

www.grandparentsqld.com.au

Time for Grandparents

GRAND MATTERS NEWSLETTER

September 2013

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THOUGHTS OF THE DAY

Life is a country that the old have seen, and lived in. Those who have to travel through it can only learn the way from them.

- JOSEPH JOUBERT

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.

- ALEX HALEY

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

Grandkids' Activities

Term 4 Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact us prior to the commencement of each term to discuss your grandchildren's continuing attendance and availability of funding. We need the following information from you in order to process the payment as quickly as possible: Name of the activity provider or club; a contact person's name and their phone number and/or email; when the sign on is happening (if applicable); activity start date; and the cost of the activity. You can phone us on 1300 135 500.

GRANDPARENTS' DAY

27th October 2013

Grandparents Day will now be celebrated annually in Queensland on the last Sunday in October, in line with other Australian states. In 2013, Grandparents Day will take place on Sunday 27 October. The day is a chance for grandchildren, children and the community to thank grandparents for their love and support.

In previous years the Queensland Government Seniors website has provided resources and suggested activities for Grandparents Day. Whilst there are no resources on the portal at the time of publishing, it may be worth checking closer to Grandparents Day at www.communities.qld.gov.au/ or phone us at Time for Grandparents on Ph. 1300 135 500, and we will check their portal for you.



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

MEDICARE LOCALS

Health Services Tailored to Your Region

What is a Medicare Local?

Medicare Locals are new organisations set up by the Australian Government to ensure health services are provided in line with your local region's needs. Medicare Locals can provide important health services including after-hours GP services, immunisation, mental health support, targeted and tailored services for those in need, and eHealth.

Medicare Locals have flexibility to be innovative in how they respond to the needs of their communities. For example Medicare Locals are setting up after-hours walk-in clinics, funding existing general practices to expand and improve their after-hours services to patients, extending pharmacy hours to fill scripts provided to patients outside normal operating hours, supporting home-visits so GPs can care for patients in their homes and residential aged care facilities, and providing after-hours outreach care to homeless and vulnerable populations.

More Information:

You can find out which front line services are on offer through your region's Medicare Local, and find your region's contact details at their website www.medicarelocals.gov.au.

The website allows you to click on a map and locate the Medicare Local for your own region, so at a glance you can see which health services are provided by your Medicare Local, including total staffing numbers.

Which Medicare Local services my region?

Queensland has 11 Medicare Locals to service the following regions:

- Central and North West QLD Ph. (07) 4781 9300
- Central QLD Ph. (07) 4921 7777
- Darling Downs-South West QLD Ph. (07) 4688 2000
- Far North Queensland Ph. (07) 4032 3555
- Gold Coast Ph. (07) 5635 2455
- Greater Metro South Brisbane Ph. 1300 467 265 or 0412 124 565
- Metro North Brisbane Ph. (07) 3630 7300
- Sunshine Coast Ph. (07) 5456 8100
- Townsville-Mackay Ph. (07) 4421 7700
- West Moreton-Oxley Ph. (07) 3810 9000
- Wide Bay Ph. (07) 4151 0814



Recipe: Fried Rice

With spring time upon us it is a great opportunity to start cooking some lighter meals. This delicious fried rice recipe is yet another way to sneak in some extra vegies for the kids, with each serve containing 2 serves of vegetables. The kids will be blissfully unaware of just how healthy they are being whilst they tuck into something you'll love too!

Ingredients

- 1 cup long grain rice
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive/sesame oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red or green capsicum, seeded & diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns (optional)
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce



Cooking Instructions - Serves 6

Cook rice following packet directions, drain and cool completely. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside. Lightly spray the same pan with oil and cook ham and onion until golden. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes. Add remaining ingredients except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot.

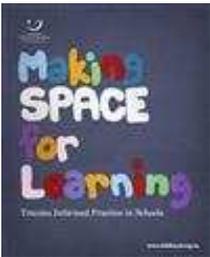
Sourced from <http://www.healthier.qld.gov.au>

MAKING SPACE FOR LEARNING

Responding to Childhood Trauma

Would you like to understand more about effects of trauma on various stages of childhood development? The Australian Childhood Foundation has produced a resource guide titled “**Making Space for Learning – Trauma Informed Practice in Schools**”. The guide has been designed for schools to help traumatised children grow and develop, and aims to help people understand why children and young people who have experienced trauma act and react in the ways they do. Information in the guide has a strong research basis.

Whilst this guide is aimed at school staff, it is also a very informative and useful resource for anyone involved in the daily life of children who have experienced trauma. The guide clearly explains the complex impacts of past trauma on a child’s body, their capacity to learn, how they relate to other people, and their capacity to regulate their emotions and behaviour. It also offers some simple ways to respond to the special needs these children may have.



If you would like to read this booklet, you can download it for free online from www.childhood.org.au and click on the ‘Learning Resources’ link under the ‘Professional Education /Training’ tab on the home page. Whilst we have printing limitations, we are also happy to print out and post a copy of this booklet for you if you do not have internet access. You can phone us on **Ph.1300 135 500**.

BRISBANE SENIORS ONLINE

Computer Lessons / Mentoring



Would you like to access affordable computer lessons tailored to seniors? Or alternatively, would you like to become a volunteer computer mentor to help others to learn?

Brisbane Seniors Online (BSOL) is a not-for-profit organisation that helps seniors and over 50’s use computers and the internet with confidence.

Volunteer computer mentors provide this service to learners usually in their own home on their own computers on a one-on-one basis (or in a central training centre in Brisbane city if preferred). Costs for a learner are \$60 a year for the first year (\$20 joining and \$40 for one year’s membership). For this they get approximately 12 hours of home lessons on their own computer with ongoing support for the year.

Volunteer mentors are welcome and receive advanced training on current and new technology. BSOL teaches Apple/Mac, Windows (up to Windows 8 touch screens), Androids and new smart technology. This includes iPhones, iPads and tablets. Lessons cater for four special interest groups including Digital Photography; Video Photography; Apple group and a Mentor Support Group that all meet monthly. Contact BSOL 3210 6983 or see www.bsol.asn.au for more information.

MAN THERAPY

Using Humour to Tackle Serious Issues

A new Man Therapy website has been created specifically for men, to help tackle depression and anxiety. The website, developed by *beyondblue*, uses humour to communicate serious issues and provides you with information, strategies designed to protect your wellbeing, and a guide to professional treatment if/when you require support. The “Man Therapies” tab has a link titled “Health Professionals” which demystifies the process of asking for help and what to expect from therapy. Go to www.mantherapy.org.au



Men have a greater tendency not to recognise or respond to their own negative emotions or distress which, left unaddressed, may result in clinical depression. The process of taking action and seeking support is not only courageous, but a responsible course of action, for which you hold the key.

If you don’t have access to the internet, to obtain help you can phone one of the following: *beyondblue* on 1300 22 4636, MensLine on 1300 78 99 78, Lifeline on 13 11 14, or the Suicide Call Back Service on 1300 659 467.

NEW GRANDPARENTS RAISING CHILDREN PLAYGROUPS

Sunshine Coast & Gold Coast Support Groups

Sunshine Coast: Buderim

Come along to a grandparents-only playgroup established for grandparent carers of children aged under school age. This group is for both full time grandparent carers and also for those who care for their grandchildren during working hours. The idea of starting this Playgroup is to have like-minded people coming together for fun and support and interaction. We are currently taking expressions of interest for this Playgroup. Please contact Michelle on details below to register your interest.

When: Starts Wednesday 16th September. The Playgroup will meet Wednesdays 9.30 - 11.30am during school terms.

Where: Mons Playgroup Centre, Corner Mons Road and Mons School Road, Buderim (Forest Glen exit off highway).

More Information: Contact Michelle Poole on (07) 5453 4938 or email to mpoole@playgroupqld.com.au

Gold Coast: Studio Village (Oxenford)

Are you a grandparent raising children? Village Community Services Inc has started a new playgroup for you! Come along to develop social connections and networks, support your child’s development, interact and have fun with your child, and be linked to services which support families. Register now!

When: Mondays , 10:30 am to 12:00pm

Where: Studio Village Community Centre, 87 Village Way, Studio Village.

More Information: Call Nikki or Belinda on (07) 5529 8253, email to family@studiovillage.com.au or just drop in.

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@ucommunity.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 - Indigenous 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

Buderim - Grandparents Raising Children Playgroup:

Phone Michelle Poole on Ph. (07) 5453 4938
Email: mpoole@playgroupqld.com.au
Weekly playgroup for any grandparent providing care for their grandchildren under school age. Grandparents only to obtain support and interaction from like-minded people.

Caboolture - Grandparents and Grandchildren:

Phone Helen on Ph. (07)5497 7325
Regular meetings for information, support, referrals and advocacy. Annual membership 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

Studio Village/Oxenford - Grandparents Raising Children Playgroup:

Phone Nikki or Belinda on Ph. (07) 5529 8253
Email: family@studiovillage.com.au
Weekly playgroup for grandparents raising their grandchildren to build social connections and support your child's development.

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.