



**grandparents**  
INFORMATION  
**1300 135 500**

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**Contents**

Page 1  
Time for Grandparents Program

Page 2  
Grandparent Groups

Page 3  
Health

Page 4  
Supporting children after separation

Page 5  
Information

Page 6  
Young Volunteers Awards

Listed below are some websites that may be of interest.

- [www.grandparentsqld.com.au](http://www.grandparentsqld.com.au)
- [www.kinkare.com.au](http://www.kinkare.com.au)
- [www.seniors.gov.au](http://www.seniors.gov.au)
- [www.apsl.com.au/grandparent.html](http://www.apsl.com.au/grandparent.html)
- [opso.com.au/grandparents.htm](http://opso.com.au/grandparents.htm)
- [www.fsa.org.au](http://www.fsa.org.au)
- [www.familycourt.gov.au/](http://www.familycourt.gov.au/)
- [www.familyrelationshi ps.gov.au](http://www.familyrelationshi ps.gov.au)
- [www.legalaid.qld.gov.au](http://www.legalaid.qld.gov.au)
- [www.raisinggrandchild ren.com.au](http://www.raisinggrandchild ren.com.au)
- [www.grandparents.org .au](http://www.grandparents.org .au)
- [www.caxton.org.au](http://www.caxton.org.au)

No internet access?

Let Seniors Enquiry Line do the searching for you

**Phone 1300 135 500**



## GRAND MATTERS

**Are you raising grandchildren? Would you like your grandchildren to participate in fun activities? Worried about the cost? Do you need to share your concerns and meet other grandparents?**

Seniors Enquiry Line operates the Time for Grandparents Program which provides services for grandparents who are raising grandchildren. Financial assistance may be available for school camps and approved community based sporting and recreational activities.

For further information contact Seniors Enquiry Line: 1300135500

School Camps

Guides

Scouts

PCYC

Soccer

Netball

Little Athletics

Rugby League

Hockey

Softball



Fitness & Dance

Gymnastics

Cricket

Swimming

Girls' Brigade

Qld Touch

Scripture Union

Girl's Brigade

Karate

Gymnastics

### **Don't our soccer stars look great?**

Grandchildren throughout Queensland are enjoying activities thanks to the funding from the Department of Communities. This gives grandparents the opportunity to see their grandchildren participate in fun and interesting activities that they may not have the opportunity to enjoy if not enrolled in the program. The aim of the program is to give grandparents an opportunity for some well earned time-out. The program also includes weekend camps where eligible grandparents and their grandchildren can go to rest, relax and meet other grandfamilies in a similar situation to yours.

To check eligibility for assistance and to book for activities call 1300 135 500.

### **GRANDFAMILY CAMP—YEPPON.**

“My husband was hesitant to go but was pleased he did and really felt the weekend was great. We all did. It was wonderful to see all the children having fun together. **And** the food was delicious. I didn't have to worry about what we were having for meals for the whole weekend.”

This was the first grandfamily camp in the Rockhampton area. It was held in May at Yeppoon and was voted a huge success.

Please contact 1300 135 500 if you and your grandchildren are interested in attending a camp in your area.

## GRANDPARENT GROUPS

Having the full time care of your grandchildren can be very rewarding but also challenging. Grandparents sometimes feel physically and emotionally drained by their caring role and at times, they may question themselves about their ability to cope with the demands of being a parent for the second time. Friendships with others of a similar age can be difficult to maintain and grandparents can begin to feel socially isolated.

Joining a grandparent support group can be a way of forming new friendships and having access to information and the wisdom of other grandparents who are also raising grandchildren. Often support groups also organize social activities. The support of others can assist grandparents to continue to have the energy to keep on care-giving.



**Atherton Grandparents Raising Grandchildren.** They get together to discuss topics raised by the grandparents themselves. Meetings take place at The Family Support House, 38 Mabel Street and you can phone 07 4091 3850 for more information.

**Cairns and District Grandparents Support Group.** Meets at Hambledon House Community Centre, Edmonton on the first Wednesday of each month at 9:30am. Grandparents finding themselves in the role of primary carers often have the need for companionship, information and a chance to share their experiences with other grandparents. Would you like to meet other grandparents/carers who are in the same situation? The group is also for Grandparents who have no access to their grandchildren. For information phone (07) 4055 5161.

**KinKare, an independent community group supported and auspiced by Connect the Coast Assoc.Inc.,** was formed to provide peer support to grandparents and kin carers with full time care for their grandchildren and young relatives. It assists in distributing information of relevance to members as well as offering social activities. The service currently operates in Beenleigh, Nerang, Eagleby, Inala, Cleveland, Beaudesert, Goodna areas as well as the Sunshine Coast. For information please Phone: 07 3287 1664 or email [mlubach@optusnet.com.au](mailto:mlubach@optusnet.com.au) or check [www.kinkare.com.au](http://www.kinkare.com.au) for newsletter and information.

**Townsville Region North Queensland Grandparents in Need of Support (GINOS)** For details of this group, please phone Nev 07 47233520 or email: [trcota@bigpond.net.au](mailto:trcota@bigpond.net.au).

**Zillmere and Southbank Indigenous Grandparent Support Group** Meets twice monthly. **Please ring Tess Ph 07 3252 4371.**

**Sunshine Coast and Wide Bay Grandparents as Parents Community Solutions Inc** Ph 0488734166

**Grandparents and Grandchildren Society (GAGS)** have a number of support groups throughout Queensland. For information about the Caboolture group phone 07 5498 9333.

### PICNICS IN THE PARK FOR GRANDPARENTS AND GRANDCHILDREN

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

**Rockhampton** grandparents BYO lunch at Botanical Gardens Sunday June 28th 11:00am. This is a new social group formed since the May Grandfamily camp at Yeppoon. For information phone Bronwyn or Jeffrey on 49265993.

**Townsville** grandparents are arranging another social picnic for grandfamilies in the area. The first breakfast was a great success. The next picnic will be held on **June 14th from 10 am at Sherriff Park, Love Lane, Mundingburra.** Bring your own morning tea and/ or lunch and have a great friendly get-together. Contact Cheryl ph 07 4774 1905 for information.

**Gold Coast's Connect the Coast Association** is proud to be presenting the **2009 Grandparents' Picnic in the Park at Bischoff Park, Nerang Street, Nerang Saturday 22nd August 2009 10am to 3pm.** Food to share (or bring a picnic basket), displays and entertainment, prizes, giveaways. This event is part of the Gold Coast's celebrations for Seniors' Week 2009 and is sponsored by the Department of Communities. For more information contact Tracey Douglas on 5506 5523 or [tadcom@austranet.com.au](mailto:tadcom@austranet.com.au)

## YOUR HEALTH

### The grieving child.

When you take on the care of grandchildren, you will want your grandchildren to feel confident that they will have someone to care for them in the long-term. There are a number of tasks that need to be achieved before children can lead a happy and fulfilling life following the death of a parent. These tasks are:

1. To accept the reality of the loss.
2. To experience the emotional pain associated with the loss.
3. To adjust to the environment they find themselves in as a result of the parent's absence.
4. To find a place for the memory of the lost parent in the emotional life of the child.

The feelings children of all ages experience are similar to those of adults—sadness and crying, anger, guilt and anxiety.

The more the child's life changes as a result of their parent's absence the more they will be affected and the longer it will take to adapt to the loss. These are changes such as where they live, where they go to school, the friends they make, the bed they sleep in, and what they have for dinner.

**Parental substance misuse** is a reason for the increased numbers of grandchildren being placed into the care of grandparents.



*Remember — The experience of parental substance misuse has been likened to aving an elephant in the living room. Its enormous but unspoken presence takes up a lot of space, requires a great deal of attention, gets in the way of the parent's addressing the needs of the children and creates confusion for the child as to what's actually going on.*

*Provide your grandchildren with opportunities to talk about and understand their parent's substance misuse.*

*Feelings of anger or sadness need to be acknowledged and soothed.*

*Help your grandchildren to understand that they did not cause the drinking or drug use—they are not to blame. They cannot stop their parents' from taking drugs, but they can learn how to better care for themselves so that they can lead happier lives.*

Refer to the booklet, "Grandma, you make me want to touch the sky!" which provides information for grandparents raising grandchildren. For a copy contact Grandparent Information on 1300 135 500.

### PREMIER URGES QLD FAMILIES TO WALK SAFELY TO SCHOOL

One of Queensland Government's Q2 targets is to see Queenslanders become Australia's healthiest people, and encouraging children to walk safely to school is a great way for them to get into regular exercise from an early age.

It's the habits our kids learn at an early age that tend to stick with them for life, and being a healthy, active child is a great foundation for them to grow into healthy, active adults.

For more information about Walk Safely to School Day visit [www.walk.com.au](http://www.walk.com.au)

### Chicken Apple Balls

- 500 gms chicken mince
- 1 lge green apple grated
- 1 bacon rasher finely chopped
- 1 cup day old bread crumbs
- 1 tbsp bottled plum sauce
- 2 tbsp chopped fresh parsley
- 2 eggs lightly beaten
- 1/2 cup corn flakes crumbs
- Salt and pepper to taste.



Combine chicken, apple, bacon, onion, breadcrumbs, sauce and parsley in a bowl. Season with salt and pepper. Cover and refrigerate for about 30 mins or until firm. Roll tablespoons of mixture into balls. Dip in eggs and coat in crumbs. Place on lightly oiled oven tray. Cook in moderately hot oven 190c for about 20 minutes or until cooked through. Serve hot or cold

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so sought my husband's advice..

'What do you think?' I asked. 'Should I get a bikini or an all-in-one?'

'Better get a bikini,' he replied. 'You'd never get it all in one.'

He's still in intensive care.





## Supporting Children after Separation Program (SCASP)

**SCASP** is a service designed to support children/ young people who are experiencing issues related to the breakdown of their parents' relationship.

It is free, voluntary, confidential, flexible and responsive.

It is offered in schools, local community centres and Lifeline offices.

### Your local SCASP area is

**Greater Brisbane – Lifeline office locations** delivering SCASP are **Chermside, Fortitude Valley & Logan**

**Other SCASP locations - Bundaberg, Caboolture (Greater Sunshine Coast), Toowoomba & Ipswich**

**The client group** – children and young people up to 18 years of age affected by parental relationship breakdown and separation

**Who may refer** – anyone concerned about the impact of separation and parental relationship breakdown on children /young people.

### The referral process –

For information flyers and general enquiries **(07) 3442 1550**

Appointments will be arranged as appropriate or a referral to another service if appropriate.



SCASP is a service supported and funded by the Australian Government

## FINANCIAL FIRST AID QUEENSLAND

Lifeline Community Care Queensland has qualified financial counselors who are well trained and dedicated to assist members of the public who are facing financial hardship and the consequences relating to their particular set of circumstances.



With funding from the State Government, a Financial First Aid Counselling Service was launched. It is a help and referral services designed for those experiencing financial distress who are unable to secure face to face financial counselors.

For information contact Financial First Aid on 1300 370 255.

The Financial First Aid web site, [www.lccq.org.au/ffa/](http://www.lccq.org.au/ffa/) has been put together to provide a first stop for Queenslanders

who are in financial trouble and may be looking for a way to get some help.

The site features advice, resources and links to point you towards organizations that can provide you with long-term assistance.

The web site includes information regarding

- Consumer rights
- Income management
- Maximizing your income
- Paying debts
- Debt reduction strategies
- Hardship options
- Emotional and family matters



## ***INFORMATION***



### ***Children's Passports***

One of our grandparents is the primary carer of her grandchild who was going on an overseas trip. She suggested attention be drawn to the difficulties she experienced getting the required acceptable written consent of all people with parental responsibility for the child so the application for a passport could proceed.

It is a requirement of the Australian Passports Act 2005 that, before a passport may be issued to a child (anyone under 18 years who has never married), the written consent and identification of **all people with parental responsibility for the child** must be documented. Even though the grandparent is the primary carer of her grandchild and had her and her grandchild's FULL birth certificate, she was advised she would also have to get permission from the child's father, who was in jail. It was time consuming and near impossible to get the required identification. Special authority had to be arranged and the approval officer seemed to change the requirements every time the grandmother thought she had every requirement covered.

The Australian Passports Act 2005, Section 11, also permits a passport to be issued to a child if an Australian court order allows the child to travel internationally, as well as in certain other circumstances where full consent has not been obtained. If you wish to make an application for a waiver of consent complete a statement on a form B9 and provide details of the circumstances. The application will be referred to an Approved Senior Officer for decision.

Our grandmother wanted to warn everyone to allow ample time to arrange the passports and be prepared for a possible run around.

Refer [www.passports.gov.au](http://www.passports.gov.au) or phone Australian Passport Information Service on 131232.

### ***Medicare***

**Can I add the child to my Medicare card?** Grandparents may request to have their grandchildren copied onto their Medicare card, though it will be necessary for them to provide documentation to support their request. Documents from the Court and relevant State Department of Community Services can be used for proof that the children are in dedicated care.

A child cannot be removed from a parent's Medicare card without the authority of the parent. However, where a child is in the primary care of a person other than a parent, they may be enrolled on that person's Medicare card or enrolled on a Medicare card of their own if they are fifteen years or older.



**Can I make a claim for medical expenses incurred on behalf of the child I am caring for?** Yes. As a grandparent or carer you are able to claim Medicare benefits for medical expenses you incurred on behalf of the child you are caring for. If you incurred the cost, all you need to do is present an account/receipt to collect the Medicare benefit.

**Do I need to have the child registered on my Medicare card to make the claim?** No. You do not need to have the child enrolled on your Medicare card to make a claim for medical costs you incurred.

**Do I need to have the Medicare card that the child is registered on?** The child does need to be enrolled with Medicare and registered on a Medicare card: however you do not need to have their Medicare card with you to claim the benefits. For more information online [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au) , or call 132011

My young grandson wished me Happy Birthday. He asked how old I was and I told him 62. He looked amazed and asked, "Did you start from one?"

**If you look like your passport photo, you're too ill to travel.      -Will Kommen**



## AWARDS FOR YOUNG VOLUNTEERS

### A call for unsung heroes

Nominations are now open for the 2009 Queensland Young Volunteer Awards and Community Services Minister Karen Struthers is urging people to nominate an unsung hero in the community. Minister Struthers said the awards recognise young volunteers, aged 12 to 25, who give up their time and energy to help others.

"One third of young people in Queensland are volunteers and they're making a real difference to people's lives," Ms Struthers said. "They're our unsung heroes and they deserve recognition for what they do - that's one of the main reasons behind these awards. We want to publicly acknowledge their contribution to the community because their volunteer work is important to Queensland's future."

"The Bligh Government has made a commitment to boost the number of volunteers in Queensland by 50% by 2020, and young volunteers are important to our target. They are the volunteers of the future," she said.

Last week, Queenslanders celebrated the extraordinary work of every day volunteers during National Volunteer Week.

"It was an opportunity to recognise our wonderful volunteers and the important role they play in local communities. What they do comes down to old-fashioned goodness, and our volunteers have it in abundance," Ms Struthers said.

"We can draw inspiration from their stories and their spirit of service. I've seen them many times at many community events over the years - an army of volunteers, working hard behind the scenes.

"They're helping to make Queensland a fairer, more caring place. Our volunteers play a key role supporting the arts, sports, health care, emergency services, social welfare and the environment.

"In these tough economic times, their work is more important than ever before. Whether it's helping out at the local hospital, working as a volunteer fire-fighter, or simply reaching out to someone in their time of need - volunteers can make a real difference to people's lives.

"Commitment and compassion are the catalysts for lasting social change, and to that end, the worth of our volunteers is immeasurable," Ms Struthers said.

Entries for the 2009 Queensland Young Volunteer Awards close on 10<sup>th</sup> June. For more information about the awards or to download a nomination form, visit [www.getinvolved.qld.gov.au](http://www.getinvolved.qld.gov.au). Or phone 131304

A woman rushed into the vet's surgery carrying her ailing pet. "Please," she begged, "You've got to do something for my dog!"

The vet led her to the examining room and gently lay the animal on the table. After a brief check of the body, the vet declared, "Madam, I'm afraid your dog is dead."

"Oh, no," sobbed the woman, "He can't be! Please, I beg you, there must be something you can do to help him!"

So the vet took a closer look. He lifted one of the dog's eyes, felt its nose, felt the chest for a pulse, but there was no sign of life.

"I really am sorry madam, but your dog is gone," said the vet.

The woman began to sob, "Oh, Please! Isn't there something you can do to help him? ANYTHING!"

The vet sighed, then said, "Well, there is one more thing I can try." He went into the next room for a moment, and returned with a live cat. Grasping the cat firmly in one hand, he waved the hissing feline in the dog's face, all around the dog's body, then in the dog's face again. But the dog just lay there. The vet returned the cat to the next room.

"I'm really sorry, madam," said the vet on his return, "but your dog is really dead, and nobody can bring him back."

Regaining her composure, the woman sniffed, wiped away a tear, and said, "Well, thank you for at least trying. How much do I owe you?" "That'll be \$500", said the vet.

"What!?" the woman exclaimed. "But you didn't really do anything."

"Standard fee," said the vet. "\$20 for the examination and \$480 for the cat scan."