

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.

See our website
(www.grandparentsqld.com.au)
or call us (1300 135 500) for
program eligibility.

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.

For all enquiries **and confidential support**, please contact Time for Grandparents on 1300 135 500 from Monday to Friday, 9am to 5pm.

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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.

Building a New Bond: When Your Grandchild's Behaviour is Challenging

Taking on the care of your grandchildren is a deep act of love, but let's be honest, it can be very hard too. Especially when a child is struggling with big emotions, trauma, or behaviour that leaves you feeling worn out and wondering, "What happened to the child I once rocked to sleep?"

Many informal carers feel thrown into the deep end, trying to raise a child whose world has been shaken, and who may not even understand why they're now living with Nan or Pop instead of Mum or Dad. This article offers trauma-informed strategies and gentle parenting principles, adapted for grandparents, to help rebuild trust and connection.

"Why Is My Grandchild Acting Out?"

Children often can't put their pain into words, so they express it through behaviour.

Things you might be seeing:

- Tantrums that feel too big for their age
- Defiance or refusing to follow instructions
- Withdrawal or seeming "cold"
- Clinginess or separation anxiety
- Lying, stealing, hoarding food
- Regression (wetting the bed, baby talk)

These behaviours often stem from trauma, fear, or grief, not "badness."

Your grandchild may be struggling with:

- Confusion about where their parents are
- Guilt or self-blame ("Did I do something wrong?")
- Fear of losing you
- Past neglect or inconsistent care
- Sensory overload, anxiety, or ADHD (especially if undiagnosed)

Trauma-Informed Strategies

1. Regulate before you educate

Before correcting behaviour, help calm the nervous system. A child in "fight or flight" mode can't think clearly.

Try:

Getting down to their level, soft voice

Building a New Bond: When Your Grandchild's Behaviour is Challenging

Deep breaths together ("Let's blow out the birthday candles")

Holding space instead of yelling ("You're having a hard time. I'm here.")

2. Connection over Correction

Focus on your bond first - this lays the foundation for better behaviour over time.

Instead of: "Go to your room!" Try: "I can see you're really upset. Let's sit together and figure it out."

Instead of: "You know better than that!" Try: "I wonder what's going on for you right now?"

3. Create Predictable Routines

Many trauma-affected children crave routine because it helps them feel safe.

Consider:

- Visual charts for mornings and bedtimes
- Let them help with planning meals or outings
- Keep goodbyes consistent if they're going to school or daycare

4. Name the Feelings

Help build emotional vocabulary. For many kids, even just saying "I feel angry" is progress.

Example: "It looks like your body is showing me you're mad. That's okay. Mad feelings aren't bad."

But I'm Not 35 Anymore...

That's okay. You don't need to be perfect; you just need to be present. You can do this in your own way. You may have been raised with "tough love" parenting, but gentleness isn't weakness. Asking for support or rest doesn't mean you're failing. Even sitting next to a child and saying nothing can be powerful. Sometimes your quiet presence is the healing.

Where to Get More Support

- Grandparents Information Line/Time For Grandparents - 1300 135 500
- Parentline QLD - 1300 30 1300 free, confidential phone support
- Act for Kids – Trauma-informed resources - (07) 3850 3200
- Your local Neighbourhood Centre – May offer playgroups, grandparent meetups
- School guidance counsellors – Ask if they have support programs for kinship carers

Final Thoughts

This journey can be messy, but you're not alone. The love, structure, and safety you give is laying the groundwork for healing, even when it feels like nothing's working. Your grandchild may not say it now, but one day they'll realise you were the one who stepped up when everything else fell apart. And that, dear grandparent, is nothing short of heroic.

Sourced from:

<https://raisingchildren.net.au/grown-ups/grandparents/grandparent-kinship-carers/grandparent-kinship-carers-looking-after-yourself#emotions-grandparent-carers-and-kinship-carers-nav-title>

Play On! Sports Vouchers open to help Queensland kids get into sport

The Qld Government's *Play On! Sports Vouchers* to provide cost of living relief for Queensland families, with applications open on from 4 August to 17 December (pending availability).

The *Play On! Sports Vouchers* is helping Queensland kids get active and play their favourite sport.

Queensland families with children aged between 5 and 17 years can apply for vouchers valued up to \$200

Vouchers will be provided over two rounds for summer or winter sport

The Play On Sports Vouchers replace the Fair Play vouchers offered in the past.

**\$200
PLAY ON!
SPORTS VOUCHERS**

Each voucher is valued up to \$200, with every Queensland child and young person aged between five and 17 named on a Medicare card eligible to apply. The vouchers will be available for winter or summer sport, with a dedicated allocation for children living with a disability, as well as for kids living in country Queensland.

The \$200 *Play On! Sports Vouchers* will help families in every corner of the state get their kids active through alleviating some of the costs of memberships, registration or participation fees.

"I'm extremely pleased that it is also targeted to assist children with disability to participate and be included."

More information about *Play On!* is available at: [PlayOn! Sports Vouchers program](#)

In Grand Matters September 2021 edition, Grand Matters wrote an article on the Australian Indigenous sportsmen & women representing at the 2020 Olympic Games



At the 2020 Tokyo Olympic Games, 16 Australian Indigenous Olympians represented Australia was the largest Indigenous contingency to date who done us proud representing 11 sporting events at the Olympics.

When Brisbane was named to host the 2032 Olympic Games, a sort of “reset effect” was seen with growing numbers of children signing up for sports around Australia.

This could be your opportunity for your grandchild to be part of that picture.

Keeping children active and healthy through sports and recreation can build on a dream that children may have to represent their school, region, state or play at an elite level – and it could all start from here. If you talk to your grandchildren about playing /learning a sport – it could lead them to representing their region or state or, if they ‘dare to dream.’

There’s plenty of time for our kids to get there and shine.

The Time for Grandparents program is already supporting grandchildren doing Gymnastics, Little Athletics, Swimming, Soccer, Football and more. Being active also builds children’s social skills and the importance of working together as a team. There are more than 90 Little Athletics locations across Queensland. Find your closest Little Athletes’ centre here: <https://laq.org.au/>

Please contact our office on **1300 135 500** and enquire how Time for Grandparents program can support your grandchild/ren’s sporting /recreation activities.

Allow your children to ‘dare to dream’

dare to dream

Grandparent support groups in Queensland

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

Brisbane and West Moreton

Caboolture - Time for Grandparents Social Support Group

Chermside – Time for Grandparents Social Support Group *New!*

Phone: Time for Grandparents on 1300 135 500

Email: grandparentsinfo@ucommunity.org.au

A social support group created to bring together eligible grandparent carers who are the full time-carers of their grandchildren. It is an opportunity 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. Refreshments will be provided; however, you could shout yourself something extra 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 provides 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 Elder in Residence (female) 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@ucommunity.org.au for further information.

Hendra - Grandparents Playgroup

Phone: Susanna 0404 176 726

Ages 0-5 years. \$5 per session. Monday 9.30am. 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

This support group discusses issues you may be having with your grandkids. Some topics they cover are safe internet use, behavioural issues, diet, and any other suggestions and concerns are 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. 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.

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.



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

Worried Your Grandchild Is Being Bullied?

Bullying can deeply affect children—and those who care for them. If you're concerned your grandchild may be experiencing bullying at school, you're not alone.

Bullying is repeated, aggressive behaviour that involves a power imbalance. It can include physical or verbal attacks, exclusion, threats, or spreading rumours. Whether a child is being bullied or bullying others, the impacts can be serious and long-lasting.

What You Can Do:

- **Talk openly** with your grandchild. Ask how school is going and listen without judgment.
- **Help them understand bullying**—what it looks like and how to respond safely.
- **Encourage them to speak to a trusted adult** if they feel unsafe or see others being bullied.
- **Support their interests**—sports, hobbies, and creative activities can build confidence and friendships.
- **Model kindness and respect** in everyday interactions.
- **Keeping the Conversation Going** Children look to parents and caregivers for guidance—especially during tough times. Just 15 minutes of daily conversation can make a big difference.

You can find more information about bullying and how to prevent it from this <https://www.stopbullying.gov/> website .

If you'd like to learn more or talk through concerns, please reach out to the **Time for Grandparents** team on **1300 135 500**. We're here to support you and your family.



MESSAGE STICK – First Nations News



Hello you Mob

Just a couple of articles that might be of interest.

[Victoria set to introduce Australia's first Treaty | National Indigenous Times](#)

Victoria is on the verge of making history, with a Treaty bill expected to be introduced into Parliament as early as this week — the first of its kind in the country.

In August, the First Peoples' Assembly — the democratically elected body representing Traditional Owners in statewide Treaty negotiations — ratified the agreement. Cabinet met on Monday, and if approved, the bill will be free to be tabled.

If passed without major amendments, it would mark the first lawful Treaty between an Australian state or the Commonwealth and Traditional Owners since colonisation.

The proposal follows decades of calls for greater Aboriginal self-determination. Under the plan, a new Assembly will hold defined consultative and decision-making powers. Earlier this year, the Victorian Government [confirmed the Assembly will be established as a statutory corporation](#) and permanent body "to provide advice to Government and make decisions over matters that affect First Peoples".

While the Assembly will not have legislative veto powers, nor the ability to compel testimony or documents from officials, *The Age* reports it must be consulted on any proposed laws affecting First Peoples before they are introduced to Parliament.

"When it is just left in the hands of government, we have seen the status quo and that it doesn't deliver the outcomes that we need," Assembly co-chair Rueben Berg told *The Age*.

"This is really about creating a First Peoples-led body that is independent of government and can look and see what is and isn't working and make practical recommendations about what needs to change."

"Treaty is a pathway to acknowledging the past and making real, practical change to achieve better outcomes for First Peoples in Victoria and close the gap," the government and the Assembly said in a joint statement earlier last month.

Sourced from National Indigenous Times, August 2025

Cathy Freeman reflects on her life and legacy 25 years after her Sydney Olympics gold medal win

It is hard to believe that it's been a quarter of a century since that iconic night on September 25, 2000. Cathy won the women's 400-metre athletics final in front of 112,524 spectators at the Sydney Olympic Stadium. An estimated 8.8 million people were watching at home in Australia, plus many more millions around the globe. It was then the largest TV audience for a sporting event in Australian history.

It was a race that stopped, not only the nation, but the world. And it was a win that symbolised more than Olympic gold.



The vision of Cathy – a proud Kuku Yalanji woman from Mackay in North Queensland – running her victory lap barefoot, waving both the Australian and Aboriginal flags, forever cemented her as an Australian cultural icon. It united our country when, only four months earlier, 250,000 people had walked across the Sydney Harbour Bridge in support of Reconciliation.

“Some athletes are full of bravado ... but that's not who I am. It's just not where I'm from, it's not who we are. The Olympic gold medal was the only thing I had focused on. I never felt rocked, I never felt thrown, and I just felt incredibly, impeccably still, serene, tranquil. I think you've got to maintain that inner peace, inner calm in a storm of chaos ... to have the sense of inner freedom.”

Catherine (as she is known to her friends) Freeman was born in Mackay to Norman, a former rugby league player and Birri Gubba man, and Cecelia, a proud Kuku Yalanji woman from Palm Island. Cathy was the middle of five siblings, including her older sister Anne-Marie and brothers Gavin, Garth and Norman.

She dreamed of becoming a champion athlete from the age of 10, but her talent wasn't always obvious. It was her primary school teacher – Bessie Baldry – “a feisty Maltese lady” who found the shy schoolgirl hiding in the toilets at a school sports carnival and enticed her onto the athletics track. “And the rest is history,” Cathy laughs.

“I have great inspiration from the stories of our Elders, whoever they are and wherever they are from in the world.”

She is also a mentor to athletes, including Matildas' captain Sam Kerr, who looks up to Cathy as a role model. "I loved her so much," Sam wrote in her book, *My Journey to the World Cup*. "She was so fast and strong, and she coped so well with the unbelievable pressure that was put on her. I watched her race in the Sydney 2000 Olympics over and over and over again."

Cathy is still involved in the Olympics. In fact, she will play a significant role in the 2032 Olympic and Paralympic Games in Brisbane.

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Asked about her advice for others, she says: "My best piece of advice in terms of looking after your heart, spirit, mind and body is of course about self-care," Cathy says. "Nutrition is gold. I find being silent in nature incredibly nurturing and healing, and laughter is good medicine in itself."

Go to: [Cathy Freeman on the Olympics and living well - The Australian Women's Weekly](#) for full story, Australian Women's Weekly, 28 Aug 2025



Christmas Food Hampers for Grandparent Carers

With support from Citipointe, we are pleased to offer a limited number of **FREE** Christmas Food Hampers to **Brisbane** based families to support your family this Christmas season.

If you would like to express your interest in receiving a hamper, please contact our office at 1300 135 500 to discuss the details. Please note that expressing interest does not guarantee the provision of a hamper, as availability is limited.



Torres Strait Islander scholars make history with Oxford scholarships

Two Torres Strait Islander scholars have been awarded the Charlie Perkins Chevening Scholarship to study postgraduate degrees at the University of Oxford.

Isobel Loban Yorkston, a Badu, Mabuyag and Boigu Island woman, and Bhosten Savage, a Poruma, Mauar, Erub, Bidjara and Dhunghutti man, will begin their studies later this year.

The pair were formally awarded the scholarship at a ceremony at the British High Commission in Canberra earlier this week.

Ms Loban Yorkston, a social worker based in Magandjin (Brisbane), will pursue a Master of Science in International Health and Tropical Medicine.

She plans to use her experience to improve health outcomes in Torres Strait Islander and Indigenous communities, including through global placements.

Ms Loban Yorkston said the opportunity was about impact, not prestige.

"I want to be a global leader in public health and tropical medicine, with a foundation that always leads back to my community," she said.

"I want to be someone who, when people think about excellence in public health and tropical medicine, especially in the Torres Strait, they think of Isobel Loban Yorkston.

"For me, success is when a community member stops me in the street and says, 'Bub, thank you. My son's doing much better now because of the health plan you helped us create. Mr Savage, a project engineer also based in Brisbane, will study an MBA, with a goal to lead infrastructure projects that improve regional and remote connectivity across Australia.

Wiradjuri woman and Aurora CEO Leila Smith said the program was created to ensure Aboriginal and Torres Strait Islander people were represented at the world's top universities.

"Fifteen years ago, no First Nations Australians had studied at Oxford or Cambridge," she said.

"Today, nearly 50 have. Isobel and Bhosten are now the first Torres Strait Islander recipients to study at Oxford, and they carry forward this legacy of excellence and community leadership.

"This is yet another example of what investment in Indigenous potential looks like. It's global qualifications, lived experience, and a deep commitment to driving change back home."

Torres Strait Regional Authority Chairperson George Nona said the scholarships marked a proud milestone for the region.



Torres Strait Islander scholars make history with Oxford scholarships – continued...

"This history-making opportunity at the University of Oxford will open the door for more Torres Strait Islanders to achieve academic excellence at a global level," Mr Nona said.

"From our island home to the halls of Oxford, we wish Isobel and Bhosten the very best on their academic journey as they join the world's best scholars - proudly carrying our flag and sharing the unique experiences, culture, knowledge and stories of Zenadth Kes."

Torres Strait Islander scholar Vincent Backhaus previously studied at the University of Cambridge under the same program.

The scholarship is delivered through the Aurora Education Foundation, supported by the UK Government's Chevening Program and the Australian Government via the National Indigenous Australians Agency.

It supports Aboriginal and Torres Strait Islander students with leadership potential and a commitment to community-led change.

National Indigenous Times, 8 August 2025



Bhosten Savage, a Poruma, Mauar, Erub, Bidjara and Dhunghutti man and Isobel Loban Yorkston, a Badu, Mabuyag and Boigu Island woman