



www.grandparentsqld.com.au

Time for Grandparents GRAND MATTERS NEWSLETTER

June 2019

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We can learn as much from our grandchildren as they can learn from us.

"And a little child shall lead them."

ISAIAH 11:6

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 **Time for Grandparents** on **1300 135 500** 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, or activity start and finish date
- 4) Cost of the activity.

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 values all compliments, complaints and feedback. To provide a compliment, make a complaint or offer feedback you can call **1800 008 993**.

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

Queensland Seniors Week 2019



Seniors Week is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contributions of older people. In 2019, Queensland Seniors Week will be celebrated from 17 - 25 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](#)



Free Influenza Vaccine For Children

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

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.



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



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 my Tax.

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/>

World Elder Abuse Awareness Day (WEAAD)



WEAAD, designated by the UN, is held on June 15 each year and is an opportunity for all to speak out against elder abuse. WEAAD is represented by the colour purple, denoting wisdom, dignity, independence and creativity.

Elder Abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.

If you would like further information about WEAAD, or are concerned about an elder abuse situation call **The Elder Abuse Helpline** on **1300 651 192**.



Message Stick Aboriginal & Torres Strait Islander NEWS

Hello You Mob

Welcome to the June 2019 edition of Message Stick. I hope you all made it through the Easter break school holidays safely.



NAIDOC Week

7-14 July 2019

Voice Treaty Truth - *Lets work together for a shared future*

NAIDOC will be held nationally from Sunday 7 July and continue through to Sunday 14 July.

Voice Treaty Truth were three key elements to the reforms set out in the Uluru Statement from the Heart. These reforms represent the unified position of First Nations Australians.

National NAIDOC Co-Chair Pat Thompson says that for generations, Indigenous Australians have sought recognition of their unique place in Australian history and society today.

"For generations, Aboriginal and Torres Strait Islander peoples have looked for significant and lasting change. We need our fellow Australians to join us on this journey – to finish the unfinished business of this country."

"The 2017 *Uluru Statement from the Heart* built on generations of consultation and discussions among Indigenous people - we need to be the architects of our lives and futures." Pat Thompson said.

Visiting rural /regional /remote communities

The Time for Grandparents (TFG) program would like to reach out and visit rural and remote Queensland over the next 12 months to offer support and where possible offer respite options for those Grandparents who have informal fulltime care of their grandchildren.

If you know of any Grandparent who is informally caring for their grandchild or grandchildren, please let them know of our service. Please give me a call on 1300 135 500 (and ask for Dulcie, the Murri worker at the Grandparents program).

Free legal advice for rural, regional and remote callers

Rural regional and remote callers to this line (1800 957 957) do not have to compete with metropolitan callers and can receive on-the-spot legal advice over the phone.

Please note this service only operates on Tuesdays. Women are also welcome to contact the Helpline by calling [1800 957 957](tel:1800957957) between 9am-3pm, Monday to Friday.

If you would like to contact a community legal centre in your local area, a directory of Queensland community legal centres is available from [Community Legal Centres Queensland](#).

Get Started Vouchers Round 14



Round 14 applications open 17 July 2019

Get Started is a program funded by the Queensland Government that assists young people to participate in sport and recreation activities. Families with eligible children can apply for vouchers valued at up to \$150 per child for use at a sport or recreation club registered with *Get Started*.

The next round of voucher applications will open on the 17th July 2019.

There is a limit of one voucher per child per calendar year.

How to apply for a Get Started Voucher

You need to apply for a Get Started Voucher online, so if you do not have access to a computer please contact Time for Grandparents as we may be able to assist. We will need to organise a permission form to apply on your behalf, so please call early so we can organise a permission form.

Who is eligible? Children aged 5-17 years (inclusive) who are Queensland residents and hold, or whose parent/carer/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@npsr.qld.gov.au

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



National Debt Helpline



If your debts are getting out of control or you're struggling to make ends meet, it's important to act quickly. You don't have to go it alone. There is free and confidential help available to assist you to get a clear picture of your situation and understand your options.

National Debt Helpline - Phone 1800 007 007

This free hotline is open from 9:30am to 4.30pm, Monday to Friday. Calls from mobile phones may incur a fee from the mobile phone carrier. You can also visit the [National Debt Helpline website](#) for information and resources that can help if you're struggling with debt.

What is the National Debt Helpline

The National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. They are not a lender and they don't 'sell' anything or make money from you. Their professional financial counsellors offer a free, independent and confidential service.

How the National Debt Helpline works

One of their trained financial counsellors will assess your situation and provide you with free advice to help you move on. If your matter is more complex, they can refer you to your closest face-to-face financial counselling service. They'll also put you in touch with the right service you require, such as legal services, crisis food and accommodation services, and health services.

When you call, try to have the following to hand:

- details of your income
- a list of all debts
- copies of (or information about) all loan agreements
- details of current and outstanding bills
- copies of (or information about) any court documents you've received
- letters about bills and debts that seem urgent.

If you don't have everything, don't worry. The National Debt Helpline financial counsellors will work through it with you when you call.

Source: <http://www.ndh.org.au/>



Children's Screen Time Tips



Office of the Children's
eSafety Commissioner

8 tips to keep on top of your child's screen time

- Plan screen-free time, like outdoor play, music and sport.
- Lead by example - reduce your own screen time.
- Agree on daily screen time limits. It's not punishment, it's about keeping a balance.
- Be involved - watch TV and play games together.
- Start with small reductions to help lessen any resistance.
- Use tech tools to manage access, such as parental controls.
- Resist giving mobile devices to children when going out - take books or toys instead.
- Set tech-free zones and times at home - e.g. all screens off in bedrooms after a specified time.

Source: <https://www.esafety.gov.au/parents>

New Grandparent Support Group

Mackay

Kin Carers Support Group Mackay



Thursday 10am

McDonalds North Mackay

For further information contact:

Sharon 0400 683 517

Chris 0497 698 732

WHAT'S ON IN YOUR AREA?

Upcoming events happening across Queensland

Sunshine Coast

- ◆ Nambour Agricultural Show June 14 - 16
- ◆ Noosa Alive 2019 July 19 - 28
- ◆ Horizon Festival Caloundra August 23 - September 1

Central QLD & Wide Bay

- ◆ Rockhampton Show June 12 - 14
- ◆ Birdsville Big Red Bash July 16 - 18
- ◆ Childers Festival July 27 - 28
- ◆ Windorah Gymkhana July 13

Gold Coast

- ◆ Broadbeach Country Music Festival July 26 - 28
- ◆ Gold Coast Multicultural Festival August 4
- ◆ Gold Coast Car Show Mudgeeraba August 10 - 11

Toowoomba & South West QLD

- ◆ Wondai Country Festival June 22 - 23
- ◆ Jumpers and Jazz in July Warwick July 18 - 28
- ◆ Highfields Pioneer Village Miniature Steam Train July 29, August 26

North QLD

- ◆ Cooktown Discovery Festival June 14 - 16
- ◆ Cairns Festival August 23 - September 1
- ◆ Children's Fishing Classic Townsville September 15

Brisbane

- ◆ Caboolture Show June 7 - 9
- ◆ Brisbane EKKA August 9 - 18
- ◆ Moreton Bay Multicultural Fiesta Caboolture August 31

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 support groups that are not listed, 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.

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.

Bundaberg - Grandparents as Carers Support & Playgroup

Phone: 0468 855 449

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.

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. More details are available via the Playgroup Qld website: <https://www.playgroupqld.com.au/>.

Mackay - Kin Carers Group

Phone: Sharon 0400 683 517 or Chris 0497 698 732

Deception Bay - Grandparents Support Group

Phone: (07) 3204 2022

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

Sunshine Coast - Grandparents as Parents Program

Phone: 1300 621 499

Case Management, counselling and peer support available in the Sunshine Coast region.

Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle , Neighbourhood Centre

Meets 9:30am to 11:30am each Tuesday. Information, support and a grandchildren's playgroup. Gold coin donation. Playgroup does not run during school holidays.

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.

GOLD COAST

Gympie - Grandparents and Grandchildren Society

Phone: (07) 5482 9012

Regular meetings and support for grandparent carers.

Nerang - Carers Qld Grandparent Support Group

Phone: Max (07) 5617 1600

Meetings from 10am to 12pm on the 3rd Tuesday of 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.