

Grand Matters

TIME FOR GRANDPARENTS



In recognition of the importance of supporting families where Grandparents are raising grandchildren (full-time), Time for Grandparents partners with the Queensland Government's Department of Families, Seniors, Disability Services and Child Safety.

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.

Time for Grandparents is designed to provide financial support so these families can access fun and interesting activities and grandparents can gain the opportunity to have some well-earned respite. Grandfamily camps are also available.

For all enquiries, please contact Time for Grandparents on 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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YOUR NEWSLETTER

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

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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.

Funding available

The Time for Grandparents Program may be able to offer financial assistance to eligible Grandfamilies with:

- Sports and recreational activities for grandchildren such as dance, Guides, Scouts, football, soccer, netball and more. Ideas for activities can be found on our [Time for Grandparents website](#).
- Assist School Camp costs
- Grandparent's recreational and leisure activities. This funding can give grandparents the opportunity to pursue activities that they are interested in, while taking some time out from their caring role.
- School holiday care to help grandparent carers juggle the demands of caring during the school holidays.

To discuss your request for this funding assistance please contact Time for Grandparents on 1300 135 500 with the following information. Funding limits do apply.

- 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

Reimbursements can not be provided to grandparents

Time for Grandparents cannot provide reimbursements to grandparents as Our Service Agreement and the associated Brokerage Guidelines with the Queensland Government stipulates that we have to pay activity providers directly.

If your grandchild participates in a sport that requires an online registration and payment, please speak to your Club to request alternative booking and payment options so that Time for Grandparents can support you with funding.

Please contact us on 1300 135 500 if you require further assistance with this.

Grand Ideas

Sore feet?

You could make a DIY foot soak using items from your local grocery store and things you might have at home. This will promote relaxation while relieving tension, pain, and inflammation.

Ingredients:

1/2 cup Epsom salt
5–20 drops essential oil of choice, such as peppermint, lavender, or rosemary

What to do:

Dissolve the salt in a tub of hot water and add the essential oil of your choice. Relax for at least 15 minutes with a cuppa and a good book or your favourite music.

Invitations to grandfamily camps

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. There is one remaining in 2025 at the Sunshine Coast in September.

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 Grandfamilies to participate.

Vouchers to help with the cost of grandchildren's sports or swimming

Aside from financial support from Time for Grandparents, eligible grandparent carers can also apply for financial support through the Queensland Government.

FairPlay

FairPlay vouchers valued up to \$200 for their grandchild, 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. The next round will open at 9:00am on 4 August 2025.

For more information call 13 74 68 or visit the FairPlay voucher website <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>.

SwimStart

SwimStart vouchers valued up to \$150 can be used towards learn to swim lessons for eligible children aged zero to four.

For more information visit the SwimStart voucher call 13 74 68 or visit the SwimStart website <https://www.qld.gov.au/recreation/sports/funding/swimstart/apply>.



School holiday activities

The Time for Grandparents Program may be able to help with ideas to keep your grandchildren engaged over the school holidays.

The Queensland Government has a wealth of information and ideas for the school holidays at their School Holiday Activities website at <https://www.qld.gov.au/recreation/holiday-activities>

Your local library will offer free activities for children of all ages.

PCYC - [Police Citizens Youth Club Qld have vacation care](https://www.pcy.org.au/outside-school-hours-care/vacation-care-services/) programs at various locations in Queensland. For more information visit, <https://www.pcy.org.au/outside-school-hours-care/vacation-care-services/>

[YMCA provide vacation care](https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care) at various locations in Queensland. <https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care>

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

[Queensland Government School Holiday Program](https://www.qld.gov.au/recreation/activities/areas-facilities/sport-and-recreation-venues/programs-and-activities/school-holiday-program) hosts daily activities throughout the Queensland school holidays including high ropes, surfing, rock climbing and canoeing on the Gold and Sunshine Coasts. <https://www.qld.gov.au/recreation/activities/areas-facilities/sport-and-recreation-venues/programs-and-activities/school-holiday-program>

[PGL Holiday Camps and Day Camps](https://www.pgladventurecamps.com.au/holiday-camps/) are the perfect way for your 8-14-year-old to have fun, make new friends and learn new skills during their school holidays! <https://www.pgladventurecamps.com.au/holiday-camps/>

Grandparent support groups in Queensland

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@uccommunity.org.au

Brisbane and West Moreton

Caboolture - Time for Grandparents Social Support Group

Phone: Time for Grandparents on 1300 135 500

Email: grandparentsinfo@uccommunity.org.au

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: 07 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.

Acacia Ridge – The Murri School Grandparents Yarning Circle

The Aboriginal & Islander Community Independent School (*the Murri School*) in Acacia Ridge provide education for children from Prep to Gr 12.

The Murri school kindly provide the Yarning space for Grandparent Carers of current and former students from the Murri school and, other Aboriginal and Islander Grandfamilies informally caring who reside locally. School [female] Elder in Residence provides a warm and welcoming space for our Circle gathering. Morning tea provided.

Please phone Dulcie or Janet at the Time for Grandparents program on 1300 135 500 or email: grandparentsinfo@uccommunity.org.au for further information

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.

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.

Grandparent support groups in Queensland continued

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.



Self-care for Grandparent Carers

The Time for Grandparents program is proud of the work **YOU DO** and the **LOVE YOU GIVE** in caring for your grandchildren is beyond words... to go without for self so the children can have fulfilled lives and brighter futures.

We realise your self-care may suffer as you give to the grandchildren so please be in contact with our office on **1300 135 500** who can pay for **self-care activities for you**. If you are not sure what this means, please give us a call to yarn further about self-care activities.

Let's take a self-care break Grandparents, don't put it off any longer

Ask TFG: Parenting Orders

Information for Grandparents informally caring for their Grandchild/s

Are you worried that your grandchild/grandchildren would not be safer or cared for properly if the parent/s want the children back from your care? Are Grandparents being coerced by the parent/s of the children if Grandparents don't give-in to their needs? These types of scenarios do happen in the lives of Grandparent informally caring for their Grandchildren.

Please see below information and links to answer all your questions you may have if you are thinking you may need a more formal arrangement so you can keep your grandchild/grandchildren in you safe and loving care.

The Federal Circuit and Family Court of Australia provides comprehensive information and links below for easy access to help guide your decision or application. For many families, mediation services are the first step to reaching Parenting Orders.

What is a parenting order?

When parents cannot agree on the arrangements for a child, then either parent may apply to the Court for a decision about what is best for the child. If parents can agree the court can also make legally binding consent orders. When the court makes any orders about children they are called parenting orders. When a parenting order is made, each person affected by the order must follow it.

How do I apply for parenting orders?

Applying to the court for parenting orders should be a last resort and only considered after all genuine efforts to resolve the matter have failed.

Grandparents or any person concerned for the welfare of a child can also make an application for parenting orders. For useful information and resources for grandparents and other family members see Grandparents and others at <https://www.fccoa.gov.au/fl/children/grandparents>

When making a parenting order the Court must consider a child best's interest. For more information, see Children: Overview at <https://www.fccoa.gov.au/fl/children/overview>

A parenting order may deal with one or more of the following:

- who a child will live with
- how much time the child will spend with each parent and with other people, such as grandparents
- the allocation of parental responsibility
- how the child will communicate with a parent they do not live with, or other people
- any other aspect of the care, welfare or development of the child.

For a useful handbook that provides examples and tips to guide parents on deciding what orders are best for their children see the Attorney General's Department publication Parenting Orders – what you need to know at <https://www.ag.gov.au/families-and-marriage/publications/parenting-orders-what-you-need-know>.

Parenting Order cont.

Information for Grandparents informally caring for their Grandchild/s

Seeking legal advice

It is advisable to obtain legal advice before deciding about what to do or before applying to the courts. A lawyer can help you understand your legal rights and responsibilities. They can also explain how the law applies to your case. A lawyer may also be able to help you reach an agreement without going to court. The Court is unable to provide legal advice to people with family relationship issues. To do so could seriously compromise the court's ability to impartially determine a case if a person then applies to the court seeking orders.

Where can I obtain free legal advice?

The Family Relationship Advice Line (FRAL) may be able to help you with limited free legal advice and information about services available to assist anybody with family relationship issues - call 1800 050 321.

Alternatively, the Australian government funds a range of legal assistance services that may be able to assist you, including Legal Aid Commissions and individual Community Legal Centres, which offer free and low-cost advice. Information to assist with finding legal services is available at Community Legal Centres at <https://www.ag.gov.au/legal-system/legal-assistance-services>.

Pre-action procedures in parenting matter

Before starting parenting proceedings, each party must make a genuine effort to resolve the dispute and comply with pre-action procedures. There may be serious consequences for non-compliance, including costs orders against a party if they do not comply. Parties are not required to follow or continue pre-action procedures if it is not safe to do so. It is important to read the information in the brochure [Before you file - pre-action procedures for parenting cases](https://www.fcfta.gov.au/fl/pubs/pre-action-parenting) (<https://www.fcfta.gov.au/fl/pubs/pre-action-parenting>) and the flow chart, [Pre-Action Procedures: What to do before you file your family law application](https://www.fcfta.gov.au/sites/default/files/2021-08/Pre-Action-Procedures.pdf) (<https://www.fcfta.gov.au/sites/default/files/2021-08/Pre-Action-Procedures.pdf>).

If you agree on parenting arrangements

If all parties have reached agreement and want to formalise the agreement to make it legally binding you can apply to the Federal Circuit and Family Court of Australia for consent orders. For more information, see [How do I apply for consent orders](https://www.fcfta.gov.au/hdi/apply-consent-orders) (<https://www.fcfta.gov.au/hdi/apply-consent-orders>)

If you can't agree on parenting arrangements

If there is no agreement and your application needs to be determined by the Court, then one party can start proceedings by filing an [Initiating application](https://www.fcfta.gov.au/fl/forms/initiating-app-kit) (<https://www.fcfta.gov.au/fl/forms/initiating-app-kit>) to ask the court to make orders

Federal Circuit and Family Court of Australia

For information about filing an application, go to: <https://www.fcfta.gov.au/fl/hdi/apply-parenting-orders>

Winter Warmths | Recipes to warm the heart

Who doesn't love a good Stew or Soup that warms you up, easy to make & delicious!!

French Onion Chicken Soup

Serves 4

Prep 10 minutes

Cook 30 minutes

Ingredients

3 Chicken Style Stock Cubes
50g butter
1kg brown onions, thinly sliced
3 thyme sprigs
2 tbs plain flour
300g Chicken Leg Fillets
60g pkt Baby Spinach
1 Tiger Baguette/bread stick/garlic bread (sliced)
125g coarsely grated Tasty cheddar
Thyme sprigs, extra, to serve

Method

Step 1: Combine the stock cubes with 6 cups (1.5L) hot water in a large jug. Stir until the stock dissolves

Step 2: Melt butter in a heavy-based saucepan over medium heat. Add onion thyme & cook, stirring occasionally, for 10 mins or until soft and golden

Step 3: Add the flour and stir for 1 min or until combined. Gradually pour in stock. Add the chicken. Increase heat to high and cook for 15 mins or until onion is soft and chicken is cooked through. Use tongs to transfer the chicken to a heatproof bowl. Coarsely shred. Return the chicken to the saucepan. Add the spinach and stir until spinach just wilts. Season.

Step 4: Meanwhile, preheat grill on high. Place the bread on a baking tray. Cook under the grill for 1-2 mins each side or until golden. Top one side of the bread with cheese. Return to the grill and cook until cheese melts and bubbles. You may choose to heat garlic bread

Step 5: Ladle soup among serving bowls. Top with cheese toasts and season with pepper. Sprinkle with extra thyme.



Your Winter Warmths Recipe

If you would like to contribute your family recipe in the next Newsletter, please email us at grandparentsinfo@ucommunity.org.au or call us on 1300 135 500.

MESSAGE STICK – First Nations News



Children's Day 2025: *Little Footsteps, Big Future*

Hello you Mob,

The 2025 Aboriginal and Torres Strait Islander Children's Day theme *Little Footsteps, Big Future* honours the journeys our children take as they grow—each step guided by culture, community and connection to Country.

SNAICC – National Voice for our Children is the national peak body representing Aboriginal and Torres Strait Islander children. National Aboriginal and Torres Strait Islander Children's Day, held every year on 4 August, is our national day dedicated to celebrating our children. It's an opportunity for all Australians to show their support for Aboriginal and Torres Strait Islander children and learn about the impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child.



Our vision is for our children to thrive, be strong in culture, connected to kin and community—our children should be proud to come from the oldest living culture in the world.

Each year, hundreds of early years services, education centres, sporting clubs, organisations and communities across Australia host Children's Day events to mark the day, coming together to celebrate the strength, resilience and potential of Aboriginal and Torres Strait Islander children. We invite you to join us in recognising the importance of nurturing children's voices and dreams. Together, we can support a future where every child walks strong in their identity and is empowered to shape their own path.

Children's Day gives all Australians the opportunity to show their support for Aboriginal and Torres Strait Islander children and learn about the impact that culture, family and community play in the life of every child.

Please visit SNAICC website to download Children's Day resources and activity sheet - go to: <https://www.snaicc.org.au/our-work/campaigns/childrens-day/childrens-day-resources/>

(SNAICC- the National Voice for Our Children)
Newsletter, 1 May 2025

NAIDOC 2025

6 – 13 July 2025



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

Theme for this year's NAIDOC is: 'The Next Generation: Strength, Vision, and Legacy' "The theme acknowledges the past while looking towards a future guided by community vision and self-determination, empowered by the strength of young leaders and the legacy of ancestors" (according to the NAIDOC website).

NAIDOC Celebrations are about Aboriginal and Torres Strait Islander peoples sharing their histories, cultures and knowledge. It's about connecting with mainstream Australia, through sharing food, conversation and exchange through the varied mediums of cultural expression such as song, dance, music, theatre, art, craft, storytelling, yarning circles and camp fires.

NAIDOC history

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians

Visit: <https://www.naidoc.org.au/about/history>

Please take a look at the NAIDOC toolkit below that includes:

NAIDOC Newsletter; NAIDOC Week Events; Map of Indigenous Australia; Education resources and more...

<https://www.naidoc.org.au/sites/default/files/documents/2024-02/supporting-NAIDOC-toolkit.pdf>

National Reconciliation Week

27 May 2025 – 3 June 2025

National Reconciliation Week celebrates our shared histories, cultures, and achievements. It is an opportunity to explore how together we can contribute to achieving reconciliation in Australia. National Reconciliation Week is held from 27 May to 3 June every year. These dates commemorate the successful 1967 referendum and the High Court Mabo decision respectively.

The theme for Reconciliation Week 2025 'Bridging Now to Next' reflects the ongoing connection between past, present and future.

Twenty-five years ago, Corroboree 2000 brought together Aboriginal and Torres Strait Islander and non-Indigenous leaders in a historic call for reconciliation. We continue that work in 2025, inviting all Australians to join us in Bridging Now to Next – building a more united and respectful nation. For further information, visit National Reconciliation Week or <https://www.reconciliation.org.au/our-work/national-reconciliation-week/>