone to people in need across rural Queensland.

If you are experiencing personal, social, financial or emotional challenges, give the Country Callback service a call on **1800 54 33 54**.



DRIVER AWARENESS

New Rules for Bicycles

Drivers should know about new rules for bicycles that have been introduced in Queensland. Cyclists can now:

- ride on a single lane roundabout like any other road user, taking up the whole lane
- choose **not** to ride in a bicycle lane – bicycle lanes are now optional
- ride across zebra and children's crossings, as long as they stop and check it's safe to do so first



Also, when passing a cyclist, drivers must give a minimum passing distance of at least 1 metre in a 60km/h zone, or 1.5m in a speed zone of above 60km/h. It is legal for cyclists to ride on footpaths, though they must give way to pedestrians.

This issue we have included two pages of lunch box recipes for a special grandchild on our program who loves to cook with his grandmother in the kitchen.



<http://www.taste.com.au/>

Cheesy Zucchini & Pasta Slice



1 cup dried wholemeal spiral pasta

1 cup pizza cheese

3 medium (500g) zucchini, grated

2 x 125g cans corn kernels, drained

3 green onions, thinly sliced

3/4 cup self-raising flour

125g sliced leg ham, sliced

4 eggs, lightly beaten

1/3 cup vegetable oil

Step 1

Preheat oven to 180°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edge on both sides.

Step 2

Cook pasta in a large saucepan of boiling, salted water following packet directions until tender. Drain. Rinse under cold water. Drain.

Step 3

Using hands, squeeze excess liquid from zucchini. Combine pasta, zucchini, onion, ham, cheese, corn and flour in a bowl. Add egg, oil and milk. Season with salt and pepper. Mix well to combine. Spread mixture into prepared pan. Bake for 25 minutes or until golden and just set. Stand for 15 minutes. Serve.

Banana, Honey & Sultana Wraps



2 mini tortillas

1 tablespoon fresh ricotta

1 small banana, thinly sliced diagonally

1 tablespoon sultanas

1 teaspoon honey

Step 1

Place tortillas on a clean work surface. Spread ricotta over each tortilla. Top each tortilla with banana. Sprinkle with sultanas. Drizzle over honey. Roll up firmly to enclose the filling. Serve.

Honey Muesli Balls



2 ½ cups nut-free toasted muesli

1/4 teaspoon mixed spice

1 cup pitted prunes

50g butter, melted, cooled

1/4 cup honey

Step 1

Process 2 cups muesli, prunes, honey, mixed spice and butter in a food processor until well combined.

Step 2

Place remaining muesli on a plate. Using 1 level tablespoon of prune mixture at a time, roll into a ball, and then roll in remaining muesli to coat. Place on a baking tray lined with baking paper. Refrigerate for 30 minutes or until firm.

Pea & Noodle Fritters



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|---|-----------------------------|
| 1 ¼ cups frozen peas | 1/4 cup milk |
| 1/2 x 440g packet shelf-fresh hokkien noodles | 2 eggs, lightly beaten |
| 1/4 cup self-raising flour | 1/4 cup grated parmesan |
| | 1 red onion, finely chopped |

Step 1

Place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until bright green and tender. Drain. Refresh under cold water. Return to bowl. Roughly mash peas with a fork. Add noodles, flour, milk, eggs, parmesan and onion. Season with salt and pepper. Stir to combine.

Step 2

Heat oil in a large frying pan over medium heat. Drop 1/4 cup batter into pan, spreading to form a circle. Repeat to make 4 fritters. Cook for 2 minutes or until golden underneath. Turn. Cook for 2 minutes or until cooked through. Transfer to a plate lined with paper towel to drain. Repeat with remaining batter.

Cheesy-mite Scrolls



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|-----------------------------------|----------------------------------|
| 30g butter | 1 tablespoon Vegemite |
| 2 cups self-raising flour, sifted | 3/4 cup reduced-fat tasty cheese |
| 3/4 cup milk | |

Step 1

Preheat oven to 220C fan-forced. In a bowl, using your fingers rub butter into sifted self-raising flour until mixture resembles breadcrumbs. Make a well in centre. Add 3/4 cup milk. Stir with a butter knife until mixture forms a soft dough, adding extra milk if necessary. Turn onto a lightly floured surface and knead gently until smooth (don't over-knead).

Step 2

Roll out dough to form a 20cm x 30cm rectangle. Spread Vegemite over dough, leaving a 1cm strip along 1 long side. Sprinkle over 3/4 cup reduced-fat tasty cheese. Roll up firmly from long side. Trim ends. Cut into 8 x 2.5cm thick slices. Place 3cm apart onto 2 baking paper-lined baking trays. Brush with extra milk. Sprinkle with 1/4 cup grated cheese. Bake for 20 minutes or until golden. Cool and store in an airtight container for up to 2 days.

Corn & Ham Mini Quiches



- | | |
|---|--|
| 8 slices wholegrain or multigrain bread, crusts removed | 50g ham slices, finely chopped |
| 20g butter, softened | 2 green onions, trimmed, thinly sliced |
| 125g can corn kernels, drained | 6 eggs, lightly whisked |
| 1/3 cup (35g) coarsely grated cheddar | |

Step 1

Preheat oven to 160°C. Use a rolling pin to gently roll out bread slices to 5mm thick. Brush each bread slice with the butter. Line eight 1/3-cup capacity muffin pans with the bread slices, buttered-side down.

Step 2

Arrange the corn, cheese, ham and green onions evenly among the muffin pans. Pour the egg evenly among each pan. Bake in preheated oven for 15 minutes or until just set and lightly golden. Remove from oven and set aside to cool slightly. Place in an airtight container in the fridge to chill.

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



NORTH QLD

Atherton - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850

Email: 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

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 - 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: ronie1@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

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

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

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

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

Weekly playgroup for grandparents raising their grandchildren to build social connections and support your child's development. Transport may be available –please enquire

Please note that the MyTime for Grandparents program has been defunded and some of the above groups may not be operating after the 30th June. We will notify you of which groups will still be operating in the September newsletter.

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.