



Supporting and empowering grandparent and whānau care families to achieve positive life outcomes since 2001

Tena koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula Vinaka, Taloha Ni, Kam Na Mauri Namaste, Hallo, Bonjour, Hola and Greetings to our **5143** member families and our non-member subscribers!

**IN THIS ISSUE**

CEO's Desk: Kate's Take	2
Thank You Lynette!	3
Caregiver Training Opportunities	3
Te Puawai Aroha	4
What's the Buzz with Mindfulness?	4
The Stars of Aroha	5
Advocating for You	6
• Extraordinary Care Fund	
• The Government's Response to Homelessness	7
Kidzacool camp dates 2020	8
Grand's Reflections	9
GRG Contact Information	10
Support Group Contacts	11



I  
N  
F  
SUPPORT  
R  
M  
T  
I  
ADVOCACY  
N  
H  
ADVICE  
L  
P

**0800 GRANDS**

Call us on our free helpline service for support, information, advice and referrals to our Outreach and Advocacy team.

Monday - Friday 9am to 2pm

Email us at [office@grg.org.nz](mailto:office@grg.org.nz)

Phone: 0800 472 637

Or 09 418 3753



Find us on Facebook at

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

**2020 Key Dates**  
Coming Up...

Extraordinary Care Fund	12 June Closing Date
Kidzacool camp for April School Holidays	20 March 2020 Closing Date for Applications

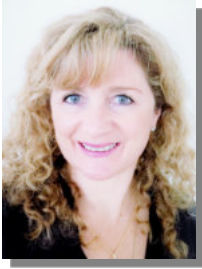
**Keep it Current!**

Please let us know if there has been a change to your contact details.

Our aim is to do the best we can for our members, but this becomes difficult if we are unable to keep you informed of what's happening.

Letting us know if you've moved or had a change to your mobile phone or email is easy to do:

- Visit our website [www.grg.org.nz](http://www.grg.org.nz)
- Phone 0800 GRANDS/ 0800 472 637
- Email us on [office@grg.org.nz](mailto:office@grg.org.nz)
- Contact your local Support Group Coordinator



# Kate's Take

By Kate Bundle, Chief Executive

Welcome to our first newsletter for 2020! It is shaping up to be another very busy year.

In January we welcomed another 71 member families to the GRG whanau of 5,143 member families nationwide, which is double the membership we had just five years ago! Our advocacy team has been flat out to help resolve queries and concerns on income, legal status of care and access to support issues that typically arise involving Work and Income, Oranga Tamariki and the Family Court.

Sadly, the Christmas-New Year period is often one in which family harm incidents and neglect of children's needs is a feature and this past holiday period has been no different with parental drug use being a prevalent reason for more children being placed in grandparent care.

As I was gathering the content for this newsletter there were reports of yet another innocent and vulnerable young child's life hanging in the balance after suffering physical harm while in the care of family members. The family's silence in the face of the police investigation has justifiably stirred anger and outrage at the laws that protect a person's right to silence and against self-incrimination, with a call to revoke this right in child abuse cases.

At GRG we know that thousands of grandparents are raising grandchildren who have suffered violence and abuse at the hands of their parents, partners of parents, and others within the family who should have been protecting them. Some have permanent brain damage with significant lifelong challenges and difficulties for the children, who will never be truly independent and grow up to realise their full potential because of the harm done to them. Their grandparents and caregivers too, are the victims as they grieve, struggle and try to cope daily with the devastating impact it has had on their lives.

Writing in a Whanganui Chronicle article, also published in the [NZ Herald online](#)<sup>1</sup> (subscriber only content) on 18 February 2020, Dr Lynley Tulloch; "a qualified early childhood teacher, [who] lectures in education at the University of the South Pacific" thoughtfully articulated the despair, grief and anger we collectively feel as a nation about yet another young child who has suffered horrific injuries "bashed so badly part of his brain had died..."

Trying to make sense of it, she stated "*at the root of the problem of child abuse are the violent structures and regimes of capitalism, and the impacts of decolonisation, the alienation, loss of identity, and the failures of education.*"

While it might be fashionable for social commentators to make this kind of assertion as to the primary cause for this kind of violence in society, it unfortunately ignores the reality that typically exists when you look closely at the families that are perpetrating this kind of violence. Just ask any police officer or social worker about the level of chaos and dysfunction in these violent families and the major problem that exists in virtually all of them. Substance abuse.

We know from our experience and research that the number one reason why children are placed in grandparent, whanau or state care is because of their parents' drug abuse. Cannabis and methamphetamine use is endemic in our society today. No question about it. [Just read the recent reports of what our water care services across the country are discovering as they dredge up and test our sewage!](#)<sup>2</sup> In Ngaruawahia, a small Waikato town recently, the police seized methamphetamine, cocaine and \$85,000 cash in a seizure. You can just feel the despair and frustration expressed by Detective Inspector Graham Pitkethley in his observations to the journalist in that case; "*That [money] has been taken out of one of our poorest communities. It should have been going towards groceries, living costs and looking after the community's children... But it's not, it's going to fuel addiction instead.*"

He's right. Drug addiction and the crime associated with it is a significant cause of poverty in families in this country.

Methamphetamine was also identified by our members as the number one reason for family breakdown leading to grandparent care placements in an internal member survey in 2017. For 81% of cases where methamphetamine was involved, our caregivers also told us that cannabis was a real problem. Basically, they told us that the parents in these cases would get to the point where they would use "anything and everything they could get their hands on." That included abusing synthetics, MDMA, GHB/GBL, heroin, cocaine, prescription opiates, alcohol and other controlled medicines.

And the effect? There is no doubt that cannabis use, for one, is linked to the development of a mental illness, psychoses and/or schizophrenia. The [longitudinal Dunedin Study](#)<sup>3</sup> found that there is an 11x risk for developing schizophrenia amongst youth who use it at 15 years of age (after controlling for other drug use).

We also have plenty of evidence from the incidence of violent crimes committed under the influence, that methamphetamine and a plethora of other illegal drugs have similarly adverse effects that can and do lead to violence. With effects such as this, is it any wonder that infants and children are the increasingly the victims of violence and parental neglect when there is such

widespread use of these drugs in our society today?

In her article, Tulloch points to “the failures of education” and on this point I agree. Along with that, can I also suggest is the responsibility that everyone has to own their own life choices? Isn't it time high time that we focused our educational efforts on that aspect; educating our children and youth, and emboldening them to

make positive life choices that don't involve taking these drugs that ruin lives? Just as it's not ok to smoke cigarettes, it's not ok to drink and drive and it's not ok to bash or assault anyone.

1. [https://www.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=12309169](https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12309169)
2. <https://www.stuff.co.nz/waikato-times/news/118994185/citys-drug-habit-revealed-in-wastewater-tests>
3. <https://www.bmj.com/content/bmj/325/7374/1212.full.pdf>



## THANK YOU Lynette!

Our heartfelt thanks this month goes to our wonderful Southland Support Group Coordinator, Lynette Nielsen, who is retiring from the role this month.

Lynette and her late husband John have been treasured members of GRG for many years and since April 2012 Lynette has been providing invaluable support to so many families in the Southland area.

Known for her calm and considered approach and insight, she has been a much valued member of the GRG team, providing wise counsel to us all over the

years.

Recently, Lynette discovered 8 boxes of photos and memorabilia that John had kept, including historic items that all need sorting out. Lynette, we wish you every success in what promises to be a mammoth project ahead!

We are also happy that Lynette is continuing on as a member of the Southland Support Group, and Colleen Saunders has kindly agreed to be a contact person for the group until a new Coordinator is announced. Tel: 0211806176 or 03 2164173

2018: Lynette with Bruce Hopkins and Geoff Chapple celebrating the end of Bruce's 'Long Way Home' walk on the Te Araroa Trail to support and raise awareness of grandparents raising grandchildren in NZ

## Caregiver Training Opportunities Coming Up



### SALT 4 Grandparents/Whānau Caregivers

Over the years, we have learned that many grandparent caregivers struggle in their role parenting children who have been affected by trauma. GRG's SALT (Simply Acquired & Learned Techniques™) workshop programme is a unique programme designed specifically for the grandparent care dynamic. Strength's-based it is a 'trauma informed care' workshop delivered in a way that makes it simple to understand what motivates troubling and

challenging behaviour in children affected by trauma and the strategies that work.

If you are caregiver interested in attending a SALT programme, please contact us on [SALT@grg.org.nz](mailto:SALT@grg.org.nz).

Social/youth/health service providers interested in this programme for staff training, please contact us at [admin@grg.org.nz](mailto:admin@grg.org.nz)

Or call us on 0800 472637 or 09 4183753



### Understanding the National Care Standards - 3 Hour Workshop

9.30am-12.30pm

Hamilton: Wednesday 11th March  
Glen Eden: Thursday 12th March

To find out more about this new workshop, Understanding the National Care Standards, please go to [Fosteringkids.org.nz](http://Fosteringkids.org.nz) and click on the Training Schedule under the Training Tab or [click here](#).



### Barnardos

**PTS Courses:** for Whānau and Grandparent caregivers who are referred via the Family Court the information on Family court processes (FDR mediation etc.) and parenting plans covered in these courses are really useful and will help

understand how you can best support a child in your care and resolve conflicts and parenting disputes. For more information on a course near you please go to: [barnardos.org.nz](http://barnardos.org.nz) or [click here for the course schedule](#). Courses are free to caregivers.



**Te Puawai Aroha** is a free holiday programme in the Counties Manukau area being offered for children aged 8-16 of parents who are affected by mental illness and/or addiction.

It is a 4-day programme 9am-3pm each day that aims to grow children and teens' resilience so they are more able to deal with life's challenges. Parents/caregivers will have the chance to learn about building resilient families and positive parenting. The whole family will also be able to enjoy positive experiences together, as well as with others.

Criteria applies, please contact [tpa@odyssey.org.nz](mailto:tpa@odyssey.org.nz) for more information.



## What's the buzz with Mindfulness?

By Hannah Morris, GRG  
Community Outreach Advocate

**M**indfulness has become quite the buzz word in recent times and with good reason as practicing mindfulness can be so beneficial for an individual's health. At GRG we thought it would be helpful to look at this topic a little closer so we can help our members begin to implement this tool into their everyday lives and reap the benefits.

Firstly what is mindfulness and why should you practice it?

Mindfulness means maintaining a moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. Many people have a perception that this is about clearing the mind of all thought. This is actually incorrect.

Mindfulness involves acceptance; meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Mindfulness stems from Buddhist practice around meditation and is now becoming increasingly popular in the mainstream modern world.

In recent years it has become the focus of thousands of academic studies which have discovered the physical and mental health benefits to be hugely significant and have ultimately lead to mindfulness programs being implemented in schools, prisons, hospitals etc.

Now why should you practice it?

Simply put Mindfulness is good for our bodies!

Studies have shown that practicing mindfulness, even for a short period of time can have a number of positive health benefits both physically and mentally.

Here are a few examples of this;

One study found that, after just eight weeks of training; practicing mindfulness improves our immune system's ability to fight off illness.

Practicing mindfulness may also improve sleep quality (this is actually something I have also experienced first hand!).

Mindfulness is also good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress.

One study even suggested it may be as good as antidepressants in fighting depression and preventing relapse and most doctors now will also direct you to mindfulness techniques when discussing anxiety etc.

And this is medically proven because **Mindfulness actually changes our brains! Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.**

Now these are just a few examples! There really are hundreds, and you can find more convincing benefits here should you need any more reason to implement mindfulness into your morning routine!  
<https://greatergood.berkeley.edu/topic/mindfulness/definition#why-practice-mindfulness>

Now you may be asking yourself how do I get started? There are so many helpful articles online with plenty of ideas on how to practice mindfulness but here are a few that I thought our members would find particularly handy and honestly really simple! (I will also include links to more ideas should none of these take your fancy!)

Some examples include:

- Pay attention. It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste

and truly enjoy it.

- Live in the moment. Try to intentionally bring attention to everything you do. Find joy in simple pleasures.
- Accept yourself. Treat yourself the way you would treat a good friend.
- Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

- Body scan meditation. Lying or sitting focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- Walking meditation. Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations

Simple mindfulness exercises can be practiced anywhere and anytime. For the more structured mindfulness exercises, such as body scan meditation or sitting meditation, you'll need to set aside time when you can be in a quiet place without distractions or interruptions. You might choose to practice this type of exercise early in the morning before you begin your daily routine or as I have found handy for sleep – just before I go to bed. Aim to practice mindfulness every day for

about six months. Over time, you might find that mindfulness becomes effortless. Think of it as a commitment to nurturing yourself and an integral part of your self care plan (something we always promote at GRG!)

Many studies in children and youth who have been exposed to adverse childhood experiences involving stress, sexual abuse, family harm and trauma also demonstrate that mindfulness interventions improve mental, behavioural, and physical outcomes and a corresponding reduction in trauma-related symptoms such as anxiety, depression. In short, with the practice of mindfulness children who have experienced trauma can experience an enhanced ability to cope and enjoy an improved quality of life.

Below are some web links to further articles on mindfulness, what it is, how to practice it and how to start implementing it into your everyday routine. I have also included some YouTube clips on guided meditation for both adults and children! Below is information about a mindfulness/ meditation product that was developed by one of our members a few years ago that has been helpful to children and caregivers in finding an inner peace.

Enjoy! Because mindfulness is truly something that can be beneficial for the entire family.

[https://sophia.stkate.edu/cgi/](https://sophia.stkate.edu/cgi/viewcontent.cgi?article=1733&context=msw_papers)

[viewcontent.cgi?article=1733&context=msw\\_papers](https://sophia.stkate.edu/cgi/viewcontent.cgi?article=1733&context=msw_papers)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5368427/>

<https://www.mindful.org/healing-trauma-through-mindfulness/>

[https://www.youtube.com/](https://www.youtube.com/watch?time_continue=28&v=RhsyqeefpXI&feature=emb_title)

[watch?time\\_continue=28&v=RhsyqeefpXI&feature=emb\\_title](https://www.youtube.com/watch?time_continue=28&v=RhsyqeefpXI&feature=emb_title)

[https://www.youtube.com/](https://www.youtube.com/watch?time_continue=28&v=RhsyqeefpXI&feature=emb_title)

[watch?time\\_continue=28&v=RhsyqeefpXI&feature=emb\\_title](https://www.youtube.com/watch?time_continue=28&v=RhsyqeefpXI&feature=emb_title)

<https://www.mindful.org/meditation/mindfulness-getting-started/>



**STARS**   
**AROHA**  
a o t e a r o a  
NEW ZEALAND

### The Stars of Aroha®

This month we profile The Stars of Aroha® meditation tools, which offer a 'new concept in Guided Meditation to help people select a daily meditation.'

20 symbols of New Zealand indigenous plants, birdlife, rivers and oceans are represented with their own meaning, spiritual 'peace' theme and meditation.

These symbols also

contain Māori creation stories that will educate and delight young and old and instil a deeper understanding and connection with the unique beauty of our flora and fauna.

A Meditation App, (iOS and Google Play) along with the Rolling Star®, the Stars of Aroha® Meditations' book or the Stars of Aroha Star Cards set and for help soothing a child to sleep, Luna's Lullaby is available at [www.starsofaroa.co.nz](http://www.starsofaroa.co.nz)



## Advocating for You

By Tricia Corin, Specialist Advocate (Income Support)

Well it certainly has been a busy start to 2020 here in the GRG office! One of the issues that has caused a fair bit of grief for many is making applications for support for your grandchildren through the Extraordinary Care Fund. Unfortunately there is still a lot of confusion as to the criteria for applying amongst both Work and Income staff and caregivers. I am dismayed that in some cases caregivers have been told that they can't apply for costs like BYOD tablets or laptops for school, when this is something that the ECF has been covering for some time and is clearly incorrect.

If you wish to make an application for the next round in June, it pays to get organised now so that you know what you need to submit with your application before 12 June 2020.

The following is information that is available on Work and Income's website:

### **Extraordinary Care Fund**

The Extraordinary Care Fund provides non-taxable financial assistance to carers who receive the Orphan's Benefit or Unsupported Child's Benefit.

You can get up to \$2,000 per child each year between 1 July – 30 June.

Decisions about whether to award a grant are based on the **needs of the child**, rather than their family's financial situation. Some costs that might meet the criteria are:

#### *Showing promise*

- **Selection for participation** in an arts, science, innovation, technology or academic programme or event
- **Attendance at a** sporting competition within New Zealand
- **Private music lessons** and instrument hire or purchase for a child who's progressed well beyond their peers in a group lesson setting.

#### *Experiencing difficulties*

- **Orthodontic work** (not funded through the Ministry of Health) that would lessen difficulties faced by the child
- **Courses or activities** to develop a child's self-esteem, physical capability or social skills
- **Courses or activities** to improve a child's ability to learn if they have learning difficulties
- **Swimming lessons** if the child hasn't learnt to

swim through school lessons

The table below shows the types of costs that are often applied for, and a cost guide to give you a rough idea of how much we can pay.

### **Cost type and Cost guide**

Technology: Laptops/tablets Secondary school level: Up to \$1,400

Intermediate school level: Up to \$1,200

Primary school level: Up to \$750

Musical instruments: Up to \$900

Music lessons: \$150 to \$250 per term

Clothing and equipment for sports and arts: \$500 to \$1,200

### **Counselling**

Psychological fees/services: \$60 to \$200 per session

### **Development programmes**

eg. Speech development, YMCA programmes; Initial assessment \$125 to \$180 per hour. \$45 to \$130 per session

Extra tuition \$400 to \$880 per term

### **Orthodontics**

Maximum amount that can be paid in a financial year is \$2,000.

There may be other costs we haven't mentioned here that you can still apply for. Grants are made based on your child's needs and documents that support this.

### *Orthodontic Treatment*

If you're applying for support with the costs of orthodontic treatment, you'll need to do these things.

1. Show documentation from the orthodontist outlining:
  - the proposed treatment
  - how long the treatment will take
  - the total cost of the treatment
  - confirmation of any payments made so far and the balance owing.
2. Confirm that you can pay an excess (the total cost or balance owing minus the ECF grant requested). For example this could be an offer from the orthodontist to accept payments over the treatment period (a payment plan).

## **Technology Laptops ipads and the like**

If you're applying for support with the costs associated with some form of technology, you'll need to provide these things.

1. Documentation from the school outlining their recommended item, especially if they have a 'bring your own device' (BYOD) programme.
2. A quote from the supplier specifying the cost of the item and any extras (a case, mouse, and software for example).
3. Documentation outlining your need for anything that's significantly more expensive than what the school recommends.

## **Sports and Art**

If you're applying for sports or arts and the costs are under \$1,000, you only need to provide:

- Details of the cost, such as a quote confirming the total cost of the amount you need.

Note: For quotes over \$1000, you'll need evidence that the child is showing promise or having difficulty.

## **How to apply**

### **Fill out an application form**

Print and fill out the Extraordinary Care Fund Grant application form.

If you can't print the form, go into any Work & Income office or call them and they will post one to you. Ph 0800 559 009

[You can also download a copy from the Work and Income or GRG website or click here.](#)

**Apply Before:**  
**12 June 2020**

**Hear back from:**  
**7 August 2020**

**9 October 2020**

**4 December 2020**

### **You need to provide:**

1. Identification for yourself, e.g. a Community Services Card or a SuperGold Card.
2. proof of the cost you're applying for, e.g. A: Quote, receipt, or letter asking for payment from an organiser.
3. a letter of support clearly outlining any promise shown or difficulty experienced from an independent person, e.g. a: teacher, coach, health practitioner, psychologist, or another person of standing in the community.

**If you're applying for \$500 or more for something not relating to sports or arts,** you'll need to provide a **second letter of support** from another independent person.

### **Applying for sports or Arts – costs under \$1,000**

If you're applying for sports or arts and the costs are under \$1000, you only need to provide proof of the costs you're applying for. You don't need to provide a letter of support.

## **Part payments**

In certain circumstances, grants for part payments will be considered if you need a contribution towards a larger cost like orthodontic treatment. To get a part payment, you need to be able to show how you're meeting the rest of the costs.

### **Drop off your form and documents**

Drop off your application form and supporting documents to the reception in your local Work & Income office.

## **The Extraordinary Care Fund Exclusions:**

### **You can't apply for these costs from the ECF**

- The costs that the [Establishment Grant](#) or the [School and Year Start-up Payment](#) that are designed to assist with, such as clothing, school fees and stationery
- everyday common costs (eg vehicles, legal costs, school trips, childcare)
- costs funded by from other agencies such as:
  - everyday health and medical costs (eg treatment, medication that is covered by the Ministry of Health)
  - teacher aides
- overseas travel and any other overseas travel related costs (eg hotels, overseas courses)
- costs less than \$100. These costs may be considered under other emergency hardship grants.

## **Tackling Homelessness: The Government's Recent Announcement**

The Government has just announced "a package to further tackle homelessness – including investment in more transitional housing, a focus on support for at-risk groups such as young people leaving state care and expanding the Sustaining Tenancies programme.

It also includes a boost in MSD support and changes for people in emergency housing or at risk of homelessness.

The Government's announcement can be read here: <https://www.beehive.govt.nz/release/government-steps-action-prevent-homelessness>

### **What does this mean?**

With an increase in public and transitional housing, MSD's advisory to us says they "will be able to wrap more support around people living in emergency housing for extended periods, especially families with children."

Last year they “introduced intensive case managers and contracted navigators to give extra, one-on-one support to families with kids and other vulnerable people in emergency housing.”

In response to the feedback, this is being boosted with:

- more intensive case managers or navigators so that these services are available for all people in emergency housing longer than 7 nights
- extra assistance for families with children in emergency housing, to support the wellbeing of children and helping them stay connected with school and other activities
- a new housing broker service to help MSD clients gain private rental tenancies
- funding for programmes to help people gain skills and confidence to secure and manage a private rental home.

### Emergency housing contribution

MSD’s advisory also states that they “also want housing costs to be as consistent and fair as possible for all families and people who receive government housing support – no matter what type of housing they’re in.”

As a last resort, emergency housing was intended to be for “no more than 7 nights” but in fact the “average length of time people stay in emergency housing has increased to around 7 weeks.”

Therefore the Government is “changing the costs people pay for longer periods in emergency housing, so it’s on a more even footing with other housing support.

For most people, [they will] cover the full cost for their first seven nights in emergency housing. From 30 March, [they will] ask people to contribute 25% of their income towards their costs if they’re in emergency housing for more than 7 nights. This is similar to the costs people pay in transitional housing or public housing

### The emergency housing contribution begins on 30 March, 2020.”

MSD’s case managers and customer service representatives will be talking about this to clients whenever they ask about emergency housing or apply for an Emergency Housing Special Needs Grant each week.

Contact MoneyTalks (0800 345 123) if you want advice. MSD is also encouraging people to talk to them if paying housing costs create serious hardship for them. There may be other ways they can help.

There’ll also be info for clients about the Emergency Housing contribution on the Work and Income website the link will be this: <https://www.workandincome.govt.nz/about-work-and-income/news/2020/changes-to-emergency-housing.html>

If you would like a copy of the full MSD advisory information, please contact the GRG office on [office@grg.org.nz](mailto:office@grg.org.nz) and we can email a copy to you, which has more detailed information.



Photo provided by Pat Davis

Tricia Corin, GRG Advocate presents a workshop on income support entitlements to grandparents and whanau caregivers in Hamilton.



## KidzACool Holiday Camps 2020 Dates

These camps are a FREE programme available to grandparents and whanau caregivers who have had the day to day care of their grandchildren for a year or more. Please contact us on 0800 472637 or [office@grg.org.nz](mailto:office@grg.org.nz) for more information or a referral.

### SCHOOL HOLIDAY CAMP DATES:

Tuesday 14 April 12.30pm to Saturday 18 April 2pm 2020

Monday 6 July 12.30pm to Friday 10 July 2pm 2020

### CLOSING DATE FOR APPLICATIONS:

Friday 20 March 2020

Friday 5 June 2020





# Grand's Reflections

**One of our members wrote in this month with this poem about a devastating force that affects so many in our society...**

"It's sad to say that this is why a lot of our children are being brought up by grandparents or other members of their family and some in foster care. Families are losing loved ones because of this. I saw this on Facebook and really felt the need to share. It gave me the shivers just reading it, and as to how accurate it is. I have never seen a more perfect poem, written in the saddest way.

"I destroy homes, tear families apart - take your children, and that's just the start.  
I'm more costly than diamonds, more costly than gold  
-  
the sorrow I bring is a sight to behold.

And if you need me, remember I'm easily found.  
I live all around you, in schools and in town.  
I live with the rich, I live with the poor, I live down the street, and maybe next door.  
My power is awesome - try me you'll see.  
But if you do, you may never break free.  
Just try me once and I might let you go, but try me twice, and I'll own your soul.  
When I possess you, you'll steal and you'll lie.  
You'll do what you have to just to get high.  
The crimes you'll commit, for my narcotic charms, will be worth the pleasure you'll feel in your arms.

You'll lie to your mother;  
you'll steal from your dad.  
When you see their tears, you should feel sad.  
But you'll forget your morals and how you were raised.  
I'll be your conscience, I'll teach you my ways.  
I take kids from parents, and parents from kids,  
I turn people from God, and separate from friends.  
I'll take everything from you, your looks and your pride, I'll be with you always,  
right by your side.

You'll give up everything - your family, your home,  
your friends, your money,  
then you'll be alone.  
I'll take and I'll take,  
till you have nothing more to give.  
When I'm finished with you,  
you'll be lucky to live.

If you try me be warned this is no game.  
If given the chance, I'll drive you insane.  
I'll ravish your body, I'll control your mind.  
I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed.  
The voices you'll hear from inside your head.  
The sweats, the shakes, the visions you'll see.  
I want you to know, these are all gifts from me.  
But then it's too late, and you'll know in your heart,  
that you are mine, and we shall not part.

You'll regret that you tried me, they always do.  
But you came to me, not I to you.  
You knew this would happen.  
Many times you were told, but you challenged my power, and chose to be bold.  
You could have said no, and just walked away.

If you could live that day over,  
now what would you say?  
I'll be your master; you will be my slave.  
I'll even go with you, when you go to your grave.  
Now that you have met me, what will you do?  
Will you try me or not?  
It's all up to you.  
I can bring you more misery than words can tell.

Come take my hand,  
let me lead you to hell."

Signed  
**DRUGS**

If you would like to contribute an article or a reflection to our newsletter please contact us at [admin@grg.org.nz](mailto:admin@grg.org.nz)

## 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**

## 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

**GRG National Support Office**

09 418 3753

NSO Administrator  
[office@grg.org.nz](mailto:office@grg.org.nz)

CEO: [kate@grg.org.nz](mailto:kate@grg.org.nz)

**Postal Address:**

**Join GRG**

**Support GRG**

**givealittle**  
from Spark Foundation

**GRG Trust NZ**  
PO Box 34892  
Birkenhead  
Auckland 0746

**Physical Address:**

**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  
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 manaak i, he rōpū whak arongo, he rōpū ak o mātou*  
We are respectful, we listen, we learn.

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

receive this newsletter or you have changed address please update your details by contacting the GRG Trust NZ Office

If you have moved address or planning to please make 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.

This newsletter is subject to copyright. © 2020

**SUNCORP** 

Thank you to **Suncorp** our **Brighter Futures 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 the costs of producing this newsletter.





# GRG Support & Coffee Groups Nationwide

Meetings are not held during school holidays or on public holidays unless specified

## Kaikohe

Contact: Moengaroa Floyed 09 401 3057 / [kaikohe@grg.org.nz](mailto:kaikohe@grg.org.nz)  
Meets and locations varies – please get in touch with Moe for confirmation of the next meeting.

## 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.

## 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.

## East Auckland

Contact: Tess Gould-Thorpe 09 535 6903 / 022 102 7251 / [tamaki@grg.org.nz](mailto:tamaki@grg.org.nz)  
Meets: On the last Monday of the month, 10:00am to 12:00pm  
Location: Dunkirk Road Activity Centre, 50 Dunkirk Road, Panmure, Auckland.

## 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.

## 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.

## Papakura

Contact: Shirley Afoa 021 129 4151 / [papakura@grg.org.nz](mailto:papakura@grg.org.nz)  
Meets: 2nd Thursday of the month  
Location: Varies – please get in touch with Shirley for confirmation

## 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.

## Ngaruawahia & Huntly

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.

## 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.

## 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.

## Te Puke & Papamoa

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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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)

## 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.

## 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.

## 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)

## Hastings

Contact: Tom Kupa 06 879 4302 / 022 1505196 / [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.

#### Whanganui

Currently recruiting. 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)

#### Palmerston North

Contact: Jacqui Phillips 021 229 0455 /

[palmerstonnorth@grg.org.nz](mailto:palmerstonnorth@grg.org.nz)

Meets: From 5 March 2020, the first Thursday of the month from 6:00pm  
Location: Crossroads Church, 220 Church Street, Palmerston North

#### 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.

#### 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.

#### 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.

#### 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.

#### 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.

#### Nelson

Contact: Sharon Norriss 027 724

4913 / 03 548 6710

[nelson@grg.org.nz](mailto:nelson@grg.org.nz)

Meets: Fortnightly on a Tuesday  
Location: Varies – please get in touch with Sharon for confirmation of the next meeting.

#### 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.

#### 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)

#### 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.

#### 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.

#### Otago Coastal

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)

#### Dunedin

Currently recruiting. Please contact Merle Lambert at [merle@grg.org.nz](mailto:merle@grg.org.nz)

#### Southland

Currently recruiting for new SGC: [southland@grg.org.nz](mailto:southland@grg.org.nz)

Meets: Fortnightly on a Wednesday at 10:00am.  
Location: Family Works, 183 Spey Street, Invercargill.

#### 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)

#### Coffee Groups

**Matakana/Warkworth**  
Shirley 09 423 7052

**Auckland Central**  
Jane 021 424 801

**South Auckland**  
Virginia 09 277 7514

**Hamilton**  
Carol 027 361 1929

**Whitianga**  
Gillian 0274 540314

**Cambridge**  
Brenda 027 438 5401

**Napier**  
Beth 06 843 9385

**Raetihi**  
Angel 06 385 3404

**Kapiti**  
Margaret 04 293 4728

**Upper Hutt**  
Margaret 04 976 9475

**Blenheim**  
Juliet 03 571 6222

**Christchurch**  
Elaine 021 025 08834

**Ashburton**  
Deborah 027 626 4866

#### Vacancies

We are currently recruiting and/or have vacancies for the following areas. If you are interested in becoming a support group or coffee group coordinator in any of the areas below or in your area, please contact Merle Lambert, National Support Coordinator on [Merle@grg.org.nz](mailto:Merle@grg.org.nz) or 021 2460553

Kaitaia

Whangarei

North Shore

Mangere/Papatoetoe

Hamilton West/Raglan

Tokoroa

Dannevirke

Tararua

Gisborne

Coastal Otago

Southland