



grandparents
INFORMATION
1300 135 500

September 2009

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Listed below are some websites that may be of interest.

- www.grandparentsqld.com.au
- www.kinkare.com.au
- www.seniors.gov.au
- www.apsl.com.au/grandparent.html
- www.opso.com.au/grandparents.htm
- www.fsa.org.au
- www.familycourt.gov.au/
- www.familyrelationships.gov.au
- www.legalaid.qld.gov.au
- www.raisinggrandchildren.com.au
- www.grandparents.org.au
- www.caxton.org.au
- www.quails.org.au

No internet access?

Let Seniors Enquiry Line
do the searching for you

Phone 1300 135 500

"I will not play at tug o'war I'd rather play at hug o'war, Where everyone hugs, Instead of tugs, Where everyone giggles And rolls on the rug, Where everyone kisses, And everyone grins, And everyone cuddles, And everyone wins." *Unknown*



GRAND MATTERS

Activities for Kids: With the final term for the 2009 school year very quickly approaching, this is a friendly reminder to phone us on **1300 135 500** and talk about funding for any activities that will be happening in Term 4. There may be a school camp coming up that we can pay for or some other activity that your grandchildren would like to participate in. We would also like a quick call to confirm that children will be continuing with any ongoing activities that are paid for on a term by term basis. This helps speed up the referral process and prevents any last minute disappointments by missing out on a place for a particular activity. Please let us know if there are other activities in your community which may be suitable for our program.

Have your say about the formation of a National Body for Grandparents. To participate in the consultation process for the formation of a National Body for Grandparents, please access the discussion forum at the Consultation Website for the Formation of a National Body for Grandparents.

www.nationalbodyforgrandparents.net

Have Your Say!! Visit the website

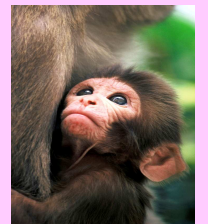
The Cairns and District Grandparents Support Group have set up their new web site and it can be accessed at www.cairnsgrandparents.com

A big group hug from Wilma to all the wonderful Grandparents from the Time For Grandparents Program.

"Every goodbye is the birth of a memory." - Dutch Proverb.

"When one door closes, another door always opens but these long hallways are a real drag".—bumper sticker.

I have opened another door and moved into the hallway. Be Happy, Wilma.



GRANDFAMILY CAMP LAKE TINAROO.

The first Grandfamily camp for the far north Queensland area was held in July. The feedback from the grandparents who attended their first camp was very positive.

"Fantastic, all the arrangements were amazing. The kids really enjoyed the canoeing, cooking damper and they even went swimming and didn't seem to notice the freezing water. The representatives from Centrelink and Seniors Legal Service supplied a lot of information which some grandparents did not know and the facilitators were so understanding. Wonderful!!"



PASSPORTS



Information on passports for grandchildren.

Further to the information supplied in the June 09 Grandmatters newsletter, a Grandfather wants to share his travelling experiences with his grandchild.

'My wife and I are primary carers, e.g. parenting grandparents, and didn't have any problems to have our granddaughter issued with a passport in 2005, when she was 8 years old. Our son, her father had joint custody with us since June 1999, but he died in 2003 and we became parenting grandparents. The whereabouts of her mother was not known to us. We had a holiday in Indonesia in 2007 and had not the slightest problem entering or exiting the country.

In 2008 we travelled to Germany with a 4 day-stop-over in Malaysia and had no problems in Malaysia either.

Arriving in Germany we got a real shock. The officer at the passport control asked us for an official documentation, that we are allowed to visit and enter Germany with our granddaughter; in short that we were legally primary carers e.g. parenting grandparents. Of course we did not have any such thing, we just raise the child, like any other grandparents.

Usually when one leaves Australia the wallet is emptied of all membership cards like club-RACQ-etc. fortunately we had our Centrelink Pensioner Concession Card with us, where our granddaughters name is documented. After lengthy discussion with the custom officers they accepted the three of us as visitors. The reason for all the hassle was, that Germany is very much aware of the smuggling of children and tries to prevent it from happening. It is important to check and recheck entry and exit requirements of the country visited.



Across our state there are outstanding people and organisations working to improve the lives of Queenslanders with a disability.

The Disability Action Week Awards recognises these individuals, organisations and businesses.

The awards are a highlight of Disability Action Week, which will be celebrated from 13 to 19 September 2009.

This year sees the introduction of a revised awards program in which 10 awards will be presented across six new categories. The new categories recognise not only those individuals and organisations whose work is directly related to disability, but also individuals and community organisations that have chosen to include a disability focus within their wider role.

Award categories include:

- Individual (four awards — community services, disability services, outstanding disability sector worker, outstanding young achiever)
- Community organisation (two awards — disability organisation, community association)
- Education/the Arts
- Private enterprise
- Government
- Outstanding initiative

For further information, visit <http://www.disability.qld.gov.au/actionweek/awards.html>. Or contact

Department of Communities
(T) 324 74181 (F) 323 41874



YOUR HEALTH



Humour can be a way to move from "grin and bear it" to "grin and share it." -Joel Goodman

Humour is contagious. Laughter is infectious. Both are good for your health.—William Fry, MD

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last she headed for the door, saying, 'Grandma, I think you should try to figure out some of these yourself!'



Healthy cooking Tips

Eating healthy food doesn't mean giving up your favourite foods and switching only to salads. Healthy cooking is easy. In many cases, your favourite recipes can be modified to offer a healthier alternative. Non-stick cookware can be used to reduce the need for cooking oil. To keep valuable nutrients, microwave or steam your vegetables instead of boiling them.


Keep fats to a minimum

It's a good idea to minimise 'hidden fats' by choosing lean meats and reduced fat dairy products. Processed foods can also have lots of hidden fats. Dietary fats are best when they come from the unrefined natural fats found in nuts, seeds, fish, soy, olives and avocado. Fat from these foods includes the essential long-chain fatty acids and this fat is accompanied by other good nutrients. If you add fats when cooking, keep them to a minimum and use monounsaturated oils such as olive and canola oil. A little added oil can be a good thing. Choose leaner meat cuts. If unsure, look for the Heart Foundation tick of approval.

This information is supplied from the better health channel website at www.betterhealth.vic.gov.au

Beef - honest to goodness stew

Ingredients:



500 g blade bone steak, trimmed and cut into 3 cm cubes
 2 tablespoons plain flour
 2 onions, finely chopped
 1 stalk celery, sliced
 2 cloves garlic, finely chopped
 1/2 teaspoon fennel seeds
 finely grated zest and sliced flesh of 2 oranges
 1 tablespoon balsamic vinegar
 1 cinnamon stick
 1 cup red wine
 1 cup water
 1 large sweet potato, cut into chunks
 1 cup cooked or canned beans, such as cannellini beans, drained
 2 tablespoons chopped parsley, to garnish
 pepper, to taste

Method:

1. Preheat the oven to 170°C. Toss the meat in the flour, season with the pepper and place in an ovenproof dish.
2. Add the remaining ingredients except for the beans and parsley. Cover with a tight-fitting lid and cook in the preheated oven until the meat is tender, about 2 hours.
3. Add the beans for the last 10 minutes of cooking. Sprinkle with parsley before serving.

Notes: For variation you can substitute lean boned lamb or pork instead of the beef. A stew is usually cooked on top of the stove but if you cook it in the oven in a tightly covered casserole you will find the result is particularly moist and tender. One of the secrets is to use a casserole that is only just big enough to contain the ingredients - this allows for good flavour development and none of the juices will evaporate. Use a tight-fitting lid to cover or place a layer of foil before you put the lid on. This dish is almost a meal in one and only needs a green vegetable such as lightly cooked green beans for balance.

The recipe is contributed by the Cancer council





Financial Survival Guide

This information is supplied from www.fido.gov.au



I Can't Pay My Debts

The bills are piling up and you just don't know what to do. Perhaps you've recently lost your job or had your hours cut back so you're suddenly earning less money. Or this problem may have been creeping up on you.

You're not alone. Charities around Australia have been reporting big increases in the number of families they are seeing in financial hardship. Even people who traditionally haven't needed financial help, including those with mortgages, are now turning to charities for emergency relief. Remember, the sooner you take steps to sort out your finances, the better your chances of stopping them from spiralling out of control.

Not being able to pay your loans, credit cards and bills can be embarrassing and stressful. Sometimes it feels easier to bury your head in the sand than confront the problem. And the longer you leave it, the harder it will get.

As with most problems in life, the first step in working towards getting out of debt is to be honest with yourself about how big the problem is. Make a list of everything you owe and who you owe it to. Use a budget planner to make sure you include all your ongoing bills and commitments. Then use a calendar or diary to figure out when each debt or expense falls due. Now look at how much income you'll earn over the same period of time. Remember that you'll need money for things like food, transport and health. It's also important to include items like family support or unpaid taxation and don't forget big ticket once-a-year items like car rego and insurance. If your bills and expenses add up to more than your income, then you need to get financial help.

See a financial counsellor

If you find it difficult to talk to your creditors directly, if they are unhelpful or unwilling to help you, or if you think your money problems are long-term, a financial counsellor may be able to help. They can negotiate with your creditors to reach an acceptable agreement as well as helping you work out your budget and develop the financial management skills you need to get out of debt. There are financial counsellors available at most Lifeline Centres throughout Queensland or you can call the **Financial First Aid Line** on **1300 370 255** which is available from 10:00 AM to 6:00 PM Monday to Friday. The Financial first aid website address is www.lccq.org.au/ffa/

Get emergency help

Seek emergency help immediately if you are out of cash and think you won't be able to pay for necessities like your rent or mortgage and food. Through the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), emergency relief is available from over 700 community organisations in the form of food, transport or chemist vouchers; assistance with rent/accommodation; part-payment of utility bills (electricity, gas); food parcels or clothing; budgeting assistance or referrals to other programs.

Major charities such as the Salvation Army and St Vincent de Paul have directories on their websites where you can find your nearest support or referral centre. For a comprehensive list of Australian charities visit www.auscharity.org

PICNICS IN THE PARK and GRANDPARENT'S SUPPORT

The grandchildren can connect with other children and grandparents have a non threatening social outing.

Rockhampton For information phone Bronwyn or Jeffrey on 49265993.

Townsville Contact Cheryl phone 07 4774 1905 for information.

Cairns & District Grandparents Support Group Contact Janet or John by calling 07 4055 161

NQ GRANDPARENTS IN NEED OF SUPPORT COUNCIL INC. (G.I.N.O.S)

Contact Nev Abbey, Phone: 07)4723 3520 or email trcota@bigpond.net.au

Hey Kids!... watch this space for an exciting chance to win prizes in our

"What grandparents mean to me" competition. The Time for Grandparents program will be sending out details of the competition and entry forms to all our grandparent families during the month of October 2009.

Internet Safety

In today's world there are so many ways to communicate for teenagers and young people that did not exist 20 or even 10 years ago for most families. Teenagers and young people have a lot easier access to computers, internet chat sites and mobile phones than they ever have in the past. Children need parents and carers to teach them how to make smart choices about who and what they find online. Here are some tips to help you guide your grandchild's experience online. Spend time online with your grandchild. Check out good sites together. The internet can be a fun family activity.

Help your grandchild use the internet as a effective research tool— learn about handy homework tips for kids and also good searching ideas.

Learn about the world out there. Kids are communicating in a diverse range of ways, from chat to instant messaging, from message boards to blogs. Learn how these work and what tools they offer to protect your child's privacy.

Be aware of online stranger danger, particularly in chat rooms. Set house rules about what personal information your children can give out and where they can go online.

Put the internet computer in a public area of the home, such as the living room rather than a child's bedroom.

Talk to your grandchildren about their internet experiences, the good and the bad. Let them know that it is OK to tell you if they come across something that worries them and that it does not mean they are going to get into trouble.

Teach children that information they find on the internet is now always reliable or correct.

Consider using child safety net filters to help keep them safe.

PC filters

PC filters are software programs installed on your computer which offer a range of different functions to block, screen or monitor unwanted content. Many filters can also be customised to suit the internet activities of each user. Listed below are some common features of PC filters.

- **Category blocking** enables you to select from a range of content categories (for example gambling, pornography) and decide which to block and which to allow.
- **Time controls** allow you to limit internet access to certain times of the day, or to limit the amount of time your child spends on the internet.
- **Logging** enables parents to track and record a history of sites visited by their child.

Service blocking allows you to block or filter access to certain services, such as peer-to-peer, social networking or online games.

Remember the internet offers an exciting way of communication to everyone however there are pitfalls to be aware of!

For more information visit www.cybersmart.gov.au



Grandparents Raising Grandchildren Peer Skills

By *Francesca Lejeune*

Lifeline Community Care Queensland

The Grandparents Raising Grandchildren Peer Skills training project is part of the Time for Grandparents initiative delivered by the Older Persons Programs within Lifeline Community Care Queensland's Brisbane Division. The initiative builds on existing relationships with grandparent support groups and also identifies new relationships with groups. It provides training opportunities to enhance or assist in the set up of peer support structures.

Building on what Grandparents Raising Grandchildren support groups already do

It is generally acknowledged that individuals involved in support groups carry an enormous amount of knowledge and skills from their own life experiences and from listening to the experiences of others. It makes sense that support group members, because they understand these issues, play an important role in helping other grandparents raising their grandchildren.

The aim of the Grandparents Raising Grandchildren Peer Skills training is to acknowledge and build on these existing skills and in turn, support grandparents with additional ideas and strategies for supporting their grand-children. The aims of the two and a half day training are to;

- increase participants peer support skills
- meet and get to know other grandparents
- have fun and some time out
- gain more ideas on supporting grandchildren and
- help maintain and strengthen the GRG support group

The Peer Skills Workshop for grandparent groups has to date been implemented in partnership with

“Grandparents As Parents” a group supported by Community Solutions at Kawana Waters,

“Grandparents Raising Grandchildren” a support group with Community Services Tablelands in Atherton and participants from KinKare support groups in the Inala, Nerang and Eagleby areas. For more information please contact:

Francesca Lejeune Ph: 32501894

Francesca.lejeune@lccq.org.au



**Blessed are the cracked,
for they let in the light!**

- 1...I used to have a handle on life, but it broke.
- 2... Don't take life too seriously; No one gets out alive.

To be a grandparent!

To be a grandparent is not an easy job. Your grandchildren are counting on you to love them unconditionally to a degree that their parents may not be able to. They're counting on you to listen, really listen, without judging right or wrong. It is often assumed that you have no life of your own, and that you only exist to be called on when you are needed. This of course is not true. At the same time do not miss this opportunity that you have been given, a chance for a relationship with the next generation.
© [Grandparent Poems from Family Friend Poems](#)

I was thinking of love and you came to mind
by April Johnson Grandparent Poems



My eight-year-old grandson and I were shopping at the store. He had a packet of Skittles that he was eating, and he kept dropping them on the floor. I tried not to notice as *cringe* he picked them back up and ate them. But when he dropped a whole bunch on the ground and started to pick them all up, I asked, "Don't you think that's gross? There's germs all over those!"

He answered thoughtfully, "Yeah, but you can't really taste them."

I was thinking of Love, and you came to mind.....I have many memories I would like to rewind.
Do you remember those days I would lie in your lap?....As you doodled my ears, I would take a short nap.
I'm remembering the nights that we spent together.....You would scratch my back gently, ever so tender.
As I rewind a bit more, I am seeing much fun.....I'm remembering the fall, and all the raking we done.
So many leaves piled by the tree....You would cover me up till I couldn't see.
Those are just a few of the memories I have.....Let's rewind a bit more to when I was bad.
I'm sorry for the times when I made you cry.....Looking back at the past, I'm not sure I know why.
I know as a child I was stubborn, selfish, and strange.....But look at me now, and how much I've changed.
I assume looking back, It's hard to understand.....That today I'm quite normal, I think God lent a hand.
The ending is near, I think I've said Enough!....I could go on forever, But

ENOUGH IS ENOUGH!
All joking aside, I would be up all night.....If I continued this poem, and continued to write.
There's just not enough words to express all the love.....Other than the words written above.

So I Thank You!....From the bottom of my heart,
For loving me no matter what.

