



www.grandparentsqld.com.au

Time for Grandparents GRAND MATTERS NEWSLETTER

September 2016

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JOKE OF THE DAY

What do you get when you cross a dyslexic, an agnostic and an insomniac? A person who lays awake at night pondering if there is really is a dog.

- ANONYMOUS

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

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: name of the activity provider or club; a contact person's name and their phone number/email; the sign-on date; activity start and finish date; and the cost of the activity. You can phone us on **1300 135 500**.

Grandparents Day

Sunday 30th October 2016

Grandparents Day will be celebrated on Sunday 30th October 2016. This is a special day to acknowledge the unique and irreplaceable role grandparents play in our communities and families. Grandparents Day is extra special for all of our grandparents on the Time for Grandparents Program and across Australia who provide a safe and loving home for their grandchildren. This 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 tear off card at the back of this newsletter for your grandchildren to colour in.



How will you celebrate Grandparents Day?

- Cook a family recipe
- Look through old family albums
- Create a family portrait
- Plan a family picnic or BBQ in the park
- Play a game from your childhood
- Spend the day at the beach
- Go out for breakfast
- Plant a family garden bed

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

Learn to Swim Week 24th September to 2nd October

This year Learn to Swim Week will be held from the 24th September to the 2nd October 2016. The week is aimed at raising awareness of childhood drownings, water safety and educating caregivers on the importance of teaching children under five how to swim. In Australia, one person on average, drowns every week. Teaching a child to swim early is the best prevention.

During Learn to Swim Week, free swim lessons are offered to children aged under five. Lessons will be delivered through participating swim schools across Australia.

Find a participating swim school:

To find a swim school that is registered with Learn to Swim Week you can use the online search option on their [website](#). If you do not use the internet you can phone Time for Grandparents Program on **1300 135 500** and we will conduct a search using your post code to see if there is a registered swim school in your area.



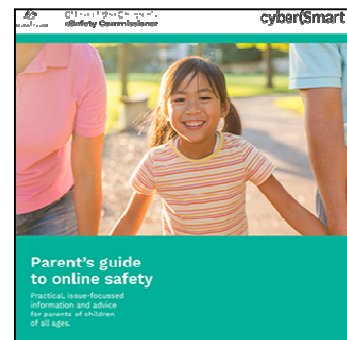
Office of the Children's eSafety Commissioner

New resource available:

The Office of the Children's eSafety Commissioner has released a new resource - Parent's guide to online safety. This is a helpful resource for grandparents seeking to educate their grandchildren about online safety. The booklet aims to educate and help prevent harmful online behaviour from occurring.

The book talks about:

- Cyberbullying
- Social networking
- Unwanted contact
- Too much time online
- Inappropriate, offensive & illegal content
- Safeguards
- Seeking help and further resources



If you would like further information regarding online safety call the Office of the Children's eSafety Commissioner on **1800 880 176**. If you would like a free copy of this resource please do not hesitate to give us a call on **1300 135 500** and we will send one out to you.

Pokémon Go Safety Tips

Do your grandchildren play Pokémon Go?

Since its release in July, Pokémon Go has become the most downloaded game for smart phones in history. This is a very popular game that blends the real world with a simulated online world. It is important to make sure that you and your grandchildren are protecting yourself as much as possible.



What is the game about?

- Pokémon Go encourages players to explore their surrounding environment to capture and train different Pokémon creatures. The game then allows players to 'battle' other teams to win control of important locations called 'Pokémon Gyms', usually located in real life public meeting spots like parks or landmarks.

Things you need to know about Pokémon Go:

- The game is intended for users 9 years and older.
- It is free to install and play, with the option of in-app purchasing.
- The game needs permission for your location services, camera settings and contacts.
- The game relies on you being online while playing. Be mindful of your data usage while roaming the streets.

Tips for protecting yourself:

- Be aware that the game is location based, so by playing you are sharing your location with the service.
- When creating your player profile, refrain from using personal information, such as your full name.
- Depending on your child's age, search for Pokémon with them, or ensure they have a friend with them at all times if you're comfortable with them being outside without parental supervision.
- Talk to your children about safe places to go while playing. Players can set off 'lures' which attract not only Pokémon, but people too. This can cause large numbers of people to flock to locations around town to stand at the lure which attracts Pokémon for 30 minutes. In these instances, it is important to be aware of who is around.

Strawberry Ice Blocks



- 1 punnet strawberries, washed with stems removed
- 1 cup (250 ml) water
- 2 tsp lemon juice
- 2 cups (500 ml) natural yoghurt

Step 1: Using a blender or food processor, blend the strawberries with the water and lemon juice. Strain into a bowl and throw away the seeds.

Step 2: Pour the strawberry puree into the yoghurt and mix until combine.

Step 3: Pour the mixture into 6-8 ice block moulds, and gently place ice block sticks into the middle of the moulds.

Step 4: Freeze overnight or for at least 3 hours before eating.

http://raisingchildren.net.au/articles/recipe_strawberry_ice_blocks.html

Chicken pasta bakes



- 2 large chicken breast fillets
- 1 1/2 cups dried penne pasta
- 260g butternut pumpkin, seeded, peeled, cut into 2cm cubes
- 1 cup frozen peas
- 1 cup broccoli florets
- 1 1/4 cups tomato pasta sauce
- 1/2 cup grated light cheddar cheese

Step 1: Preheat grill on high. Cook the chicken under grill for 6-7 minutes each side or until cooked through. Set aside for 10 minutes to cool slightly. Coarsely chop and place in a large bowl.

Step 2: Meanwhile, cook the pasta following packet directions until al dente.

Step 3: Cook the pumpkin in a large saucepan of boiling water for 10 minutes. Add the peas and broccoli and cook for a further 1 minute or until tender.

Step 4: Preheat oven to 180°C. Combine the chicken, pasta, pumpkin mixture and pasta sauce in a large bowl. Divide among four 2-cup (500ml) capacity ovenproof dishes. Sprinkle the cheddar over each dish. Bake for 15 minutes or until heated through.

<http://www.taste.com.au/recipes/28003/chicken+pasta+bakes?ref=collections,kid-friendly>

WHAT'S ON IN YOUR AREA?

September events happening across Queensland

Sunshine Coast

- ◆ Caloundra Fringe Festival (25 Sep - 5 Oct) Phone: 07 5475 7272
- ◆ Lifeline Bookfest – Bokarina (30 Sep - 3 Oct) Phone: 07 5409 1400
- ◆ Tin Can Bay Seafood Festival (24 Sep) Phone: 1300847481

Gold Coast

- ◆ Kids Week (17 - 23 Sep) Phone: 07 55 843 700
- ◆ Swell Sculpture Festival - Currumbin (9 - 18 Sep) Phone: 07 5525 0503
- ◆ Farmyard Fun Day - Broadwater Parklands (18 Sep) Phone: 07 5581 1615

North QLD

- ◆ Wallaby Creek Festival - Ayr (30 Sep - 2 Oct) Phone: 0427 834 844
- ◆ Charter Towers Heritage + Cultural Festival (17 - 24 Sep) Phone: 07 4761 5515

Central QLD & Wide Bay

- ◆ Sarina Festival (10 Sep) Phone: 07 4936 8569
- ◆ Dealing with debt seminar Rockhampton (12 Sep) Phone: 07 4930 7300
- ◆ Bundaberg Lifeline Bookfest (24 - 25 Sep) Phone: 07 4153 8441

Toowoomba & South West QLD

- ◆ Toowoomba Carnival of Flowers (16 - 25 Sep) Phone: 131 872
- ◆ Laidley Spring Festival (8 - 10 Sep) Phone: 1300 005 872

Brisbane

- ◆ Redcliffe Jetty Fiesta (10 Sep) Phone: 07 3897 4999
- ◆ Notorious Caravel - Southbank (17 - 25 Sep) Phone: 0427 633 298
- ◆ Brisbane Festival (3 - 24 Sep) Phone: 07 3833 5400

Message Stick

Aboriginal and Torres Strait Islander

News, Articles & Information

Message sticks are a form of communication between Aboriginal nations, clans and language groups even within clans. They are crafted from wood and were generally small and easy to carry. Message sticks supports the oral message that the carrier would provide, especially when languages of groups were very different and also helps secure safe passage across long distances and through many groups.

Rio 2016 Olympic Games

Australia has fielded 10 Indigenous Athletes who competed at last month's Olympic Games in Rio in 2016. It's been 16 years since Cathy Freeman lit the flame to officially open the 2000 Olympic Games in Sydney where Cathy went on to win the 400 metre final – an unforgettable moment in our history.

This year featured quite a number of Indigenous sports men and women who represented their sport on a global stage.

Rio 2016 Olympics featured:

- Brooke Peris (Hockey)
- Mariah Williams (Hockey)
- Taliqua Clancy (Beach Volleyball)
- Benn Harradine (Athletics - discus)
- Kyah Siman (Football - the Matildas)
- Lydia Williams (Football - the Matildas)
- John Porch (Rugby Sevens)
- Patrick Mills (Basketball - the Boomers)
- Joel Swift (Water Polo)
- Leilani Mitchell (Basketball - the Opals)

Indigenous Olympic Trivia

- Australia has fielded 43 Indigenous athletes at the Olympics since the Tokyo games in 1964 — the first Games to feature Indigenous athletes from Australia.
- At that game, Indigenous athlete Michael Ah Matt represented Australia in men's basketball, while Adrian Blair and Francis Roberts competed in boxing.
- Australia's first female Indigenous Olympian was also our first Indigenous medal winner — swimmer Samantha Riley took home a bronze medal in the 100-metres breaststroke at the Barcelona Games in 1992.
- Nova Peris won Australia's first Indigenous gold medal in 1996 as part of Australia's women's hockey team.
- Track star Cathy Freeman remains our only Indigenous gold medal winner in an individual event, which she famously accomplished in the 400-metres at the Sydney 2000 Games.
- Thirty-six Indigenous men have represented Australia at the Games, compared to eight Indigenous women.
- But here again, the women have been more successful: Indigenous women have won nine out of Australia's 12 Indigenous medals.
- An Indigenous male athlete has never won a medal above bronze, while Indigenous females have won gold, silver and bronze.

A total of 12 medals have been won by the following eight (8) Indigenous athletes:

- Samantha Riley (1992 & 1996 - bronze; 1996 - silver, swimming)
- Cathy Freeman (1996 - silver; 2000 - gold, athletics)
- Baeden Choppy (1996 - bronze, hockey)
- Nova Peris-Kneebone (1996 - gold, hockey)
- Stacey Porter (2004 - silver; 2008 - bronze, softball)
- Desmond Abbott (2008 - bronze, hockey)
- Rohanne Cox (2008 - silver, basketball)
- Joel Carroll (2012 - bronze, hockey)

<http://corporate.olympics.com.au/olympic-feature/indigenous-stars>

Upcoming Indigenous Sporting Events



National Aboriginal and Torres Strait Islander Golf Championships

Event: 72 Holes Stroke Play to be played at Virginia Golf Club & Virginia Golf Club.

Adults (ages 18+) and Juniors (ages 12-17 at start of comp), both Male and Female GA Handicap and Non GA Handicap golfers welcome Prizes awarded in all grades.

When: Tuesday 18th October till Friday 21st October, 2016. Entries close Friday 7th October.

CALLING FOR **TEAMS** NOW!

The Arthur Beetson Foundation & Deadly Choices presents

MURRI RUGBY LEAGUE CARNIVAL | 2016

If you have a team **ready to go** for the **2016 Arthur Beetson Murri Rugby League Carnival** you can register your interest online at www.murrirugbyleague.com/mrl/team_signup.php

Eligibility:

- A **full 715 Health Check** is **mandatory** for all players to participate in the carnival (only 2016 health checks apply) - a health check prior to this date is not valid.
- **90% school attendance** for 3 months leading into the carnival
- Must be **Aboriginal and/or Torres Strait Islander** (confirmation of Aboriginality is accepted through the 715 Health Check)

To locate your local Aboriginal Medical Service look up where to get a health check at www.deadlychoices.com.au

For general inquiries email Francis@murrirugbyleague.com.au



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 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.

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.

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.

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.

SUNSHINE COAST

Bokarina - Grandparents as Parents

Phone: Bill (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

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.

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.



OPSO Grandparent's Competition Grandparents Day 30th October'16



Tell us about your favourite fun time with your Grandparents, or Surrogate grandparents!

Children Grade 1—3 Draw a picture of “How I have fun with Grandma or Grandpa”

Grade 4—7 Send us your artwork and a story about a special time you have enjoyed with your grandparents, such as holidays, birthdays, shopping or just spending time together.

The Prize for the winners is a \$30 Gift Card, and donated to the school of the winners is a book written by Jackie French, Australian Author .

Send Entry to: Grandparent's Competition
P.O. Box 1037, Mt.Gravatt, Qld 4122

Closing Date: 7th October 2016

OPSO gratefully acknowledges the support and advise of all our sponsors





QCOGS

Queensland
Council of Grandparents
1833 1811



Sunday 30th
October

Grandparents' Day

Newnham Hotel

516 Newnham Rd, Upper Mt Gravatt

10:00am — 2:00pm

\$10 adults; \$5 under 12 yrs
(Incl Light Lunch)

OPSO School Children's competition
Winners announced!

Also Supported by

Older People Speak Out

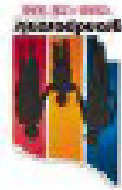


RSVP: Oct 24th;
mlubach@optusnet.com.au

DD: QCOGS (Reference: GD Your name)

BSB: 633 108 (Bendigo Bank)

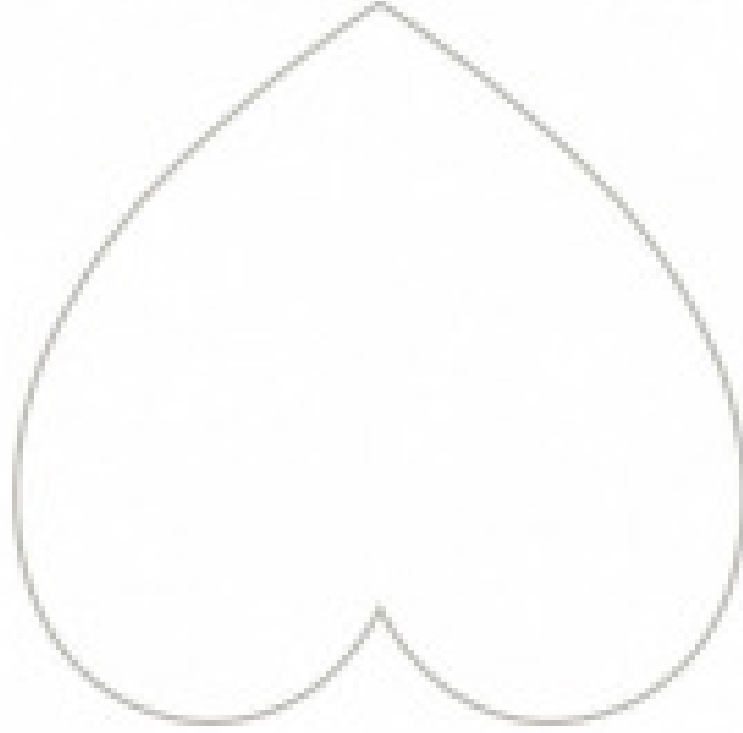
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Happy 
Grandparents'
Day

Love from



Dear



Happy
Grandparents