



November-December 2019 Newsletter

5100 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!

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**KEY DATES COMING UP**

**13 January - 28 February 2020**

- School & Year Start Up Payments

**21 February 2020**

- Extraordinary Care Fund round closes

See [page 6](#) for more information

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



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**0800 GRANDS 800 472 637**

Our free Helpline service is available from mobile and landline calls for support, information, advice and referrals to our Outreach and Advocacy team. Monday - Friday 9am to 2pm or email us at [office@grg.org.nz](mailto:office@grg.org.nz)

Please note our National Support Office is closed over the Christmas-New Year period from 20 December until 6 January 2020 when we will have a skeleton staff on from the 6<sup>th</sup> until 13 January 2020 when it will be business as usual. If you need urgent help, please see page 9 for further handy helpline numbers.



Merry Christmas and a Happy New Year to all our member whanau from us all at GRG!



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

Welcome to our last newsletter edition for 2019!

In the past month we were in the Far North (Kaitaia, KeriKeri and Kaikohe) meeting with a range of community organisations, including Oranga Tamariki, Work and Income and Te

Runanga o Ngapuhi to discuss how we can all ensure better support is available for grandparent and whanau care families in the region. It was also my first trip back to Kaitaia in 20 years - a special part of the country for me filled with so many of my earliest childhood memories up to the age of seven before my family moved back to Whangarei where I was born. Memories of joyous and some traumatic experiences all came flooding back. Standing in the grounds of Saint Saviours church cemetery visiting the graves of my great grandparents and looking across to Kaitaia Primary School I realised how much our personal experiences of life is affected by memories developed through our physical, sensory and emotional experiences. In that moment I reconnected with myself as a young child. To this day, the moment I smell mandarin skins I am catapulted back to my first day at Kaitaia Primary School as a five year old when it was all I could smell in the corridor adjoining our classrooms. I still associate the smell with the anxiety and fear I had that day as a painfully shy girl with freckles and curly, frizzy hair in pig-tails!

On [page 4](#) Hannah explores the complex nature of memory and trauma and how this can manifest differently for different people, particularly in children and how these earliest experiences can still affect us, even if we were too young to remember them.

Merle and I also had the pleasure of meeting **Lucy Houtas**, the Programme Coordinator at **Rongopai House** and **Debbie Curreen** (CAP debt Centre Manager) who run a number of excellent programmes based at Saint Saviours Church in Kaitaia, which are also offered to grandparent and whanau caregivers. Their **Feed My Lambs** programme is a year long course, principally aimed at mothers but also helpful for grandparents raising infants or supporting young mothers within their whanau. Covering a range of topics relevant to caring for infants, including managing stress and conflict, strengthening whanau relationships, they also include a pickup and drop off service for those who struggle with transport. The **mainly music** programme, profiled on [page 4](#) is another excellent community programme for parents, caregivers, grandparents and foster parents to enjoy together with their young child that is highly recommended for helping children develop gross and fine motor skills, language, imagination, mathematical and pre-reading skills as well as learning how to socialise with others. I met with Jo Hood, the Founder of mainly music recently too on her initiative to tailor their

programme to enable grandparents participation more easily with their young grandchildren.

**CAP (Christians Against Poverty)** is another service that is also offered nationwide that could be of benefit to some of our members. They offer a free "Debt Help service" in which their community-based debt coaches work alongside a caseworker team to develop a unique plan for each client. This includes creating a budget prioritising food and housing, taking over all creditor relationships, negotiating with creditors, and establishing a long-term repayment plan – so that the person can get out of debt and stay out of debt. For more information on these organisations, please see the website references and contact numbers on [page 4](#).

In the run up to Christmas our National Support Office team and volunteer Support Group Coordinators around the country have been turning their efforts to spreading the goodwill and cheer of Christmas to our member caregivers, children, youth and their families wherever possible. They have been doing a wonderful job coordinating and distributing donations to families and on behalf of us all at GRG, thank you! A huge thank you too to the community and business organisations who have donated Christmas presents and items for distribution to our families throughout the country this year. There are too many to mention in this post, but from the bottom of our hearts - thank you for making a real difference to so many children and their caregivers this Christmas!

**Paula Eggers:** It is with sadness that I share the news that our long time Nelson Support Group Coordinator, Paula Eggers passed away recently on Friday, November 22, 2019. Loved and loving wife of Ray. Adored and cherished mother of Garth, and Kay. Loving grandmother of James, Jesse, Tyrone, Stevie, Jackson, and Paris; she was also an incredible support to so many grandparents raising their grandchildren in Nelson over the past two decades. On behalf of them all, we send our sincerest condolences to her family, friends and our Nelson grandparents who will miss her dearly. May she rest peacefully, knowing she has left the world a better place for her kindness.

On [page 5](#) in Merle's message, she reflects on the need to gift ourselves the time to breathe and do something you enjoy that will add to your bank of self-preservation. This isn't easy I know, especially at this time of year with so many demands from all directions. If I can add one more piece of advice that has helped me get through some challenging periods its this quote from Victor Frankl: *Between stimulus and response there is a space. In that space is our power to choose our response. So please be kind to yourself, breathe, keep calm and remember to choose the response you want to have to whatever life throws at you. Till next year, God Bless you all this Christmas and may you and your loved ones be happy and safe. Meri Kirihimete me ngā mihi o te tau hou ki a koutou katoa, Kate xo*



## Understanding Childhood Trauma

Hannah Morris - GRG Community Outreach Advocate

Unfortunately, the majority of the children that are in their grandparent's care have experienced trauma of some kind (usually attached to the reason why they were originally uplifted in the first place). So, we think it is so important to discuss this topic in more detail so we can all better understand the complex nature of trauma and how this can manifest differently for different people, particularly in children. Understanding can better help us all to empathise, and ultimately care for the children in a way that will support their recovery and to lead a healthy and fulfilled life.

Trauma can be described as an “emotional shock” – this is something that happens in an individual's life that is too overwhelming for that person to process. With support from professionals and most importantly loved ones, over time the person can naturally recover from this trauma. Trauma in childhood can be particularly complex and this is because the child's brain is not completely developed so this trauma essentially has a direct impact on a child's development. Re-occurring abuse can re-wire a child's brain and place them in an almost constant fight or flight mode. All of this can result in a child beginning to present with very challenging behaviours such as intense and ongoing emotional upset, depressive symptoms or anxiety, behavioural changes, difficulties with self-regulation, problems relating to others or forming attachments, regression or loss of previously acquired skills, attention and academic difficulties, nightmares, difficulty sleeping and eating, and physical symptoms, such as aches and pains. Older children may use drugs or alcohol, behave in risky ways, or engage in unhealthy sexual activity. Providing care for these children is an extremely difficult and challenging job, however being part of the recovery process can also be incredibly rewarding.

There are several ways you can begin to promote this recovery process while the children are in your care and this requires patience and love, both of which we know our members have an abundance of!

Firstly, it is essential that the children in your care are safe and feel safe! Although these seem interchangeable, they are not. For example, you may be providing a child with appropriate, loving care however they do not yet trust you or anyone else. And given what this child may have been subjected to by those who have abused or neglected them, this is to be expected! The only cure for this is time! Through time you will be able to provide a consistent caring and positive environment, and this will naturally change their negative experiences that they have learnt about adults over sometimes many years. Please remember however we cannot expect something that has been learnt over such a long

time to change overnight – this will take time, and we are here to support you through this difficult time.

So utilise as much help and support for yourself as you can – whether that be friends and family or the volunteers and staff here at GRG, we would all love to help!

Another important element in helping the child to feel safe and secure is to ensure and enforce appropriate boundaries in the home. These should be firm but non-punitive and you must be consistent with what is said however challenging the child's behaviour becomes. It is **normal for the child to reject these boundaries** and as a result attempt to provoke those around them by acting out and becoming aggressive. It is important to remain calm and continue to respond with clear and consistent boundaries, ideally in an empathic and understanding manner. For example when responding to a child's behaviour **ensure that they know you are challenging their behaviour not the child**, for example, ‘I don't like that behaviour because it hurts people’, rather than ‘I don't like you because you hurt people’.

Lastly while caring for a traumatised child, routine is pivotal. There is a reason why I discuss establishing a consistent routine so much with many of our members and that's because... it works! This can be as simple as having consistent times for meals, school, homework, chores and bedtime. This lets the child know that you are in control and helps them to feel a sense of calm. It can be unsettling for a traumatised child when they feel as though those caring for them are disorganised, confused and anxious themselves. No one expects perfection however, so if you are feeling this way this can be a perfect opportunity to show the child that these feelings are normal and will pass!

Now I would also like to take this time to discuss traumatized infants as many of our grandparents take grandchildren into their care from a very young age. You may think that as someone who is incapable of remembering what has happened during their infancy how could they remember the experience of trauma? However, **trauma can be**

**recalled in a number of different ways and during the first 3 years of a person's life.** They are learning everything they will come to know of the world and these psychological and physiological memories will essentially path the way for years to come.

*“When you walk, play the piano, feel your heart race in an empty parking lot at night, feel calmed by the touch of a loved one or create a “first impression” after meeting someone for the first time, you are using memory. All incoming sensory information creates neuronal patterns of activity that are compared against previously experienced and stored patterns. New patterns can create new memories. Yet the majority of these stored memory templates are based upon experiences that took place in early childhood.”<sup>1</sup>*

<sup>1</sup> [https://childtrauma.org/wp-content/uploads/2014/01/Helping\\_Traumatized\\_Children\\_Caregivers\\_Perry1](https://childtrauma.org/wp-content/uploads/2014/01/Helping_Traumatized_Children_Caregivers_Perry1)

So these events that take place when we are so young understandably can have a lasting impact on how a child sees and responds to the world and the person can continue to be triggered for years to come. This may result in the child having difficulties with intimacy, trust, touch and bonding.

All of this may sound incredibly daunting, however it is important to understand what a child is experiencing so that we are able to empathise and respond appropriately and to understand that with time, consistency and most importantly love – there is a way through. If you would like to read more about how to help traumatized children, there is a helpful link below which also has a range of frequently asked questions that may be particularly helpful.<sup>2</sup> Please also remember that we are here, willing and able to chat too, so if you are struggling caring for your grandchild for whatever reason give

<sup>2</sup> See note 1 above and also <https://www.nctsn.org/what-is-child-trauma/about-child-trauma>



**mainly music**  
est. 1990

How many chances do you have with your preschool grandchild to fill a morning with activity when you come away with a sense you and your grandchild have enjoyed the time? We'd recommend mainly music!

Imagine a time and place, provided by volunteer teams, where young children and their grandparents will find delight in their shared experiences through music and play, be accepted for who they are, and grow educationally. Imagine this contributing to the very important foundation of attachment that contributes to the secure well-being of a child. That's mainly music.

When you arrive, you'll be welcomed by a passionate volunteer who will sign you in. The cost is between \$4 and \$5 per family per session and covers a morning of fun, education and community.

The session follows a similar routine each week. Interactive songs and rhymes, some with percussion instruments, others with a prop that will develop your grandchild's skills. For example, a panel of Lycra is used to encourage children (and you) to row a boat, a chance for everyone to appreciate the value of co-operation. A feather, blown from the hand and floating to the floor, generates wonder of heavy and light, as well as helping children track an object with their eyes. Throughout the session, you and your grandchild will be connecting.

After thirty minutes of fun, interactive music, rhyme and movement, your grandchild will be provided with a snack and water and then toys for playing. And you'll be treated to morning tea and a hot drink, along with a chance to chat to others who have the primary care of a preschool child. All in all, mainly music is focused on you and your grandchild.

Have a look on the website [www.mainlymusic.org](http://www.mainlymusic.org) for a mainly music close to you. Click on Find a Group and type in your town/city for the nearest mainly music group near you.



Links referred to in Kate's Take on page 2:

Rongopai House Community Trust, Kaitaia: <http://rongopaihouse.org.nz/> Tel: +64 9 408 0528

CAPNZ.org for Debt Help: <https://www.capnz.org/get-help/debt-help> Tel: 0508 227 111



## Merle's Message

- Merle Lambert, National Support Coordinator

Greetings to you all. 2019 is drawing to an end and leaves me wondering yet again where did the year go. The hustle and bustle of Christmas is starting to take hold with decorations and the lure of tantalizing 'must have' Christmas baubles. I know that question will soon be on my kid's lips "what do you want for Christmas, Mum?" This is not a question I relish, 'cos I then need to put my thinking cap on at a time when all I want to do is chill and not have to do someone else's thinking for them.

I've had another year of taking responsibility for many things that I may not have had to do, had my life's journey taken a different turn.

These responsibilities make me feel weary and I long for some 'me' time. That would be the most precious gift of all right now. Its natural for us to conjure up a picture of a well needed break, getting away from it all, sitting on a beach somewhere, without a care in the world. But often that's all it is an illusion...and not a reality in our world.

My gift to you, is to at least give yourself a moment to breathe deep and think about what it is that helps you carry on. Sometimes these "gifts" to ourselves are illusive and are stolen from us by a demanding and relentless world. Our responsibility to ourselves is to catch them and hold on to them for dear life, because without these moments of restoration, there is a risk that we will drown in the responsibilities of life.

As an organic being, humans need some basic essential elements to stay healthy. Regular visits to the doctor to keep on top of ailments and replenishing prescriptions is important. As is nutritious food, water and good sleeping habits, the foundations that we all need to maintain a healthy physical body. Don't under-estimate the power of water. I often find my self experiencing tiredness and a dull headache and know that these are the classic signs of dehydration. We're entering into a

very hot summer, so keeping ourselves mindful of being adequately hydrated is a must.

But we're more than physical beings. We need to sustain ourselves mentally and emotionally as well. I am so fortunate in that while I'm writing this, I am gazing out into my back yard with the sun reflecting on the native bush and tui feeding in the flax bushes. This simple vista gives me a sense of wonderment, helping my spirit soar. This is known as "mindfulness". Taking the time to take in our surroundings by allowing our environment to swamp our senses and thereby aiding our sense of wellbeing. Sitting in a garden or taking a walk, (which gives the added bonus of exercise), maybe all it takes to add to the bank of self-preservation. When my Mum was facing the blackness of depression, someone told me about having a "thankfulness" box. So, into this prettily decorated box went notes of paper on which was recorded the "blessings" that brought a spark of hope or thankfulness...a treasure trove to be dipped into at those movements when life was a struggle.

Difficult times don't go away, but what we can do is be mindful of what works for us. A chat with a friend, reading a book, soaking in a bath, tending the garden, taking a walk, a picnic at the beach, listening to music, having a massage, sharing a hug. What will be your gift to yourself this Christmas?

## Support Group Checkin:

### Celebrating Christmas with our Whanau Members and Children in South Auckland

Shirley and Anne, our SGCs in Papakura and Pukekohe coordinated a fun Christmas party and picnic BBQ held at the Tuakau School for around 60 children and their caregivers. A fantastic day experienced by all!





## Advocating for You!

Tricia Corin

GRG Specialist Advocate on Benefits and Income Support

There are four important income support issues for many of our members to be aware of this month in the countdown to Christmas.

### Financial Support for Children aged over 16 years

Firstly, for some of you receiving the Unsupported Child/Orphan's Benefit for the youth (aged 16-18 years) in your care or if you are in receipt of another

benefit in which they are included as dependents (e.g. Sole Parent Support); you may be receiving letters from Work and Income to review whether they will be dependent on you in the coming year.

For some, there is the change to independence or attending tertiary education or training. However, it is important to know the facts as this can be a very confusing time for many caregivers.

**Children aged 16 and 17 years of age:** if they are not attending school or an educational facility they can continue to be included in the benefit as long as they are still a **dependent** child. The test is whether they are financially independent. A part-time job for example, e.g. working in a dairy for pocket money is not independence if they are relying on you for their accommodation and living costs.

If you are unsure about whether a child/youth in your care would be considered financially independent, please get in touch with me.

**Children aged 18 years:** At the end of each school year 18 year olds who are still at school or an educational facility will **automatically be excluded from the benefit on the first payday after the 31 December each year.**

Caregivers will be sent a letter advising them of this.

If an 18 year old wishes to continue their education the following year then they may qualify for a Student Allowance. They can access this information via the Study Link website. See:

<https://www.studylink.govt.nz/>

Student Allowances provide financial assistance for full-time students who are enrolled in a recognised course of study or programme at an approved education provider. It is paid to help students with living expenses.

Students who are in receipt of a Student Allowance cease being a dependent child for other forms of assistance that the student's parent(s) may receive for them, such as; Child Support and family tax

credits from Inland Revenue, and an Orphans Benefit or Unsupported Child's Benefit from Work and Income.

### School and Year Start Up Payments

Secondly, for UCB/OB recipients this one-off payment available from 13 January 2020 and 28 February 2020, provides a non-taxable, non-recoverable financial assistance to assist with sundry school related costs or other costs relating to the care of the child.

These costs may result in additional financial pressure such as clothing, costs associated with sports club memberships, Scouts, or Kapa Haka etc.

You can apply for this via the online Form which will be available from 13 January 2020, from the Work & Income Website or you can go into any Work & Income site to use the computers available.

The money is paid into your bank account within 10 days.

#### The rates are as follows:

Child 0 - 4 years - \$400.00  
Child 5 - 9 years - \$450.00  
Child 10 - 13 years - \$500.00  
Child 14+ years - \$550.00

### Rent Arrears Assistance payment

A new option to help people keep their homes when overdue rent has put their tenancy at risk was announced by the Government on 4 November 2019.

The Rent Arrears Assistance payment is available from the Ministry of Social Development.

MSD already helps many people with rent arrears, but some people in need haven't been eligible to get this support.

The new Rent Arrears Assistance payment may be

MSD rent arrears support, and risk losing their home because of overdue rent.

People don't have to be getting a benefit or living in public housing to get Rent Arrears Assistance.

It's a one-off, income-tested payment which needs to be paid back.

In summary, it's for people who:

- need to pay overdue rent
- may lose their tenancy because of the unpaid rent
- are unable to get other MSD support to pay rent arrears
- will be able to carry on their tenancy and keep paying the rent themselves once their arrears are paid
- have signed the tenancy agreement or have a tenancy order under the Family Violence Act
- meet income and asset limits
- meet residency criteria

If you or your family are suffering a temporary financial setback and having difficulties with unpaid rent, don't let this escalate into eviction, emergency housing or homelessness.

If overdue rent has put your tenancy at risk and you have no other way to pay it contact Work and Income on 0800 559 009 to see if they can get support.

The Work and Income website also has more information about Rent Arrears Assistance, who qualifies and how to apply.

[www.workandincome.govt.nz/rentarrears](http://www.workandincome.govt.nz/rentarrears)

### Extraordinary Care Fund

If you are receiving the Unsupported Child Benefit or the Orphan's Benefit for the care of a child, you can apply for up to \$2,000 per year (1 July to 30 June) to help cover extra costs associated with the care of the child.

For example, you may be raising a child with learning or behavioural difficulties who would benefit from participation in a particular course or activity. Or you may need to cover the cost of a BYOD laptop or tablet for school, or musical instruments, music lessons, clothing and equipment for sports and arts, psychological fees/services and counselling fees, orthodontic treatment, speech development... These are all examples of costs that have been met by this fund.

The next round for 2020 closed on 21 February 2020 with decisions advised 17 April 2020.

We recommend you gather the information and supporting documentation you need for an application now so that you can submit your application as soon as possible before 21 February 2020. [The application form and information from Work and Income's site about this fund can be found at:](https://www.workandincome.govt.nz/documents/for-work-and-income-site-about-this-fund-can-be-found-at)

<https://www.workandincome.govt.nz/documents/for-work-and-income-site-about-this-fund-can-be-found-at>

### Extraordinary Care Fund Dates for 2020

<u>Application Closing Date</u>	<u>Date Decisions are Advised</u>
Friday 21 February 2020	17 April 2020
Wednesday 18 March 2020	7 August 2020
Monday 14 September 2020	4 December 2020

### 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 any of the above matters 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.

# Grand's reflections...



## A sign of the times...!

A grandmother was telling her granddaughter what her own childhood was like:

"We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild blackberries in the woods."



Her granddaughter was wide-eyed, taking all this in.

At last she said, "I sure wish I'd gotten to know you sooner!"



As a young girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my email?"



### KidzaCool Holiday Adventures Camps 2020 Dates

#### Camp Dates 2020

Monday 20 January 12.30 to Friday 24 January 2pm

Tuesday 14 April 1.30pm to Saturday 18 April 2pm

Monday 6 July 12.30pm to Friday 10 July 2pm

#### Closing Date for Applications

Monday 18 November 2019

Friday 20 March 2020

Friday 5 June 2020

These camps are a FREE programme available to grandparents who have had the day to day care of grandchildren for a year or more. Please contact us at 0800 472 637 or [office@grg.org.nz](mailto:office@grg.org.nz) for more information or a referral.

## Helpline Numbers to Keep Handy!

**111** for emergency services, fire, ambulance or police

**0800 933 922** PlunketLine for advice on child health or parenting from a registered Plunket Nurse

**0800 611 116** Healthline for health triage and advice from a registered nurse.

**Text 1737 'Need to Talk?'** Get help from a counsellor

**0800 543 354 or Text 4357 for Lifeline** - 24/7 confidential support from qualified counsellors and trained volunteers

**0800 376 633 Youthline**, helping families and youth

**0508 Carers (0508 227 377)** a 24/7 Caregivers Guidance and Advice Line.

**0800 WHATS UP (Barnardos)** - a free counselling helpline for teenagers and children.

**Depression.org.nz** – Free text number **4202**

Thank you to Suncorp our **Community Partner** and to all our generous Sponsors, Funders and private donors supporting GRG's Support Services, Information Resources and Carer Education programmes throughout New Zealand, including this newsletter.



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**  
from the Spark Foundation



## GRG Support & Coffee Groups Nationwide

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

### Kaikohe

**Contact:** Moengaroa Floyed 09 401 3057 / [kaikohe@grg.org.nz](mailto:kaikohe@grg.org.nz)

**Meets:** Varies – please get in touch with Moe for confirmation of the next meeting.

**Location:** Varies – please get in touch with Moe for confirmation of the next meeting.

### Ruakaka

**Contact:** Tauser Kingi 09 432 8611 / [ruakaka@grg.org.nz](mailto:ruakaka@grg.org.nz)

**Meets:** Varies – please get in touch with Tauser for confirmation of the next meeting.

**Location:** Varies – please get in touch with Tauser for confirmation of the next meeting.

### New Lynn

**Contact:** Robyn Robertson 021 309 365 / [newlynn@grg.org.nz](mailto:newlynn@grg.org.nz)

**Meets:** Third Tuesday of each month, from 10:00am.

**Location:** House of Prayer, 9B Binsted Road, New Lynn, Auckland.

### Ngaruawahia

**Contact:** Trevor Don 027 229 2041 / [ngaruawahia@grg.org.nz](mailto:ngaruawahia@grg.org.nz)

**Meets:** Varies – please get in touch with Trevor for confirmation of the next meeting.

**Location:** Varies – please get in touch with Trevor for confirmation of the next meeting.

### Te Puke & Papamoia

**Contact:** Rawinia McCredie 07 562 2850 / [tepuke@grg.org.nz](mailto:tepuke@grg.org.nz)

**Meets:** First Monday of each month from March to December from 10:30am.

**Location:** Empowerment NZ, 32 Jocelyn Street, Te Puke.

### Dargaville

**Contact:** Sandy Zimmer 09 439 4420 / [dargaville@grg.org.nz](mailto:dargaville@grg.org.nz)

**Meets:** Varies – please get in touch with Sandy for confirmation of the next meeting.

**Location:** Northern Wairoa Boating Club, Totara Street, Dargaville.

### East Auckland

**Contact:** Tess Gould-Thorpe 09 535 6903 / [tamaki@grg.org.nz](mailto:tamaki@grg.org.nz)

**Meets:** Varies – please get in touch with Tess for confirmation of the next meeting.

**Location:** Dunkirk Road Activity Centre, 50 Dunkirk Road, Panmure, Auckland.

### Papakura

**Contact:** Shirley Afoa 021 129 4151 / [papakura@grg.org.nz](mailto:papakura@grg.org.nz)

**Meets:** Varies – please get in touch with Shirley for confirmation of the next meeting.

**Location:** Varies – please get in touch with Shirley for confirmation of the next meeting.

### Hamilton & Huntly

**Contact:** Pat Davis 07 855 0530 / [hamilton@grg.org.nz](mailto:hamilton@grg.org.nz)

**Meets:** Last Monday of each month, 10:00am-12:00pm.

**Location:** St. David's Hall, 160 Rifle Range Rd, Frankton, Hamilton.

### Opotiki

**Contact:** Sophie Wilson-Kahika 07 262 5136 / [opotiki@grg.org.nz](mailto:opotiki@grg.org.nz)

**Meets:** Varies – please get in touch with Sophie for confirmation of the next meeting.

**Location:** Varies – please get in touch with Sophie for confirmation of the next meeting.

### Whangarei

**Contact:** Janet Puriri 09 435 0044 / [whangarei@grg.org.nz](mailto:whangarei@grg.org.nz)

**Meets:** First Friday of each month, 10:00am-12:00pm.

**Location:** Anglican Care Centre, corner of Mill Road & Deveron Street, Whangarei.

### Waitakere

**Contact:** Esther Price 021 251 0690 / [waitakere@grg.org.nz](mailto:waitakere@grg.org.nz)

**Meets:** Third Thursday of each month, from 10:00am.

**Location:** Terence Kennedy House Hall, 267 Glengarry Road, Glen Eden, Auckland.

### Pukekohe & Waiuku

**Contact:** Anne Doddrell 09 237 8161 / [pukekohe@grg.org.nz](mailto:pukekohe@grg.org.nz)

**Meets:** Last Tuesday of each month, 10:00am-12:00pm.

**Location:** St. Andrews Church, 43 Queen Street, Pukekohe, Auckland.

### Katikati

**Contact:** Cathie Kenyon 021 088 78686 / [katikati@grg.org.nz](mailto:katikati@grg.org.nz)

**Meets:** Varies – please get in touch with Cathie for confirmation of the next meeting.

**Location:** Varies – please get in touch with Cathie for confirmation of the next meeting.

### Rotorua

**Contact:** Anne Donnell 020 402 22910 / [rotorua@grg.org.nz](mailto:rotorua@grg.org.nz)

**Meets:** Third Monday of each month, 9:30am-12:00pm.

**Location:** Linton Park Community Centre, 16 Kamahi Place, Pukehangi, Rotorua.

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

### **Te Awamutu**

**Contact:** Ruth Gilling 022 045 4475 / [teawamutu@grg.org.nz](mailto:teawamutu@grg.org.nz)

**Meets:** Second Monday of each month, 9:30am-11:30am.

**Location:** Varies – please get in touch with Ruth for confirmation of the next meeting.

### **Turangi**

**Contact:** Charmaine Timihou 027 645 2002 / [turangi@grg.org.nz](mailto:turangi@grg.org.nz)

**Meets:** Varies – please get in touch with Charmaine for confirmation of the next meeting.

**Location:** Varies – please get in touch with Charmaine for confirmation of the next meeting.

### **New Plymouth**

**Contact:** Diane Richardson 021 185 1097 / [newplymouth@grg.org.nz](mailto:newplymouth@grg.org.nz)

**Meets:** Varies – please get in touch with Diane for confirmation of the next meeting.

**Location:** Varies – please get in touch with Diane for confirmation of the next meeting.

### **Whanganui**

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for Whanganui, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### **Levin**

**Contact:** Ann Waddell 06 362 7269 / [levin@grg.org.nz](mailto:levin@grg.org.nz)

**Meets:** Varies – please get in touch with Ann for confirmation of the next meeting.

**Location:** Varies – please get in touch with Ann for confirmation of the next meeting.

### **Te Kuiti**

**Contact:** Kay Higgins 027 430 2939 / [tekuiti@grg.org.nz](mailto:tekuiti@grg.org.nz)

**Meets:** Third Wednesday of each month from 10:00am.

**Location:** Tiffany's Café, 241 Rora Street, Te Kuiti.

### **Gisborne**

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for Gisborne, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### **Napier**

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Napier area, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### **Dannevirke**

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for Dannevirke, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### **Wairarapa**

**Contact:** Tere Lenihan 021 509 493 / [wairarapa@grg.org.nz](mailto:wairarapa@grg.org.nz)

**Meets:** Varies – please get in touch with Tere for confirmation of the next meeting.

**Location:** Varies – please get in touch with Tere for confirmation of the next meeting.

### **Taupo**

**Contact:** Lesley-Anne Wells 07 377 3539 / [taupo@grg.org.nz](mailto:taupo@grg.org.nz)

**Meets:** Varies – please get in touch with Lesley-Anne for confirmation of the next meeting.

**Location:** Varies – please get in touch with Lesley-Anne for confirmation of the next meeting.

### **Taumarunui**

**Contact:** Jo Wickham 07 896 7515 / [taumarunui@grg.org.nz](mailto:taumarunui@grg.org.nz)

**Meets:** First Monday of each month, 10:00am-12:00pm.

**Location:** Taumarunui RSA, 10 Marae Street, Taumarunui.

### **Hastings**

**Contact:** Tom Kupa 06 879 4302 / [hastings@grg.org.nz](mailto:hastings@grg.org.nz)

**Meets:** Varies – please get in touch with Tom for confirmation of the next meeting.

**Location:** Varies – please get in touch with Tom for confirmation of the next meeting.

### **Palmerston North**

**Contact:** Jacqui Phillips 021 229 0455 / [palmerstonnorth@grg.org.nz](mailto:palmerstonnorth@grg.org.nz)

**Meets:** Alternates between the first Thursday from 5:30pm and the first Tuesday from 9:30am each month.

**Location:** The Evelyn Rawlins Room, Square Edge Creative Centre, 47 The Square, Palmerston North.

### **Porirua**

**Contact:** Roma Paull 022 050 4761 / [porirua@grg.org.nz](mailto:porirua@grg.org.nz)

**Meets:** Second Wednesday of each month, 10:00am-12:00pm.

**Location:** First floor, Connect Global Office, 1 Walton Leigh Avenue, Porirua.

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

### Hutt Valley

**Contact:** Serenah Nicholson 021 743 414/ [huttvalley@grg.org.nz](mailto:huttvalley@grg.org.nz)

**Meets:** First Friday of each month, from 9:30am-11:30am.

**Location:** Pomare Community House, 55 Farmer Crescent, Taita, Lower Hutt.

### Motueka

**Contact:** Rankeilor Arnott 03 528 5089 / [motueka@grg.org.nz](mailto:motueka@grg.org.nz)

**Meets:** Second and fourth Tuesday of each month, 1:00pm-3:00pm.

**Location:** St Andrews Church, 64 High Street, Motueka.

### North Otago

**Contact:** Margaret Pink 03 437 0837 / [northotago@grg.org.nz](mailto:northotago@grg.org.nz)

**Meets:** Varies – please get in touch with Margaret for confirmation of the next meeting.

**Location:** Varies – please get in touch with Margaret for confirmation of the next meeting.

### Southland

**Contact:** Lynette Nielsen 027 489 2581 / [southland@grg.org.nz](mailto:southland@grg.org.nz)

**Meets:** Fortnightly on a Wednesday at 10:00am.

**Location:** Family Works, 183 Spey Street, Invercargill.

### Coffee Groups

Matakana/Warkworth  
North Shore  
Auckland Central  
South Auckland  
Hamilton  
Cambridge  
Raetihi  
Kapiti  
Upper Hutt  
Blenheim  
Christchurch  
Ashburton

### Wellington

**Contact:** Cecilee Donovan 04 477 0632 / [wellington@grg.org.nz](mailto:wellington@grg.org.nz)

**Meets:** Varies – please get in touch with Cecilee for confirmation of the next meeting.

**Location:** Varies – please get in touch with Cecilee for confirmation of the next meeting.

### Canterbury

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Canterbury area, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### Otago Coastal

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Otago Coastal area, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### Other areas

If your area is not included and you or someone you know would like to consider becoming the local Support Group Coordinator for your area, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

### Nelson

**Contact:** Sharon Norriss 027 724 4913 / [nelson@grg.org.nz](mailto:nelson@grg.org.nz)

**Meets:** Varies – please get in touch with Sharon for confirmation of the next meeting.

**Location:** Varies – please get in touch with Sharon for confirmation of the next meeting.

### East Christchurch

**Contact:** Anna Clare 021 085 77404 / [eastchristchurch@grg.org.nz](mailto:eastchristchurch@grg.org.nz)

**Meets:** First and third Friday of each month, from 10:00am.

**Location:** Holy Trinity Avonside, 168 Stanmore Road, Richmond, Christchurch.

### Dunedin

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Dunedin area, please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

09 423 7052  
022 080 2368  
021 424 801  
09 277 7514  
027 361 1929  
027 438 5401  
06 385 3404  
04 293 4728  
04 976 9475  
03 571 6222  
021 025 08834  
027 626 4866