



www.grandparentsqld.com.au

## Time for Grandparents

# GRAND MATTERS NEWSLETTER

September 2014

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### THOUGHTS OF THE DAY

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.

- FRANCIS OF ASSISI

The secret of happiness is to make others believe they are the cause of it.

- UNKNOWN

### Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Centre 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)

### Grandkids' 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 your grandchildren's continuing attendance and availability of funding. We need the following information from you in order to process the payment as quickly as possible: Name of the activity provider or club; a contact person's name and their phone number and/or email; when the sign-on is happening (if applicable); activity start date; and the cost of the activity. You can phone us on 1300 135 500.

## GRANDPARENTS' DAY

### 26<sup>th</sup> October 2014

Grandparents' Day will be celebrated in Queensland on the last Sunday in October. The day is a chance for grandchildren, children and the community to thank grandparents for their love and support.



Possible activities to celebrate the day:

- Get the kids together in the kitchen and cook a family heirloom recipe. You'll be able to share some history about who was the first to come up with the recipe and how long ago it was created.
- Break out the colouring pencils, crayons and water colours and create a family portrait. You might even want to purchase a cheap frame so you can showcase the masterpiece you've created in remembrance of Grandparents Day 2014.
- It will be the middle of spring for Grandparent Day, perfect for a family picnic in the park! Break out the blanket and basket and get the kids to pack their favourite snacks and sandwich fillers.

### 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 if you would like to share your story with others then please send your thoughts to Time for Grandparents Program.

## NO INTEREST LOAN SCHEME (NILS)

### Do you want access to safe, fair and affordable credit?

Caring for your grandchildren full time can be financially stressful at times. Whilst The Time For Grandparents Program is able to assist financially with outside school activities, there are other organisations out there that can assist with further financial matters. Good Shepherd Microfinance has been around for many years and is Australia's largest microfinance organisation.

Good Shepherd Microfinance runs a program called the No Interest Loan Scheme (NILS) which is run by local community organisations at over 600 locations across Australia.

NILS provides individuals and families on a low income access to safe, fair and affordable credit. As you can gather from the name, a NILS loan has no interest, fees or charges attached and what you borrow is what you payback!

### How much can I borrow?

Maximum loan amounts may vary, but credit can start from \$300 up to \$1200 for essential goods and services. Once your application is approved, repayments are set up at an affordable amount over a 12 to 18 month period.

### What can you use the loan for?

Loans are generally available for the purchase of essential goods and services. These may include:

- Household items like fridges, freezers, washing machines, stoves, clothes dryers and some furniture
- Some medical and dental services
- Educational essentials such as computers and text books



### Do I qualify for NILS?

To qualify you must:

- Have a Health Care Card/Pension Card or be on a low income
- Reside in your current premises for more than 3 months
- Show a willingness and capacity to repay

### How do I get a NILS loan?

1. Enquire - Call 13 NILS (13 64 57) or visit [www.NILS.com.au](http://www.NILS.com.au) to find your nearest provider to see if you qualify for NILS.
2. Interview - Your provider will let you know what documentation and forms of identification you will need to bring along with you.
3. Assessment - The loans committee will make an assessment on your application.
4. Approval - Once approved, you and your provider will agree on affordable repayments over 12 to 18 months.

## RECIPE: Vegetable Pie

This is a classic recipe that you can whip up in no time with the greatest of ease. This should be a fantastic way to get some healthy vegies into the kids with each portion containing 5 serves of vegetables.

### Ingredients:

- 1 tbsp of oil
- 2 onions, sliced
- 1 tbsp flour
- 2 large carrots chopped
- ½ cauliflower, broken into small florets
- 2 teaspoons chopped garlic
- 1 rosemary sprig leaves finely chopped
- 400g can chopped tomatoes
- 200g frozen peas
- 900g potatoes cut into chunks

### Method:

Heat oil in a medium saucepan on a medium heat. Add the onions, flour, carrots, cauliflower, garlic and rosemary, and cook for 5 mins. Tip the tomatoes into the vegetables along with a can full of water. Cover and cook until the sauce has thickened and vegetables are cooked. Stir in peas and cook for 1 min. Meanwhile, boil potatoes until tender, drain and mash. Heat the grill. Spoon vegetable mix into a pie dish and top with mashed potato. Place under the grill until the top is crisp golden brown.

Serves 4



# YOURTUTOR

## Free online tutor

### Do your grandchildren need extra assistance with their homework or an assignment?

Yourtutor is a free online service available in some areas that enables your grandchild in years 4 through to 12 to connect with a professional tutor. The live, one-on-one tutoring session allows your grandchild to ask questions in regards to topics such as English, essay writing, math, science, business studies and assignment research.

The online tutors are Australian teachers or university experts, located across the country. The online staff must go through all necessary checks and a long application process, to make sure only the best are allowed in the network. The average sessions with an online tutor goes for approximately 20 minutes, however depending on how much assistance your grandchild needs the session may be shorter or longer. Your grandchildren can always sign back in later with another question if needed.



How can my grandchild access yourtutor?

If your grandchild belongs to one of the following libraries or a nominated private schools (<http://yourtutor.com.au/>) they will be able to log onto yourtutor at their home with their public library card barcode.

- Cairns Libraries
- Cassowary Coast Regional Council
- Central Highlands Regional Council
- Charters Towers Excelsior Library
- Gladstone Regional Libraries
- Gympie Regional Libraries
- Ipswich City Council
- Isaac Regional Council
- Lockyer Valley Libraries
- Logan City Council Libraries
- South Burnett Regional Council
- Townsville City Council

If unfortunately you don't belong to one of these libraries, perhaps give us a ring and we will see if there are other tutoring options in your area.

## TIME FOR GRANDPARENTS

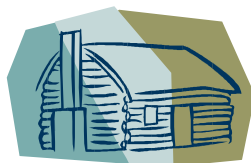
### Grandfamily Camps

The Time for Grandparents program provides overnight respite for Grandparents & their Grandchildren they are caring for (known here as *Grandfamilies*). As our program is a state-wide service, 'time out' camps are organised around 4 Qld regions – Brisbane, Bundaberg/Hervey Bay, Rockhampton and Townsville. Most Grandfamilies residing close to these regions are invited to attend the annual camps.

It would be beneficial if Grandparents residing outside the named 4 regions could contact our office on 1300 135 500 if you would like a 'time out' camp in your region. We cannot promise it will happen as it would be dependent on funding and having facilities in those regions that the program can use, but please call us and talk about your respite needs.

Upcoming Time-Out' Camps for 2014:

- September 20th—21st at Brisbane
- October 18th—19th Yeppoon
- November 1st—2nd Bundaberg
- December 6th—7th Brisbane



## TAX TIME

### Free Tax Help Program

Tax Help is the Australian Taxation Office's free and confidential service of trained volunteers who help people complete their tax returns during tax time, from 1 July to 31 October. You are eligible for Tax Help if you have simple tax affairs and earn around \$50,000 a year or less. The volunteers cannot help with more involved situations e.g. if you work as a contractor, run a business or sell shares. Tax Help is available in all capital cities and many country centres across Australia. To make an appointment, phone the ATO on 13 28 61.



## PIN REQUIRED

### PIN only Debit & Credit Cards



From 1 August 2014 you will not be allowed to sign for debit card and credit card purchases when you are buying a product at a point of sale. You'll need to enter your PIN to authorise the transaction. However, some cardholders who have dementia or an impairment which makes it impossible to use a PIN may be able to obtain a sign-only card. Check with your bank (or else one of the larger banks) as some banks are planning to provide a sign-only card.

# 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@ucommunity.org.au](mailto:GrandparentsInfo@ucommunity.org.au)



## NORTH QLD

### Atherton - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850  
Email: [fshadmin@cst.org.au](mailto: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](mailto: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 - Grandparents United:

Phone Family Connect Ph. (07) 4194 3050 - ask for Grandparents United, Email: [familyconnect@hbnc.com.au](mailto:familyconnect@hbnc.com.au)  
Fortnightly informal support meetings for grandparent carers

### Rockhampton - Grandparents Support Group:

Phone Louise on Ph. (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 Donna on Ph. (07) 5413 1555  
**Monthly meetings, family social events, workshops, support, access to food and quality goods for grandparents raising their grandchildren.**

### Buderim - Grandparents Raising Children Playgroup:

Phone Michelle Poole on Ph. (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. 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.

## 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

## 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](http://www.kinkare.com.au)  
Regular meetings for grandparents and kin carers for information and social support

### 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

### Redcliffe - Grandparents Raising Grandchildren:

Phone Older Peoples Action Program on Ph. (07) 3284 3081  
Meetings held on 1st & 3rd Tuesday of the month for information, support on topics such as legal, money, housing, education, substance abuse, and incarceration. Gold coin donation

### 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:

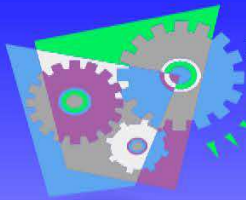
Phone Anne Gooley on Ph. 1800 171 882  
Fortnightly meetings for support, care and advice whilst children supervised

### Studio Village/Oxenford - Grandparents Raising Children Playgroup:

Phone Nikki or Belinda on Ph. (07) 5529 8253  
Email: [family@studiovillage.com.au](mailto: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

### 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.



**QCOGs Inc**

Queensland  
Council of Grandparents  
1A39705

**Celebrate  
Grandparents Day  
October 26<sup>th</sup>**

# Grandparents' Day Competition

## Depict Grandparenting

*Help QCOGs present a powerful visual  
explanation of life as a grandparent in need  
of support.*

**Photograph  
Or Drawing**



**Great  
Prizes**



### **Entry Terms and Conditions**

- ⇒ **All entries must include name and contact details.** A pseudonym may be used for display purposes if requested. There is no official entry form.
- ⇒ **Eligibility is limited** to grandparents and similar kin who are, or have been, raising grandchildren full-time or denied a relationship with grandchildren. (Incl Great Aunts/Uncles, Great grandparents etc.)
- ⇒ **An explanatory caption**, of no more than 30 words, is to be included.
- ⇒ **No people**, even if permission is granted, are to be used.
- ⇒ **One entry only per email**, but multiple entries are welcome.
- ⇒ **Possible topics include:** The challenges; the joys; the rewards; the unexpected; the future or the sacrifices. **For further inspiration visit [www.photovoiceaustralia.com.au](http://www.photovoiceaustralia.com.au)**
- ⇒ **Entries must be suitable to be displayed in A4 size.** The method of display is at the discretion of the organizers.
- ⇒ **The judges are looking for the symbolism of an aspect of Grandparenting.**
- ⇒ **Copyright belongs with the entrant.**
- ⇒ **All entrants must agree to have entries exhibited in any media;** eg. print, social media, film, television etc.

*Entries must be emailed to:*

[chaircogs@gmail.com](mailto:chaircogs@gmail.com)

**Closes on: October 10th**

**Entry is Free**

### **Join us for a full hot breakfast**

**Sunday October 26<sup>th</sup> 8:30 for 9:00am**

@ Southern Cross Sports Club

Cnr Klump & Logan Rds Mt Gravatt

**\$25 adults; \$12.50 under 12 yrs**

Numbers are limited, please RSVP before Oct 27th to

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

***Come along and view displayed entries***