



www.grandparentsqld.com.au

Time for Grandparents GRAND MATTERS NEWSLETTER

June 2018

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QUOTE

“The way I see it, if you want the rainbow, you gotta put up with the rain.”

Dolly Parton

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

Free Influenza Vaccine For Children

Free influenza vaccine for children aged 6 months to less than 5 years

From 2018, the Queensland Government will provide free influenza vaccine for children aged 6 months to less than 5 years of age. **The free vaccine will be made available through general practices and other childhood immunisation providers.**

Influenza causes substantial illness in children and vaccination is proven to reduce a child's risk of contracting influenza and suffering from its complications. This initiative will expand on the current program offered through the National Immunisation Program which funds vaccine for Aboriginal and Torres Strait Islander children from 6 months to less than 5 years of age and for children over 6 months with conditions predisposing to severe influenza.



<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/free-influenza-vaccine-for-children>

My Rights Qld

Do you know someone with disability who would benefit from information about their rights?

ADA Australia, in partnership with Legal Aid Queensland, has launched My Rights Qld: a free online tool providing rights based information for Queenslanders with disability.

This simple, one-stop-shop for information will help people better understand and exercise their rights and know where to get help or complain about a wide variety of topics.

For more information, or to access this new tool, head to:

www.myrightsqld.com.au



The New Child Care Package



From 2 July 2018, the child care fee assistance that families receive will change to one new Child Care Subsidy replacing the two current child care payments. This transition cannot happen automatically. To transition, you will need to complete an online Child Care Subsidy assessment using your Centrelink online account through myGov. You will be asked to provide some new information and confirm your current details, including:

- Combined family income
- Activity level of parents
- Type of child care service.

Throughout April 2018, Centrelink will be writing to all families currently receiving Child Care Benefit and Child Care Rebate with instructions on completing their online assessment through myGov. If families do not complete their assessment before 2 July 2018, they may not receive any child care fee assistance. Some basic requirements must be satisfied for an individual to be eligible to receive Child Care Subsidy for a child. These include:

- the age of the child (must be 13 or under and not attending secondary school)
- the child meeting immunisation requirements
- the individual, or their partner, meeting the residency requirements.

Using myGov

Step 1. Sign in to your myGov account. If you don't have one, you will need to create a myGov account.

Step 2. Link myGov to Centrelink. You can do this under Services.

Step 3. Select Centrelink and complete the Child Care Subsidy Assessment.

To contact **myGov support** call **132 307**.

More information about child care can be found via the Department of Education and Training:

Phone: **1300 566 046**

Web: <https://www.education.gov.au/ChildCarePackage>

Queensland Seniors Week 2018



Seniors Week is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contributions of older people. In 2018, Queensland Seniors Week will be celebrated from 18–26 August.

For more information about Seniors Week:

- Visit the Queensland Seniors Week website at <https://www.qldseniorsweek.org.au/>
- Call COTA Queensland on **1300 738 348**
- Email seniorsweek@cotaqld.org.au
- Visit the [Queensland Seniors Week Facebook page](#).



Tax Help Program

If you need help lodging your tax return, you may be eligible for the Tax Help Program. Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.

Tax Help is available from July to October in all capital cities and many regional areas across Australia.

If you're eligible for Tax Help, you will need a myGov account linked to the ATO. If necessary, Tax Help Program volunteers can help you create your myGov account and link to the ATO.

When you are ready to make an appointment, phone **13 28 61** for your nearest Tax Help centre.

Web: <https://www.ato.gov.au/Individuals/Lodging-your-tax-return/Tax-Help-program/>

Get Started Vouchers Round 12



Round 12 applications open 25 July 2018:

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 25th July 2018. There is a limit of one voucher per child per calendar year. As it is a web based application process, if you do not have access to a computer please contact Time for Grandparents as we may be able to assist. Please call us at least two weeks 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 **137 468**

Email: getstarted@nprsr.qld.gov.au

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

Seniors Info Chat

Seniors Info Chat is a free community service provided by the Seniors Enquiry Line that provides regular updates to seniors across Queensland. Our friendly staff will call seniors once per month about current scams, government and community announcements or even events in their area.

Each call will generally cover one or two items of interest to seniors. To register for **Seniors Info Chat**, call **1300 135 500**.



Message Stick

Aboriginal and Torres Strait Islander
News, Articles & Information



NAIDOC Week 2018 (8-15 July)

NAIDOC is a celebration of Aboriginal & Torres Strait Islander Peoples, Cultures, Art, Music and Stories... NAIDOC Week is a time to reflect on the importance of keeping families safe and our cultures strong. This year's NAIDOC theme is



NAIDOC Week celebrates the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation. 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>

Centrelink News - *When one of your mob passes away at home*

If one of your mob passes away at home, here are some steps to take:
Contact the person's doctor
Contact the Police or call an Ambulance
Contact support for you/other family members.

Centrelink can offer a range of payments and services to support you after someone has passed away that could include:

- ◇ Bereavement payment
- ◇ Bereavement allowance
- ◇ Widow allowance
- ◇ Double Orphan pension
- ◇ Parenting Single payment.

You may also be able to get an urgent payment to travel to the funeral of a family member. If you identify as an Aboriginal or Torres Strait Islander Australian, you can Freecall on **1800 136 380** Mon - Fri 8am to 5pm for further information.

Indigenous Service Officers

Indigenous Service Officers & remote visiting teams help Aboriginal & Torres Strait Islander peoples who live in urban, rural & remote communities. They may be able to help you during this difficult time.

If you identify as an Aboriginal or Torres Strait Islander Australian, you can call Centrelink on 1800 136 380.

Other Centrelink Info

For Aboriginal & Torres Strait Islander people, you might receive a payment for doing a Welcome to Country. Do you need to declare this to Centrelink? The answer is yes.

Other types of income you might receive for:
Welcome to Country payment/s
Cultural performances or talk payments
Proceeds from the sale of arts & craft
Gate taking – for entry fees for events
Royalty payments
Consultancy fees
Native Title claims
Heritage survey payments
Indigenous Land Use Agreements

How do I report these?

Visit www.my.gov.au and select the "Create an account" button, then follow the prompts.
Visit website: www.humanservices.gov.au/online
Use phone self service – call **136 240** to register.

For more information, either contact our office on 1300 135 500 or Centrelink Indigenous Service Officers on Freecall **1800 136 380** or visit: www.humanservices.gov.au/Indigenous

Avocado Bacon and Egg Bake

Try this delicious breakfast idea for the weekend!

Ingredients:

- 1 medium avocado
- 2 eggs
- 1 tbsp of low-fat cheese
- 1 piece of cooked bacon, crumbled



Method:

Preheat oven to 180 degrees. Cut the avocado in half and remove the pit. With a spoon, scoop out a small amount of the avocado so it can hold your egg. Place the avocado in a muffin pan to keep it level while cooking. Crack your egg and add it to the inside of your avocado. Sprinkle a little cheese on top with a pinch of salt. Top with cooked bacon. Cook for 15 minutes. Serve warm. Serves 2.

5 Minute Chocolate Mug Cake

In the mood for chocolate cake? This microwave chocolate cake recipe is quick and easy!

Ingredients:

- 35g (1/3 cup) self-raising flour
- 1 tbsp cocoa, plus extra to dust
- 1 1/2 tbsp firmly packed brown sugar
- 1 egg
- 2 tbsp milk
- 1 tbsp melted butter
- 1/4 tsp vanilla extract



Method:

Sift flour, cocoa powder and salt into a small bowl, stir through the sugar. In a separate small bowl, whisk the egg, milk, butter and vanilla. Add the wet ingredients to the dry ingredients and stir with a fork until just combined. Spoon mixture into a 2 cups capacity (500ml) mug. Microwave on high for 70-90 seconds, or until pudding has risen and top is just set. Do not overcook. Dust with extra cocoa powder, serve immediately.

<https://www.taste.com.au/recipes/5-minute-chocolate-mug-cake/36523fad-edf8-4206-a766-cdb11e35d430>

WHAT'S ON IN YOUR AREA?

Events happening across Queensland

Sunshine Coast

- ◆ Caloundra Arts Centre, Arts and Crafts Fair June 9—10
- ◆ Nambour Agricultural Show June 15—17
 - ◆ Noosa Alive 2018 July 20—29
- ◆ Horizon Festival Caloundra August 24—25

Gold Coast

- ◆ Broadbeach Country Music Festival July 28—29
- ◆ Gold Coast Multicultural Festival Southport August 12
- ◆ Gold Coast Car Show Mudgeeraba August 12

Brisbane

- ◆ Caboolture Show June 8—10
- ◆ Sth Brisbane Brissie to Bay Bike Ride June 17
 - ◆ Brisbane EKKA August 10—19
- ◆ Moreton Bay Multicultural Fiesta Caboolture September 1

Central QLD & Wide Bay

- ◆ Rockhampton Show June 13—15
- ◆ Birdsville Big Red Bash July 10—12
 - ◆ Childers Festival July 28—29
 - ◆ Mechanos Mackay August 11
- ◆ Windorah Gymkhana August 18

Toowoomba & South West QLD

- ◆ Wondai Country Festival June 23—24
- ◆ Jumpers & Jazz in July Warwick July 19—29
- ◆ Highfields Pioneer Village Miniature Steam Train 24 June, 29 July, 26 Aug

North QLD

- ◆ Cooktown Discovery Festival June 15—17
- ◆ Supercars Townsville 400 July 6—8
- ◆ Pallarenda Beach Children's Fishing Classic August 26
- ◆ Cairns Festival August 24—September 2

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

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: Helen (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

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.

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.

Eagleby - Grandparents Play Community

Phone: (07) 3151 6132
A weekly playgroup dedicated to grandparents and their grandchildren, held each Friday 9.30am - 10.45am.

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
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.