



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

September 2018

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'How delightful to see life through the eyes of our grandchildren.'

Unknown

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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
- YMCA camping provide vacation care camps at various locations in Queensland
- 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](#) to 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

Safehome Visit



Safehome is a Queensland Fire and Emergency Services program where firefighters will assist you to recognise fire and safety hazards in and around the home. Once the hazards are identified, you can then take steps to eliminate them. Firefighters will also advise you on the correct positioning and installation of smoke alarms.

What is the cost to the household?

This is a **FREE** service provided by the Queensland Fire and Emergency Services in the interest of developing a safer community. You will also receive a safety pack which includes a checklist.

Who is Safehome available to?

All people who live in Queensland and are concerned with improving safety in their home.

What if I live in a rural area?

If you live in a rural area serviced by volunteer firefighters, a firefighter may not be able to visit your home. Instead you will receive a Safehome Kit and a Prepare.Act.Survive. bushfire preparedness package.

How long will a visit take?

All homes have different requirements but a visit should take no longer than 45 minutes.

To book your free Safehome visit, call 137 468.



Queensland Government

Get Started Vouchers Round 12 - EXPIRING



Round 12 applications (opened 25 July 2018)

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 up to \$150 per child for use at a sport or recreation club registered with *Get Started*. Round 12 applications opened on the 25 July 2018. **Vouchers must be presented to a registered club by 16 November 2018.** 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 one. The next voucher application round will open in January 2019.

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/>

Changes to Early Childhood Vaccinations



Babies and young children can access vaccines at no cost to protect them against serious diseases. From 1 July 2018, the childhood immunisation schedule will be updated. There are changes to the vaccines given at the 12 and 18 month schedule points. Changes to early childhood vaccinations include:

- a pneumococcal vaccine will be offered to all children at 12 months of age (moved from 6 months of age).
- a new vaccine protecting against 4 types of meningococcal disease (up from 1) will be offered to all children at 12 months of age.
- a vaccine protecting against Haemophilus Influenza Type B will be offered to all children aged 18 months of age.

Your child's due date for their next vaccination has not changed – check to make sure your child's next vaccination appointment is booked. If you have any questions, make an appointment with your GP or other vaccination provider.

<https://beta.health.gov.au/news-and-events/news/changes-to-the-childhood-immunisation-schedule-start-1-july-2018>

Learn 2 Swim Week



Learn 2 Swim Week 2018 will be held during the October school holidays from October 2 – October 9. It will be kick-started by Learn 2 Swim Day on Tuesday, October 2.

It is an inaugural awareness week aimed at educating parents on the importance of teaching kids aged under five to swim. It's also about reminding everyone about the importance of water safety.

Worldwide, drowning is the number one cause of accidental death in children under 5 years of age. In Australia, one person on average drowns every week. Teaching a child to swim early is the best prevention.

During Learn 2 Swim Week, a free swim lesson is offered to children aged under five at participating swim schools across the country. Register your child for a free swim lesson at a participating swim school in your area via <http://learn2swimweek.com/>. If you require assistance finding your local participating swim school, call us on **1300 135 500**.

The Lost Summer Video Game

The Office of the eSafety Commissioner has launched a new video game, The Lost Summer, designed to encourage older tweens and young teens to learn digital intelligence and online safety skills.

The Lost Summer is a fun and engaging way to get young Australians thinking about the social and emotional skills they need to navigate the online world safely.

Aimed at 11 to 14 year-olds, The Lost Summer immerses players in a futuristic environment where they are required to exercise skills such as critical thinking, empathy, resilience, respect and responsibility to complete challenges and advance through the game.

Recent research from the eSafety Office shows an estimated 81 per cent of Australian young people aged between 8 and 17 have played games online in the past 12 months.

Research from the eSafety Office also shows that 17 per cent of those aged 8 to 17 who play multiplayer games online were bullied or abused during gameplay.

“Young people are bound to encounter negative online experiences—it’s not ‘if’ but ‘when’,” says eSafety Commissioner Julie Inman Grant.

“We need to provide young people with solution-focused strategies to ensure they can bounce back from tough situations,” says Inman Grant.

“The Lost Summer encourages young people to exercise essential skills like critical thinking, resilience and empathy, empowering them to be agents of positive change online.”

The Lost Summer is now available to download for free from the App Store, Google Play or for desktop at:

<https://www.esafety.gov.au/education-resources/classroom-resources/lost-summer>



My Health Record



In 2018, every Australian will get a **My Health Record**. However, **if you decide you don't want a record**, you can advise the Australian Digital Health Agency during a **three month opt out period from 16 July to 15 October 2018**.

What is My Health Record?

My Health Record is an online summary of your key health information. When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

Whether you're visiting a GP for a check-up, or in an emergency room following an accident and are unable to talk, healthcare providers involved in your care can access important health information, such as:

- allergies
- medicines you are taking
- medical conditions you have been diagnosed with
- pathology test results like blood tests.

Opt out on behalf of children or dependants

If you have responsibility for children under the age of 18, and they are listed on your Medicare card, you can opt out of My Health Record on their behalf. Children aged 14 and over may also choose to opt out individually online. They will need their Medicare number to do so.

For other dependants you have legal responsibility for, contact the Australian Digital Health Agency for assistance.

How to opt out of getting a My Health Record

During the opt out period from **16 July to 15 October 2018**, individuals who do not want to have a My Health Record can opt out by:

- going to <https://www.myhealthrecord.gov.au/>
- or
- calling the Help Line on **1800 723 471**.

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 contact **Time For Grandparents** on **1300 135 500**.



Message Stick

Hello You Mob,

Well, it's been a huge couple of months with many events and activities around the nation to celebrate and commemorate National Reconciliation Week (June); National NAIDOC Week (July) and planning a two day Conference (August) for UnitingCare Qld's Child & Family Services about Sharing Cultural Connections, Knowledge & Practice.

GroundWater Gathering is the name of the conference and a motif was designed for the event (below) by one of our young Murri trainees.



The two day conference will include presentations from QATSICPP (Qld Aboriginal & Torres Strait Islander Child Protection Peak) and Family Matters as well as other interesting presentations. We are planning bush tucker tasting and smoking ceremony and traditional welcome to open the conference. The purpose of the conference is to inform non-Indigenous staff about our Indigenous services and how best non-Indigenous staff can work more culturally and respectfully with our Mob.

Last month UnitingCare Qld launched its new resources/brochures to attract Aboriginal and Torres Strait Islander families/individuals to be a foster or kinship carer for Indigenous children in the Queensland child protection system. There is an over-representation of Aboriginal children in care who need a family. It could be for weekend care or holiday care. It doesn't have to be fulltime care. Please contact me (my details are at the bottom of this page) if you are interested in caring for one of our children. Keep our Kids Connected – be a Carer for your Mob (above image).

Finally, I would like to ask Grandparents who live in regional Queensland if you know of any outdoor facilities around your region that we could use to provide respite options to those families who cannot access the traditional respite we provide for our coastal and urban families.

The Time for Grandparents program would like to reach out and visit regional Queensland over the next 12 months to offer respite options for you and the grandkids.

Please give me a call on **1300 135 500** (and ask for **Dulcie**, the Murri worker for the **Time for Grandparents** program) if you know of any facilities and we will see if they are appropriate for our use. I appreciate your help in this matter. Take care you Mob.



Thanks to Meryll Jorgensen, a grandparent with Time for Grandparents, for writing the following poem for Grandmatters.

FOOD FOR THOUGHT

We don't live in a perfect world,
Sometimes life can be really rough.
Everyone is faced with problems,
Some days are really tough.

Don't face your problems on your own,
There are people who really care.
They'll take the time to listen,
It always helps to share.

A solution you'll not always find,
But they'll offer a helping hand.
Don't forget the golden rule,
You must sit before you stand.

Anxiety and hurt we all will face,
As we travel through the years.
But the love and pride we all will feel,
Surely outweighs all those tears.

2 Ingredient Strawberry Fudge

It takes only two ingredients, a quick melt and stir and then 20 minutes in the fridge to create this sweet, moreish strawberry fudge.

Ingredients:

250g white chocolate buttons

450g tub strawberry frosting (available in the baking aisle of the supermarket)

Method:

Put white chocolate buttons in a metal bowl and place over a saucepan of simmering water until melted. Remove from heat, add strawberry frosting and stir well to combine. Pour into a lined square cake tin and smooth down the top with the back of a spoon. Refrigerate for at least 20 minutes until set. Cut into bars and serve.



<https://www.kidspot.com.au/kitchen/recipes/2-ingredient-strawberry-fudge-3672>

WHAT'S ON IN YOUR AREA?

Events happening across Queensland

Sunshine Coast

- ◆ Noosa Show September 7 - 8
- ◆ Gympie Heal Yourself Expo Sept 15 - 16
- ◆ Tin Can Bay Seafood Festival September 29
- ◆ Mary Valley Scarecrow Festival October 1 - November 10

Central QLD & Wide Bay

- ◆ Sarina Beach Coconut Festival Sept 8
- ◆ Crush Festival Bundaberg October 5 - 14
- ◆ Maclagan Squeezebox Festival October 13
- ◆ Maryborough Heritage Craft Fest November 1

Gold Coast

- ◆ Currumbin Swell Sculpture Festival September 14 - 23
- ◆ Surfers Paradise Kids Week September 29 - October 5
- ◆ Currumbin Buskers by the Creek October 13 - 14

Toowoomba & South West QLD

- ◆ Laidley Spring Festival September 6 - 8
- ◆ Toowoomba Carnival of Flowers
- ◆ September 21 - 30
- ◆ Toowoomba Gemfest and Jewellery Show October 20 - 21

Brisbane

- ◆ Pasifika Spring Festival Goodna Sept 8
- ◆ Brisbane Festival September 8 - 29
- ◆ Sunsuper Riverfire September 29
- ◆ Day for Daniel 'Keeping Kids Safe' October 26

North QLD

- ◆ Crane Week Malanda September 15 - 22
- ◆ Mareeba Arts in the Park September 22
- ◆ Ravenswood 150 Year Celebration October 5 - 7
- ◆ Lake Moondarra Fishing Classic Mount Isa October 26

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 at Hervey Bay RSL for support, care and advice whilst children are being supervised.

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: Helen (07) 5482 9012
Regular meetings and support for grandparent carers.

Noosaville State School - Grandparents as Parents Support Group

Phone: Michelle Gameiro (07) 5440 3222
Monthly meetings for grandparents raising grandchildren who attend schools in the local vicinity.

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 - Grandparents Play Community

Phone: (07) 3151 6132
A weekly playgroup dedicated to grandparents and their grandchildren, held each Friday 9.30am - 10.45am.

Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle, Neighbourhood Centre
Meets 9:30am to 11:30am each Wednesday. Information, support and a grandchildren's playgroup. Gold coin donation.

GOLD COAST

Broadbeach Waters - Grandparents & Grandkids Support

Phone: Maree Newman (07) 5504 6178
Information and support for grandparent carers, regular meetings on 3rd Tuesday every month.

Nerang - Grandparent Carers Support Group

Phone: Maree Newman (07) 5504 6178
Email: goldcoast@carersqld.asn.au
Meetings from 9.30am to 12pm on 3rd Tuesday each month.

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.