



www.grandparentsqld.com.au

# Time for Grandparents GRAND MATTERS NEWSLETTER

June 2016

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## JOKE OF THE DAY

A reporter was interviewing a 103 year-old woman: "And what do you think is the best thing about being 103?" the reporter asked.

"Simple," she said. "No peer pressure."

## 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 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/email; the sign-on date; activity start and finish date; and the cost of the activity. You can phone us on **1300 135 500**.

## Get Started Vouchers

### Round 8

### Round 8 applications open 13th July 2016:

*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 13th July 2016. The vouchers must be presented to a registered club by 28th September 2016. There is a limit of one voucher per child per calendar year. If your voucher expires you will not be able to apply for another one until the next calendar year.

**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. Please call prior to the open date so we can organise a permission form to apply on your behalf. Our number is 1300 135 500.**

#### 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 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).



#### 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.

## World Elder Abuse Awareness Day (WEAAD)

15 June, 2016

WEAAD, designated by the UN, is an opportunity for all to speak out against elder abuse. WEAAD is represented by the colour purple, denoting wisdom, dignity, independence and creativity. Events are being held around Queensland. You may like to do something purple around the 15th June and tell people why.

Go to [www.weaadqld.com](http://www.weaadqld.com) for details of posters, fact sheets and some purple ideas, or phone the Elder Abuse Helpline on 1300 651 192.



## Grandparent of the Year Award (GOTYA)

2016

Nominations are now open for the annual Australian Grandparent of the Year Award. The GOTYA has been designed to raise the profile of Grandparents in Australia by recognising the extraordinary contribution by a Grandparent to the family and the community.

Entry is via the Grandparents Day Magazine [website](#) and involves writing 300 words or less on "Why (my) Grandparent should be Australia's Grandparent of the Year OR Community Service Grandparent Of The Year" providing a brief overview of the nominee, highlighting their outstanding attributes along with examples citing the long term benefits of the nominee's contribution to the family and the community. Anyone can nominate a suitable candidate. Entries close 31 August and the winners will be announced on Sunday, 9 October.

### For more information:

Phone: Mary White on 0401 379 710

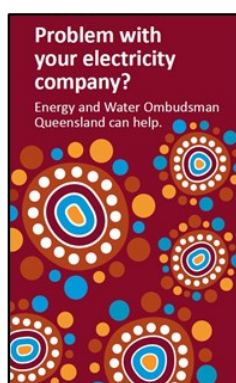
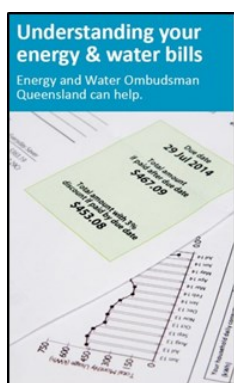
Email: [mwhite2@chariot.net.au](mailto:mwhite2@chariot.net.au)



## Energy + Water Ombudsman

Queensland

The Energy and Water Ombudsman Queensland (EWOQ) is there to help resolve complaints with your energy supplier across Queensland or water supplier in south east Queensland. EWOQ has released two new brochures to help Queensland residents in dealing with energy and water issues - "Problem with your electricity company?" and "Understanding your energy & water bills".



If you would like a free copy please don't hesitate to give Time for Grandparents program a call on 1300 135 500 and we will send you out one.

## Centrelink

Support and Updates

### Grandparent Advisers:

Centrelink Grandparent Advisers are there to support non parent carers such as grandparents kinship carers, who have caring responsibilities for their grandchildren.

#### Grandparent advisers can:

- provide tailored information about payments and support services based on your family circumstances
- arrange appointments for you with our specialist staff, such as social workers, and
- refer you to federal, state and community service providers

#### As a non parent carer, you may be eligible for additional support:

- You should tell us when children come into your care, as you may be eligible for certain payments. If you are currently receiving a payment from Centrelink, your payment may need to be reassessed. Telling them as soon as possible will make sure that you get paid from the earliest possible date.
- If you are a grandparent who has carer responsibilities for a grandchild, you may be able to get extra help with child care fees. Grandparent Child Care Benefit covers the full cost of approved child care for up to 50 hours per week for each child. It is paid directly to your child care service provider. Great grandparents and partners of grandparents are also eligible. To receive this assistance, you must submit a claim and be eligible for Child Care Benefit.

### Centrelink Updates:

#### Family Tax Benefit Part B:

- If you are a member of a couple and your youngest child is 13 years of age or over, you will no longer be paid FTB Part B.
- If you are a single parent, grandparent or great grandparent carer, your FTB Part B will not be affected by these changes.
- If you are a grandparent or great grandparent carer, you must be registered as a grandparent carer before 1 July 2016 to ensure your FTB Part B continues to be paid.

#### Overseas Travel:

- If you receive Family Tax Benefit, child care payments or Double Orphan Pension, new rules affect how long you can continue to be paid while travelling overseas.
- Currently, you can be paid for up to 56 weeks while you are temporarily overseas. From 1 July 2016, you will only be able to receive these payments while temporarily overseas for a period of 6 weeks.

#### More information:

If you would like more information please [click here](#) or phone 1800 245 965.





## Wholemeal banana and yoghurt bread



- 115 gm butter, softened
- ¼ cup honey
- 2 eggs
- 3 medium ripe bananas
- 200 gm vanilla yoghurt
- 250 gm wholemeal self-raising flour
- 1 tsp mixed spice

Step 1 Preheat the oven to 180°C. Grease and line an 11 cm x 21 cm loaf tin with baking paper.

Step 2 Using an electric beater, cream the butter and honey until light. Add the eggs one at a time, beating well after each addition.

Step 3 In a separate bowl, mash the bananas and stir in the yoghurt. Fold through egg mixture. Fold flour and mixed spice into mixture.

Step 4 Spoon into prepared tin and bake for 50-60 minutes, or until a skewer inserted comes out clean.

Step 5 Remove from oven. Allow to cool in the tin for 5 minutes before turning out onto a wire rack. Tip: keep your bread in an airtight container, and it should stay fresh for 3-4 days.

[http://raisingchildren.net.au/articles/recipe\\_banana\\_bread.html/context/642](http://raisingchildren.net.au/articles/recipe_banana_bread.html/context/642)

## Out of the Box Festival - Family films at the Lyric Theatre

Have you planned for the school holidays? If not, the Out of the Box Festival is running a free film program at the Lyric Theatre this June school holidays.

In the lead up to the festival, audiences voted on a list of much loved family films from the 1990's and beyond. The four films that received the most public votes will be screened over four consecutive nights in the Lyric Theatre.



SAT 25 JUNE - **The Princess Bride** (PG)  
 SUN 26 JUNE - **The Lion King** (G)  
 MON 27 JUNE - **The Goonies** (PG)  
 TUES 28 JUNE - **The NeverEnding Story** (G)

As this is a free event, tickets do book fast. [Click Here](#) to select your performance time and film or phone the Box Office on 136 246 between 9.00am to 8.30pm Monday to Saturday.

WHEN: 25 to 28 Jun 2016      VENUE: Lyric Theatre, QPAC

TIMES: 6pm nightly

TICKETS: FREE bookings required

## WHAT'S ON IN YOUR AREA?

### June events happening across Queensland

#### Sunshine Coast

- ◆ Sunshine Coast Agricultural Show (12 June) Phone: 07 5441 2766
- ◆ Kids Sew and Sew - Coolool (1, 8, 15, 22 June) Phone: 07 5475 8989
- ◆ Bushranger Shoot Out - Gympie (19 June) Phone: 07 5475 8989

#### Gold Coast

- ◆ The Broadwater Fair (24 June - 9 July) Phone: 07 5584 3700
- ◆ Legovale - Helensvale (27 June - 1 July) Phone: 07 5581 6788

#### North QLD

- ◆ Cooktown Discovery Festival (10-13 June) Phone: 0467 058 731
- ◆ Townsville Billy Cart Dash for Variety (26 June) Phone: 0404 330 269

#### Central QLD & Wide Bay

- ◆ Flourish Family Funday - Bundaberg (27 June) Phone: 1300 883 699
- ◆ Saturday Art Workshops - Rockhampton (11 June) Phone: 07 49274111
- ◆ Sunday in the Park - Maryborough (26 June) Phone: 0407172025

#### Toowoomba & South West QLD

- ◆ Jandowae Timbertown Festival (10-12 June) Phone: 0447 685 056
- ◆ The Kalbar Show (17-18 June) Phone: 07 5463 7360

#### Brisbane

- ◆ Lifeline Bookfest (25 June-3 July) Phone: 07 3253 4000
- ◆ Movie Night - Ipswich (16 June) Phone: 07 3810 6666

## Message Stick

Aboriginal and Torres Strait Islander

News, Articles & Information

Message sticks are a form of communication between Aboriginal nations, clans and language groups even within clans. They are crafted from wood and were generally small and easy to carry. Message sticks supports the oral message that the carrier would provide, especially when languages of groups were very different and also helps secure safe passage across long distances and through many groups.

Message Stick will be featured as a two page spread in Grand Matters to provide News, Articles and Information that might be of interest to our Aboriginal and Torres Strait Islander Grandfamilies. This first edition will include:

- ◆ NAIDOC (National Aboriginal and Islander Day of Observance Committee) 2016 Celebrations
- ◆ Important calendar dates for Aboriginal & Torres Strait Islander peoples

### NAIDOC WEEK 3 July - 10 July 2016

#### This years theme - Songlines: The living narrative of our nation

For Aboriginal and Torres Strait Islander peoples, the Dreamtime describes a time when the earth, waters, people and animals were created by our ancestral spiritual beings. They created the rivers, lakes, plants, land formations and living creatures. Dreaming tracks crisscross Australia and trace the journeys of our ancestral spirits as they created the land, animals and lores. These dreaming tracks are sometimes called 'Songlines' as they record the travels of these ancestral spirits who 'sung' the land into life. These Songlines are recorded in traditional songs, stories, dance and art. They carry significant spiritual and cultural connection to knowledge, customs, ceremony and Lore of many Aboriginal nations and Torres Strait Islander language groups. Songlines are intricate maps of land, sea and country. They describe travel and trade routes, the location of waterholes and the presence of food. In many cases, Songlines on the earth are mirrored by sky Songlines, which allowed people to navigate vast distances of this nation and its waters. <http://www.naidoc.org.au/>



2016 National NAIDOC Poster

## NAIDOC Events Across Queensland

### Toowoomba & South West QLD

Morning Tea – Millmerran Hospital (4 July)

### Sunshine Coast

Flag Raising Ceremony – Nambour 1300 135 500 (4 July)

Flag Raising Ceremony – Gympie 0403 050 407 (4 July)

### Gold Coast

NAIDOC WEEK – Southport 1300 744 284 (6 July)

### North QLD

Elders Luncheon – Cairns 0448 120 052 (2 July)

Flag raising ceremony – Townsville 0424 278 514 (3 July)

Deadly Day Out – Townsville 0424 278 514 (8 July)

Flag raising ceremony – Cairns 0402 412 195 (4 July)

Movie Night – Cairns 07 4042 2640 (4 July)

Sports Day – Cairns 07 4222 5235 (7 July)

### Central QLD & Wide Bay

Elders Luncheon – Cairns 0448 120 052 (2 July)

Kup Murri South Sea Islander 07 4130 7700 Bundaberg (9 July)

Cultural Sports Day – 07 4154 2813 Bundaberg (6 July)

Family Day – 07 4130 7700 Bundaberg (8 July)

Flag Raising Ceremony – Hervey Bay 07 4197 4210 (4 July)

Movie Night – Hervey Bay 07 4197 4210 (8 July)

Moonaboola Street Party – Maryborough 07 4125 9366 (8 July)

### Brisbane & Ipswich

Family Fun Day – Musgrave Park 07 3054 0220 (8 July)

Family Fun Day – Ipswich 07 3810 6655 (7 July)

Family Fun Day – Inala 07 3375 9001 (6 July)

Family Fun Day – Mt Samson 0402 092 741 (10 July)

Family Fun Day – Deception Bay 07 3888 2239 (2 July)

Flag Raising Ceremony – Caboolture 0412 638 301 (1 July)

Flag Raising Ceremony – Yamanto 07 3817 1353 (4 July)



## Important Aboriginal & Torres Strait Islander Calendar Dates:

### 26 January - Survival/Invasion Day (Australia Day)

Most Australians celebrate Australia Day as the day Australia was founded. In contrast, Aboriginal people mourn their history and call it 'Invasion Day' or 'Survival Day'. For many Aboriginal & Torres Strait Islander Australians, there is little to celebrate and it is a commemoration of a deep loss of their sovereign rights to their land, loss of family and their rights to practice their culture.

### 27 May - 3 June - National Reconciliation Week

National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

### 13 February - National Apology Day

The apology in Federal Parliament to the Stolen Generations of Australia became a defining moment in the nation's history. Crowds gathered across the country to mark the occasion with tears, cheers and emotional displays of relief, happiness and in some cases, anger. Now, eight years on since the 2008 apology, Aboriginal Australia is still treated with racial vilification, Aboriginal children in out-of-home care and Aboriginal youth in the youth justice system remains the highest it's ever been. There needs to be REAL CHANGE.

### 3 June - Mabo Day

This historically day marks the anniversary of the High Court of Australia's judgement in 1992 in the Mabo case. This is a day of particular significance for Torres Strait Islander people where it was determined by law that Terra Nullius (meaning Land belonging to nobody) does not exist as Aboriginal and Torres Strait Islander people has existed in Australia for thousands of years before European settlement. Prior to the Mabo decision, Australian law did not recognise that Indigenous people had any rights to land and waters arising from their original ownership under traditional law and custom. The High Court Mabo case changed all of this and for the first time, Australian courts accepted that traditional law and custom could be a basis for claiming land ownership by Aboriginal and Torres Strait Islander Australians.

### 21 March - Harmony Day

Harmony Day is held every year on 21 March to coincide with the United Nations International Day for the Elimination of Racial Discrimination. The message of Harmony Day is everyone belongs. It's a day to celebrate Australia's diversity – a day of cultural respect for everyone who calls Australia home.

### 1 July - Coming of Light

The coming of the light festival marks the day the London Missionary Society first arrived in the Torres Strait and is celebrated each year.

### 22 March - National Close the Gap Day

The poorer health of Australia's Aboriginal and Torres Strait Islander peoples when compared to the non-Indigenous population is no secret – and something can be done about it. Since 2006, Australia's peak Indigenous and non-Indigenous health bodies, NGOs and human rights organisations have worked together to achieve health and life expectation equality for Australia's Aboriginal and Torres Strait Islander peoples. This is known as the Close the Gap Campaign. The campaign's goal is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non Indigenous Australians within a generation. The campaign is built on evidence that shows that significant improvements in the health status of Aboriginal and Torres Strait Islander peoples can be achieved within short time frames.

### 4 August - National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day (Children's Day) is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for Aboriginal children, as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.

### 26 May - National Sorry Day

The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report Bringing them Home, May 1997. The report was the result of an inquiry by the Human Rights and Equal Opportunity Commission into the removal of Aboriginal and Torres Strait Islander children from their families.

### 9 August - International Day of the World's Indigenous Peoples

This event is observed on August 9 each year to promote and protect the rights of the world's Indigenous population. It also recognizes the achievements and contributions that Indigenous people make to improve world issues such as environmental protection. It was first pronounced by the General Assembly of the United Nations in December 1994, marking the day of the first meeting of the UN Working Group on Indigenous Populations of the Sub commission on the Promotion and Protection of Human Rights, in 1982.

# Grandparent Useful Contacts

**Time for Grandparents Program - 1300 135 500**  
**Centrelink Grandparent Advisor - 1800 245 965**  
**Centrelink Social Workers - 131 794**  
**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**  
**Financial First Aid - 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 Ph. 1300 135 500 or email us at [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)

### GOLD COAST

#### **Broadbeach Waters - Grandparents & Grandkids Support**

Phone: (07) 5504 6178

Information and support for grandparent carers, regular meetings if in demand.

#### **Studio Village/Oxenford - Grandparents Raising Children Playgroup**

Phone: Nikki or Belinda (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.

### 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 for support, care and advice whilst children are being supervised.

#### **Rockhampton - Grandparents Support Group**

Phone: Louise (07) 4926 5007

Email: [ronje1@optusnet.com.au](mailto:ronje1@optusnet.com.au)

Weekly meetings for information, support & companionship.

### NORTH QLD

#### **Townsville - Grandparent Support Group**

Phone: Hazel Illin (07) 4725 7744

Fortnightly meetings for support, care and advice whilst children are supervised.

#### **Mackay - Grandparent Support Group**

Phone: Debbie 0423 749 552 or Kellie 0434 035 124

Meets 4th Wed of the month to share issues and concerns and connect with other grandparents.

### TOOWOOMBA & SOUTH WEST QLD

#### **Toowoomba - Grandparent Support Group**

Phone: May Benstead 0439 717 586

Fortnightly meetings for support, care and advice whilst children are supervised.

### 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.

#### **Moreton Area - Grandparents and Grandchildren**

Phone: Helen 0438 143 008 or Sue 0424 531 811

Regular meetings for information, support, referrals and advocacy. Annual membership fee: \$20 couples/ \$10 singles.

#### **Zillmere - Murri Connections**

Phone: Centacare (07) 3252 4371

Regular meetings for all Indigenous carers, including grandparent carers.

### SUNSHINE COAST

#### **Bokarina - Grandparents as Parents**

Phone: Bill (07) 5413 1500

As needed 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.

### 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.