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Contact Details**Time for Grandparents Program**

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500**E: grandparentsinfo@uccommunity.org.au****W: www.grandparentsqld.com.au**

In recognition of the importance of supporting families where children are being raised by their grandparents, Seniors Enquiry Line, in partnership with the Queensland Government, operates the “Time for Grandparents Program”.

This program funded by the Department of Communities is designed to provide the children of these families with fun and interesting activities and give grandparents the opportunity to have some well-earned time out. Alternatively, grandparents may also enjoy attending these activities with their children. Combined grandparent and grandchildren camps are also available

Grandparents who are the primary carers of grandchildren and who are not receiving the fostering allowance and not approved relative/ kinship carers with the Department of Child Safety are eligible for the program.

For all bookings and enquiries please contact Seniors Enquiry Line 1300 135 500 from Monday to Friday 9am to 5pm. All enquires are welcome and confidential. If grandparents are unsure about eligibility they are encouraged to get in contact.

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.

Term 2 – 2021 Activity

Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact **Time for Grandparents** on **1300 135 500** prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. **We need the following information from you in order to process the payment as quickly as possible:**

- 1) Name of the activity provider or club
- 2) Contact person's name and phone number / email
- 3) Sign-on date, or activity start and finish date
- 4) Cost of the activity.



School Holiday Activities

The **Time for Grandparents** Program may be able to help with ideas to keep your grandchildren engaged over the school holidays. Ideas include:

- Your local library - free daily activities are provided for children of all ages
- PCYC - Police Citizens Youth Club Qld have vacation care programs in Queensland
<https://www.pcyq.org.au/find-your-pcyq/>

- YMCA camping provide vacation care camps at various locations in Qld
<https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care>
- Scripture Union Camps Qld run close to 100 camps across Qld for primary and high school students
<http://sucamps.org.au/>
- School Holiday Directory has a list of activities including camps, art, craft, outdoor activities and vacation care.
<http://www.schoolholidaydirectory.com.au/categories>

Please give us a call on **1300 135 500** if you would like further assistance in finding an activity for your grandchild over the school holidays.

FairPlay Vouchers

Parents, carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards sport and active recreation membership, registration or participation fees with registered activity providers. There is a limit of 1 voucher per child per calendar year.

Who is eligible?

You can apply for a Fair Play voucher if your child:

- is a Queensland resident aged from 5 to 17 years (inclusive) at the time of application?
- did not receive a FairPlay voucher this calendar year
- holds, or whose parent, carer or guardian holds, a valid Department of Human Services Health Care Card or Pensioner Concession Card with the child's name on it.

How to apply for a Fair Play Voucher

Please be advised that from 1st July, 2020 the Time for Grandparents Program is no longer applying for Fair Play vouchers on behalf of grandparents. If you do not have access to a computer or the internet, perhaps another family member or friend may be able to assist. You may also be able to access a computer at your local library or community centre.

The Queensland Government website <https://www.qld.gov.au/recreation/sports/fairplay/fairplay/voucher> has a very user friendly “How to” video explaining how to apply online. Two important tips to remember when applying online are:

1. You will be asked to enter your valid Health Care Card or Pensioner Concession Card number. This number has to be linked to the child’s name or you will need to enter the child’s own Health Care Card number.
2. When entering the child’s birthdate, it is a requirement that you use the calendar drop down box and not just type the date of birth into the box.

Key Dates

Round 4 open now

17 March 2021: Round 4 applications close (or earlier if fully allocated).

12 May 2021: Vouchers expire and must have been presented to an activity provider.

Need more information?

Phone: Smart Service Qld on **137 468**

Email: fairplayvouchers@npsr.qld.gov.au

Web:

<https://www.qld.gov.au/recreation/sports/fairplay/fairplay/voucher>



WHEN YOU HAVE A GRANDCHILD IN YOUR CARE

As a grandparent you may find yourself looking after your grandchild if the parent/s of that child cannot care for that child, because for example:

- they have drug or alcohol problems
- they have mental health problems
- they are in jail
- they are working or studying away from home
- the child has been removed from their care by state child protection agencies.

It may also be that you have been the primary carer for your grandchild for a while and the parent wishes to take the child back into their care.

What you can do

If you have a grandchild in your care you may want to know if you need to do anything formal or official. You may want to have this arrangement formalised if, for example, evidence of care is required for Centrelink purposes or when consenting to medical treatment for your grandchild.

Verbal or informal agreement

When parents separate they will often come to an agreement about who the child will live with, who the child will spend time with and other areas of the child’s life such as schooling and medical treatment. This can be done verbally (informally)

without signing any documents or going to court. You may be able to come to an agreement with the parents of your grandchild about your involvement in the child's care arrangements. This option works well if everybody involved trusts each other and can talk well with each other.

Parenting plan

Sometimes parents prefer to have their agreements put in writing. This can be done in a parenting plan. The plan states, in writing, the living and care arrangements for their child. Parenting plans can be changed by agreement if future arrangements for the child change. You may prefer this option if you feel more comfortable having a written agreement with the parents about your grandchild's living and care arrangements.

Consent orders

Consent orders are another way of formalising an agreement for the living and care arrangements for a child. Consent orders can be filed with the court. This option gives the parties some protection if the agreement is broken by one of them. The orders can then be enforced. You may prefer to have consent orders prepared if you have any concerns about one of the parents sticking to the agreement you have with them about your grandchild.

Legal Advice

Legal assistance for family law disputes is available from a number of government-funded organisations to assist vulnerable members of the community. Family law advice is also available from private legal practitioners, including family law specialists.

- Family Relationship Advice Line - 1800 050 32
- Legal Aid Qld – 1300 65 11 88
- Community Legal Centres Queensland – (07) 3392 0092

- Family law specialists - 1300 367 757
- Aboriginal and Torres Strait Islander Legal Service - 1800 012 255

Sources: Legal Aid Qld, Family Relationships Online

CARER GATEWAY – WELLWAYS AUSTRALIA

Carer Gateway is a national support service funded by the Australian Government. It provides free support for carers through a network of regional Carer Gateway service providers. Wellways Australia is the chosen service provider of Carer Gateway services throughout Queensland.



Who Can Access Carer Gateway?

If you support a family member or friend who has a disability, mental health condition, chronic health condition, terminal illness, or is frail aged you can access free supports via Carer Gateway. You do not need to be a new carer to use Carer Gateway services - any carer can use the services at any time in their caring journey.

What support is available?

Carer Gateway gives you access to a range of free services and supports to help you when you are caring for someone else, these include:



Carer directed support

Practical assistance to ensure you have access to the resources you need when caring for someone, such as items to assist in your caring role and short-term respite.

Carer support planning

There are lots of great support services out there and it can feel overwhelming figuring out the best fit for your needs. Carer Gateway can help by identifying the kinds of services which might be most useful and work with you to develop a simple plan for ongoing support.

Counselling

If you're feeling stressed or overwhelmed, you can talk it through in a series of one-on-one sessions with a professional counsellor.

In-person peer support

Get together with other carers to catch up, make connections and share stories, knowledge and experience.

Emergency respite care

If something urgent or unforeseen happens that prevents you from being able to be there for the person you support, we can make sure the person you care for will be looked after.

Online support

Carers can also access online counselling, carer forums and self-guided coaching sessions via carergateway.gov.au.

You do not have to know exactly what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.

How to access Carer Gateway

The Carer Gateway team is available 6am-10pm, 7 days a week.

To register for services, call **1800 422 737** or visit www.carergateway.gov.au for more information.

Source: Carer Gateway - Wellways



USEFUL CONTACTS

Time for Grandparents - 1300 135 500

Centrelink Grandparent Advisor –
1800 245 965

Centrelink Social Workers - 132 850

Kids Helpline - 1800 551 800

Bravehearts - 1800 272 831

Lifeline Crisis Line - 13 11 14

Parentline - 1300 301 300

Beyond Blue - 1300 224 636

ARAFMI – 1300 554 660

Relationships Australia - 1300 364 277

Legal Aid Advice Line - 1300 651 188

Financial First Aid - 1800 007 007

Family Relationships Advice Line –
1800 050 321

Elder Abuse Prevention Unit
1300 651 192

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 support groups that are not listed, please phone us on 1300 135 500 or email us at grandparentsinfo@ucommunity.org.au

Central QLD & Wide Bay

Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone: Karen Rogers 0457 857 457

Email: kazzarogers_6439@msn.com

Fortnightly meetings at Hervey Bay RSL for support, care and advice whilst children are being supervised.

Bundaberg - Grandparents as Carers Support & Playgroup

Phone: 0468 855 449

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.

Mackay - Kin Carers Group

Phone: Sharon 0400 683 517 or Chris 0497 698 732

Grandparents Raising Children Playgroup

Phone: Michelle Poole (07) 5453 4938

Email: mpoole@playgroupqld.com.au

Weekly playgroup for any grandparent providing care for their grandchildren under school age to obtain support and interaction from like-minded people.

Gympie - Grandparents and Grandchildren Society

Phone: (07) 5482 9012

Regular meetings for grandparent carers.

Noosaville State School - Grandparents as Parents Support Group

Phone: Michelle Gameiro (07) 5440 3222

Monthly meetings for grandparents raising grandchildren who attend schools in the local vicinity.

Brisbane and West Moreton

Ascot - Grandparent Playgroup

Phone: 1800 171 882

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children. More details are available via the Playgroup Qld website: <https://www.playgroupqld.com.au/>.

Deception Bay - Grandparents Support Group

Phone: (07) 3204 2022

Fortnightly meetings for support, care and advice whilst children are being supervised.

Lawnton - Grandparent Playgroup

Phone: 07 3889 0063

Encircle, Neighbourhood Centre
Meets 9:30am to 11:30am each Tuesday. Information, support and a grandchildren's playgroup. Gold coin donation. Playgroup does not run during school holidays.

North Queensland

Innisfail – Grandparent Peer Support Group

Phone: 0427 406 246

Fortnightly meetings, Wednesday 9.30am. Join other grandparent carers for conversation and peer support. No children in attendance, grandparents only. Social meetings including grandchildren are held at separate times on occasion.

Townsville – Grandparents Connect

Phone: 07 4775 9115

Email:

Melanie.Miller@ucommunity.org.au

or fsp.townsville@ucommunity.org.au

Come and meet other grandparents who are also full-time carers of their grandchildren. Morning tea provided. Held on last Thursday of each month.

Message Stick

Aboriginal & Torres Strait Islander

NEWS



Aboriginal and Torres Strait Islander people living with Diabetes

Gulumeridjin and Karrajari man **Christopher Lee** is taking action to support and empower Aboriginal and Torres Strait Islander people living with Diabetes. Manager of Aboriginal and Torres Strait Islander Engagement at Diabetes Australia, Lee was diagnosed with Type 2 Diabetes in 2014.

“It was an absolute struggle to try and find out anything about my condition or any information or resources that related to me and my lived experience as an Aboriginal person,” Lee said. “I rock up and he tells me I have Type 2 Diabetes. I had no idea what it was, was it poor lifestyle choice? Was my upbringing wrong?”

Now, seven years on, Lee has a lot more knowledge around Diabetes but has faced ignorance and adversity. “It wasn’t until I found a brother that we got to sit and yarn. We spoke about his Type 2 Diabetes and what I needed to know,” he said.

Coming into the organisation as the first Aboriginal person in a senior executive role in 30 years, Lee had big goals to achieve. “**All of our resources we had as an organisation that targeted Aboriginal and Torres Strait Islander people living with Diabetes weren’t working.** The language didn’t work, there was a one-size-fits-all approach,” he said. “Language is exclusive, if you don’t understand the language you are excluded from that conversation.

“A lot of the work I have been doing in the last few years is ensuring that we have some culturally and linguistically appropriate resources for mob.”

“Our latest campaign, **Back on Track**, is around getting people back on track with their health, including their mental health which is so important.”

“It’s ok if you haven’t been to see your healthcare team for awhile. The important thing is to now go and have a yarn, and check that everything’s okay with your diabetes. Make an appointment for a check-up today. It’s time to get Back on Track.” – Chris Lee

“We’re not a clinical or research organisation, we are advocacy.
We need to own the Aboriginal and Torres Strait Islander resource space.”



*Chris Lee (top left)
shares his story on
Type2 Diabetes*

Back on Track
Let your Mob know



Find out more about Diabetes Australia at: www.diabetesaustralia.com.au or visit the National Diabetes Services Scheme at: www.ndss.com.au *Story by Rachael Knowles (NITV Jan 2021)*