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GRAND MATTERS Time for Grandparents

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THOUGHTS OF THE DAY

A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles.

- WILLIAM HAZLITT

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BULLYING. NO WAY! 20th March 2015 National Day of Action against Bullying and Violence

The 2015 National Day of Action against Bullying and Violence is being held on Friday 20 March 2015. The National Day of Action provides a focus for schools and the wider school community, including parents and carers, to strengthen their everyday messages against bullying and violence.

Over 1,450 schools across Australia have already registered for the National Day of Action against Bullying and Violence. Check with your grandchild's school to see if they are participating and what events or class activities they have planned.

The Bullying. No Way! website has many interactive and printable resources available for both yourself and your grandchild.

The website features three different sections depending on the age of your grandchild - 8 years or younger, 13 years or younger and 14 years or older. Each unit is tailored for your grandchild's age group and features videos, downloadable iPhone/iPad apps, stories and sections on where to get help if you or someone you know is being bullied.

Bullying. No Way! has also developed a section for parents/carers. This unit provides information for parents and carers about bullying, harassment, discrimination and violence in schools. The unit also will provide you with a helpful link to the Australian Psychological Society where you will have access to "Tip Sheets" on such topics as:

- Bullying
- Conflict resolution
- Parenting and disciplining children
- Dealing with children who fight
- Fighting between siblings
- Children protecting themselves

More information:

For further information on Bullying. No Way! and The 2015 National Day of Action against Bullying and Violence visit the website - <http://bullyingnoway.gov.au/index.html> or call 13 74 68 to speak with the Department of Education.



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 upcoming 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

WORKVENTURES

Low cost computers and laptops

Does your grandchild need a new computer or laptop?

Workventures is a non-profit organisation that has supplied over 50,000 refurbished computers. They offer commercial quality, low-cost, refurbished computers for non-profit organisations and people who receive Centrelink and DVA benefits such as newstart, the aged pension, disability pension and family allowances. Workventures have flexible payment options and starting prices as low as \$249 for desktop computers and \$299 for laptop computers.

All systems include:

- Microsoft Windows 7, Office & anti-virus software 6 month warranty
- Free hotline support for the life of the computer
- Delivery
- Payment options include credit card payments online, bank deposit, cheque/money order and Centrepay (layby style direct deductions from Centrelink benefits)

To place an order:

Order online at www.workventures.com.au or call **1800 112 205**.



SENIORS ENQUIRY LINE

UnitingCare Community Information Line

Seniors Enquiry Line is a free telephone information and referral service for seniors, their family, friends, carers and service providers that has been operating since August 1999. It is a Statewide service funded by the Queensland Government and operated by UnitingCare Community.

Seniors Enquiry Line has a wealth of information on topics including concessions, accommodation, health, transport, finance, computers, leisure activities and much more. In fact, **we will try to answer any questions at all that you have, or refer you to the appropriate service**. In some cases we will call you back if it means we have more time to find out the information for you. Also, if you are on a mobile we can call you back.

Seniors Enquiry Line also operates the Time for Grandparents Program and both operate Monday to Friday, 9.00am to 5.00pm, and you can ring us on **1300 135 500** for the cost of a local call from anywhere in Queensland.



ST JOHNS QLD

Community Services Health Shuttle

If you are travelling to and from regional Queensland and Brisbane for health appointments, St John Qld can help you.

St Johns have transport packages that are designed for clients living outside of the Brisbane area, who require transport to get to and from Roma Street train station or Brisbane airport for doctors/specialists and hospital appointments.

The St Johns health shuttle takes passengers to and from:

- Roma Street train and bus stations
- Royal Brisbane & Women's Hospital
- The Prince Charles Hospital
- Greenslopes Private Hospital
- Wesley Hospital
- Doctors and Specialists
- Accommodation and motels in North Brisbane



St John assists people who have difficulty accessing transport, primarily the frail, aged and people with a disability, as well as their carers. It is an easy transport option for people who are travelling to Brisbane. To book a St John (Qld) Transport package, phone **(07) 4151 0419**.

CARERS QUEENSLAND

Brisbane North Carer Support Group

Are you currently providing additional care for a family member, friend or neighbour who has a disability, mental illness, chronic illness or for someone who is frail or aged?

Come along to a Carers Support Group and meet other carers in the same situation, share stories and find out what is out there for YOU. In 2015 Brisbane North will be including some therapeutic sessions within our Support Groups – including Stress Management, Art Therapy, and Relaxation Techniques. The Brisbane North carer support group meets the 4th Thursday of each month.

Date: 26th March 2015

Time: 10.00am-12.00pm

Venue: 236 Stafford Rd Stafford, QLD 4053

RSVP: 07 3624 1700



Placing Carers First

For people living outside the North Brisbane area, contact Carers Queensland Head Office on **07 3900 8100** to see if they have a support group in your local area.

RECIPE: Tuna Patties

Get the kids involved and ask them to give you a hand in the kitchen to bake these delicious tuna patties for a healthy lunch box snack.

Ingredients:

- 4 potatoes, peeled
- 1 egg
- 1 carrot, grated
- 1 celery stick, finely sliced
- plain flour, to dust
- oil, to fry

Method:

Cook the potatoes in a saucepan of boiling water until tender. Drain and mash. In a bowl combine the tuna, mashed potato and egg. Stir in the carrot and celery. Place some flour on a plate. Divide the mixture into 8 portions. Shape each portion into a patty. Coat both sides lightly in the flour. Heat a little oil in a frying pan over a medium heat. In batches, cook the patties for 3-4 minutes each side or until golden. Transfer to a plate lined with paper towel to drain. Serve with a side salad.



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

SPORTING GRANTS

Elite Indigenous Travel & Accommodation Assistance Program

The Elite Indigenous Travel and Accommodation Assistance Program (EITAAP) is an initiative that is jointly managed by the Australian Sports Commission (ASC) and Department of the Prime Minister and Cabinet.

The program provides assistance to Indigenous sportspeople who are involved in official national championships and international competitions that are endorsed by relevant ASC recognised national sporting organisations or School Sport Australia.

To be eligible to apply for an EITAAP grant, an Indigenous sportsperson and their sponsoring organisation must be:

- an Aboriginal and/or Torres Strait Islander
- participating as an athlete, coach, manager or official
- 12 years or older at the time of the competition
- competing in junior or open level competitions

You must also have:

- completed and submitted an EITAAP application before the event (or within two months of the completion of the event)
- out-of-pocket expenses for travel and accommodation (conditions apply to reimbursement)

More Information:

If you need further information on the EITAAP you can phone or email them on the contact details below.

Ph: (02) 6214 1111

Email: eitaap@ausport.gov.au



LEGAL AID QUEENSLAND

Free Facts Sheets & Law Dictionary

Legal Aid Queensland have free facts sheets which you are able to read on their website. The fact sheets have been prepared by Legal Aid and are up-to-date; have been written in "lay" terms, using clear and concise language; are easy to understand and provide practical guidance.

Legal Aid Queensland has an abundance of free fact sheets available. Fact sheets include:

- Having a grandchild in your care.
- Is a family report being prepared for your family law matter?
- Family dispute resolution
- Child support, Family Tax Benefit and your child care levels.

Legal Aid Queensland also has a very helpful dictionary of legal terms on their website. The law dictionary contains words, terms and phrases commonly used in Court. The law dictionary explains the terms in plain English and is easy to understand.

More Information:

If you would like further information regarding the free fact sheets or the law dictionary visit their website at: <http://www.legalaid.qld.gov.au> . If you do not have access to the internet and cannot visit your local library please give us a call and we will try our best to print the fact sheet you need. Please be aware that not all facts sheets can be printed due to printing costs.



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: ronje1@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

Maroochydore- Children in Grandparents' Care Inc.:

Phone 0457 864 001 or 0478 789 395
Helps meet the needs of children raised by their grandparents.
Occasional material support available. Please ring to register.



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

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

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.