

# MONTHLY NEWS



## Editorial

Hi Everyone,

Here we are in the second half of the year already. How time flies when you are having fun!

In this issue you will find details of Connect the Coast's **great picnic** for grandparents during Seniors week this year. Please bring the grandchildren for a great day out.

There is also some more news about our **conference which will go ahead** as we have now gained just a small bit of funding. There is also an **updated version of the framework for our National Body**. This is due to the very frank and worthwhile feedback given. I thank those of you who took the time.

This month I have yet another request to make; and that is that you fill out and return an **expression of interest form for conference**. Our small amount of funding means we have to do some serious budgeting and will therefore need to know how many people we are catering for and what their needs are. We are hoping that as many grandparents as possible will attend which is why we hope to be able to assist with various costs. **Conference itself is free for grandparents** and we are working on accommodation and transport.

Please find the form enclosed/attached and **return it as soon as possible**.

The **Seniors Enquiry Line** ran a "peer skills" programme with some members of the local groups and it was both a lot of fun as well as very informative and enlightening. Many thanks to Cesca and Julie for giving up your time to help our little band. Those who were not able to attend the full session are still very welcome to come to the **shorter session** which will concentrate on the **highlights**. It is possible to do just this next session even though you weren't able to make the first one.

It is on July 31<sup>st</sup> at the Eagleby Centre. Please contact the SEL for details.

Love,  
Maree



## Picnic in the Park

Venue: Bischoff Park Nerang Street,  
Nerang

Date: Saturday 22<sup>nd</sup> August 2009

Time: 10am to 3pm

What will be there? Just about everything! Information about everything under the sun; great food to share [unless you want to bring a picnic basket]; displays and entertainment; prizes to be won; heaps of giveaways; people just like you to meet.

Cost to participate is nothing and expenses will be kept to a minimum.

For more information contact Tracey Douglas on 5506 5523 or [tadcom@austarnet.com.au](mailto:tadcom@austarnet.com.au)

## Grandparents Taking Care of the Future

Conference November 2009

Preparations are well underway even though we have only just gained the first round of funding. Please find **attached/enclosed a more detailed leaflet** and the **expression of interest form** or contact me if it doesn't come through. Interstate notices will be sent out very soon, so get in early as we are expecting to have to turn some people away.

COGs has been able to find a suitable **patron, Debra Byrne**, which is great news and due entirely to the quick thinking of Tracey Douglas.



## 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 2<sup>nd</sup> Tuesday of the month @ 10:30am,  
The Hub, Corsair Ave  
Ph Maree 3287 1664.

### KinKare CLEVELAND

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

### KinKare BEAUDESERT

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

### KinKare GOODNA

Starts on November 17<sup>th</sup> 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](mailto: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](mailto:trcota@bigpond.net.au)

### WESTERN AUSTRALIA

#### Granpower

[www.granpower.org.au](http://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.

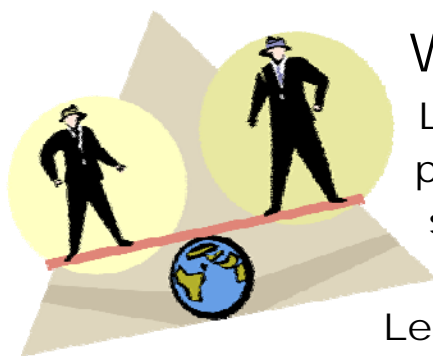
***We are considering going to a PDF  
format. Please advise if this will not suit  
you.***

### 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.

## When it Means the <sup>For</sup> World:



Legal Aid, a private solicitor or Community Legal Centres?

This question is faced by so many of us and there is no definitive answer as each one has its own positives and negatives.

It is very important that you do your homework here. Unfortunately, this question is usually faced at a time when you are up to your eyeballs in all sorts of other problems and stresses.

Here is a very brief guide to each to assist but bear in mind that it by no means comprehensive or a substitute to getting the appropriate information for your own situation.

### Legal Aid:

Over the past year or so there have been changes to the eligibility criteria for legal aid. (We had an article about this towards the end of last year.) So if you were told previously that you were not entitled, you may have to re-check if that is still the case. Chances, though, are not good and there could be a part payment to make.

There are both Legal Aid solicitors and private solicitors able to gain Legal Aid assistance for clients. For further enquiries call 1300 65 11 88

### Private Solicitors:

This is where you really have to be wary as many who specialise in Family Law are **not** familiar with the law as it is practised with regard to grandparents.

Make sure you find out how many successful similar cases they have handled. It can be extremely expensive to make a mistake.

### Community Legal Centres:

These centres are spread throughout Australia funded by the Att. General's office. Many of them also specialise in different areas of law. As do most lawyers. Each centre can give you free legal advice in their particular area. Most, however, cannot represent you as their funding doesn't allow. They can help you to write letters and give good advice.

Often these centres are the best place to call first and ask some questions as they won't charge for information!

## What about ME?

*"By the time it all went to court, I looked and felt as though I was on the edge of a nervous breakdown. Not the sort of person you would give responsibility of a young child to for any length of time. Yet I had been happily and capably raising him for years."*

I hear this type of statement regularly. It is because grandparents are more likely to put their own health and well being aside when there is a problem to be faced.

That is not the best way to go. The children need you to be at your best when the next problem comes along. Whether denied access as the grandparent above became, or raising grandchildren; grandparents need to be at the top of their health to deal with the emotional traumas that could well lie just around the corner.



**Time out is not just a sporting term.** It relates to you as well.



The exercise bike or gym may not be your cup of tea but relaxing can be accomplished by everyone. If you do not know much about this, it is time to learn and a good place to start is Dr Sally Frye's book, "Grandma you make me want to touch the sky."

There is a great CD in there for chilling out! Remember, it applies to granddads as well. Sally will also be at conference in November. To get a copy of the kit ring the Seniors Enquiry Line and ask. They can help with many other ways for you to wind down too.

Regular medical visits be a part of and even more so and under pressure. colds and flu's can energy levels around and keep on top.



and checkups should everyone's routine when you are busy. The latest round of easily knock your so look after yourself



## Our Personal Page



## Laughter is the Best Medicine

### Kinkare – COGs – Connect the Coast

From the feedback I have been getting about the National Body Framework, it has come to my attention that many of you are not sure of how these organizations interact. I have outlined the history of them before but not the working relationship.

**Connect the Coast (CtC)** began nearly 10 years ago as an initiative of the Commonwealth Government to assist socially isolated people on the Gold Coast. They were funded in the beginning and were able to set up programmes to gain and maintain incorporation and charitable status (Tax deductibility for donations.)

When **KinKare** began in 2002, it was important to us that our assistance to members was free of charge. CtC gave us **auspice** which, in our case, meant they covered our insurances, auditing and other red tape. **CtC doesn't not charge us for that.**

In return we are asked to notify CtC of our activities and behave in a manner which does not jeopardise these insurances. Therefore, all of our meetings, picnics and other activities are **fully insured for personal liability and professional indemnity**. This means security for us in everything we do and is the same requirement as any other insuring body.

These days most agencies giving **funding** require incorporation and insurances so all our submissions to them need to go through, and be managed by, CtC. Any donations to us also go through CtC and are **tax deductible** and accounts fully audited.

The **Council of Grandparents (COGs)** began shortly after KinKare, and, like KinKare, now has auspice through CtC. COGs is an organization made up of representatives from government and non-government agencies as well as support group leaders to keep these agencies informed of the needs of grandparents and how they can assist. **KinKare acts in an advisory capacity only to this body**. COGs has no role whatsoever in the running or activities of KinKare.

In short, these bodies enable KinKare to keep the needs of grandparents in front of those who can best assist and also provide the newsletter, meetings etc. without charges to members.

**This keeps KinKare an effective, independent organization.**

### Wise Sayings: Government

1. In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a Congress. -- John Adams
  2. If you don't read the newspaper, you are uninformed; if you do, you are misinformed. -- Mark Twain
  3. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. -- Winston Churchill
  4. A government which robs Peter to pay Paul can always depend on the support of Paul. -- George Bernard Shaw
  5. Democracy must be something more than two wolves and a sheep voting on what to have for dinner. -- James Bovard
  6. Giving money and power to government is like giving whiskey and car keys to teenage boys. -- P.J. O'Rourke
  7. Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. -- Ronald Reagan
  8. I don't make jokes. I just watch the government and report the facts. Will Rogers
  9. If you think health care is expensive now, wait until you see what it costs when it's free. -- P.J. O'Rourke
  10. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. -- Voltaire
  11. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you. Pericles (430 B.C.)
  12. The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. -- Ronald Reagan
  13. The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. -- Mark Twain
  14. A government big enough to give you everything you want, is strong enough to take everything you have. -- Gerald Ford
- Remember these are sent in by readers and are much appreciated by all.**