



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

September 2017

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Life

isn't about waiting for the storm to pass, it's about learning to

Dance in the Rain

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



The last Sunday in October is Grandparents Day 'Thank you' for your love and support.

Do something *special* with your family to celebrate.

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
- Police Citizens Youth Club (PCYC) have vacation care programs in Queensland
- Carerslink provide holiday events for youths with a disability.
- Scripture Union Camps Qld <http://sucamps.org.au/> run close to 100 camps across Queensland for primary and high school students.
- The 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 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



How to protect yourself from a scam

Scammers can approach you in many different ways - by phone, email, text message or perhaps a fake website! Scammers generally want two things: money and personal details.

No matter the situation, it's very important to ask yourself one important question: "Did I contact this person, or did they contact me?" If the email or text message (phone call etc.) was sent TO YOU—be on guard!

Scammers are very good at pretending to be from a real business or organisation. Hang up the phone, delete the email or close your door! Later, you can call the business or organisation yourself, using a phone number from a trusted source e.g. a phone book or directory. This way you will never be in doubt about who you are talking to.

If you have provided financial details to a scammer, contact your bank or financial institution immediately! If you provided personal details e.g. birth dates or drivers license details, contact IDCARE <http://idcare.org.au/>.

Reporting scams can be confusing — contact us to find the best places to report or talk through anything you have encountered. Read, "the little black book of scams" to learn about the most common types of scams and learn how to avoid them. Find it online or ask us to mail you a copy. **Call on 1300 135 500.**

Round 10 applications (opened 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 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*. Round 10 applications opened on the 12 July 2017 and close on 27 September 2017 if vouchers are not allocated beforehand. Vouchers must be presented to a registered club by **15 November 2017**. There is a limit of one voucher per child per calendar year. You need to apply 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@nprsr.qld.gov.au

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

Screen time for your child

- 8 tips to keep on top of screen time



cyber(Smart:)
Helping Australians explore safely



- Lead by example, reduce your own screen time
- Agree on daily screen time limits—keeping a balance
- Start with small reductions to help lessen any resistance
- 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
- Use tech tools to manage access, such as parental controls
- Be involved, watch TV and play games together
- Plan screen-free time, like outdoor play, music and sport.

Accessed from <https://esafety.gov.au/> on 23/5/2017

Taking care of yourself



You Can Reduce Your Risk of Blindness

Macular degeneration is one of those life-changing eye conditions that can creep up on you without a hint of a problem. As Australia's leading cause of blindness among people aged over 50 years, this is one disease all people should know about.

"Macular degeneration results in the loss of your central vision which affects your ability you to recognise faces, read, drive and work – many of the everyday activities we take for granted," said Julie Heraghty, CEO of Macular Disease Foundation Australia.

Little known by many is that up to 70 per cent of cases of macular degeneration have a genetic link and that people who have a direct family history of macular degeneration have a 50 per cent chance of getting the disease. Smoking is also a risk factor and can cause blindness.

"Because macular degeneration occurs at the back of the eye, an eye test by an optometrist is essential, as you can have the very early signs without knowing," says Julie. "It's also essential to report any sudden changes in your vision to your eye health professional, as early treatment can save sight."

Macular Disease Foundation Australia provides a free information kit, including a home self monitoring tool called the **Amsler grid**.

To order your kit call **1800 111 709** or visit www.mdfoundation.com.au

Fussy eaters



Many children are fussy eaters. This is normal. It may be to do with the shape, colour or texture of food. Sometimes fussy eating is not about food, but about children wanting to be independent. It is also normal for children to like something one day but dislike it the next.

Tips to handle fussy eaters:

- Make mealtimes happy, regular and social occasions. Don't worry about spills.
- Praise your child for any small effort to try new food, have realistic expectations.
- Don't give fussy eating lots of attention, ignore it as much as you can.
- Never force your child to try a particular food.
- Make healthy foods fun! Cut sandwiches into interesting shapes, or let your child help prepare the food.
- Turn the TV off so your family members can talk to each other instead.
- Set a time limit of about 20 minutes for meals. Anything that goes on for too long is not fun.
- Try letting your child make choices within a range of healthy foods, just limit the options to two or three things e.g. 'Would you like grapes or carrot sticks?'
- Get your child involved in preparing family meals e.g. pick a recipe, wash fruit and vegies, toss salad.
- Before introducing new foods try not to let your child fill up on drinks or 'sometimes' foods, as they are more likely to try the food if they do not have an option of something else to eat.
- Keep offering previously refused foods.
- When possible, look for opportunities for your child to share meals and snacks with other children.

Try to stay calm if a child refuses to eat a food, they may be just seeing what type of reaction you will have to their show of independence.

Accessed from http://raisingchildren.net.au/articles/fussy_eating.html

Grandchildren's Activities Term 4 Renewal Reminder

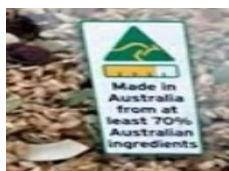


Are we funding term-based activities for your grandchildren? If so, please remember you need to contact us prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. We need the following information from you in order to process the payment as quickly as possible: 1) Name of the activity provider or club 2) Contact person's name and phone number or 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**.



Australia's food labels are getting clearer

The Australian Government is introducing new food labelling requirements to make it clearer where the products you buy are produced, grown, made or packed. Easy to understand labels will tell you at a glance where a product comes from.



The label tells you what percentage of the ingredients come from Australia.

Up until now, country of origin labelling has often been unclear. It was hard to know the difference between descriptions like 'made in' and 'product of'. The new labels will be easier for you to understand, so you can make a quick, yet informed, decision wherever you buy your food.

The new country of origin labelling requirements came into effect on 1 July 2016. There is a two-year transition period. This means that over time, you will see more labels appearing on products. Any products that have old labels at the end of the transition period can still be sold until the end of their shelf-life. Food labelled from 1 July 2018 must follow the new rules.

The Labels

The first three labels will have the **kangaroo symbol**, to assist the consumer to easily identify that food was **grown, produced or made in Australia**; it will also include text and a bar chart to show the **percentage of Australian ingredients**. The fourth label has a **bar chart only** which indicates the proportion, by ingoing weight, of the food's Australian content. This may indicate food was produced, made or packaged in a country other than Australia but has Australian ingredients.



Grown in Australia
For food where all of the ingredients are **Australian grown**.



Product of Australia
For food where all of the ingredients are **Australian** and all **major processing** has been done here.



Made in Australia
For food where the **Ingredients** come from **Australia or overseas** and **major processing** has been done here.



Packed in Australia
If the food was **packaged in Australia** but not all of the food was exclusively grown, produced or made in Australia then a **bar chart** only will be used to show the percentage of Australian ingredients.



All imported foods produced, made, grown or packed outside Australia must have their country of origin on the label.

Queensland Seniors Card



Are you eligible?

To be eligible for either a **Seniors Card**, **Seniors Card+go** or a **Seniors Business Discount Card** you must:

- Be a permanent resident of Queensland
- Live in Queensland for at least 6 months of the year
- Your home address must be shown on your drivers licence or be registered with one of the following: Electoral Commission of Queensland, Centrelink, or the Commonwealth Department of Veterans' Affairs.

In **addition** to the residency requirements, you must also meet **age/work requirements** for each card.

Seniors Card or Seniors Card+go

- You must be 65 years or older and working less than 35 hours a week in paid employment *or*
- 60-64 years, working less than 35 hours a week in paid employment and the holder of one of the following cards:
 - o Commonwealth Pensioner Concession Card
 - o Commonwealth Health Care Card
 - o Commonwealth Seniors Health Card
 - o Department of Veterans' Affairs Gold, White or Orange card.

Seniors Business Discount Card—To be eligible for a Seniors Business Discount Card you must be 60 years or older.



Business Discount Card offers:

- Discounts on goods and services at participating outlets throughout Queensland
- Access to the free Senior Shopper service.

This is a free service that helps access the best price on a range of goods and services. To access Senior Shopper call **1300 366 265** or call the Seniors Enquiry Line 1300 135 500 who can post out a brochure detailing how to access these discounts.

Seniors Card +go offers:

- All discounts as per the Seniors Card, *plus*
- Go card for use on public transport in South East Queensland.

Seniors Card offers:

- Discounts on goods and services at participating outlets throughout Queensland
- Access to the free Senior Shopper service (as previously described)
- Energy concessions – electricity and gas rebates
- Vehicle or boat registration discounts
- Free spectacles (basic) available every 2 years under the Spectacle Supply Scheme
- Access to public dental services
- Travel train – up to 50% discounted rail fares - Phone 1300 131 722

Information accessed from the Australian Government Seniors website on 27th April 2017 -

<https://www.qld.gov.au/seniors/legal-finance-concessions/applying-seniors-card/>



Message Stick

Aboriginal and Torres Strait Islander Grapevine

Joint message from Family Matters and the Queensland Government

Changing Tracks: An action plan for Aboriginal and Torres Strait Islander children and families 2017–2019 recognises that now is the time that we — government, Aboriginal and Torres Strait Islander leaders, children and families and support services — need to ‘change tracks’ if we are going to reach our generational vision under **Our Way: A generational strategy for Aboriginal and Torres Strait Islander children and families 2017–2037**.

This action plan sets the foundations for change and will put us on a new track to ensure all Aboriginal and Torres Strait Islander children and young people in Queensland grow up safe and cared for in family, community and culture.

In 2017, Aboriginal and Torres Strait Islander children do not have the same health and wellbeing outcomes as other Queensland children. Sadly, the number of Aboriginal and Torres Strait Islander children living in out-of-home care and not living in their communities is increasing. As of March 2017, in Queensland alone there were 3,742 Aboriginal & Torres Strait Islander children living in out-of-home care.

This action plan, the first of seven, compels us to work differently and set the enabling environment to allow for shared power and responsibility in meeting the needs of Queensland’s First Children and Families. Government and community organisations must change the way they provide services to Aboriginal and Torres Strait Islander peoples. At a national level, the Closing the Gap targets set an ambitious agenda that focuses efforts on achieving parity in life outcomes for Aboriginal and Torres Strait Islander peoples across their life span.

In Queensland, we continue to make positive changes through *Supporting Families Changing Futures: Advancing Queensland’s child protection and family support reforms* and the *Domestic and Family Violence Prevention Strategy 2016–2026* as well as initiatives developed in and for specific local areas to grow and develop strong families and communities.

Family Matters Queensland is also leading the way more broadly to improve how we work with and respond to Aboriginal and Torres Strait Islander children, families and communities. In Queensland, we are committed to the national Family Matters vision and targets, and this action plan is the first step we take together toward working differently with Aboriginal and Torres Strait Islander peoples. This action plan is the start of a 20-year generational journey. It supports the longer-term change that is required and focuses on building a platform of equity in life outcomes for vulnerable Aboriginal and Torres Strait Islander Queenslanders.

We commit to sharing power and responsibility with Aboriginal and Torres Strait Islander peoples. We commit to working together across government and the community. We commit to changing tracks to honour the potential and promise of Queensland’s Aboriginal and Torres Strait Islander children.

Keeping Our Children in Culture Not in Care

Shannon Fentiman MP

Minister for Communities, Women and Youth,
Minister for Child Safety and

Minister for the Prevention of Domestic and Family
Violence

Mark Furner MP

Minister for Local Government
and Minister for Aboriginal and Torres Strait Islander
Partnerships

The art of making shadows

By Sophie Collins

How to make a Jellyfish

Place your hands in front of a light so you can make a shadow on the wall. If you want the jellyfish to swim forward just wobble the fingers that face downwards .



Creative activity ideas

from raisingchildren.net.au website

- Use different tools and techniques e.g. drawing, painting, clay making, photographs.
- Take photographs and create a story using paper.
- An empty cardboard box can make a house, robot, truck or an animal.
- Empty toilet rolls or small plastic juice bottles can make a family by drawing on faces, sticking on paper clothes, and using cotton wool for hair.
- Make use of natural material e.g. collect leaves for drawing, pasting onto paper or dipping into paint.
- Use small plastic lids, patty pan cases or other 'threadables' to make jewellery.
- Make paper chains by cutting long strips of different coloured paper, glue them at the end and link in the next strip of paper and glue that one on the end.



WHAT'S ON IN YOUR AREA?

Events happening across Queensland

Sunshine Coast

- ◆ Noosa Show September 15
- ◆ Tin Can Bay Seafood Festival September 23
- ◆ Gympie Heal Yourself Expo October 14-15
- ◆ Mary Valley Scarecrow Festival October 11—November 1

Central QLD & Wide Bay

- ◆ Winton Outback Festival September 19
- ◆ Maglagan Squeezebox Festival October 14
- ◆ Maryborough Heritage CraftFest November 2

Gold Coast

- ◆ Currumbin Swell Sculpture Festival September 8—17
- ◆ Surfers Paradise Kids Week September 16—22
- ◆ Currumbin Buskers by the Creek October 14—15

Toowoomba & South West QLD

- ◆ Toowoomba Carnival of Flowers September 15 – 24
- ◆ Laidley Spring Festival September 7 – 9
- ◆ Toowoomba Gemfest and Jewellery Show October 21- 22
- ◆ Warwick Show and Rodeo October 23 – 29

Brisbane

- ◆ Redcliffe Festival August 26—September 10
- ◆ Ipswich Fresh Futures Market September 6
- ◆ Day for Daniel 'Keeping Kids Safe' October 27
 - ◆ Brisbane Festival September 9 -30
 - ◆ Sunsuper Riverfire September 30

North QLD

- ◆ Pallarenda Beach Children's Fishing Classic September 3 6am - Free
- ◆ Cancer Council Relay for Life Atherton Showgrounds October 28
- ◆ Charters Towers Billy Cart Derby October 28

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
National Debt Helpline - 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 Wednesday 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.