

SEPTEMBER 2021 IN THIS ISSUE

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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.

Term 4 – 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.



Grandfamily Camps – Emails from Time for Grandparents

As we move into the digital age, please be aware to check your inbox for emails from Time for Grandparents offering the opportunity to express interest in attending one of our Grandfamily camps. Our email addresses are: grandparentsinfo@ucommunity.org.au and tfg.camps@ucommunity.org.au. Remember to also check your junk/spam mail. If you do not have an email address, Time for Grandparents will still contact you by telephone.

Please bear in mind that expressing interest in attending a camp does not guarantee a place – TFG need to balance a range of considerations when choosing families to participate.



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.pcy.org.au/find-your-pcyc/>
- YMCA provide vacation care programs at various locations in Queensland.
<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.

Fair Play 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 Fair Play 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 1 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/funding/fairplay/apply> 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 birth date, 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

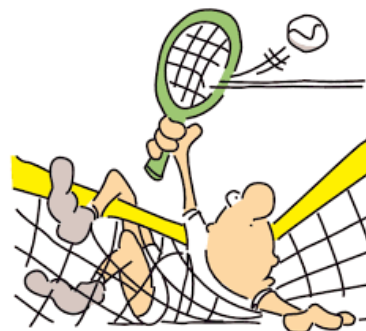
- 21 July 2021: Round 5 – Now open.
- 29 September 2021: Round 5 applications close (or earlier if fully allocated).
- 10 November 2021: Vouchers expire and must have been presented to an activity provider.

Need more information?

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

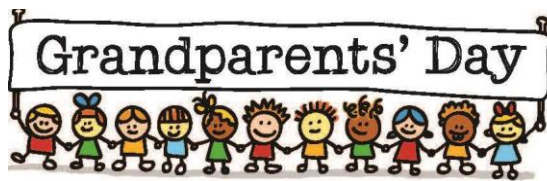
Email: fairplayvouchers@npsr.qld.gov.au

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



Grandparents' Day

Grandparents' Day will be celebrated on the last Sunday in October, following the month long celebration of Queensland Seniors Month with the theme Social Connections from 1 – 31 October, 2021. This is a special day to acknowledge the unique and irreplaceable role grandparents play in our communities and families. Grandparents' Day is extra special for all of our grandparents on the Time for Grandparents Program and across Australia who provide a safe and loving home for their grandchildren. This day is a chance for grandchildren, children and the community to thank grandparents for their love and support.



How will you celebrate Grandparents' Day?

- Cook a family recipe
- Look through old family albums
- Create a family portrait
- Plan a family picnic or BBQ in the park
- Play a game from your childhood
- Spend the day at the beach
- Go out for breakfast
- Plant a family garden bed.

More information about Queensland Seniors Month can be found here.
<https://qldseniorsmonth.org.au/>



Quick Anti-Stress Exercises you can try right now!

Try these exercises to help you relax anytime, anywhere.

Seven breaths

Take 7 breaths, exhaling for longer than you inhale.

Count '1' as you inhale. Then as you exhale, count '2, 3, 4' and so on up to 7.

Subtle soften

Notice how you are holding your body and concentrate on relaxing one part.

For example, are your shoulders or jaw tense or stiff? Relax them. Feel your muscles easing.

One OK thought

Think of something that makes you feel happy, safe, fulfilled or appreciated.

Let the thought stay in your mind, and take a moment to believe and enjoy it.

5-4-3-2-1

Take a moment and find:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste.

Source: <https://www.carergateway.gov.au/tips/five-antistress-exercises>



Additional Child Care subsidy – (ACCS) Grandparents

This subsidy gives grandparents who are the primary carer of their grandchild extra help with the cost of child care.

ACCS (grandparent) is available to grandparents who:

- are eligible for Child Care Subsidy (CCS)
- (they can apply for both at the same time)
- get an income support payment
- are the grandparent of the child
- have at least 65% care of the child, and make the day-to-day decisions about the child's care, welfare and development.

Grandparents who are not eligible for ACCS (grandparent) may still be eligible to receive CCS based on their income and hours of recognised activity.

Grandparents apply for ACCS (grandparent) using their Centrelink online account through myGov or through the Express Plus Centrelink mobile app or by visiting a Centrelink office.

More information for grandparents is available by calling the Centrelink Grandparent Advisor on 1800 245 965 or on the Services Australia website.

Four ways extracurricular activities can help your child engage at school

Extracurricular activities are activities kids do outside of the classroom usually before or after school, during breaks at school, or at the weekend. There are many extracurricular activities available to children, including sport, music, art, outdoor pursuits, computers and coding, chess, and dance. Extracurricular activities give young people a chance to try new things and sometimes even find their spark. They can meet new friends, develop new skills, and build stronger connections with their school and learning.

Research has found that the school dropout rate among at-risk students was markedly lower for students who had earlier participated in extracurricular activities compared with those who did not participate. A further study found that adolescents who participated in structured activities supervised by positive adult role models were more likely to make personal investments in their schooling, while other studies have found that young people involved in extracurricular activities are more likely to stay in school than their uninvolved peers.





1. Build new skills

Doing an extracurricular activity is a great way for your child to develop new skills. In addition to learning a new skill as part of their extracurricular activity, they are also developing other skills they can apply in the classroom at school. Participating in a sporting team or choir can build your child's teamwork skills, balancing different commitments can improve their time management skills, and finding an activity they enjoy can boost their self-confidence. And when your child does activities they feel passionate about, it can increase their brain function and help them concentrate, both of which can help with learning at school.

2. Explore new interests

Trying out different extracurricular activities gives your child the opportunity to explore a range of interests and unlock a spark they may not have known they had. When your child finds their spark, it can help them find some purpose in the world and escape the stress of everyday life. As children explore environments they may not encounter at school or at home, they are exposed to new ideas, stimulating their curiosity and giving them a broader view of the world, which can help open their mind, inspire their creativity, and improve their learning at school. Learning a new skill outside of school can give a child a sense of achievement and strengthen their confidence in their ability to learn and succeed at school.

3. Meet new people

One of the easiest ways to make friends is through extracurricular activities. Doing an activity with other children who like doing the same thing can create connections among kids from which friendships can grow.

4. Enjoy a healthy break from study.

Extracurricular activities give young people a chance to learn something new and do something they enjoy while taking a break from schoolwork. For some

young people, doing an extracurricular activity can help them relax or let off steam after the pressures of school. Depending on your child's interests, an extracurricular activity can give them the chance to get outside and exercise, see friends, and refresh their mind – all of which will help them engage better with their learning at school.



Sport and active recreation

Most schools have sports programs at no or low cost and will consider requests for no-or-low cost options for families that need it. Some local councils offer free and low-cost fitness and recreation activities for all ages and abilities. Check out your local council website for more information. Assistance with the cost of sport and recreation activities may be available from the Time for Grandparents Program or by applying for a FairPlay voucher from the Queensland government.

Music programs

While classroom music is taught to primary school children as part of the Australian Curriculum, selected students can also learn orchestral or band instruments at school through the Queensland State School Instrumental Music Program. Students in Years 4-12 (woodwind, brass and percussion) or in Years 3-12 (strings) are eligible to apply for enrolment in the program. Many schools will also have choirs which are free to join with rehearsals held during school hours.

Visual art, dance, debating

At some schools, students can participate in extracurricular activities in areas such as visual art, dance and debating.



Students at participating schools, can apply for programs including the Creative Generation Excellence Awards in Visual Art, the Wakakirri performing arts event, and the Queensland Debating Union competition.

Science, technology, engineering and mathematics

For children and young people interested in science, technology, engineering or mathematics (STEM), there are activities available for eligible students to participate in, including the Premier's Coding Challenge and STEM Girl Power Camp. Schools also offer STEM-related low-cost excursions and incursions during the school year and many schools will consider requests from families who need help in meeting the costs associated with these activities.



Non-formal learning

Learning doesn't have to be something your child experiences through a formal activity. They can also teach themselves new skills or be taught by an older sibling,

cousin, neighbour or through a trusted adult. There are also many no-cost volunteering opportunities that your child might enjoy doing while learning valuable life skills. Your child's school may be able to direct you to volunteer organisations or check out Volunteering Queensland.

Source: <https://www.sparktheirfuture.qld.edu.au>



Useful Contacts

Time for Grandparents - **1300 135 500**

ARAFMI - **1300 554 660**

Beyond Blue - **1300 224 636**

Bravehearts - **1800 272 831**

Centrelink Grandparent Advisor - **1800 245 965**

Centrelink Social Workers - **132 850**

DV & Sexual Assault National Helpline –
1800 737 732

DVConnect Womensline – **1800 811 811**

Elder Abuse Prevention Unit - **1300 651 192**

Family Relationship Advice Line - **1800 050 321**

Financial First Aid - **1800 007 007**

Headspace - **1800 650 890**

Kids Helpline - **1800 551 800**

Legal Aid Advice Line - **1300 651 188**

Lifeline Crisis Line - **13 11 14**

MensLine Australia – **1800 737 732**

My Aged Care – **1800 200 422**

NILS – No Interest Loan Scheme – **136 457**

Parentline - **1300 301 300**

Relationships Australia - **1300 364 277**

Salvation Army – **137 258**

Seniors Enquiry Line – **1300 135 500**

St Vincent de Paul - **1800 846 643**

Suicide Call Back Service - **1300 659 467**



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

Urangan - Grandparents Support Group

Phone: Anglicare 1300 114 397

Come join us for a cuppa and a chat. We can discuss issues you may be having with your grandkids. Some topics we cover are safe internet use, behavioural issues, diet, and any suggestions and concerns welcome.

Sunshine Coast

Buderim – 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.

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

Ipswich - Time for Grandparents - Grandparent Support Group

Phone Dulcie on 1300 135 500

Fortnightly meetings held on Wednesday from 10am - 11.30am. Join other grandparents for conversation, information and peer support.

Hendra - Grandparents Playgroup

Phone: Susanna 0404 176 726

Ages 0-5 years. \$5 per session. Monday 9.30am. Come along to our Grandparents Playgroup. Playgroup is a wonderful way for you to socialise with other Grandparents and for your Grandchildren to enjoy spending time with other children. Susanna is the first point of contact but if you do not get a response please call Barbara: 0420 617 274.

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: fsp.townsville@ucommunity.org.au

Come and meet other grandparents who are also full time carers of their grandchildren. Morning tea provided.



Message Stick Aboriginal & Torres Strait Islander NEWS



Our 16 Australian Indigenous Olympians...

The largest contingency yet... done us proud...too deadly!!

Hello you Mob

16 Australian Indigenous Olympians (across 11 sporting events) represented Australia at the Tokyo 2020 Olympic Games last month – the largest EVER Indigenous representation at an Olympic Game.

Our 16 Olympians represented Australia in Rugby 7's, Tennis, Basketball, Softball, Hockey, Boxing, Track & Field, Beach Volley Ball, and, a very special mention for the Australian Boomers Basketball team where Paddy Mills captained his team to an Olympic Bronze medal. – WOW!! I am so proud of all our Indigenous Olympians. Well done everyone.

The Tokyo Olympics 2020, as well as Brisbane being named to host the Olympic Games in 2032 (Announced during the recent Games), has had a sort of “reset effect” with growing numbers of children signing up for sports around Australia.

Keeping children active and healthy through sports and recreation can build on a dream that children may have to represent their school, region, state or play at an elite level – and it could all start from here. I want to encourage Grandparents to talk to their grandchildren about playing /learning a sport they love – it could lead them to representing their region or state or, if they *'dare to dream'* even to representing their country at the Olympic Games in Brisbane in 2032. There's plenty of time for our kids to get there and shine. The Time for Grandparents program is already supporting grandchildren doing Gymnastics, Little Athletics, Swimming, Soccer, Football and more. Being active in sport also builds children's social skills and the importance of working together as a team. There are more than 90 Little Athletics locations across Queensland. Find your closest Little Athletes' centre here: <https://laq.org.au/>; Please contact our office on 1300 135 500 and enquire how Time for Grandparents program can support your grandchild/ren's sporting /recreation activities.

Allow your children to *'dare to dream'*

Did you know?

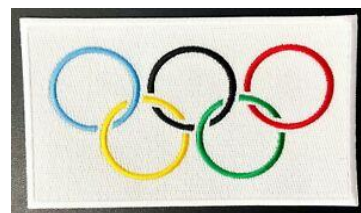
Indigenous artwork was commissioned by the Australian Olympic Committee for the Beijing 2008 Olympic Games. Beijing 2008 Olympian, Aboriginal boxer Paul Fleming from Townsville, designed the image (pictured here) which was used for Beijing 2008 and Tokyo 2020 Olympic team shirts. Called **'52 steps'**, the image represents past Indigenous Olympians winding their way to a circular meeting place, the steps represent each of Australia's Indigenous athletes who competed at previous Olympic Games.

Our Indigenous Olympians 2021 done us proud in Tokyo. View this link to find out who they are, their mob, their sport and profiles (*hold Ctrl & Click to follow link*)

<https://www.indigenous.gov.au/news-and-media/stories/indigenous-olympians-who-when-where>(hold



Indigenous designed shirt by Paul Fleming, for Beijing 2008 Games



Tokyo Olympic Games 2020 (2021)
Paul's design was again used for Tokyo 2020

With Heart and Spirit
Aunty Dulcie
Elder / Kooma Traditional Owner (SWQ)

