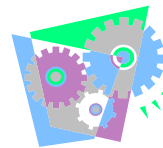


MONTHLY NEWS



Editorial



COGs

Council of Grandparents

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Hi Everyone,

By the time you get this, we will have had our picnic at Logan River Parklands and I hope you all had a bit of a day off.

At the moment, plans for our **conference (and the establishment of a National body)** for our carers are well under way. The only thing we are missing is the funding but we are frantically working on that. So far everything is shaping up for a really productive event and I am desperately hoping all will go ahead.

COGs is meeting almost fortnightly to achieve the best outcome for you, so please mark a tentative date in your diary for **November**. We are proposing a get together on the Wednesday night before the conference which is on the Thursday and Friday. (4th 5th and 6th)

I want to thank you for the fabulous influx of stamps. It is so important that we don't forget those even worse off.

I also want to thank the **Seniors Enquiry Line** for their programme to help us support one another, and those of you who have offered to put aside your time to attend. It is wonderful to see how many of you are willing to put in the time to learn how to help everyone else despite your own busy timetable.

That is the essence of a support group – being there for everyone else.

Danni and I were privileged to be invited to attend the beginning of yet another support group this week at the **Talera Centre** Greenslopes. Again, we are seeing dedicated professional people waking to the plight of grandparents. I want to personally thank **Dr Ron Frey** for his great caring and will to help even more than he is already.

On a personal note, it was very heart warming to have so many of you extend your love and caring re my son's recent operation. All went well and hopefully it won't happen again for some time now.

Love,
Maree



There are so many new members joining us each month that I am going to revisit the association between COGs and KinKare this month. I think it is particularly important at the moment because of the conference we are hoping to put on later this year.

COGs began as the result of an OPSO Speak Out in 2002. Relative carers at the Speak Out suggested a peak body for carers was needed to bring, through **support group leaders**, our concerns to **service providers** throughout the State and to **government bodies**. The Council is therefore made up of **representatives of these organisations** not individuals.

Until as recently as last year, Queensland was the only State with such a peak body. NSW now has one thanks to the work of the Council on the Ageing in their State. (COTA NSW).

COGs has hosted **two State conferences** so far and is hoping to hold a National one this November. It was through the alliance with Centrelink that specific literature about grandparents was produced. My great dream is that COGs will be able to establish a **National body** for our carers this year. It will be a monumental task but I believe that there is now so much support that it can be achieved.

Some of the major groups represented on COGs are:

Dept of Communities

Centrelink

Seniors Enquiry Line

Foster Care Q'ld

Australian Pensioners & Superannuants

Older People Speak Out

COTA Q'ld

National Seniors

KinKare

GAGS

GINOS and many more but space restricts the list.

To apply for representation, please contact Tracey Douglas 07 5596 5523

tadcom@austarnet.com.au





MEETING DATES

*Please call first as many groups do not meet
in school holidays*

KinKare EAGLEBY

Meets the second Friday of each month @10:30am,
Eagleby Community Centre
Ph Maree 3287 1664

KinKare NERANG

Meets the fourth Wednesday of the month @12:30pm
Nerang Neighbourhood Ctr
Ph Maree 3287 1664

SUNSHINE COAST KinKare

This group now meets with Community Solutions.
Please see below

KinKare INALA

Meets 2nd Tuesday of the month @ 10:30am,
The Hub, Corsair Ave
Ph Maree 3287 1664.

KinKare CLEVELAND

Meets 3rd Friday of the month @ 10:30am
The Donald Simpson Centre
Ph Maree 3287 1664 or Maged 3207 7200

KinKare BEAUDESERT

Meets 4th Friday of the month @10:30am
Beaucare, 44 Tina St
Ph Michelle 5541 3290

KinKare GOODNA

Starts on November 17th 10:30am
Neighbourhood House 33 Queens St
PH Maree 3287 1664

ZILLMERE & SOUTHBANK

Indigenous Grandparent Support
Group

Meets twice monthly
Please ring Tess Ph 3252 4371

Grandparents As Parents

Community Solutions Inc.
Sunshine Coast and Wide Bay
Please phone Sharon 5437 9499

CAIRNS & DISTRICT

G'parents Support Group

Meets the first Wednesday of each month @9:30am,
Hambledon House Community Centre, Edmonton
Ph Janet or John (07) 40 555 161
Email johnjanet@internode.on.net

TOWNSVILLE region

Nth Q'ld G'parents in Need of Support (GINOS)

For details of this group, please contact
Ph. Nev (07) 4723 3520
Email trcota@bigpond.net.au

WESTERN AUSTRALIA

Granpower

www.granpower.org.au
For details Ph Suz 0409 294 231
PO Box 172 Cannington WA 6987

Group Meetings

For those who would like their meetings placed in this column, just drop me an email or letter and I would be only too pleased to spread the word.

There is no requirement to be a KinKare group.

Newsletter Items

Another reminder to all groups, the newsletter articles are for distribution to any relative carers. Don't hesitate to pass on the newsletter in its entirety or relevant articles as you see fit. The only thing we ask is that the intent/content of the article is not compromised.

We are considering going to a PDF format. Please advise if this will not suit you.

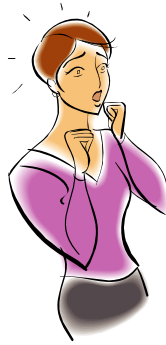
Please Note

If you need someone to chat to, we are always happy to hear from you.
Phone Danni 3299 1764 or Maree 3287 1664,
or your local support group leader.

Child Sexual Abuse

Some Information

Over the years now, I have often had grandparents confide in me that they fear their grandchildren have either seen or experienced more than children of their age should. Many times they are worried that they might be "imagining" it. This month I am including some information I have found. It has come from an American website but I feel the signs of such abuse are universal.



Any one sign doesn't mean that a child was sexually abused, but the presence of several suggests that you begin asking questions and consider seeking help. Keep in mind that some of these signs can emerge at other times of stress such as:

- During a divorce
- Death of a family member or pet
- Problems at school or with friends
- Other anxiety-inducing or traumatic events

Behavior you may see in a child or adolescent

- Has nightmares or other sleep problems without an explanation
- Seems distracted or distant at odd times
- Has a sudden change in eating habits
- Refuses to eat
- Loses or drastically increases appetite
- Has trouble swallowing.
- Sudden mood swings: rage, fear, insecurity or withdrawal
- Leaves "clues" that seem likely to provoke a discussion about sexual issues
- Writes, draws, plays or dreams of sexual or frightening images
- Develops new or unusual fear of certain people or places
- Refuses to talk about a secret shared with an adult or older child
- Talks about a new older friend
- Suddenly has money, toys or other gifts without reason
- Thinks of self or body as repulsive, dirty or bad
- Exhibits adult-like sexual behaviors, language and knowledge

Signs more typical of younger children

- An older child behaving like a younger child (such as bed-wetting or thumb sucking)
- Has new words for private body parts
- Resists removing clothes when appropriate times (bath, bed, toileting, diapering)
- Asks other children to behave sexually or play sexual games
- Mimics adult-like sexual behaviors with toys or stuffed animal
- Wetting and soiling accidents unrelated to toilet training

Signs more typical in adolescents

- Self-injury (cutting, burning)
- Inadequate personal hygiene
- Drug and alcohol abuse
- Sexual promiscuity
- Running away from home
- Depression, anxiety
- Suicide attempts
- Fear of intimacy or closeness
- Compulsive eating or dieting

Physical warning signs

Physical signs of sexual abuse are rare. If you see these signs, bring your child to a doctor. Your doctor can help you understand what may be happening and test for sexually transmitted diseases.

- Pain, discoloration, bleeding or discharges in genitals, anus or mouth
- Persistent or recurring pain during urination and bowel movements
- Wetting and soiling accidents unrelated to toilet training

I know this may not be a pleasant topic but I believe it needs to be aired.

If you have any worries about these behaviours or similar troublesome activities your grandchildren may exhibit, your FIRST step is always to consult your doctor.

You may also find valuable assistance from your local community/neighbourhood centre about local service providers who specialise in this area.





Laughter is the Best Medicine

*Those Born 1930-1979 - to all the kids
who survived the 1930's, 40's, 50's, 60's*

and 70's.

First, we survived being born to mothers who smoked and/or drank while they were pregnant....

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.....

Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright coloured lead based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.....

As infants and children, we would ride in cars with no car seats, booster seats, seat belts or air bags.....

Riding in the back of a pick up on a warm day was always a special treat.....

We drank water from the garden hose and NOT from a bottle.....

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, white bread and real butter and drank soft drinks made with sugar, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING!

We would leave home in the morning and play all day, as long as we were back by the time the streetlights came on.....

No one was able to reach us all day.....And we were OK.....

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we soon learned to solve the problem.....

We did not have any Playstations, Nintendo's X-boxes or video games. There were no 150 channels on Cable TV, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet or chat rooms.....

WE HAD FRIENDS, only because we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

We were given cowboy cap guns for our early birthdays, made up games with sticks and tennis balls and, although we were told it would happen, we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them! There was no thought someone would kidnap you - on the way to, or from, your friends place - and murder you and that you would never be seen again.

We had Cracker Night and let threepenny bangers and tom thumbs go off - and the whole family would join in and the little children would run around with sparklers. You could go down the local shop and buy them - what Dickhead worked out that was anything but a bit of family fun?

Those who didn't make the team had to learn to actually deal with an event in life called "disappointment". Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law. You'd get a kick in the backside from your friend's father for getting into strife there and when you got home the Pony Express message had gone through, that you had played up - so you got another one just for good measure when you got home. It wasn't rocket science to work out you couldn't win the war, so it would be a whole lot smarter to behave!

We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL!

If YOU are one of them.... CONGRATULATIONS!

Kind of makes you want to run through the house with scissors, doesn't it?

