

Grand Matters

TIME FOR GRANDPARENTS



In recognition of the importance of supporting families where children are being raised by their grandparents, Seniors Enquiry Line, in partnership with the Queensland Government, operates the Time for Grandparents Program.

This program, funded by the Department of Communities is designed to provide the children of these families with fun and interesting activities and give grandparents the opportunity to have some well-earned time out. Alternatively, grandparents may also enjoy attending these activities with their children.

Combined grandparent and grandchildren camps are also available.

Grandparents who are the primary carers of grandchildren and who are not receiving the fostering allowance and not approved relative/ kinship carers with the Department of Child Safety are eligible for the program. For all bookings and enquiries please contact Seniors Enquiry Line 1300 135 500 from Monday to Friday 9am to 5pm. All enquiries are welcome and confidential. If grandparents are unsure about eligibility, they are encouraged to contact the Time for Grandparents Program.

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We would like to ensure that Grand Matters is discussing topics that are important to you. If there are specific topics or themes that you would like included in your newsletter, please contact Time for Grandparents on 1300 135 500, and we will endeavour to address them in future issues.

Time for Grandparents Program

M PO Box 2376
Chermside Central QLD 4032
T 1300 135 500
E grandparentsinfo@uccommunity.org.au
W www.grandparentsqld.com.au

Disclaimer: The materials and information included in this edition of Grandmatters 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.

Term 4 2023 - Activity Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact Time for Grandparents on 1300 135 500 prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. **We need all of the following information from you before we can process the payment:**

- 1) Name of the activity provider or club
- 2) Contact person's name and phone number / email
- 3) Sign-on date, or activity start and finish date
- 4) Cost of the activity.

There is a limit of \$500 funding assistance per grandchild/per financial year available (July 2023 – June 2024), but further funding may be available on a case by case basis. If you wish to have your grandchildren attend activities that exceed the \$500 limit please contact Time for Grandparents.

Grandfamily Camps

Emails from Time For Grandparents

As we move into the digital age, please be aware to check your inbox for emails from Time for Grandparents offering the opportunity to express interest in attending one of our Grandfamily camps. Our email addresses are grandparentsinfo@ucommunity.org.au and tfg.camps@ucommunity.org.au. Remember to also check your junk/spam mail. If you do not have an email address, Time for Grandparents will still contact you by telephone.

Please bear in mind that expressing interest in attending a camp does not guarantee a place. TFG need to balance a range of considerations when choosing families to participate.

FairPlay Vouchers

Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards sport and active recreation membership, registration or participation fees with registered activity providers. There is a limit of one voucher per child per calendar year.

Who is eligible?

You can apply for a Fair Play voucher if your child:

- is a Queensland resident aged from 5 to 17 years (inclusive) at the time of application
- did not receive a Fair Play voucher this calendar year
- holds, or whose parent, carer or guardian holds, a valid Department of Human Services Health Care Card or Pensioner Concession Card with the child's name on it.

How to apply for a Fair Play voucher

The new Fair Play system, Enquire, is now open and accessible for existing and new users to register. If you think you will be applying for a voucher in the future, register online now. The registration process is simple and will mean you are set up in the new system, ready to apply for your next eligible round of Fair Play. Even if you have previously received a voucher, you will need to register in the new system to apply in the future. The Queensland Government website <https://www.qld.gov.au/recreation/sports/funding/FairPlay/apply> has a user friendly "How to" video explaining how to apply online.

Key Dates

- 26 July 2023: round 9 open for parents, carers or guardians to apply for vouchers
- 4 October 2023: round 9 closes
- 22 November 2023: last day for vouchers to be presented to activity providers

Need more information?

Phone: Smart Service Qld on 137 468 Email: FairPlayvouchers@npsr.qld.gov.au Web: <https://www.qld.gov.au/recreation/sports/funding/fairplay>

Information Sessions and Social Support Group - Online

An invitation to meet with fellow grandparent carers for coffee, conversation and information sessions from guest speakers online.

Join our monthly Queensland wide Time for Grandparents Online group. Pour a coffee and participate from the comfort of your own home.

Are you interested in learning about information and resources available to grandparent carers but just do not know where to start?

Are you looking to connect with other grandparent carers?

Have you searched for a grandparent carers' group in your community but cannot find one?

If you answered yes to any of these questions join us! Keep an eye on your inbox for an email with the meeting link and login instructions the week before the group is held.

For more information contact the Time for Grandparents Program. Phone: 1300 135 500 Email: grandparentsinfo@ucommunity.org.au



School Holiday Activities

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.

- PCYC - Police Citizens Youth Club Qld have vacation care programs in Queensland.

<https://www.pcy.org.au/find-your-pcy/>

- YMCA provide vacation care at various locations in Queensland.

<https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care>

- Scripture Union Camps Qld run close to 100 camps across Queensland for primary and high school students. <http://sucamps.org.au/>

- School Holiday Directory has a list of activities including camps, art, craft, outdoor activities. <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.

Swimstart Vouchers



SwimStart is a new voucher program to support learn to swim activities for 0 to 4 year olds over the next 2 years.

When the program opens later this year eligible parents, carers or guardians will be able to apply for a voucher valued up to \$150 for their child, which can be used towards learn to swim programs with a registered SwimStart activity provider.

It is anticipated that the program will open for applications in late 2023.

More information about SwimStart can be found at the Queensland Government website:

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



Grandparents Day!

Grandparents Day will be celebrated on the last Sunday in October, following the month long celebration of Queensland Seniors Month with the theme

‘Connect Fest’ from 1 – 31

October 2023. 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. How will you celebrate Grandparents Day?

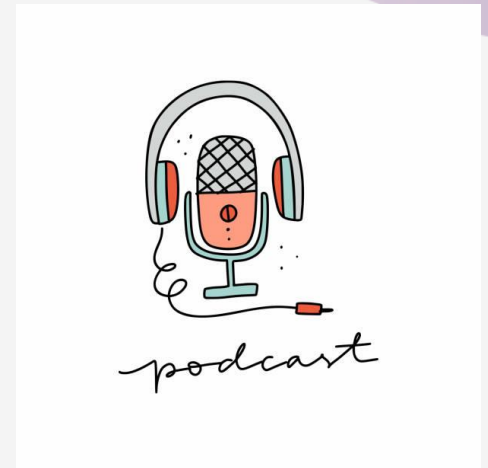
- Cook a family recipe
- Look through old family albums
- Create a family portrait
- Plan a family picnic or BBQ in the park
- Play a game from your childhood
- Plant a family garden bed. More information about Queensland Seniors Month and events can be found [here](#).

‘Carer Conversations’ Podcast

‘Carer Conversations’ is a podcast that provides tips and resources to help unpaid carers look after their emotional, mental and physical wellbeing.

Podcast host Patty Kikos, who is a qualified counsellor and coach for Carer Gateway at The Benevolent Society, says the podcast is a great resource for anyone caring for a family member or friend who has a disability, a medical condition, mental illness or someone who is frail due to age. She will be interviewing guests from a variety of different industries that have specialised knowledge and can provide tools and strategies to benefit carers. She will also be interviewing carers who will share their stories to help inspire others.

Subscribe to ‘Carer Conversations’ wherever you listen to your podcasts including [Apple](#), [Spotify](#) and [other platforms](#). For more information on The Benevolent Society’s Carer Gateway program and podcast, [click here](#).



parentline

Parentline

Are you feeling stressed, worried or frustrated about a parenting related issue and want to talk with somebody outside the situation who will

listen without judgement?

- Do you need ideas and strategies to manage challenging child behaviours?
- Are you uncertain about how best to respond to a parenting challenge?
- Are you seeking specific information or referral for a parenting related issue?

If you need help with a parenting issue or just need someone to talk to, Parentline offers confidential phone and WebChat counselling and support for parents and carers of children in Queensland.

Phone - Open 7 days a week, 8am-10pm: 1300 30 1300 Email - Inbox is checked from 8am-10pm daily: <https://parentline.com.au/get-help/email-counselling>

WebChat - Open 8am-9pm, 7 days a week: <https://parentline.com.au/get-help/webchat-counselling>

Grandparent Useful Contacts



Time for Grandparents		1300 135 500	
13 Yarn	13 92 76	Aboriginal and Torres Strait Islander Legal Service (Qld)	1800 012 255
ADIS Alcohol and Drug Support	1800 177 833	ARAFMI	1300 554 660
Beyond Blue	1300 224 636	Blue Knot	1300 657 380
Bravehearts	1800 272 831	Carer Gateway	1800 422 737
Carers Qld	1300 747 363	Centrelink Grandparent Advisor	1800 245 965
Centrelink Social Workers	132 850	Child Health Phone Support	13 43 25 84
Disability Gateway	1800 643 787	DV & Sexual Assault National Helpline	1800 737 732
DVConnect Womensline	1800 811 811	Elder Abuse Prevention Unit	1300 651 192
Family Drug Support	1300 386 186	Family Relationship Advice Line	1800 050 321
Financial First Aid	1800 007 007	Headspace	1800 650 890
Kids Helpline	1800 551 800	Legal Aid Advice Line	1300 651 188
Lifeline Crisis Line	13 11 14	MensLine Australia	1800 737 732
Mob Strong Debt Help	1800 808 488	My Aged Care	1800 200 422
NDIS – National Disability Insurance Scheme	1800 800 110	NILS – No Interest Loan Scheme	136 457
Parentline	1300 301 300	Relationships Australia	1300 364 277
Salvation Army	(07) 3001 6288	Seniors Enquiry Line	1300 135 500
St Vincent de Paul	1800 846 643	Suicide Call Back Service	1300 659 467

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 support groups that are not listed, please phone us on **1300 135 500** or email us at:

Grandparentsinfo@ucommunity.org.au

State-wide

Queensland - Time for Grandparents

Online - Information Sessions with Guest Speakers and Social Support Group

Phone: Time for Grandparents on 1300 135 500 Email:

grandparentsinfo@ucommunity.org.au

Meet with fellow grandparent carers for coffee, conversation and information sessions with guest speakers. Free monthly online meetings held on Monday from 10am – 12 noon. Pour a coffee or tea and participate from the comfort of your own home!

Central QLD & Wide Bay

Urangan - Grandparents Support Group

Phone: Anglicare 1300 114 397

Come join us for a cuppa and a chat. We can discuss issues you may be having with your grandkids. Some topics we cover are safe internet use, behavioural issues, diet, and any suggestions and concerns welcome.

Sunshine Coast

Buderim – Sunshine Coast Intergenerational Playgroup

Phone: (07) 5453 4938

Email: schub@playmatters.org.au

Facebook: <https://www.facebook.com/playmatterssc>

Website: <https://playmatters.org.au/>

Playgroup for Grandparents, Carers, Mums and Dads with children under school age, birth to 5 years. Playgroup meets each Wednesday 9.30am to 11.30am during school terms. Come along for a fun, friendly, relaxed morning together. Our venue, Play Matters Sunshine Coast Hub is set on 1 acre of gorgeous, magical grounds. It is safely fenced with plenty of car parking and easy access. Children engage in a range of play experiences. It is a perfect environment to make new friends, play, and become part of a community. Tea and coffee are available but please bring your own snacks. We look forward to making you welcome!

Caloundra - GAP Peer Support Program

Phone: (07) 5491 4000

The GAP peer support program encourages Grandparents who are the primary carer of their grandchildren to meet regularly for peer support activities including guest speakers, coffee catch ups, monthly BBQs and school holiday activities for the Grandparent families. All activities are attended and supported by a Family Worker.

Grandparent Support Groups in QLD

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Grandparentsinfo@ucommunity.org.au

Brisbane and West Moreton

Caboolture - Time for Grandparents Social Support Group

Phone:

Time for Grandparents on 1300 135 500

A social support group created to bring together eligible Grandparent carers who are the full time carers of their grandchildren in order to share lived experience and practical advice about their caring role, as well as receiving information, encouragement, peer support and connection.

Held monthly on a Wednesday morning from 10am - 12 midday. Cake, tea and coffee will be provided. However you could shout yourself something nice from the local cafe too.



Caboolture - Grandparents Raising Grandchildren Chat Group

Phone: 5495 3818

This group has been created as a safe place to meet, socialise with others and allow people to share experiences, feelings, coping strategies and solutions with each other. This group will also provide an opportunity for participants to learn new skills in their areas of interest, such as crafts, story writing or herb gardens.

Hendra – Grandparents Playgroup

Phone: Susanna 0404 176 726

Ages 0-5 years. \$5 per session. Monday 9.30am. Come along to our Grandparents Playgroup. Playgroup is a wonderful way for you to socialise with other Grandparents and for your grandchildren to enjoy spending time with other children. Susanna is the first point of contact but if you do not get a response please call Barbara: 0420 617 274.