



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

June 2017

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MENTAL MAGIC

What's on the Paper?

Write any word you like on a sheet of paper. Fold the paper twice, then put it down and stand on it.

Believe it or not, the Professor will tell you what is on the paper!

Answer—See page 2

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

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

Please give us a call if you would like further assistance in finding an activity for your grandchild over the school holidays. Phone 1300 135 500.

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

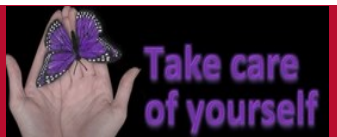
If there is information on a particular topic that you would like to see included in our newsletter, or you would like to share your story with others then please send your thoughts or ideas to our contact details to the left. All ideas are welcome.



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

Taking care of yourself



Taking care of yourself is an important part of your caring role. Keeping as well as you can, staying healthy, and asking for help when you need it, will help you and the child you are caring for.

Caring for children is a big job. According to the Raising Children Australia Parenting website if you can exercise regularly, eat healthy and get a good night's sleep you'll be more likely to deal with life's ups and downs.

Tips for taking care of yourself include: taking time for yourself (even 15 minutes each day), connecting with others, making decisions about the things you can control, looking back to see how far you've come on your caring journey, regular check-ups are important and dealing with any health problems as they come up is a must. Check out the website for more information on taking care of yourself. http://raisingchildren.net.au/articles/grandparents_taking_care_of_yourself.html/context/1321

Latest Scams

SCAM

Scammers often use real crisis events like Cyclone Debbie, as an opportunity to carry out very believable charity scams. Last month Australians (who decided to report their losses) lost about \$16,000 donating to fake charities or someone posing as a real one.

One of the best tricks in the 'scammer manual' is to create a fake charity website. These websites usually include details about how to provide payment. Always check the internet address.

If you make a payment over the internet, ensure that the internet address begins with https (not http). The 'S' on the end stands for secure (though this still may not guarantee that the website is not a scam).

Always check people's details online, or in a phone book to make sure you are talking to a real charity. Do not give out any personal information.

All charities must be registered. You can check if a charity is registered by going to the Australian Charities and Not-for-Profits Commission website: <http://www.acnc.gov.au/ACNC/Home/ACNC/Default.aspx>

How to respond to a scam? **Don't respond! Close the webpage, hang up the phone, delete the email or tell the person at your front door you're not interested right now! It is best to simply not talk to them.**

If you would like printed copies of resources about spotting and protecting yourself from scams posted out to you, please contact Time for Grandparents on **1300 135 500**.

Information is also available on the Scamwatch website: www.scamwatch.gov.au/.

Mental Magic - What's on the Paper?

Answer: You are on the paper.

Mental Magic by Martin Gardner

HOYTS Cinemas



Hoyts Cinemas are renewing its agreement to offer discounts to Carers in 2017.

To take advantage of this offer, you will need to produce your **Carers Queensland card** or any other card with a government-recognised **carer identification**, such as a **Healthcare Card** or **Centrelink Pension Card**.

As before, Carers accompanying the person they care for to the cinema will be admitted for the price of just \$1. This offer is limited to one discounted ticket per day. There is a maximum of one carer-concession admission per ID card.

If carers are not accompanying the person they care for, they are required to pay the appropriate rate for their category (concession, senior, adult, child etc).

Fun and educational websites to assist your child



The internet offers a range of engaging educational websites to help children strengthen and consolidate their literacy, numeracy, science and other knowledge. The Queensland Government Education site: <http://education.qld.gov.au/parents/information/website-links.html> provides resources to assist with literacy, numeracy, science, fun brain, puzzle maker etc.

If you would like assistance in obtaining any of these resources from the website please contact Time for Grandparents on **1300 135 500**.

Support for non parent carers



Grandparent Advisers with the Department of Human Services give extra support to grandparents and other non parent carers with ongoing responsibility for children. Information is available on the Department of Human Services [website](#) 'Support for non parent carers'. Benefits listed include: Child Care Benefit, Child Care Rebate, Grandparent Child Care Benefit, Family Tax Benefit, Double Orphan Pension or Assistance for Isolated Children scheme.

Grandparent Advisers can be contacted on 1800 245 965.

Queensland Seniors Week 2017



Queensland Seniors Week is on the 19th-27th August 2017 providing opportunities for older Queenslanders to explore events, programs, services and activities. This year the theme is 'A Queensland for All Ages' encouraging people of all ages and backgrounds to get involved. To find out more visit <http://www.qldseniorsweek.org.au/>

Get Started Vouchers Round 10



Round 10 applications open 12 July 2017:

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*. The next round of voucher applications will open on the 12th July 2017. There is a limit of one voucher per child per calendar year. As it is a web based application process, and 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. **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.

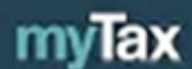
Need more information?

Phone: Smart Service Queensland on 137468

Email: getstarted@nprsr.qld.gov.au

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

Tax Help Program



The Tax Help program is a free and confidential service for those who need help completing their tax returns online using myTax. Tax Help is a network of ATO trained and accredited community volunteers.

The program runs from July to October 2017 in community centres, libraries and other community organisations.

Are you eligible for Tax Help? Access myTax website to find out more information <https://www.ato.gov.au/individuals/lodging-your-tax-return/tax-help-program/> or call the Time for Grandparents Program who can access the information off the website for you.

Message Stick

Aboriginal and Torres Strait Islander
News, Articles & Information



NAIDOC Week

2017

Reprint of Indigenous brochures for young people from CYMHS (designed by kids for kids)

- Self Harm
- Sniffing
- Ice
- Adjustment Disorders
- Dual Diagnosis
- Going Womba
- Mood Disorders
- Grog and Yarndi
- Psychosis
- Trauma

Please contact Dulcie at Time for Grandparents on 1300 135 500 if interested in any of these brochures or if you need a referral for grandchildren with these behaviours or go to:

<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/>

A Celebration of Aboriginal & Torres Strait Islander Peoples, their Cultures, Art, Music and Stories....

NAIDOC Week is a time to reflect on the importance of keeping families safe and keeping our culture strong

There will be NAIDOC events located across Qld.

To find out what's on in your local area you can go to:

<http://www.naidoc.org.au/events-calendar>

Keeping our Children Safe & with Mob

Grandparents (many of whom are on our program) face many obstacles when taking on the care of their grandchildren. Grandchildren usually come into their care with an array of concerns around neglect, behavioural issues and the need to re-build trust & understanding.

Other considerations are the health and education of the grandchildren. Grandparents want the best for their grandchildren and for them to achieve well at school and to grow up strong. Many grandparents would benefit if their grandchildren have access to a role model – someone who would walk beside the kids to help them work out the world.

There are a range of risk factors that may entice young people (of any cultural background) more likely to engage in anti-social behaviours.

These factors include the young person's own attitudes; their relationships with their own parents; or growing up in communities where there is violence, alcohol / substance abuse, poverty, poor health and inadequate housing.

Indigenous young people face additional challenges of dispossession, disconnection to their culture and intergenerational trauma. A strong connection to their identity and culture—coupled with high self-esteem, a strong sense of self and living in cohesive, functioning families —can be protective factors that result in Indigenous young people choosing productive life pathways.

Youth Mentoring is a relationship intervention strategy that can assist in building some of these protective factors

Would you access a role model for your grandchild if available in your locale?

Please call Dulcie at Time for Grandparents on 1300 135 500 to let us know your interest .

Carrot and Muesli Mini Muffins



- 150gm Self Raising Flour
- 150gm mixed fruit muesli
- 180gm carrots, grated (2)
- 100gm brown sugar
- 1 tablespoon cocoa
- 1/2 tsp cinnamon
- 2 eggs
- 150ml olive oil

Step 1: Preheat oven to 180C (160C fan-forced). Lightly oil 24 hole mini muffin tin with olive oil spray.

Step 2: In a large bowl, combine flour, muesli, grated carrot, sugar and cinnamon. Mix to combine. Lightly whisk eggs and add to oil. Pour into carrot mixture and mix until just combined (don't overmix).

Step 3: Spoon evenly into the muffin tin. Bake in the preheated oven for 12-15 minutes, or until a skewer inserted comes out clean.

Step 4: Allow to rest in the tin for 5 minutes before turning out and cooling on a wire rack.

Your child can help with stirring the muffin mix.

http://raisingchildren.net.au/articles/recipe_easy_pizza.html

Easy Pizza



- 3 20cm pita breads
- 1/4 cup tomato paste
- 1/2 red capsicum, thinly sliced
- 6 button mushrooms, thinly sliced
- 1/2 cup diced fresh or tinned pineapple
- 1 tomato, thinly sliced
- 1/2 cup mozzarella cheese grated
- 1 handful fresh parsley to garnish
- 1/2 cup canned kidney beans, drained and rinsed.

Step 1: Preheat oven to 200C.

Step 2: Place bread onto oven trays and spread with tomato paste. Arrange other Ingredients over bread. Top with cheese.

Step 3: Bake in preheated oven for 10 minutes or until golden. Step 4: Remove from oven, and allow to cool slightly. Top with fresh parsley and cut into wedges and serve. You may want to increase the recipe amounts if your kids love this easy pizza.

http://raisingchildren.net.au/articles/recipe_easy_pizza.html

WHAT'S ON IN YOUR AREA?

Events happening across Queensland

Sunshine Coast

- ◆ Noosa Alive 2017 July 21-30th
- ◆ Caloundra Arts Centre, Arts and Crafts Fair June 10-11th—free
- ◆ Noosa Show September 15
- ◆ Gympie Heal Yourself Expo October 14-15

Gold Coast

- ◆ Broadbeach Country Music Festival 28 July to 30 July - free
- ◆ Gold Coast Multicultural Festival fun day for all the family August 6
- ◆ Seniors Gold Coast Health and Lifestyle Expo Broadbeach Waters September 21

Brisbane

- ◆ Brisbane Exhibition August 5-14
- ◆ Sth Brisbane Brissie to Bay Bike Ride June 18
- ◆ Strathpine Pine Rivers Park Multicultural Fiesta September 2 Free 2pm
- ◆ Caboolture Show June 9-11th

Central QLD & Wide Bay

- ◆ Birdsville Big Red Bash 2017, 4 July—6 July
- ◆ Rockhampton annual show 15 June
- ◆ Cotton Cup St George Racecourse Begonia July 22 11am

Toowoomba & South West QLD

- ◆ Jondaryan Woolshed Qld Fiery Food Festival 17 & 18 June - Free
- ◆ Highfields Pioneer Village Miniature Steam Train 25 June, 30 July, 27 Aug

North QLD

- ◆ Cancer Council Relay for Life Atherton Showgrounds October 28
- ◆ Supercars Townsville 400 July 7
- ◆ Mackay Beach to Gardens Charity Fun Run August 20, 6am Queens Park
- ◆ Pallarenda Beach Children's Fishing Classic September 3 6am -Free

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
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 1300 135 500 or email us at 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

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

Weekly meetings for information, support & companionship.

SUNSHINE COAST

Bokarina - Grandparents as Parents

Phone: Melissa Evans (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
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.

BRISBANE & WEST MORETON NORTH QLD

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.

Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle , Neighbourhood Centre
This group meets weekly 9:30am to 11:30am Wednesday.
There will be information and support and a grandchild's playgroup. It is a gold coin donation each week.

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.

Redcliffe - Grandparents and Grandchildren

Phone: 0427516696 Margaret
Regular meetings for information, support, referrals and advocacy. Annual membership \$30 couples / \$20 singles.

Eagleby - KinKare Group

Phone: Marie (07) 3287 1664
Email: mlubach@optusnet.com.au
Meetings on 2nd Friday every month (except school & public holidays). Peer support group for both grandparents caring full time and those denied a relationship with their grandchildren.

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.

GOLD COAST

Broadbeach Waters - Grandparents & Grandkids Support

Phone: (07) 5504 6178
Information and support for grandparent carers, regular meetings if in demand.

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.