



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

September 2015

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THOUGHT OF THE DAY

Every child is a miracle unfolding, and the joy of being a grandmother is watching and helping that miracle.

- UNKNOWN

Contact Details

Time for Grandparents Program

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Chermside Central QLD 4032

Ph: 1300 135 500

E: grandparentsinfo@uccommunity.org.au

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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 grandchildren's choice of activity 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 email; the sign-on date (if applicable); activity start date; and the cost of the activity. You can phone us on **1300 135 500**.

GRANDPARENTS' DAY

25th October 2015

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. The Time for Grandparents Program has included a rip off card at the back of this newsletter for your grandchildren to colour in. If you would like another colour in card, please give us a call on **1300 135 500** and we will post one out to you.

How will you Celebrate Grandparents' Day?

- Cook a family recipe
- Create a family portrait
- Plan a family picnic/bbq in the park
- Play a game from your childhood



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.

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.

GOOD NEWS STORY

The Owl and the Pussy Cat

If you have ever read your grandchildren the Edward Lear poem, The Owl and the Pussy-Cat, then the below story will come very close to the real thing. All that seems to be missing is a beautiful pea-green boat!

As friendships go the affection between Fuku-chan, a young owl and Marimo, a fluffy kitten, is pretty unlikely. But the Edward Lear poem, The Owl and the Pussy-Cat, has come to life at Hukulou Coffee, a café in Osaka, Japan. Videos and photos of the bird and kitten grooming each other and playing together has become an internet sensation. The café is one of a number of owl-themed coffee shops in Japan. About the size of a large mobile phone, Fuku-chan was supposed to be the star attraction. But the five-year-old owl seemed rather miserable, which was hardly a good advert for the owl memorabilia which the café owners were selling. So they bought Marimo to keep Fuku-chan company and it has proved to be an inspired decision. Even in the absence of honey and plenty of money, the owl and pussy-cat, hit it off. Marimo can be seen swiping Fuku-chan playfully, climbing on top of the owl. They seem to spend much of the time snuggling and even appear to be kissing. The two, who share a cardboard house, seem inseparable. How long this will last is of course a matter of conjecture, but for the time being it seems like a perfect match.



Sourced from The Telegraph: <http://www.telegraph.co.uk/news/worldnews/asia/japan/11717797/The-Owl-and-Pussycat-become-chums.html>

IDcare Australian & New Zealand's National Identity Support Service

iDcare is Australia and New Zealand's non-profit national identity support service. This service provides professional, free and anonymous support to members of the community that believe their personal information has been put at risk in any way. Their staff include counsellors, psychologists and identity security analysts.

iDcare works with clients to provide the best and most contemporary recommendations on what to do to prevent future misuse of their personal information. These recommendations are offered within the client's context of ability and current emotional state.

You can access IDcare on their toll free number **1300 432 273** or by following the following link <http://www.idcare.org/>



Australian Cybercrime Online Reporting Network

The Australian Cybercrime Online Reporting Network (ACORN) is a national policing initiative of the Commonwealth, State and Territory governments. It is a national online system that allows the public to securely report instances of cybercrime. It will also provide advice to help people recognise and avoid common types of cybercrime.

The ACORN provides information on how to recognise and avoid common forms of cybercrime (such as hacking, online scams, online fraud, identity theft and attacks on computer systems) as well as advice for those who have fallen victim. It also makes reporting cybercrime easier and more convenient for all Australians.

You can report and learn more about cybercrime on their website. Just follow the link below.

<http://www.acorn.gov.au/>



BOYSTOWN

Indigenous Youth Careers Pathways Program

The Indigenous Youth Careers Pathways Program (IYCP) aims to inspire and support Aboriginal and Torres Strait Islander secondary school students to complete their education and make the transition to further education or work.

IYCP services and activities can include:

- one-on-one mentoring and case management
- school-based traineeships
- school-based aspiration building events and activities

This program is based out of Logan, however they will support youth out to the Caboolture, Gold Coast and Laidley/Ipswich area. IYCP is a free program and mentors are able to meet students in their homes or at school.

To be eligible for the program, students must be enrolled in Year 11 or 12. Year 10 students may also be eligible in some circumstances.

For more information about eligibility and the program, contact the BoysTown Kingston office on **07 3387 8800**.



QCOSS

Energy Fact Sheet

Queensland Council of Social Services (QCOSS) has developed a number of factsheets to help those who are facing difficulties paying their energy bills or who need information on how to reduce their energy costs.

The factsheets include tips on saving energy, what concessions and assistance are available and what to do if you can't pay an energy bill. There are two factsheets available to you titled:

- Energy saving tips
- Can't pay an energy bill

The Time for Grandparents program is able to print the fact sheets and send them to you if you would like a copy. Just give us a call on **1300 135 500** and tell us which copy you would like.

If you have access to the internet, follow this link

<https://www.qcoss.org.au/energy-factsheets>



SURF LIFE SAVING QUEENSLAND

Little Lifesavers Program

What is the program about?

The Little Lifesavers program is a great introduction for children aged **5 to 11** to surf lifesaving without having to travel to the beach or join a Surf Life Saving club. Throughout the program, children will have the opportunity to participate in a wide range of games, sports, and educational activities to teach them how to stay safe at the beach.

Where is the program based?

Surf Life Saving Queensland runs the community based Little Lifesavers program at several locations across Queensland including the Gold Coast, South Bank Parklands in Brisbane, Raby Bay, Sunshine Coast, Bundaberg, Mackay, Townsville and Cairns Esplanade Lagoon. Surf Life Saving Queensland runs up to five programs throughout the year depending on your location.



Cost?

There are two prices depending on when your grandchildren wish to attend. If they would like to attend all their lessons in one week (Mon, Tue, Thurs, Fri) the cost is \$95.00, if they would like to attend on a Saturday for five consecutive weeks the cost is \$120.00. All of the lessons are run from 8am to 10am.

How do I get involved?

To register your grandchild, you can download the enrolment form from their website at (<http://lifesaving.com.au/littlelifesavers/>) or if you do not have access to the internet you can ring Sarah Hesse from Surf Life Saving Queensland on **07 3846 8054** and she will post you out the form.

The Time for Grandparents Program may be able to help fund the Little Lifesavers Program depending on what we are currently funding at the moment for your grandchild. Please call us prior to registering your grandchild to see if this is something we are able to fund. You can phone us on **1300 135 500**.

WHAT'S ON IN YOUR AREA?

September events happening across Queensland

Sunshine Coast

- ◆ Caloundra Fringe Festival (25 Sep)
Contact details: 07 5475 7272
- ◆ Nambour Model Steam Railway (27 Sep)
Contact details: 07 5450 8340
- ◆ Mooloolah Moofest Music Festival (5 Sep)
Contact details: 0409 670 552

Central QLD & Wide Bay

- ◆ 1770 Freedom Festival & Family Fun Day (5 Sep)
Contact details: 0481 186 631
- ◆ Mt Perry Family Fun Day & Dump Truck Pull (5th Sep)
Contact Details: 07 4156 2222
- ◆ Rockhampton Frenchville State School Fete (17 Sep)
Contact Details: 07 4931 5333
 - ◆ Tin Can Bay Seafood Festival (26 Sep)
Contact details: 07 5486 2056
- ◆ Mundubbera Movies in the community hall (5 Sep)
Contact details: 1300 696 272

Gold Coast

- ◆ Gold Coast Multicultural Festival (13 Sep)
Contact details: 07 5500 5888
- ◆ Gold Coast Kids Week (19-25 Sep)
Contact details: 07 5584 3700
- ◆ Gold Coast Swell Sculpture Festival (11-20 Sep)
Contact details: 07 5584 3700
- ◆ Mt Tamborine Springtime on the Mountain (25 Sep)
Contact details: 0458 102 344

Toowoomba & South West QLD

- ◆ Toowoomba Carnival of Flowers (18-27 Sep)
Contact details: 07 4638 1408
 - ◆ Toowoomba Kids Day Out (27 Sep)
Contact details: 07 4688 6661
- ◆ Toowoomba Model Train Expo (19-27 Sep)
Contact details: 07 4638 1408
 - ◆ Laidley Spring Festival (10-12 Sep)
Contact details: 07 5466 3425
- ◆ Maranoa Food and Fire Festival (12 Sep)
Contact details: 1300 007 662
- ◆ Warwick Bunya Festival (6 Sep)
Contact details: 07 46661187

Brisbane & surrounding area

- ◆ Mt Coot-tha Bush tucker hunt & tastings (23-24 Sep)
Contact details: 07 3403 8888
- ◆ Brisbane Festival Southbank Riverfire (26 Sep)
Contact details: 07 3833 5400
- ◆ Trinder Park Garden and Craft Fair (5 Sep)
Contact details: 07 3387 4999
- ◆ World Rivers Day Canoe Logan River (27 Sep)
Contact details: 07 3412 4491
 - ◆ Redcliffe Jetty Fiesta (12 Sep)
Contact details: 07 3883 0955
 - ◆ Zillmere Festival (1-5 Sep)
Contact details: 07 3269 0044

North QLD

- ◆ Burdekin Water Festival (5 Sep)
Contact details: 0407 039 020
- ◆ Magnetic Island Bookfest (6 Sep)
Contact Details: 07 4758 1168
- ◆ Cairns Carnival on Collins (6 Sep)
Contact Details: 07 4044 3715
- ◆ Cairns Cultural Weaving (3 Sep)
Contact Details: 07 40443044

NEW SUPPORT GROUP

Grandparent Playgroup at Ascot

Grandparents Playgroup

Playgroup Queensland's first Playgroup for grandparents is about to open its doors in Ascot. It is a wonderful way for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.



When: Monday 27 July from 9:30am - 11:00am and then every Monday for the rest of the school term.

Where: Ascot Community Centre, 77 Kitchener Road, Ascot

Cost: \$20 for six-month membership



For more information, call **1800 171 882** or log on to the website www.playgroupqld.com.au

Baked tomatoes with cheesy rice filling



1/2 cup long grain brown rice	1 cup grated tasty cheese
1 cup water	125g can four bean mix, drained and rinsed
8 large tomatoes	
2 shallots, finely sliced	50g button mushrooms, finely chopped
1 tablespoon finely chopped fresh parsley	

Step 1

Preheat oven to 160°C. In a saucepan over high heat bring rice and water to boil, stirring occasionally. Reduce heat to low, cover and simmer for 25-30 minutes. Remove from heat and stand, covered for 5-10 mins.

Step 2

Cut tops off tomatoes. Gently scoop pulp out of tomatoes into a bowl. Mash pulp with a fork. Combine cooked rice, tomato pulp, shallots, 1/2 cup grated cheese, four bean mix, mushrooms and parsley.

Step 3

Divide the mixture and place into the tomatoes, top with remaining grated cheese. Place tomatoes into ovenproof dish with enough hot water to come 1cm up the side of tomatoes.

Step 4

Bake uncovered for 30 mins, until cheese is melted and tomatoes have softened. Serve with green salad.

<http://www.taste.com.au/recipes/14060/baked+tomatoes+with+cheesy+rice+filling?ref=collections,kids-healthy-mains>



Bubble and squeak pies

1 tablespoon olive oil	400g lamb mince
1 medium brown onion, finely chopped	2 tablespoons tomato paste
2 garlic cloves, crushed	1 1/3 cups Campbell's Real Stock Beef
2 teaspoons finely chopped fresh thyme leaves	1/2 cup frozen peas
2 medium carrots, peeled, finely chopped	3 teaspoons Worcestershire sauce
2 celery stalks, finely chopped	1 large potato, peeled, chopped
	200g butternut pumpkin, peeled, chopped

Step 1

Preheat oven to 180C/160C fan-forced. Heat oil in a large non-stick frying pan over medium-high heat. Add onion, garlic, thyme, carrot and celery. Cook, stirring, for 5 minutes or until onion has softened. Increase heat to high. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Stir in tomato paste. Add stock and Worcestershire sauce. Reduce heat to low. Simmer, covered, for 12 to 15 minutes or until thickened.

Step 2

Meanwhile, place potato and pumpkin in a large saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Simmer for 12 to 15 minutes or until tender, adding peas for the last 1 minute. Drain. Return to pan. Add half the cheese. Mash until smooth. Season with pepper.

Step 3

Divide mince between six 3/4 cup-capacity ovenproof dishes. Top with mash. Sprinkle with remaining cheese. Place on a large baking tray. Bake for 20 to 25 minutes or until cheese is melted and golden. Cool for 5 minutes. Serve with a salad.

<http://www.taste.com.au/recipes/30559/bubble+and+squeak+pies?ref=collections,kids-healthy-mains>

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

GOLD COAST

Broadbeach Waters – Grandparents & Grandkids

Support:

Phone (07) 5504 6178

Information and support for grandparent carers, regular meetings if in demand

Labrador - Grandparents Support Group:

Phone Margo Knox Ph. 0409 476 803

Email: Margo@margoknox.com

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

CENTRAL QLD & WIDE BAY

Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone Karen Rogers Ph. 0457 857 457

Email: kazzarogers_6439@msn.com

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

NORTH QLD

Townsville - Grandparent Support Group:

Phone Hazel Illin on Ph. 07 4725 7744

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

TOOWOOMBA & SOUTH WEST QLD

Toowoomba - Grandparent Support Group

Phone May Benstead on Ph. 0439 717 586

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

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 supervised

Eagleby - KinKare:

Phone (07) 3287 1664, Web: www.kinkare.com.au

Regular meetings for grandparents and kin carers for information and social support

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 - Murri Connections:

Phone Tess Rowley at Centacare on Ph. (07) 3252 4371

Regular meetings for all Indigenous carers, including grandparent carers

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 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

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.