



March - April 2019 Newsletter

4,651 NZ GRG Member Families

Tena Koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula, Taloha Ni, Kam Na Mauri, Namaste, Hallo, Bonjour, Hola and Greetings to all!



### KEY DATES COMING UP

#### 1 June 2019

Last date to apply for Extraordinary Care Fund for next funding round.

#### May 2019

Applications for Kidzacool Camps for July School holidays close around the end of May. See page 6 for details on making an application for your grandchild/whanau tamariki

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Find us on Facebook at

[Facebook.com/grg.org.nz](https://www.facebook.com/grg.org.nz)

**In honour of the men, women and children who died in the Christchurch Mosque Attacks on 15/3/2019 - Rest in Peace. To their families and loved ones we send our heartfelt condolences and love.**



'Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; Only love can do that.'

Martin Luther King



## Kate's Take! On the CEO's Desk this Month

It is difficult to know where to start to reflect on the month that's been after the impact of the horrific terrorist attacks on the Al Noor Mosque and the Linwood Islamic Centre two weeks ago. It eclipsed our nation's psyche in a way that will always be a comparison between before - and after 15/3.

And as we have collectively and individually mourned the lives of those killed, we have come together as a nation with a wonderful outpouring of love, kindness and solidarity towards the Muslim community most

affected. Yet at the same time there is the struggle to understand how and why it could happen that has led to much debate and soul-searching. It has also given us pause for thought on many aspects of our lives.

How do we explain such evil and hatred in the world to our children? How do we keep them and ourselves safe when we live in an increasingly online world in which evil ideas along with disturbing, violent, evil and destructive images are used to foment hatred against one another, whether because of race, culture, religion, political ideology, economic status, educational status, gender or sexual orientation.

And how do we explain and help them develop a healthy response and perspective in life to the things that that can never be unseen? How do we ensure our society learns from the evil of the attacks in Christchurch?

As I pen this column I have just listened to the most enlightened example of humanity to come out of this appalling act of evil - the extraordinary compassion shown by one of the survivors, Farid Ahmed who spoke at the Christchurch Memorial on Friday 29 March.

Bearing no hatred for the man who also killed his wife among the fifty souls who died, and who wounded as many more; he reasoned that the killer probably *"has gone through some suffering in his life. Some traumatic thing happened to him and he could not process well, his suffering into a constructive way."* He went on to explain that *"we are human brothers and sisters"* and *"I don't support his wrong action but...I cannot deny the fact that he is my human brother."*

In his profound message for humanity, he also offered a metaphor - a garden of flowers which I found to be a valuable and inspiring lesson on how we all as individuals and collectively as a society could achieve peace in our times. It is simple and beautiful. It is worth sharing in full:

*We all want peace, we say that we want peace, but we have to start from somewhere.*

*We have to start cleaning our own hearts first. We have to change our attitude. If our heart is full of love, then peace will start from here. And each one of us has responsibility, from wherever we are. We have responsibility to at least start from our heart.*

*And the second thing is we have to change our attitude. Our attitude should be; we human beings are one family, regardless of faith, religion, culture and language. I would like to conclude with my beautiful city where I am. This is Christchurch city, called 'Garden City' And in the garden, we see beautiful flowers and we have to learn from it. In the garden we see different types of flowers.*

*They are different but together they make a garden. They make a beautiful garden. They stay one beside another with peaceful coexistence, even though they have differences. We human beings have to be like this. I may be from one culture. You may come from another culture. I may have one faith, you may have one faith. But together we are a beautiful garden."*



The hideous way in which the events were broadcast online has also led to much debate about the role of Facebook, its live-streaming service, other social media, blogs and chatrooms across the internet. While various efforts have been made to block or suppress publications and impose limits on free speech, most concerning to many caregivers of children and youth is just how difficult it is to ensure that our young minds are not corrupted by damaging material on the internet. Aside from the horror of the live-streaming of the Christchurch attacks on Facebook; it is also a disturbing fact that on a daily basis our children and youth are being bombarded online with images of violence and porn. Today, "It's

common for young people to have seen violence, aggression and non-consensual activity. Young people were more likely to see a focus on men's pleasure and dominance, while also more likely to see women being demeaned, subjected to violence or aggression, and non-consensual behaviour. Young people are likely to see porn regardless of gender, ethnicity or sexuality, however most young people have never talked about it with a parent or caregiver." <sup>1</sup>

Disturbingly a quarter (1 in 4) of our children will see porn online **before the age of 12** and 71% of them are not seeking it out when they first see it<sup>2</sup>. Surveys studying the impact of child and youth exposure to porn notes that it promotes false expectations and unhealthy views about sex and relationships, and that it normalises violence and aggressive behaviour. For some, the imagery is deeply disturbing and confusing. I recently met one of the

co-founders of **The Light Project**, which has been set up in New Zealand to provide information and resources to help youth, caregivers/parents and their whanau, to navigate this "new porn landscape" in which porn online is prolific and hard to avoid online today.<sup>3</sup>

If your grandchild or someone you know needs help or as a caregiver or parent you are looking for guidance on how to talk to your grandchildren about porn, **The Light Project** has some excellent information and resources to help.

**Netsafe** also has some excellent tips for parents on how to limit screen time and access to applications and websites on devices. See [www.netsafe.org.nz](http://www.netsafe.org.nz)

<sup>1</sup> <https://www.classificationoffice.govt.nz/news/latest-news/nzyouthandporn/>

<sup>2</sup> Ibid note 1

<sup>3</sup> <https://thelightproject.co.nz>

## Survey of Grandparents Receiving UCB or OB

Just prior to going to print, we received advice from Oranga Tamariki (Ministry for Children) that they will be conducting a **phone survey** of a sample of caregivers receiving the Unsupported Child or Orphan's Benefit during June. If you are a recipient, there is a possibility that you may receive a letter from Oranga Tamariki inviting you to participate in the survey. Letters are being sent over the next three weeks and the survey will take place during June.

While the Ministry for Social Development administers the UCB/OB payments, Oranga Tamariki is responsible for policy related to children and they **want to get feedback from caregivers about the support they're getting; and what children in care need.**

The survey is **voluntary**. You don't have to take part. It is **NOT** a scam. **Oranga Tamariki wants to hear your views. It won't affect your payments if you choose to take part or not.**

## National Support Office and Support Group News

This month we sadly farewell our wonderful Outreach Advocate, **Kate Mace** who is leaving us in early April to take up a new challenge as Barnardos' regional Contracts and Services Manager. She has "really loved working for GRG" and although it is with a "heavy heart" she is leaving, it is the kind of opportunity she just couldn't pass up as a next step in her career. We will miss her, but wish her every success with her new role, with the confidence and knowledge from our experience working with her that she will be a fantastic asset to Barnardos! We are currently engaged in the recruitment process for a new Outreach Advocate and will keep you posted.

We are thrilled to welcome the newest member of our GRG Service Delivery team within the National Support Office: **Francesca Greenslade**; who has joined as our **Client Services Administrator**. Francesca has a wealth of experience and skill as an administrator and with lightning speed, has become an invaluable member of the team triaging calls on our 0800 GRANDS helpline,



via the website, email and Facebook along with the office administration. Francesca also has helpful insight into the challenges that so often come with grandparent or other whānau care through witnessing her grandparents experience

raising her cousin over many years, as well as experiencing the impact of it on her and her wider family.

Our SGC duo in Otago, **Aad and Leonie Vogel** retired this month after eight years providing advice and support to so many of our grands over the years. Thank you so much for your wonderful service, from us all! Joining our nationwide network of local Support Group Coordinators, we also extend a warm welcome on behalf of us all to our newest SGCs; Charmaine Timihou (Turangi), Roma Paull (Porirua), Anna Clare (East Christchurch), Mike Stanley (Dunedin) and Angelia Harrison (Queenstown). See page 7-8 for their contact details.



## Advocating for You!

Tricia Corin

GRG Specialist Advocate on Benefits and Income Support

Last month I talked about the situation where a grandparent on Sole Parent Support might not be getting the full benefit rate entitlement because the rate has been reduced by \$22 or more each week for each child because the mother hasn't identified the father. In most cases in which I've represented grandparents in this situation, they didn't even know they weren't getting the full rate!

The fact that they didn't know flies in the face of the policy advised by the Ministry in which it assured us recently that the *"impact of [the reduction and applicable exemptions] is discussed with clients at the initial application interview and at subsequent appointments for those taking active steps to provide evidence to support an exemption. These conversations are supported by follow up letters to ensure that clients have all the information they need to understand their entitlement."*

In my experience advocating for grandparents, this does not always take place, which means that there are grandparents who should not be subject to this reduction. It is hard enough raising a child on a benefit as it is, and we think the Ministry ought to be writing to all those grandparents on Sole Parent Support that they have identified as being subject to a reduction, and offering them an opportunity to discuss their situation, as the reduction applies to the mother of the child and their failure to name the other parent, not the grandparent who is now caring for the child.

In any case, if as a full-time grandparent/whānau caregiver you are raising someone else's child on Sole Parent Support and you think you might be in this situation, we can help you with that. Please call us on **0800 472 637** or email me at [Tricia@grg.org.nz](mailto:Tricia@grg.org.nz).

### New Benefit Rates from 1 April 2019

Below are the Orphans Benefit and Unsupported Child's Benefit rates from 1 April 2019. Note: These are non-taxable, weekly rates.

Category	Non-taxable rate
Under 5 years	\$172.84
5 - 9 years	\$197.27
10 - 13 years	\$215.53
14+ years	\$233.71

Below are the Clothing Allowance rates paid in addition to Orphans Benefit and Unsupported Child's Benefit rates from 1 April 2019. Note: These are non-taxable, weekly rates.

Category	Rate
Child 0 - 4 years	\$20.48
Child 5 - 9 years	\$23.22
Child 10 - 13 years	\$28.67
Child 14+ years	\$34.41

### Extraordinary Care Fund Dates for Funding Rounds in 2019

Note: if you are unsuccessful in one round, you can reapply. You can submit your application at any time before the next funding round closing date to be considered.

If you apply before: You will hear back by:	
15 February 2019	29 March 2019
1 June 2019	2 August 2019
18 October 2019	3 December 2019

See our website at [www.grg.org.nz](http://www.grg.org.nz) for more information.

### Are you raising someone else's child?

If you are **because there has been a breakdown in the child's family and you are likely to be their principal caregiver for at least 1 year** from the date you apply to Work and Income for this support then **you are entitled to this support to help with the costs of raising the child.**

The UCB is not taxable and is **not affected by your income or assets** as a caregiver. It is affected by any income the child might be receiving (e.g. ACC) and the child must be resident and present in NZ. To qualify for it you must also be over 18 years of age, resident and present in NZ for a continuous period of 12 months or more and you must not be a natural parent, an adoptive parent, or a step-parent of the child.

If these circumstances apply to you and you think you have been incorrectly advised or you realise now that you should be receiving this support, please contact me on [Tricia@grg.org.nz](mailto:Tricia@grg.org.nz) or our helpline on **0800 472 637** or call our National Support Office on 09 418 3753 for a referral to me.



## Lets talk about SALT

Simply Acquired & Learned Techniques™  
4 Grandparent Carers

**Lisa Braid**  
**GRG Operations & Services**  
**Delivery Manager**

When I first started with GRG, I noticed that there was a gap for grandparents and kin/whanau carers to attend appropriate caregiver training that catered for their needs as caregivers, as distinct from the foster carer.

GRG's research in 2005 and 2009 had clearly demonstrated there was a need and desire for it, so drawing on the fundamentals of strengths-based training and trauma-informed care, I developed a programme tailored to the particular issues that we know from experience many grandparents and whanau carers face.

Grandparent care is a complex dynamic; emotionally and socially for the carers and the children within the whanau, especially when the children are also affected by past trauma. Grandparents and whanau carers need simple and effective strategies for dealing with challenging behaviour and stressful situations.

But most importantly they need to understand why children behave the way they do in a way that is relevant and relatable to them and it is the 'lightbulb' or 'aha' moment participants then experience that really opens their eyes enabling them to apply the appropriate strategy in response to challenging behaviour and /or conflict.

Minimising the stress and maximising the security of the relationship is at the heart of GRG's vision for achieving positive life outcomes for their grandchildren and SALT is a key part of our education programme to achieve this.

The SALT training occurs in a small group setting held during school hours, with their local Support Group Coordinator as support. The concept behind the SALT training format is also to empower grandparents with increased confidence in their abilities as carers and to receive ongoing encouragement from their support group when they need additional assistance during a tough time.

Over the past 12 months, I have had the pleasure of travelling around the country facilitating the SALT programme to 17 groups. I have met many wonderful grandparents who are doing a fantastic job raising their grandchildren.

Consistently the feedback has been that they wish they had this training earlier and that it has opened their eyes up to why traumatised children behave in the ways that they do.

If you would like to take part in a SALT workshop in your area please email us at [SALT@grg.org.nz](mailto:SALT@grg.org.nz).

## Grand's reflections...

### Children Learn What They Live

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, he learns to fight.

If a child lives with fear, he learns to be apprehensive.

If a child lives with pity, he learns to feel sorry for himself.

If a child lives with ridicule, he learns to be shy.

If a child lives with jealousy, he learns what envy is.

If a child lives with shame, he learns to feel guilty.

If a child lives with encouragement, he learns to be confident.

If a child lives with tolerance, he learns to be patient.

If a child lives with praise, he learns to appreciate.

If a child lives with acceptance, he learns to love.

If a child lives with approval, he learns to like himself.

If a child lives with recognition, he learns that it is good to have a goal.

If a child lives with sharing, he learns about generosity.

If a child lives with honesty and fairness, he learns what truth and justice are.

If a child lives with security, he learns to have faith in himself and in those around him.

If a child lives with friendliness, he learns that the world is a nice place in which to live.

If you live with serenity, your child will live with peace of mind.

With what is your child living?

By Dorothy Law Nolte, Ph.D

# what a grand idea!

Don't forget that the KidzACool Adventure camps are a great way for your grandchildren to have an adventurous fun-filled time with other children their own ages during the school holidays, while giving you a break for a few days. Applications for the July school holidays **close** about four weeks **before** each camp period. See dates below and contact us for a referral and more information on 0800 472 637 / 09 4183753 or email [office@grg.org.nz](mailto:office@grg.org.nz)

## 2019 Dates

### Whangarei

14-18 January 2019  
15-18 April 2019  
8-12 July 2019

### Auckland

21-25 January 2019  
15-18 April 2019  
8-12 July 2019

### Rotorua

21-25 January 2019  
23-27 April 2019  
8-12 July 2019

### Gisborne

21-25 January 2019  
15-18 April 2019  
8-12 July 2019

### Christchurch

21-25 January 2019  
15-18 April 2019  
8-12 July 2019



Brighter Futures Community Partner

## Can we help you?

Members ONLY services are available free of charge nationwide

New members and existing members please call our Helpline 0800 GRANDS (0800 472 637) or 09 418 3753

Or Join GRG via our website at [www.grg.org.nz](http://www.grg.org.nz)  
Or click the Join GRG button below

**JOIN GRG**

**Office Administrator:**  
09 418 3753  
Email: [office@grg.org.nz](mailto:office@grg.org.nz)

**Chief Executive:**  
Kate Bundle 027 2446763  
Email: [kate@grg.org.nz](mailto:kate@grg.org.nz)  
**GRG Trust NZ**  
PO Box 34892  
Birkenhead  
Auckland 0746

**National Support Office Unit C**  
Chelsea Business Park  
162 Mokoia Road  
Birkenhead Auckland  
0626

Our Office Hours are 9am to 2pm Monday to Friday

Grandparents Raising Grandchildren Trust NZ is a registered charity (CC20205) providing nationwide and local support focused on supporting and empowering grandparent

and whanau caregiver families to achieve positive life outcomes for the children and young people in their care

If you no longer wish to receive this newsletter or you have changed address please update your details by contacting the GRG Trust Office as this is where the total mail out membership is kept. Moved home or planning to? Be sure to let us know.

**Disclaimer:** Opinions or views expressed in this newsletter shall be understood as reflecting those of the author as quoted and are not to be taken as given or endorsed by GRG.

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Heoi ano, na. *E te Atua, aroha mai..... O God shower us with love. Ka kite Ka Whangaia ka tupu, ka puawai* - That which is nurtured, blossoms and grows. *He rōpū manaaki, he rōpū whakarongo, he rōpū ako mātou*  
We are respectful, we listen, we learn.

Please pass this newsletter on to other grandparents/kin caregivers you know who need support

**Donate to GRG**

Give a little to GRG via our secure DPS payment system on our website at [www.GRG.org.nz](http://www.GRG.org.nz) at or at [Givealittle.co.nz/org/grg](http://Givealittle.co.nz/org/grg)





## GRG Support & Coffee Groups Nationwide

**Note: Meetings are held during school terms - with public and school holidays excluded unless otherwise specified.**

### Kaitaia & Kerikeri

**Meets: First Friday of the month @ 10.30am-12.00pm Contact: Martha Taonui** 0220507056 or [jamcleaner@gmail.com](mailto:jamcleaner@gmail.com) or [Kaitaia@grg.org.nz](mailto:Kaitaia@grg.org.nz) for one to one support including telephone support and advice and advocacy on a range of issues including WINZ matters and accessing support for families.

### Kaikohe

**Contact: Moengaroa Floyed** on 09 401 3057 or [Kaikohe@grg.org.nz](mailto:Kaikohe@grg.org.nz) for meeting times and support.

### Dargaville

**Meets: Monthly at Dargaville Boating Club—Back of the BP Service Station overlooking the Northern Wairoa River Contact: Sandy Zimmer** on 09 4394420 or [Dargaville@grg.org.nz](mailto:Dargaville@grg.org.nz) for telephone support, parenting and GRG Toolbox workshops for members, Emergency Outreach/crisis support for members, Advocacy for WINZ & Court.

### Whangarei

**Meets: First Friday of the month @ 10.30am-12.00pm** at the Anglican Care Centre, Corner of Mill Rd and Deveron St. **Contact: C/- Janet Puriri** on 09 435 0044 or Lianne on [Whangarei@grg.org.nz](mailto:Whangarei@grg.org.nz) for support group meetings. Koha for morning tea. Donations of garden produce and good used children's clothing appreciated.

### Ruakaka

**Contact: Tauser Kingi** on 09 432 8611 or [Ruakaka@grg.org.nz](mailto:Ruakaka@grg.org.nz) for meeting times and support.

### West Auckland/Waitakere

**Meets: 3rd Thursday of the month @ 10am** at: 267 Glengarry Road, Glen Eden (the hall is under the Terrance Kennedy resthome) parking in the Salvation Army car park **Contact: Esther Price** on 0212510690 or [Waitakere@grg.org.nz](mailto:Waitakere@grg.org.nz) for telephone support and support group meetings, whanau outings, events and workshops for members.

### New Lynn

**Meets: 3rd Tuesday of the month @ 10am** at 9 Binsted Road, New

**Lynn Contact:** Robyn Robertson on 021 309 365 or [NewLynn@grg.org.nz](mailto:NewLynn@grg.org.nz) for telephone support and support group meetings, whanau outings, events and workshops for members.

### East Auckland

**Meets: Last Monday of the month** at Dunkirk Road Activity, Centre, 50 Dunkirk Road, Panmure, (09) 570 5539 **Contact: Tess Gould Thorpe Hall** on 09 535 6903 or [Tamaki@grg.org.nz](mailto:Tamaki@grg.org.nz) for a friendly welcoming group of grandparents/kincarers sharing experiences and relevant information in a relaxed and confidential setting over morning tea with Gloria's glorious scones. Telephone support and meetings, Whanau outings and events, Emergency Outreach/crisis support for members, Clothing, furniture, and available opportunities, for members.

### South Auckland

**Contact: Virginia Peebles** on 09 277 7514 or [SouthAuckland@grg.org.nz](mailto:SouthAuckland@grg.org.nz) for support.

### Papakura/Pukekohe/Waiuku

**Meets: Alternately in Papakura and Pukekohe Contact: Shirley Afoa** on 021 129 4151 or [Papakura@grg.org.nz](mailto:Papakura@grg.org.nz) or Anne Doddrell on 09 237 8161 or [Pukekohe@grg.org.nz](mailto:Pukekohe@grg.org.nz) for telephone support and support group meetings, whanau outings, events and workshops for members.

### Hamilton & Huntly

**Meets: Last Monday of the month @ 10.00am** at 58 Palmerston St (beside Parentline) Hamilton. **Contact: Pat Davis** on 07 855 0530 or [Hamilton@grg.org.nz](mailto:Hamilton@grg.org.nz) for telephone support and meetings, Whanau outings and events, Emergency Outreach/crisis support for members. Guest speakers are often in attendance. RSVP is always required for catering purposes and facility chairs to be set out.

### Te Awamutu

**Meets: 2nd Monday of the month @ 9.30-11.30am** at TA or Kihikihi **Contact: Ruth Gilling** on [TeAwamutu@grg.org.nz](mailto:TeAwamutu@grg.org.nz) or 022 045 4475 for telephone support, assistance with WINZ, Schools etc

and support group meetings, whanau outings, events and workshops for members.

**Tauranga** currently vacant

**Taranaki** currently vacant

### Papamoa/Te Puke

**Meets: First Monday of the month from March to December (excl holidays) @ 10.30-11.30am** (or longer as required) at **The Empowerment Centre, Jocelyn Street, Te Puke Contact: Rawinia Macredie** on 07 562 2850 or [TePuke@grg.org.nz](mailto:TePuke@grg.org.nz) for telephone support and meetings.

### Opotiki

**Meets: We are a relatively new group and look forward to welcoming members in the area, so please get in touch for more information on meeting opportunities or for support. Contact: Sophie Wilson-Kahika** on 07 262 5136 or [Opotiki@grg.org.nz](mailto:Opotiki@grg.org.nz) for telephone support, advice and support meetings, as needed in Opotiki and the Kawerau area.

### Rotorua

**Meets: Monthly Contact: Anne Donnell** 020 402 22910 or [Rotorua@grg.org.nz](mailto:Rotorua@grg.org.nz) for telephone support and meetings, workshops for members, Emergency Outreach/crisis support for members and support on WINZ and Court matters.

### Te Kuiti

**Meets: 3rd Wednesday of the month @ 10am At: Tiffany's Café, Rora St, Te Kuiti Contact: Kay Higgins** on 027 430 2939 or [TeKuiti@grg.org.nz](mailto:TeKuiti@grg.org.nz) for telephone support and informal support group meetings with lots of interesting chatter and laughter!

### Taupo

**Contact: Lesley-Anne Wells** on 07 377 3539 or [Taupo@grg.org.nz](mailto:Taupo@grg.org.nz) for support and meetings.

### Turangi

**Contact: Charmaine Timihou** on 027 645 2002 or [Turangi@grg.org.nz](mailto:Turangi@grg.org.nz) for support and meetings.

**Note: Meetings are held during school terms - with public and school holidays excluded unless otherwise specified.**

### Taumarunui

**Contact: Jo Wickham** on 027 208 6116 or [Taumarunui@grg.org.nz](mailto:Taumarunui@grg.org.nz) Meetings on first Monday of the month at the Taumarunui R.S.A at 10 till 12. We also meet on the 3<sup>rd</sup> Monday at Big Mammias for coffee at 10 a.m.

**Gisborne** *currently vacant*

### Napier

**Meets: First Friday of the month @10:30am** at the Napier RSA Dining Room **Contact: Rozane Duncan** on 027 901 2021 [Napier@grg.org.nz](mailto:Napier@grg.org.nz) for telephone support and informal get together support group meetings and Watties staff sales.

### Hastings

**Contact: Tom Kupa** on 06 879 4302 or [Hastings@grg.org.nz](mailto:Hastings@grg.org.nz) for support and meetings.

### Whanganui

**Meets: On the 3<sup>rd</sup> Saturday of the month @1-4pm** **Contact: Jenny Morton** on 06 344 3656 or 027 443 7780 or [Whanganui@grg.org.nz](mailto:Whanganui@grg.org.nz) for meeting venues, telephone support and support group meetings, whanau outings, events and workshops for members.

### Wairarapa

**Contact: Tere Lenihan** on 021 509 493 or [Wairarapa@grg.org.nz](mailto:Wairarapa@grg.org.nz) for meeting times and venue.

### Tararua

**Meets:** We are a new group and look forward to welcoming members in the area, so please get in touch for more information on venue and times. **Contact: Connie Peters** Ph 0274883415 in Dannevirke or [Tararua@grg.org.nz](mailto:Tararua@grg.org.nz)

### Manawatu

**Meets: First Tuesday of the first month @10:00am or First Thursday at 6pm in alternate months** at the Square Edge, upstairs in the Evelyn Rawlins Room, The Square Palmerston North. **Contact: Jacqui Phillips** on 021 229 0455 or

### Coffee Groups

Matakana & Warkworth	Anita	021 08205563
North Shore Auckland	Val	022 0802368
Auckland Central	Jane	021 029 54802
Hamilton	Carol	027 361 1929
Cambridge	Bev	021 02720902
Raetihi	Angel	06 385 3404
Kapiti	Margaret	04 293 4728
Upper Hutt	Margaret	04 976 9475
Blenheim	Juliet	03 571 6222

[PalmerstonNorth@grg.org.nz](mailto:PalmerstonNorth@grg.org.nz) for telephone support and support group meetings, whanau outings, events and workshops for members.

### Levin

**Contact: Ann Waddell** on 06 362 7269 or [Levin@grg.org.nz](mailto:Levin@grg.org.nz) for support and meetings.

### Hutt Valley

**Contact: Serenah Nicholson** on 021 743 414 or [HuttValley@grg.org.nz](mailto:HuttValley@grg.org.nz) for support and meetings.

### Porirua

**Contact: Roma Paull** on 0220504761 or [Porirua@grg.org.nz](mailto:Porirua@grg.org.nz) for support and meetings.

### Wellington & Kapiti

**Meets: Usually on the 3<sup>rd</sup> Friday of the month** at Johnsonville Community Centre or the Kapiti Community Centre **Contact: Cecilee Donovan** on 021 158 6643 or [Wellington@grg.org.nz](mailto:Wellington@grg.org.nz) for meeting times and venue or for telephone support, Whanau outings and events, Workshops for members and Emergency Outreach/crisis support.

### Nelson

**Contact: Paula Eggers** on 021 062 6583 or [Nelson@grg.org.nz](mailto:Nelson@grg.org.nz) for meetings and support.

### Motueka

**Meets: Fortnightly on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month** at St Andrew's church lounge, 64 High Street, Motueka. **Contact: Rankeilor Arnott** on 03 528 5089 or [Motueka@grg.org.nz](mailto:Motueka@grg.org.nz) for Telephone support and meetings, Whanau outings and events workshops for members and Emergency Outreach/crisis support for members. Some meetings we have organised speakers and other meetings are sharing and caring among the Grandparents.

### Canterbury

**Contact: Veronica Brunt** on 03 942 5935 or [Canterbury@grg.org.nz](mailto:Canterbury@grg.org.nz) for support.

### East Christchurch

**Contact: Anna Clare** on 021 08577 404 or [EastChristchurch@grg.org.nz](mailto:EastChristchurch@grg.org.nz) for support.

### North Otago/Oamaru/Waimate

**Meets:** We are a new group and look forward to welcoming members in the area; so please get in touch for more information on venue and times. **Contact: Margaret Pink** on 03 434 7233 or [NorthOtago@grg.org.nz](mailto:NorthOtago@grg.org.nz) for telephone and support meetings, Whanau outings, events and workshops for members.

### Dunedin

**Contact: Mike Stanley** on 027 205 5767 or [Dunedin@grg.org.nz](mailto:Dunedin@grg.org.nz) for support and meeting details.

### Queenstown

**Contact: Angelia Harrison** on 0212338141 or [Queenstown@grg.org.nz](mailto:Queenstown@grg.org.nz) for support and meeting details.

### Southland / Invercargill

**Meets: Fortnightly on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month @ 10.00 at 183 Spey Street (Family-Works)** **Contact: Lynette Nielsen** on 027 4892581 or [Southland@grg.org.nz](mailto:Southland@grg.org.nz) for telephone support and meetings, whanau outings and events, workshops for members and emergency outreach/crisis support for members.

### New Groups

If you are interested in setting up a new Support Group or a Coffee Group in your area, please contact the GRG National Support Office on 09 418 3753 or email us at [office@grg.org.nz](mailto:office@grg.org.nz) for more information.

As part of the Support Group establishment and support we offer regular training on a range of issues affecting grandparent and whanau carers to assist with your roles and a SALT Caregiver programme for your group.