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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
- opso.com.au/grandparents.htm
- www.fsa.org.au
- www.familycourt.gov.au/
- www.familyrelationshiops.gov.au
- www.legalaids.qld.gov.au
- www.raisinggrandchildren.com.au
- www.grandparents.org.au
- www.caxton.org.au

No internet access?

Let Seniors Enquiry Line do the searching for you

Phone 1300 135 500



GRAND MATTERS



*Grandmothers are mothers who are grand,
Restoring the sense that our most precious things
Are those that do not change much over time.
No love of childhood is more sublime,
Demanding little, giving on demand,
More inclined than most to grant the wings
On which we fly off to enchanted lands.
Though grandmothers must serve as second
mothers,
Helping out with young and restless hearts,
Each has all the patience wisdom brings,
Remembering our passions more than others,
Soothing us with old and well-boned arts.*



Time for Grandparents Program

As part of the program, Grandparent and Grandchildren can attend Grandfamily camps where the families attend a free weekend of activities, information sessions and the opportunity to meet others with similar concerns and responsibilities.

There have been a number of camps held at the Kindilan Recreation facilities in South East Queensland over the last two years. These have proved a restful retreat for grandparents and loads of fun for the children.

At the beginning of May, a group of 14 Grandparents from Townsville and their grandchildren attended the program's first northern camp at magnificent Magnetic Island's Sports and Recreation centre at Picnic Bay. The weather was perfect, the venue was tropical, the company was friendly and the camp was voted a huge success.

The next Grandfamily camp will be held in the Hervey Bay area in early June.

Comments from Grandparents about the camps— "I think the camp should go for another day. I feel so rested." "It was great. For the first time in years, I didn't have to think about what we were going to have for meals and how to entertain the kids." "It was good to talk to others who were in the same situation." "The information and relaxation sessions made me feel I was doing an alright job and I could continue coping." "Teenagers are a mystery. If only someone knew how their minds work." "When can we go on a camp again?"

For additional information on camps and the Time for Grandparent Program call Seniors Enquiry Line 1300 135 500.

YOUR HEALTH

What is Depression?

Depression is more than just a low mood—it's a serious illness.

People with depression find it hard to function every day.

Depression can have serious effects on physical and mental health.

How do you know if a person is depressed and not just sad?

Depression is common and may occur for different reasons. The onset of a physical illness or personal loss and sadness can be common, but depression is not a normal part of ageing.

An older person may be depressed, if for more than two weeks they have...

- Felt sad, down or miserable most of the time, or
- Lost interest or pleasure in most of their usual activities
- Experienced symptoms in at least three of the following categories:
 1. **Behaviours**—General slowing down or restlessness; neglect of responsibilities and self-care; withdrawing from family and friends; decline in day-to-day ability to function, with confusion, worry and agitation; inability to find pleasure in any activity; difficulty getting motivated in the morning; behaviour which is out of character; denial of depressive feelings—this can be used as a defence mechanism.
 2. **Thoughts**—Indecisiveness; loss of self-esteem; persistent suicidal thoughts; negative comments e.g. “I’m a failure”, “It’s my fault”, “life is not worth living”.
 3. **Feelings**—Moodiness or irritability—may present as angry or aggressive; sadness, hopelessness or emptiness; overwhelmed; worthless, guilty.

Treatments for Depression.

Depression is treatable

Different types of depression require different types of treatment. This may include physical exercise for preventing and treating mild depression, through to psychological treatment and drug treatments for more severe levels of depression. Along with community support, these are the most effective treatments for depression in later life.

Depression must be recognized in order to be treated. The key to successful treatment is an appropriate assessment by a GP or health professional.

Psychological treatments

Psychological treatments address issues that particularly affect people with depression.

- Cognitive Behaviour Therapy (CBT) helps to correct negative thought patterns.
- Interpersonal Therapy (IPT) helps to improve relationships.

Medications

People who are depressed often feel physically unwell, with resulting sleep and appetite changes.

- Antidepressant drug treatments relieve the physical symptoms of depression and can be very helpful. It's important that any current medication is also reviewed.
- Medication can take between seven and twenty-one days to work effectively.
- The decision to start taking antidepressant medication is one that should be carefully considered and supervised by a doctor. This should also be the case when going off medication. Stopping medication should only be done gradually on a doctor's recommendation and under their supervision.



And Remember—

You have to do your own growing no matter how tall your Grandfather was.

Abraham Lincoln

Parent Tips

Have you ever wondered how much pocket money you should give your children? What to say to teenagers about drugs? Or what to do when your children quarrel? Parent tip sheets provide this information and much more. For complete tip sheets and other topics (living with toddlers, children and the internet, living with teens), go to www.communities.qld.gov.au/family or phone Grandparents Information on 1300 135 500.

Helping kids to be positive

So much depends on the way you look at life. Helping your child look on the bright side of life is a step towards preparing your child for a strong future.

TV—off ‘n’ on

Television and videos entertain us all, but for children they also provide a window to the world. That world influences children’s development. They take in messages about lifestyles and behaviors. Sometimes the harsh realities of life can give messages that are harmful to their development. They can also have positive experiences and be shown responsible ways of acting in the world.

Keeping kids safe

Parents, guardians and child carers have a major role to play in ensuring the safety and well being of children. The onus is on the carers of children to provide a secure and safe environment, to ensure all possible safety measures are in place and, in case of any emergency, first aid equipment and training is up to date.

Children lying

When children don’t tell the truth it can be very worrying for parents. It is easy to become upset about the lie and to overlook what it means to the child. There are many reasons why children may not tell the truth. Almost everyone tells lies from time to time for a variety of reasons, from avoiding hurting someone else’s feelings to getting out of an awkward situation.

Pocket Money

Pocket money is an issue that often concerns parents. To a large extent it depends on family values and finances, but there are some general points that you might like to consider in making your decision.

The age at which you start giving pocket money depends on your child and you. However, check what their friends’ parents are doing so your children don’t feel too different from their friends.

The main reason for giving children pocket money is to help them learn to be able to manage money while they are still young and you can guide them.

It also may help children to feel that they are important members of the family because they are given part of the family’s spending money.

It helps children to make choices and to see that sometimes people have to wait to get what they really want.

It can be a problem if there is not much money to spare in the family, but even a small amount can give a child the feeling of independence.

In some families, children are just given what they ask for and pocket money is not considered.

Stopping pocket money often seems an easy answer if your child has done something wrong. Sometimes this is OK. For example, if they have carelessly broken something.

Developmental delay

There is a very wide range of what is considered ‘normal’ in how babies and children grow and develop. This varies from the Einstein’s of the world to children who take longer to learn new things but who are still able to lead a happy life, have a job and contribute to their community.

While babies and children all pass through more or less the same stages of development, they do so at different rates. Children often have ‘spurts’ of learning, like growth spurts, where they seem to be learning something new every day.

Then there may be a period of ‘marking time’ while they take in or practice what they have learnt. There can even be some slip-backs, especially if children are under some emotional stress or are unwell. At these times they can seem to forget what they have learnt.

Sometimes children let one skill go for a time, while they work hard at learning something new. For all these reasons, comparing your baby or child with another, while it may be interesting for parents, is not very useful in checking out how your child is going.

Sometimes you know that your child hasn’t yet learnt to do many of the things that you would expect for their age. If this happens there are some things you need to think about. Some things that can cause delayed development are; hearing loss, illness, problems with vision, genetic problems, exposure to some drugs (such as alcohol) before birth, birth injury.

If you are worried, have your child checked by a health professional. Give lots of encouragement for small successes or getting things partly right. Ask for help when you need it.

Services for Parents and children

- Parentline 8am to 10pm 1300 301 300
- Kids Help Line 24 hr
1800 551 800
- Child Health Line (24hr)
1800 177 279 or 38622333
- Women’s Infolink
1800 177 577
- Dvconnect womensline –Domestic Violence—1800 811 811

DOUBLE ORPHAN PENSION

If you are a grandparent caring for a child you may be eligible for assistance under the Double Orphan Pension. Double Orphan Pension helps you meet the costs of caring for children who are orphans. This payment is a non-taxable payment. It is usually paid on top of Family Tax Benefit. The payment is not subject to income or assets tests.



You may get Double Orphan Pension for a child if:

- the child's parents or adoptive parents have both died, or
- one of the child's parents is dead and the other parent is in long term imprisonment or is on remand for an offence that is punishable by long term imprisonment, lives in a psychiatric institution or nursing home on a long term basis, or their whereabouts is unknown, or
- The child is a refugee and has not at any time lived in Australia with either or both parents, and whose parents are outside Australia or their whereabouts are unknown, and
- You have care and control of the child, and
- The child is under 16 (or is a full time student aged 16 to 21 who does not get Youth Allowance), and
- You are eligible for Family Tax Benefit for the child (or would be eligible for payment but your income is above the limit or the child, or you on behalf of the child, are receiving payments under a prescribed educational scheme), and
- You are living in Australia (that is, Australia is your permanent home), and
- You are either an Australian citizen, a New Zealand citizen, the holder of a permanent visa or the holder of certain temporary visas.

The Double Orphan Pension Payment Rate per fortnight is \$50.40.

Where to go for more information :

Call the Family Assistance Office on 13 61 50 between 8.00am and 8.00pm Monday to Friday.

Refer www.centrelink.gov.au

Child Support Scheme from July 2008

If you have care of grandchild/ren who are under the age of 18 years of age, you can receive child support from one or both parents of the children if you apply to the Child Support Agency.

From 1 July 2008 the Child Support Scheme will change. Under the new scheme there will be some changes to the way child support is assessed for non-parent carers. A non-parent carer includes **grandparents** with care of a child under 18 year of age.

Child support payable to non-parent carers will still be worked out using a formula based on both of the parents' incomes, cost percentages and child support percentages—similar to how it is worked out for parents. This helps ensure that both parents contribute to the ongoing costs of raising their children. The amount of care each parent has will also be taken into account.

If you are a grandparent carer with significant regular daytime caring responsibilities and no night time responsibilities, CSA recommends you and the parent(s) make a parenting plan and provide a copy to CSA.

For more information contact Child Support Agency 131272 or visit www.csa.gov.au.



FINANCIAL INFORMATION



Financial Tips from Robyn.

In these tough financial times when low income earners are struggling to make ends meet it is nice to hear of a couple of services that offer some practical assistance. Below are the details of the Food Barns in the Brisbane area whereby low income earners can purchase discounted food packs. I am advised it is good quality food which includes a variety of meat, pantry items, fruit and vegetables.

Groceries are so expensive now and to feed ourselves and children healthy food can be quite a challenge. I hope you can take advantage of these great services.

Regards, Robyn Underwood (Financial Counsellor)

Fishes and Loaves—29 Mary Street, Kingston

Open: Monday – Friday

Time 9.30 – 3pm

\$40 (trolley size)

Conditions: Unlimited use. Show Health Care Card or Pension Card

Battlers Supermarket—Cnr Chambers Flat Road & Nora Street, Crestmead.

Offers a bigger variety of supermarket items at a much reduced price.

No Conditions.

Food Barn- Tribe of Judah, 16 Queens Road, Kingston

Open: Monday – Friday

Time: 8.30 – 3.00pm

\$30 will give you a fridge pack, shelf pack, fruit and vegetable pack. (normally retails for about \$100)

Conditions: Unlimited use to low income earners.



Across the state there are emergency services such as the Salvation Army and St Vincent De Paul which try to assist people with food packets on a non regular basis. They need to be contacted by phone to establish availability.

Lifeline Counselling Services have a financial counselling service to assist with creditors where required, help with budgets and assisting in the identification of all financial options available. Appointments can be made by contacting the local Lifeline branch which are listed on www.lccq.org.au/index or phone Seniors Enquiry Line 1300 135 500 or Lifeline 07 32501900.

Youth Enterprise Trust

The Youth enterprise Trust is a charitable Trust, with Programs for disadvantaged young people aged 16 to 24 years, from all walks of life and backgrounds, city and country. YET is essentially a Wilderness-based experience for young people struggling to move forwards in life due to barriers such as Depression, unemployment, family conflict, loneliness, limited opportunities, boredom and a lack of direction.

This is not just another fun, adventure camp, it is challenging and carefully structured. If you know of any potential clients for this program please contact Jeanette McGhee on 07 55436899 or email clo@yet.net.au. www.yet.net.au

Jokes

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 her what colour it was. She would tell me and always she was correct. But it was fun for me, so I continued. As last she headed for the door, saying accusingly, "Grandma, I think you should try to figure out some of these yourself!"

Do you know why grandchildren are always so full of energy? They suck it out of their grandparents.—Gene Perret

Two things I dislike about my granddaughter—when she won't take her afternoon nap, and when she won't let me take mine.