

# MONTHLY NEWS



## Editorial

Hi Everyone,

I don't know about your neck of the woods but here in SE Queensland we are experiencing fabulous weather. It is traditional for us to get extremely cold westerly winds starting from exhibition time. If any of you need **extra blankets etc for this time, please contact me.**

In this edition we are keeping you updated with our meetings at both **State and Federal Community Cabinets** held this month. Also there is news about the **conference and national body.**

Those of us who attended the Seniors Enquiry Line **Peer Skills Programme** had our follow up day and it was great.

If you want to participate in the next one please say so as they are very good value and we can always hold more.

Don't forget the Connect the Coast **picnic this month.** There is an article giving further details. We thank Connect the Coast for going to all the trouble, and the red tape involved, to gain funding to put on such a special day for grandparents. I urge you all to attend, if possible, and mention that you heard about it through this newsletter. As always, **if we don't support these events no one will want to support us.**

The Australian Institute of Families have started their study commissioned by the Federal Attorney General into the effects of the recent **Family Law changes on grandparents.** Maged and I are following up on that on your behalf. As soon as we have further information it will be published in this newsletter.

Danni and I continue to represent you at zonal levels of **Child Safety** The process of change is slow in government, but it is happening.

KinKare has also started the process of trying to get grandparenting issues into **opposition policy.**

Hope you enjoy this newsletter,

Love as always,

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 your own picnic basket]; displays and entertainment; prizes to be won; heaps of giveaways and people just like you to meet.

There will be a jumping castle for the kids and the Connect the Coast programme; Connect a Vet, i.e. Vietnam veterans, will be putting on a **sausage sizzle for \$1.00.** Please support these guys.

For more information contact Tracey Douglas on 5596 5523 or [tadcom@austarnet.com.au](mailto:tadcom@austarnet.com.au)

## Grandparents Taking Care of the Future

### Conference November 2009

As yet we have not received notice of any more funding but have received suggestions from State government that we qualify under new schemes they have initiated. Again we try for more!!!!

Plans to set up a **national body** are really taking shape and I am looking forward to announcing some major new breakthroughs in this area in the next couple of weeks.

**I implore all of you who are as passionate as I am about this union of groups to please contact me.** Expect conference registration forms out soon.



## 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 Saz 0409 294 231

### 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.



## Community Cabinets:

This month has seen two community cabinets come to our neck of the woods and KinKare attended both.

The **Federal** one, although very interesting, had no particular items for grandparents. Unfortunately the system is that you can only apply to see one person. If that person is not able to attend, it is just too bad for you.

The **State** one, however, was very different and much more "user friendly". I was able to see Minister Phil Reeves and chat with others.

KinKare is still chasing good respite for kinship carers in line with that received by other grandparents through the "Time for Grandparents" programme.

We have received quite a lengthy reply from the minister outlining several options. At present, other options are also being pursued. Hopefully there will be some more definite outcomes to report over the next few weeks.



## National Body Update

A national body, or union of grandparent groups, is starting to become an essential for negotiating with government. Getting so many different groups to work together was never going to be an easy task.

**The lack of funding and the need to distribute information and collect input nationally has been a difficult hurdle to overcome.** Nevertheless, the effort **MUST** be made by each and everyone of us if we are ever to see grandparent's issues treated responsibly. It has been too easy for government to fob off the individual groups one by one.

In my attempts to push this issue, I have made more than my share of mistakes. I now believe that there is a chance to overcome my previous shortcomings by setting up what is called a **WIKI** on a neutral website. Through this the original proposal can be accessed nation wide and everyone's comments and suggestions will be available for all to see. (A WIKI is similar to a blog. WIKI stands for What I Know Is.)

This will streamline the dissemination and retrieval of information so that it may well be possible to have a **panel of relevant experts to further advise us at conference.**

Details of how to access the WIKI will be sent during the next fortnight.

**Please support the concept and pass on details through your networks.**



## National Child Protection Framework

This is an initiative of the Council of Australian Governments (COAG). It involves all States and Territories and has been a long time coming. It is a twelve year programme (2009-2012).

The website has not been user friendly in allowing me to copy directly from it as it is copyrighted; however, I am reproducing some information here. Grandparents are specifically mentioned in their Supporting outcome 4.2 so I will highlight this section. The series of dots indicate I have left out words which I think are not necessary to the overall meaning from our perspective.

### 4.2 Support grandparent, foster and kinship carers to provide safe and stable care.

#### Initial 3 year actions.

- Provide specialist supported playgroups...Delivered by Commonwealth 2009-10
- Continue to explore options for ...financial and non-financial support...Delivery: All jurisdictions 2009-10
- Support programmes for grandparent...carers ...e.g. Q'ld's "Foster and Kinship Carer Strategy" includes a support line, caring allowance, flexible respite options and training....Delivery is ongoing by States and Territories
- Continue to explore options...in relation to the healthcare needs of children...in out-of-home care....Report by end of 2009 ..All jurisdictions
- Enhanced support for grandparent and kinship carers as a specific target group under the *Communities for Children* program....2009-10 Commonwealth.

I guess we should be grateful that we at least get a mention, but really some of the above points miss the mark in my opinion. It would be great, down the track, to have good playgroups, but they are only going to "explore options" when it comes to financial support. **Haven't they read the research about financial the needs of grandparents? (COTA 2004; OPSO 2002 SEL 2006?).**

Children need playgroups for a short period; they need to be fed all their lives!

As for the Q'ld strategy, please let me know about the "flexible respite" you are getting and just what is the "enhanced support" referred to in the last point?

Sorry, but my opinion is that this is another talkfest. Let's get some real notion of concrete help for our kids.





## Laughter is the Best Medicine

### What is the Meaning of Life?

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" So God agreed.....

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God agreed.....

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed again.....

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God. "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves.

For the next forty years, we slave in the sun to support our family.

For the next ten years, we do monkey tricks to entertain the grandchildren.

And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you.

## Stress

A lecturer explaining stress management to an audience raised a glass of water and asked 'How heavy is this glass of water?' Answers called out ranged from 20g to 500g. The lecturer replied,

'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

'And that's the way it is with stress management. If we carry our burdens all the time, sooner or later we won't be able to carry on. You have to put them down for a while and rest. When we're refreshed, we can carry on with the burden.'

So, my friend put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

[Here are some great ways of dealing with the burdens of life:](#)

- \* Accept that some days you're the pigeon, and some days you're the statue.
- \* **Always keep your words soft and sweet, just in case you have to eat them.**
- \* Drive carefully. It's not only cars that can be "recalled" by their maker.
- \* **If you can't be kind, at least have the decency to be vague.**
- \* If you lend someone \$20 and never see that person again, it was probably worth it.
- \* **Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.**
- \* Nobody cares if you can't dance well. Just get up and dance.
- \* **Since it's the early worm that gets eaten by the bird, sleep late.**
- \* The second mouse gets the cheese.
- \* **When everything's coming your way, you're in the wrong lane.**
- \* Birthdays are good for you. The more you have, the longer you live.
- \* **Some mistakes are too much fun to only make once.**

***\*A truly happy person is one who can enjoy the scenery on a detour***