

December 2019

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Contact Details

Time for Grandparents Program

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Chermside Central QLD 4032

Ph: 1300 135 500

E: grandparentsinfo@ucommunity.org.au

W: www.grandparentsqld.com.au



Merry Christmas and Happy New Year!

**Wishing each of you a Merry Christmas
and Happy New Year from all of us at Time
for Grandparents!**

Seniors Enquiry Line and the
Time for Grandparents program would like to
take this opportunity to let you know that this
office will be

**closed from Wednesday, 25 December
2019**

and will

re-open Thursday, 2 January 2020.

Please remember that should you require any
urgent assistance over the
Christmas and New Year period please call

Lifeline on 13 11 14

or

Parentline on 1300 301 300

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 1 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
- YMCA camping provide vacation care camps at various locations in Queensland
- Scripture Union Camps Qld run close to 100 camps across Queensland 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 Round 2

FairPlay vouchers replace the Get Started Vouchers program. FairPlay is a program funded by the Queensland Government that assists young people to participate in sport and recreation activities. Families with eligible children can apply for vouchers valued at up to \$150 per child for use at a sport or recreation club registered with FairPlay.

The next round of voucher applications opens in January 2020.

If your child received a Get Started voucher in January 2019, you cannot apply for a FairPlay voucher until January 2020.

Round 1 vouchers expired on 13 November 2019 and must have been presented to an activity provider.

How to apply for a FairPlay Voucher

You need to apply for a FairPlay Voucher online, so if you do not have access to a computer please contact Time for Grandparents as we may be able to assist. We will need to organise a permission form to apply on your behalf, so please call early so we can organise this.

Who is eligible? Children aged 5-17 years (inclusive) who are Queensland residents and hold, or whose parent/carer/guardian holds a Centrelink Health Care Card or Pensioner Concession Card with the children listed as dependants.

Need more information?

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

Email: fairplayvouchers@npsr.qld.gov.au

Web:

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

Assistance with Back to School Costs

Would you like some help with the cost of school books, uniforms and excursions?

The beginning of another school year can be a tricky time to balance all the financial demands of needing new books, stationery, uniforms and having to pay for upcoming school excursions.

Speak to the Guidance Officer, Principal, Deputy Principal or form teacher at your child's school to discuss how they may be able to assist you. It could also be worth your while to speak with your local Neighbourhood Centre as they may well be able to advise you about what assistance is available in your local community.

If the school is unable to provide assistance, the following agencies may also be able to help you if you are finding this a difficult time:

· **St Vincent de Paul Society** - you may receive food, clothing and other assistance on assessment by contacting the Call and Support Centre. If approved, the Call and Support Centre will then forward your request to your closest Support Centre.

Phone: 1800 846 643

· **The Smith Family - Learning for Life Program** may be able to provide financial assistance to help disadvantaged families afford the cost of their child's education.

Phone: 1300 326 459

· **The Salvation Army** - if you find yourself in crisis and are in need of material or financial assistance this phone number will connect you with The Emergency Relief Assessment Team which may be able to assist with the provision of immediate basic needs including food, clothing and household items.

Phone: 1300 371 288

· **Savers Plus Program** - if you have a Health Care Card or Pension Concession Card and have *any* paid employment the Savers Plus Program may be able to match you dollar for dollar up to \$500 to save for education costs.

Phone: 1300 610 355

· **NILS - No Interest Loan Scheme** - provides families on low incomes with access to safe, fair and affordable credit. If you have a Health Care Card or Pension Concession Card, or earn less than \$45,000 a year after tax (\$60,000 for joint applicants or people with children), loans may be available for education essentials such as computers and text books.

Phone: 136 457

Whilst a lot of people find it difficult to approach these services, just remember that they are set up to help anyone in financial distress and if you are considering accessing their services then you are likely to be exactly who the services are catering for. Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.

Don't hesitate to ask for help if you need it!



Hello You Mob

Welcome to the December edition of Message Stick and the last Grandmatters newsletter for 2019.

Hope your footy or sporting teams did well this year, if not there is always next year.

Just a reminder that the Time for Grandparents program assists grandchildren to participate in sporting and recreational activities so please be in contact on 1300 135 500.

***Torres Strait Islands Family & Domestic Violence Conference
29 - 30 October 2019***

I travelled to Thursday Island at the end of October with UnitingCare's Elder Abuse Helpline staff to attend the Family & Domestic Violence Conference on Thursday Island where we presented information about our services. After the two day conference, we provided an elder abuse awareness session with 23 island champions. Community champions represent a male and female from each of the 15 islands representing the Torres Strait to recognise, respond (safety) and refer (appropriately) to domestic and family violence in the Torres Strait.

Whilst on Thursday Island, there is an opportunity to see how best we can support the work of the community champions. We made a commitment to work with the Torres Strait Interagency Services to help alleviate the mistreatment of older people by way of developing educational resources that will be developed by Torres Strait Islander communities and islands.



Thursday Island

Message Stick
Aboriginal & Torres Strait Islander

NEWS

Path to Treaty

Aboriginal and Torres Strait Islander peoples and the Queensland Government are building a reframed relationship that acknowledges, embraces and celebrates the humanity of Indigenous Australians. Consultations around Queensland have begun.

Path to Treaty is a commitment from the Queensland Government to begin the journey towards negotiated treaties with First Nations Queenslanders. It seeks to consolidate the milestones and achievements already underway and build stronger relationships with Aboriginal and Torres Strait Islander Queenslanders.

If you would like further information on the Path to Treaty, please call our office on **1300 135 500** (and ask for **Dulcie**) and I will post or email you a copy of:

PATH TO TREATY IN QUEENSLAND
CONSULTATION PAPER

Let's start the conversation.

Christmas is around the corner

Christmas is near, so we hope you are gearing up for a safe and festive time. We know it can be stressful for families when families come together - so play it cool, drink plenty of water and please try to get some time-out for yourselves as you all deserve it. Please stay safe over the festive season and Merry Christmas to you all.

Ways to survive the school holidays!

School holidays can be a mixed bag for grandparents. There is the chance to relax and spend time with the kids, but there can also be stress when you are together all day every day. Here are Professor Matt Sanders, founder of the Triple P — Positive Parenting Program, top five survival tips to help prevent the school holidays ending in tears.

PLAN ACTIVITIES IN ADVANCE

With the help of all your children, plan activities they can look forward to and will enjoy. They can be things to do at home, out-and-about, free or with a budget. Put the full list on the fridge and refer your kids to the 'at home' section when you're hit with the 'I'm bored' moaning.

SET A HOLIDAY BUDGET

Set a holiday budget and stick to it. Explain to your children it is important they understand you're not made of money. This will also help them to learn they don't always need lots of money to have fun.

BEING BORED IS OK

Don't fall into the trap of becoming your child's fulltime entertainer. Children need to learn to amuse themselves and to find interesting and fun things to do in a safe environment. But remember, it's important to show an interest when your child is busy and absorbed, not just when they're bored and seeking attention.

SET GROUND RULES

Set ground rules around things such as television and screen time. Set a time limit you're comfortable with and monitor it. This will help balance their time spend inside and playing outside. And if taking turns with siblings or friends is a problem, set a timer for each child.

TAKE CARE OF YOURSELF

Make a little time for yourself. If you can, organise for the kids to occasionally play with friends or for extended family to help. The holidays can seem never-ending and if you're feeling stressed it's much more difficult to be calm, patient and consistent with your children. It's easier to look after your children if you look after yourself.

Source:

<https://www.couriermail.com.au/news/queensland/top-five-ways-to-survive-these-school-holidays-and-prevent-them-from-ending-in-tears/news-story/7b14c27d6a62d0db49a727aa335a3239>

Food Parcels

Christmas is meant to be a time of celebration, however, if times are tough it can be especially difficult. If you are going through challenging times this year, enquire at these listed services as you may be eligible for food parcel assistance.

Nexus Care - Everton Park

- offers a membership program for \$7 which entitles people to one parcel of food a month for three months.

Phone: 3353 7230

Picabeen Community Options - Mitchelton

- has a very limited food pantry for food parcels available for people in need. Conditions apply.

Phone: 3354 2555

Salvation Army

- if you need help with food parcels or gifts and are going through tough times this year you may be eligible for assistance. To enquire contact your local Salvos via the Salvos Assistance Line.

Phone: 1300 371 288

St Vincent De Paul Society

- may be able to offer the provision of food and/or food vouchers.

Phone: 1800 846 643

Please be aware that the demand on these services can outweigh supply, so not everyone is guaranteed assistance but they will do their best to help you.



Grandparent 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@uccommunity.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

SUNSHINE COAST

Sunshine Coast - Grandparents as Parents Program

Phone: 1300 621 499
Case management, counselling and peer support available in the Sunshine Coast region.

Buderim - Grandparents Raising Children Playgroup

Phone: Michelle Poole (07) 5453 4938
Email: mipoole@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 & 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.