



www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

June 2013

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NOTICE TO ALL GRANDPARENTS!

We will no longer automatically be posting newsletters

We are hoping to reduce the time, cost and environmental footprint of sending out our Grand Matters newsletter by emailing it in future, to as many grandparents as possible. If you currently receive Grand Matters by *both* post and email, from now on **you will no longer be posted the newsletter and will only receive it by email**. If you don't have an email address, don't worry, we are happy to keep posting you a hard copy.

If you do have an email address, but prefer to receive a hard copy posted to you, please let us know by phoning us on 1300 135 500, or by emailing GrandparentsInfo@ucommunity.org.au and we can continue to post it to you.

If you haven't given us your email address (probably if you have been on the program for some years) and are happy to have the newsletter emailed, please contact us to let us know your email address.

Please disregard this notice if we have already discussed this matter with you on the phone and noted your preferred delivery method. Thank you to all of you for bearing with these changes.



THOUGHTS OF THE DAY

Grandchildren don't stay young forever, which is good because Pop-pops have only so many horsey rides in them.
- GENE PERRET

Grandmas are moms with lots of frosting.
- UNKNOWN

Tax Help Program

Tax Help is a network of community volunteers who provide a **free** and confidential service to help people complete their tax returns during tax time. Volunteers are fully trained, accredited and supported by the



Australian Taxation Office (ATO). Tax Help is suitable for people earning around \$50,000 or less a year with fairly straightforward tax affairs. Volunteers operate from 1 July until 31 October in all capital cities and many regional areas across Australia from convenient locations in the community. To make an appointment, phone the ATO on Ph. 13 28 61 between July and October this year.

Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

E: grandparentsinfo@ucommunity.org.au

W: www.grandparentsqld.com.au

Events for the Grandchildren

If you would like to find child and family-friendly events occurring throughout Queensland each month, click [here](#) or visit the upcoming events section on our website.

Contribute to the Newsletter

If there is information on a particular topic that you would like to see included in our newsletter, or you would like to share your story with others then please send your thoughts or ideas to our contact details below. All ideas are welcome.



UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

Get Started Program - Round 2 applications open in July:

Funding to help kids participate in sport and recreation activities

Would you like a \$150 voucher to help pay the cost of your grandkids membership and participation fees at a registered sport and recreation club? If so, read on....

Get Started is a Queensland Government funding program to assist young people to participate in sport and recreation activities. This funding is separate from (and in addition to) funding available through our own Time for Grandparents program.

Families of eligible children can apply for vouchers valued up to \$150 for use at a sport or recreation club registered with *Get Started*. **The next round of voucher applications will open on 15th July 2013.** You will need to get in quickly as once the allocation for this round of vouchers is exhausted, no further vouchers will be offered until 2014. **There is a limit of one voucher per child per calendar year, so if your grandchild already obtained a voucher in round 1 in January this year, they will not be eligible to apply for another voucher until 2014.**

The Queensland Government have increased the funding available to the *Get Started Program* which will mean that more grandparents will be successful in your applications in this round than

in the previous funding round in January this year (when allocations were exhausted within only 3 weeks).

Who is eligible?

- Children aged 5 -18 years of age who hold, or whose parent, carer or guardian holds a Centrelink Health Care Card or Pensioner Concession Card with the children listed as dependants, and who are Queensland residents, OR
- Other children or young people identified by two referral agents (see website or phone for details).

Need More Information?

Phone: A Sport and Recreation Services Adviser on Ph: 1300 656 191

Email: getstarted@nprsr.qld.gov.au

Web: www.nprsr.qld.gov.au/getinthegame.

Alternatively you can phone us on 1300 135 500 for further information on how to apply and we can post you a fact sheet outlining the required procedure.



Recipe: Creamy Vegie Soup

This delicious recipe is so quick and easy to whip up as a hearty winter warmer for you and the kids. It is also a fabulous way to sneak in some extra vegies for the kids, with each serve containing 2.5 serves of vegetables. Serve with some thickly sliced crusty bread to top off the winter treat.



Sourced from <http://www.healthier.qld.gov.au>

Ingredients

- 250g pumpkin, peeled and cut into small chunks
- Half head of cauliflower, cut into florets
- 1 zucchini, chopped
- 1 large onion, diced
- 2 large potatoes, peeled and diced
- 6 cups chicken stock
- ½ cup low-fat evaporated milk

Cooking Instructions - Serves 6

Combine pumpkin, cauliflower, zucchini, onion, potato and stock in a large pot. Cover and cook over gentle heat for 15 minutes or until vegetables are tender. Remove from heat and puree in a blender until smooth. Stir through milk.

Hint

If you do not have a blender, push soup through a sieve. This soup can also be made using 1 ½ kg of any chopped vegetables. Try sweet corn and sweet potato and 5 minutes before the end of cooking throw in a handful of parsley or mint, then puree.

JARJUM NIMBULIMA Indigenous Grandfamily Camps



Our Time for Grandparents program's (Indigenous) respite camps are named **Jarjum Nimbulima**, which means 'children return'.

Jarjum Nimbulima respite camps have been adapted specifically for Aboriginal and Torres Strait Islander Grandparents who are fulltime caring for their grandchildren. The overnight camps held throughout Queensland at various times focus on providing the grandchildren with culture and teaching them traditional song and dance, through the cultural workers that we employ to help us with the programs in those areas we service.

Jarjum Nimbulima have increased its Aboriginal and Torres Strait Islander client numbers and now boasts more than 180 Aboriginal and Torres Strait Islander Grandfamilies and 72 non-Indigenous Grandparents raising Aboriginal and Torres Strait Islander grandchildren across Qld. Facilitator of the **Jarjum Nimbulima** respite camps, Dulcie Bronsch is pleased to report that the majority of the 72 non-Indigenous Grandparents raising Aboriginal and Torres Strait Islander grandchildren report that they would like to attend **Jarjum Nimbulima** camps instead of the mainstream respite camps as they themselves cannot give their Indigenous grandchildren the culture that they need.

Dulcie has said "It is very uplifting to see that non-Indigenous Grandparents who are raising Aboriginal and Torres Strait Islander grandchildren see the importance of their grandchildren learning their culture." To date the **Jarjum Nimbulima** camps have been held with the communities of Yarrabah, Woorabinda and Cherbourg and with communities in Brisbane, Bundaberg and Wide Bay regions.

Please phone us if you are interested to attend one of our **Jarjum Nimbulima** respite camps and ask for our Indigenous Project Worker, Dulcie Bronsch on Ph. 1300 135 500.

A CHILD'S VIEW A Granddaughter's Lesson in Colours



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 colours yourself!"

HOME ENERGY SAVER SCHEME Assistance to Manage Your Energy Bills

Are you having trouble managing your energy needs and bills? Are you at risk of having your power disconnected? Are you on an energy retailer's hardship scheme?

If you answered yes to any of these questions the free Home Energy Saver Scheme (HESS) is for you.

Electricity and gas costs form a large part of household bills. You may feel you don't have much control over these costs, but a plan to save energy around your home and manage your money, no matter how little or how much you have, will help you feel more secure. The Home Energy Saver Scheme can help by offering the following:

- ◆ Information about easy ways to use less energy in the home;
- ◆ One-on-one budgeting assistance;
- ◆ Information on whether you are getting the right rebates and assistance;
- ◆ Help to understand your energy bills and the energy market;
- ◆ Advice, advocacy and support;
- ◆ Links to other services which may be able to assist you; and
- ◆ Help to access no or low interest loans to purchase energy efficient appliances.

More Information:

Phone: HESS Helpline on 1800 007 001

Web: www.fahcsia.gov.au



CHILDREN IN GRANDPARENTS' CARE New Sunshine Coast Support Group



Children in Grandparents' Care Inc. (CHIGC) is a service run by grandparents with full time care of their grandchildren and is additionally staffed by support volunteers. Their aim is to provide support and fun activities for grandchildren in their grandparents' care. Please phone to discuss your eligibility for this service and to discuss what supports you are able to access on Ph. 0457 864 001 or Ph. 0478 789 395.

PROJECT LOVE & CARE - INALA Donations of Children's Clothing Needed

As we draw closer to winter and the chilly months in QLD, **Project Love and Care** is in need of winter clothes for children. Jumpers and Trackpants sizes 2-16 and Socks are always desperately needed.



If you have any winter clothes you no longer need and wish to donate please drop them off to Inala Youth Service at 12 Sittella St Inala. For more information phone Stacey Noy at Inala Youth Service on Ph. 3372 2655.

Grandparent Support Groups in QLD

In an effort to keep information current, if you find any of these details to be incorrect or if you know of any additional groups, please phone us on Ph. 1300 135 500 or email us at GrandparentsInfo@uccommunity.org.au



NORTH QLD

Atherton - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850
Email: fshadmin@cst.org.au
Monthly support meetings for grandparents raising their grandchildren

Cairns - Cairns & District Grandparents Support Group:

Phone John or Janet on Ph. (07) 4055 5161
Monthly support meetings for information & companionship

Cairns - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Mareeba - Grandparents Raising Grandchildren:

Phone Megan Payne on Ph. (07) 4091 3850
Email: fshadmin@cst.org.au
Monthly support meetings for grandparents raising their grandchildren

Townsville - Grand Families Townsville:

Phone Robyn Moore on 0408 378 556 or
Robbie Chivers on 0419 809 666
Monthly meetings for friendship, advice and support

Townsville - Grandparents in Need of Support (GINOS):

Phone Nev on Ph. (07) 4779 0190
Email: trcota@bigpond.net.au
Regular meetings and support for grandparent carers

Townsville - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

CENTRAL QLD & WIDE BAY

Hervey Bay - Grandparents United:

Phone Family Connect Ph. (07) 4194 3050 - ask for Grandparents United, Email: familyconnect@hbnc.com.au
Fortnightly informal support meetings for grandparent carers

Rockhampton - Grandparents Support Group:

Phone Louise on Ph. (07) 4926 5007,
Email: ronje1@optusnet.com.au
Weekly meetings for information, support & companionship

SUNSHINE COAST

Bokarina - Grandparents as Parents:

Phone Donna on Ph. (07) 5413 1555
Fortnightly meetings for support, information and companionship

Caboolture - Grandparents and Grandchildren:

Phone Helen on Ph. (07)5497 7325
Regular meetings for information, support, referrals and advocacy. Annual m'ship fee: \$30 couples/ \$20 singles

SUNSHINE COAST (continued)

Gympie - Grandparents and Grandchildren Society:

Phone (07) 5482 9012
Regular meetings and support for grandparent carers

Maroochydore- Children in Grandparents' Care Inc.:

Phone 0457 864 001 or 0478 789 395
Helps meet the needs of children raised by their grandparents. Occasional material support available. Please ring to register.

BRISBANE & WEST MORETON

Deception Bay - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Eagleby - KinKare:

Phone (07) 3287 1664, Web: www.kinkare.com.au
Regular meetings for grandparents and kin carers for information and social support

Ipswich - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Logan - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

Zillmere - Indigenous MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised. Transport may be available –please enquire if you require transport.

Zillmere - Murri Connections:

Phone Tess Rowley at Centacare on Ph. (07) 3252 4371
Regular meetings for all Indigenous carers, including grandparent carers

TOOWOOMBA & SOUTH WEST QLD

Toowoomba - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised

GOLD COAST

Broadbeach Waters – Grandparents & Grandkids Support:

Phone (07) 5504 6178
Information and support for grandparent carers, regular meetings if in demand

Labrador - MyTime for Grandparents:

Phone Anne Gooley on Ph. 1800 171 882
Fortnightly meetings for support, care and advice whilst children supervised.

Disclaimer:

The materials and information included in this edition of the "Grand Matters" 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 promoted 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.