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# Time for Grandparents GRAND MATTERS NEWSLETTER

March 2017

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## THOUGHT OF THE DAY

"Sometimes it is the people no one can imagine anything of who do the things no one can imagine."

- ALAN TURING

## 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 2 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 the cost of the activity. You can phone us on **1300 135 500**.

## Trauma & Grief Network Resources to support your grandchild

### Disasters, the media and your child

Unfortunately many disasters happen in Australia and around the world. This normally leads to a constant media coverage on the TV, radio and social media of these events. Sometimes it is hard for families and children to escape these news streams which often contain graphic, scary and disturbing images.



The Trauma and Grief Network support families by providing online resources that help deal with difficult situations your children may experience. Currently they have a resource to help children deal with the disasters in the media. It is a helpful resource that provide information about the impacts on children and practical ways to help your child.

Time for Grandparents Program understands this is an online resource, so if you would like a printed copy please phone **1300 135 500** and we will post one out. If you would prefer to access the resource online this is the link to the website.

<https://tgn.anu.edu.au/wp-content/uploads/2014/10/Disasters-the-media-and-your-child.pdf>

### 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.



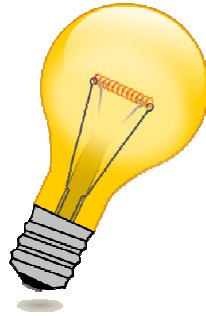
UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

## Changes to the Electricity Rebate

The Queensland Government has extended access to the electricity rebate (currently \$329.96 per year) to more households. Under the changes, people who have a Commonwealth Health Care Card and are not receiving the rebate will be eligible.

If you have a Health Care Card, you will be able to contact your electricity supplier from April 1 to apply for the rebate, with rebates being backdated to January 1, or the date after January 1 when you became eligible. Information on how to apply for the rebate can be found at [www.qld.gov.au](http://www.qld.gov.au).



## Scamwatch & Office of Fair Trading Can you spot a scam?

Scamwatch has reported that Australians have lost over 81 million dollars to scams during 2016. However, the true dollar value is likely to be much higher as many losses are not reported. There are a vast number of scams, but the biggest financial losses relate to dating and romance scams and investment scams.

Often, the best way to protect yourself against becoming a victim of a scam is through education. If you understand the different types of scams and how to spot them, you are better able to protect yourself.

The Office of Fair Trading and Scamwatch have some great information and resources about how to spot and protect yourself from scams. For more information, you can visit the Office of Fair Trading website: [www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/](http://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/) or Scamwatch website: [www.scamwatch.gov.au/](http://www.scamwatch.gov.au/).

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**.



## Queensland Women's Week

Queensland Women's Week (6-12 March, 2017) provides an opportunity to celebrate the achievements of Queensland women and girls. The theme for this year is: "Queensland Women: Be involved. Lead the way." This theme aims to encourage women and girls to participate and pursue leadership roles in their community and workplace.

There will be a number of events being held throughout Queensland to celebrate Women's Week, with a large number listed on the Queensland Women's Week events website:

[www.communities.qld.gov.au](http://www.communities.qld.gov.au).

If you don't have access to the internet and would like information about events in your area, please phone Time for Grandparents on **1300 135 500**.



## Staff Profile: Meet Paul

We would like to introduce our newest staff member of the Time for Grandparents Program. Meet Paul!

Paul has worked in community services for the last 15 years. During these years Paul has worked in youth justice, family support and disability services. Prior to this Paul served in the Army in RAEME (Royal Australian Electrical and Mechanical Engineer).



### Fun facts about Paul:

*Favorite movie:* Die Hard

*Favorite food:* Dim Sims

*Ultimate holiday:* A fishing holiday anywhere

*Hobbies:* Fishing, gardening and garage sale shopping

*Most interesting job before Time for Grandparents:* working in disability services as it was very rewarding and no day was the same.

## Message Stick

Aboriginal and Torres Strait Islander

News, Articles & Information

### **Aboriginal Funeral Fund**

Over the years, there have been funeral funds that particularly targeted Aboriginal communities. Because of this, ASIC (the Australian Securities & Investments Commission) provides a booklet called Money Smart (paying for funerals) outlines the best way to ensure you don't get caught in a funeral fund/plan and the money you invested towards a funeral plan is payable to you. For example, there are funeral plans that will not give you your money back if you cancel your plan, even though you might have paid thousands of dollars. The best type of funeral plan is either through a pre-paid funeral plan or a funeral bond. You can refer to the booklet for further information.

If you have any questions about setting up a funeral plan, please contact Money Smart first and speak with ASIC's Indigenous Help Line on **1300 365 957**. We can send you out a copy of the Money Smart (paying for funerals) booklet by calling our office on **1300 135 500**.



### **New family and child services for Aboriginal and Torres Strait Islander families in Qld**

The second stage of the Qld Government's Aboriginal and Torres Strait Islander Wellbeing Services rolled out last month in Ipswich, Beaudesert, Gold Coast, Sunshine Coast, Townsville and Palm Island.

The services will provide culturally-responsive, community-led support to help Aboriginal and Torres Strait Islander families safely care for their children at home. The next six Qld locations for Wellbeing Services follow on from the four that were announced November 2016 in South Burnett, Moreton Bay, Mackay and Roma.

Qld locations of the Wellbeing Services are: Cairns, Townsville, Palm Island, Mackay, Rockhampton, Gladstone, Emerald, Woorabinda, Maryborough, Bundaberg, Cassowary Coast (including Mission Beach, Innisfail, Tully) Hervey Bay, South Burnett, Toowoomba, Roma, Ipswich, Sunshine Coast (including Gympie), Moreton Bay (including Caboolture), Logan, Browns Plains, Beenleigh, Beaudesert, Gold Coast & Brisbane.



For contact details of the Wellbeing Services, please call Time for Grandparents program on **1300 135 500** who can provide you with contact details of the Wellbeing Service in your area.

### Weet-Bix Slice



- 4 Weet-Bix, crushed
- 1 cup plain flour
- 1/2 cup coconut
- 1/2 cup sugar
- 1 tablespoon cocoa
- 70g butter/margarine
- 1/4 cup of water

Step 1: Preheat oven to 180C (160C fan-forced). Melt butter and mix into crushed Weet-Bix.

Step 2: Add remaining ingredients and stir to combine.

Step 3: Line a square cake tin with baking paper. Press Weet-Bix mixture into the base. Bake for 15 minutes.

Step 4: To make icing, sift icing sugar into a bowl. Add milk gradually, stirring, until you have a smooth, spreadable consistency. Pour icing over slice in tin. Spread to cover completely. Allow to set. Slice.

<http://www.kidspot.com.au/kitchen/recipes/weet-bix-slice-102>

### Caramel banana frozen yoghurt



- 4 large (500g) bananas, peeled, sliced and frozen for 3 hours
- 1/3 cup (60g) dark brown sugar
- 250g low-fat Greek yoghurt

Step 1: Place all ingredients into a food processor and process until smooth. Serve immediately.

<http://www.kidspot.com.au/kitchen/recipes/caramel-banana-frozen-yoghurt-3341>

### No-cook play dough recipe



- 1 cup salt
- 3 cups plain flour
- 60ml (1 tbsp) vegetable oil
- food colouring
- 250ml (1 cup) water

Step 1: Mix all the dry ingredients and add oil.

Step 2: Add the food colouring to water.

Step 3: Slowly add the water until the desired consistency is reached.

Step 4: Kneading will help to improve the texture, so let your kids get into it!

[http://raisingchildren.net.au/articles/recipe\\_strawberry\\_ice\\_blocks.html](http://raisingchildren.net.au/articles/recipe_strawberry_ice_blocks.html)

## WHAT'S ON IN YOUR AREA?

### March events happening across Queensland

#### Sunshine Coast

- ◆ Doonan Creek Planting – Verrierdale (29 March) Phone: 07 5475 7272
- ◆ Movies in the Park – Cooloola (17 March) Phone: 07 5481 0760
- ◆ Zed Zone – Gympie (15 March) Phone: 07 5481 0733

#### Gold Coast

- ◆ Outdoor Movie Night – Broadwater (25 March) Phone: 07 5581 1615
- ◆ Wild Rangers – Broadwater (11 March) Phone: 07 5581 1615
- ◆ Tamborine Mountain Carnival (18 March) Phone: 0417 618 379

#### North QLD

- ◆ National Playgroup Week – Cairns (30 March) Phone: 1800 171 882
- ◆ Murri Family History Research – Townsville (10 March) Phone: 07 4773 8811

#### Central QLD & Wide Bay

- ◆ Harmony Day Celebration – Gin Gin (21 March) Phone: 07 4130 4630
- ◆ Magnificent Mt Archer – Rockhampton (18 March) Phone: 07 4932 9000
- ◆ Heritage Walk Tour – Maryborough (21 March) Phone: 07 4190 5722

#### Toowoomba & South West QLD

- ◆ Felton Food Festival (26 March) Phone: 0427 961 271
- ◆ Parks Week – Toowoomba (4-12 March) Phone: 131 872

#### Brisbane

- ◆ Deadly Women – Logan (18 March) Phone: 07 3412 5420
- ◆ Bridging of Cultures – Slacks Creek (24 March) Phone: 07 3412 9987
- ◆ Brisbane Irish Festival (11 March) Phone: 0410 381 222



# Cyber Safety Workshops for Parents and Carers

**Presented by Internet  
Education and  
Safety Services**

Delivered by a former online undercover police detective, these workshops will discuss internet safety relating to social networking, the law online, identity protection and cyber bullying. You will also learn strategies of protection and prevention to empower you to reduce online risks within your home.

## **Monday, 20 March**

4.00 pm - 5.30 pm

Followed by a light supper  
Barry Jones Auditorium  
40 South Street, Ipswich

## **Thursday, 30 March**

4.00 pm - 5.30 pm

Followed by a light supper  
Springfield Lakes  
Community Centre  
53 Springfield Lakes  
Boulevard, Springfield Lakes

**RSVP essential by  
Monday, 13 March to**  
[socialdevelopmentrequests@  
ipswich.qld.gov.au](mailto:socialdevelopmentrequests@ipswich.qld.gov.au) or  
(07) 3810 6655

Join us online on:



# 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](mailto: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](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.

### 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](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.

### 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 - KinKare Group

Phone: Marie (07) 3287 1664

Email: [mlubach@optusnet.com.au](mailto: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.

### 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.

### 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.