



**Welcome!** 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 this month to our **5600+** member families and all our non-member subscribers!

### Are you raising someone else's child full-time?

GRG provides support, information, advice, advocacy services and caregiver education programmes nationwide to full-time caregivers who are raising a child not born to them. Membership is free. Call us on toll free **0800 GRANDS** or visit [www.GRG.NZ](http://www.GRG.NZ) to join.

Raising resilient and healthy children and young people through empowering grandparent and whānau care families since 2001

### Inside this issue

#### Kate's Take

- Automating SAYSUP—Why not? **2**

#### Hannah's Outreach

- Mediation **3**

#### Tricia—Advocating for You

- Work & Income Benefits **4**
- NEW Rates as of 1st April

#### Merle's Support Group Update

- Greetings to ALL **5**
- A word from our SGC's
- Support in Motueka

#### A word from our SGC's Continued ...

- Whakatane SGC **6**
- *Big Brothers, Big Sisters NZ*
- Auckland Central SGC
- Thanks to Newmarket Rotary and Quircus Circus

#### A word from our SGC's Continued ...

- Palmerston North SGC **7**
- Easter Hunt and Meetings

#### Grand Reflections

- Tech Savvy Tamariki **8**
- Big Brothers, Big Sisters NZ

#### Caregiver Education

- SALT **9**

#### Whānau Support

- Brave Hearts NZ
- Yellow Brick Road

#### Support Group Contacts

#### GRG Contact Information

#### Handy Helpline Numbers

## Financial support for raising someone else's child...

If you are raising someone else's child because:

- there has been a breakdown in the child's family, or
- their parents have died, or
- they are missing, or
- they have a long-term disablement

AND you are to be their principal temporary or long-term caregiver, from the date you apply to Work and Income for this support, then you are entitled to either the **Unsupported Child Benefit** or the **Orphan's Benefit** to help with the costs of raising the child.

The **Unsupported Child or Orphan's Benefits** are **not taxable** and they are 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 New Zealand.

To qualify for it you must also be over 18 years of age, resident and present in NZ 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 us tollfree on **0800 472 637** or call our National Support Office on **09 418 3753** for a referral to our advocate, Tricia Corin.

## 0800 GRANDS

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

**0800 472 637 or 09 418 3753**

Monday -  
9am to



Friday  
2pm



IN  
F  
R  
M  
H  
ADVICE  
T  
I  
ADVOCACY  
N

## Keeping it Current

Our aim is to keep you informed and of what's happening, key information and opportunities that can help you. Letting us know if you've moved or had a change to your mobile phone or email is easy.

Click on the green **Update Your Member Details** button or visit our website [www.grg.org.nz](http://www.grg.org.nz) and click on the green button there.

Or email us at [office@grg.org.nz](mailto:office@grg.org.nz) Or call us on **0800 472 637**

**Update Your  
Member Details**



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



Kate Bundle  
Chief Executive

## Kate's Take

A warm Autumn welcome to our 105 new member families who have joined GRG since our last Pānui in February. Since then I've been both in recovery and catch up mode. Recovery from spinal fusion surgery in March during which I watched far too much Netflix while either lying on my back dosed on painkillers or walking therapy on a treadmill. April has been catching up on the GRG team's work and the issues that arose while I was on leave. A big thank you to our GRG team and to all who wished me well in my recovery, and for your support during this time. Coming back to work at the beginning of April felt like returning at the beginning of the year and I have had

to keep reminding myself that we are already four months in. Catching up with GRG Advocate Tricia Corin on her caseload has got me steamed up on an issue that I want to raise here, and which will be pursued further with the Ministry for Social Development on behalf of caregivers.

At the beginning of each year, grandparents and whānau caregivers receiving the Unsupported Child or Orphan's Benefit for children in their care are reminded to apply online for the **School and Year Start Up Payment**.

Every year our team assists many of you to complete the online form via Work and Income's website. Often because there is little or no access to the internet. Others have no idea that they are entitled to this support until they make contact with us.

As one of the payments available under the Orphan's and Unsupported Child's Benefit (Additional Assistance) Programme, SAYSUP is an extra lump sum payment of between \$400 and \$550 per child, dependent on their age. It is to help cover costs that mostly happen at the beginning of the year. It comes at a time when caregivers are faced with mounting costs for school uniforms, stationery, sports registrations, pre-school costs etc., soon after the costly Christmas period.

The online form is only available between mid-January until the end of February. So what happens if you don't have internet access or don't know about this payment? The short answer is—you miss out. Unless of course, you have a good advocate like our Tricia Corin to help you!

A recent case in point, was a grandmother who did know about the payment but had no internet access. She went into her local WINZ office, filled out a paper form and submitted it to the case manager, but it didn't get paid. That is, not until she later got GRG involved and another paper-copy form was submitted on her behalf.

In our experience, many WINZ case managers don't know that there is a hardcopy form for SAYSUP, and others incorrectly advise clients that they don't qualify because

the child is not yet at school. It is for children of all ages who receive the UCB/OB. How many grandparents and whānau caregivers miss out on SAYSUP each year? We don't know.

"Digital exclusion" is an issue that can have adverse consequences for families dependent on benefits or limited incomes; especially among our older population and for those who are less "tech savvy". One would have thought that in this digital world we live in today that this payment would be paid automatically. Wouldn't you? I would.

***How many grandparents and whānau caregivers miss out on SAYSUP each year? Did you? We'd like to know!***

More to the point, there does not seem to be a good reason why to-date, it hasn't been automated by MSD like the Establishment Grant, or the recently introduced Birthday's and Holiday's Allowance that UCB and OB recipients now receive. After all, WINZ has all the

children's age and date of birth information in their system to pay the UCB and OB at the variable age-dependent rates for the basic weekly rate and the Clothing Allowance. So why not the SAYSUP?

We've heard it said by MSD advisers that "*Not everyone wants it*", as the justification for why the payment it is not paid automatically. This stance is hard to rationalise in the real world when you recognise that caregivers needing help to support a child via the UCB/OB must go through a substantial application and assessment process in the first place to get it and [Oranga Tamariki's Evidence Centre follow-up Survey Report—2021 on UCB/OB caregivers](#) shows that, just over half of UCB caregivers are on a benefit. More than a third surveyed think the SAYSUP is inadequate and 8/10 caregivers on the UCB have had to use their own money in addition to MSD benefits to help them cover the costs of raising the child. Awareness of this grant has also declined since 2019 with Māori and Pacific caregivers being more likely than other caregivers to be unaware of the School Year Start-Up payment.

Did you receive SAYSUP this year? If not, please let us know why at [CEO@grg.org.nz](mailto:CEO@grg.org.nz) or 0800 472 637



Hannah Morris  
Community Outreach  
Advocate

# Hannah's Outreach

## Mediation

*Mediation is a consensual, confidential and relatively informal negotiation process where parties to a dispute use the services of a skilled and independent mediator to assist them to define the issues in dispute, to negotiate a mutually acceptable settlement of that dispute which meets their interests and needs. The objective of mediation is to enable and empower the parties to negotiate and resolve the dispute promptly, cost effectively and confidentially rather than to have a decision imposed upon them by a judge, arbitrator or adjudicator.*

Mediation is often used when parents and grandparents need a little extra help to reach an agreement. This is where the **FDR (Family Dispute Resolution)** services can help. **Family Dispute Resolution** is a mediation service that gives you extra help to come to an agreement with your grandchildren's parents or anyone else involved in the care of your children.

***Mediation can be anxiety provoking; however, it is important to remember that you have support during this time. GRG are here to support you in any way we can.*** In this month's newsletter we will discuss this process in more detail.

Before starting mediation, you will have a chance to discuss your situation with a duty mediator and this may take place over the phone prior to your first mediation session. The mediator will then contact the other people involved, so if you are worried that they will be angry or unwilling to attend, don't worry the mediator will discuss the purpose of mediation and the process with them.

As part of your assessment and before beginning your session the duty mediator will make sure that your dispute is suitable for **FDR**. They will assess whether you can take part by making sure there are no barriers such as: *domestic violence, jail, overseas parties, or unwillingness to participate.*

Your issues with the children's parents may make you too stressed, angry, or upset to be able to focus clearly on the arrangements of the children – this is completely normal. Before attending these mediation sessions, counselling may be offered to you or the other party too. If you are feeling this way, it may be a good idea to contact the **GRG National Support Office** so we can continue to support you through this process for however long it takes.

After your initial assessment you will begin mediation. Your mediator will tell you how many sessions they

think you will need. Here, both parties meet with an independent mediator who will make sure both sides have had the opportunity to be heard, helping you to reach an agreement without the need to go to court. This will focus on the things you need to decide on regarding the care of the children – *who they live with and when/where they go to school, holiday arrangements, contact with important whanau members and so on.*

***To get the most from these sessions it is recommended that you complete the PTS (parenting through separation) programme first and complete a parenting plan prior.***



**PTS** is not just for separating parents and is **FREE**. **FDR** on the other hand, does cost, but it is generally less than a lawyer and if successful is very beneficial as it will keep matters out of court, which can tend to polarise the positions taken by parties even more.

If you meet the government funding criteria mediation will be free. To see if you qualify for funding you will need to answer a few simple questions about your income and dependents. If you do not qualify for free mediation, you can also get government subsidised mediation from an approved government provider.

Family mediation can play an important part in helping you to make positive arrangements for the care of your mokopuna and in turn help you complete a positive plan regarding the care of the children and help your whanau begin to move forward.

*If you would like to know more about mediation or have any questions, please contact the **GRG National Support Office** on **0800 GRANDS***





# Tricia Advocating for You

## Work & Income Benefits — New Rates as of 1st April 2022

This month we look at Work and Income Benefits and the New Rates' as of the 1st April 2022. We have listed each benefit increase for the following; **Orphan's Benefit & Unsupported Child's Benefit, Clothing Allowance, Holiday Allowance and Birthday Allowance, Childcare Subsidy, Child Disability Allowance, Family Tax Credits and Best Start Tax Credits.** We would also like to remind you of the up and coming Extraordinary Care Fund application round, applications close on Friday 8th July 2022.

**Tricia Corin**  
Specialist Advocate  
Income/Financial Support

### Orphan's Benefit & Unsupported Child's Benefit

Have increased bringing these into line with payments made to Carers through Oranga Tamariki as the rate for children under 5 years now receive the \$20 nappy allowance.

Child Aged under 5 years	\$254.95
Child Aged 5 to 9 years	\$256.72
Child Aged 10 to 13 years	\$276.62
Child 14 years or over	\$296.42

### Clothing Allowance Rates as of 1st April 2022

Below are the rates of Clothing Allowance for Orphans Benefit and Unsupported Child's Benefit at 1 April 2022. These are non-taxable, weekly rates.

Child Aged under 5 years	\$22.31
Child Aged 5 to 9 years	\$25.30
Child Aged 10 to 13 years	\$31.24
Child 14 years or over	\$37.48

### Holiday Allowance and Birthday Allowance Rates

Below are the rates of Holiday Allowance and Birthday Allowance for Orphans Benefit and Unsupported Child's Benefit at 1 April 2022. Each of these is a non-taxable, annual rate.

Child 0 – 4 years	\$127.48
Child 5 – 9 years	\$128.36
Child 10 – 13 years	\$138.31
Child 14 + years	\$148.21

### Childcare Subsidy

Below are the Childcare Subsidy income thresholds and maximum rates at 1 April 2022.

Number of dependent children in your care	Childcare Subsidy and OSCAR subsidy rates—Gross income per week				
1 child	Less than \$838.00	\$838.00 to \$1,256.99	\$1,257.00 to \$1,360.99	\$1,361.00 to \$1,465.99	\$1,466.00 or more
2 children	Less than \$963.00	\$963.00 to \$1,444.99	\$1,445.00 to \$1,559.99	\$1,560.00 to \$1,674.99	\$1,675.00 or more
3 or more children	Less than \$1,079.00	\$1,079.00 to \$1,612.99	\$1,613.00 to \$1,748.99	\$1,749.00 to 1,884.99	\$1,885.00 or more

### Child Disability Allowance

For those who are receiving this for a child in their care.

Below is the Child Disability Allowance rate at 1 April 2022. This is a weekly, non-taxable, rate.

Child Disability Allowance	\$52.79
----------------------------	---------

### Family Tax Credits

Below are the family tax credit rates at 1 April 2022.

First or only child	\$127.73
Second or subsequent child	\$104.08

### Best Start Tax Credits

Best Start tax credit as at 1 April 2022 is **\$65.15 a week (\$3,387.80 a year)** until the child turns 3 years old.

After the child turns 1 year old, the rate of payment is income tested.

### Extraordinary Care Fund

You can apply if a child you care for shows promise in a skill or talent, or because they are experiencing difficulties and need extra support. To qualify you need to get the Orphan's Benefit or Unsupported Child's Benefit.

- ♦ You can get a grant of up to \$2,000 each year.
- ♦ If you're caring for more than one child, you can apply for each child.

### Reminder of dates for next round

Apply Before	Hear back after
8 July 2022	26 August 2022



**Merle Lambert**  
National Support  
Coordinator

# Merle's Support Group Update

## Greetings to ALL

*The past two years have been pretty challenging for many of our families—unable to connect due to COVID restrictions. It's lovely to see that our members and grandchildren are finally able to get together for fun and fellowship. Some of our dedicated Support Group Coordinators are sharing a snippet of what they are involved in in their local areas.*

## A word from our Support Group Coordinators

### Brave Hearts NZ Support in Motueka

Within our Motueka GRG Support Group we are increasingly aware of a number of caregivers who are caring for their grandchildren as a result of substance abuse. We hold our GRG Support Group Meetings twice a month, with lots of sharing and caring support for each other. Through these meetings we began to recognise the deeper need for those handling a child or family member with addiction challenges.

Very often this is an issue that is too painful to share with our wider Support Group. We are fortunate in Motueka, to have a **Brave Hearts NZ** group which meet on an evening, once a month. Most GRG's, however, find it difficult to attend evening meetings due to their caregiver role.

After much discussion with the Motueka Brave Hearts coordinator and the GRG Support Group Members, it was decided to hold a separate meeting once a month, in the afternoon, for those GRG's who have family members struggling with substance abuse cannot attend an evening meeting.

Motueka Support Group held their first meeting alongside **Brave Hearts NZ** on Thursday 7th April 2022.

***"In the words of one grandmother "I am so relieved this is happening; I can come here and share with others who understand the pain of how addiction has affected me and the damage it causes"***

Another member stated she wanted to learn more of the signs of drug abuse and to learn techniques of how to handle their child.

After another couple of meetings with just GRG members Brave **Hearts NZ** hope to expand the afternoon group into the community to reach other grandparents, aunts, uncles and others who are raising their grandchildren, nieces and nephews.

Motueka GRG Support Group will be available to provide additional support when asked.

Get in touch with **Rankeilor Arnott**, Motueka **Support** Group Coordinator today! **021 133 7299** | [Motueka@grg.org.nz](mailto:Motueka@grg.org.nz) | [www.GRG.nz](http://www.GRG.nz)



## Whakatane Support Group— Brothers, Big Sisters Eastern BOP

GRG Whakatane Support Group have been working closely with **Big Brothers Big Sisters Eastern Bay of Plenty (BBS EBOP)**.

**BBBS EBOP** offers mentoring to tamariki aged 5 - 13 years for one hour a week (*minimum of 12 month commitment*) with a trained volunteer from the community.

As you are aware many of our grandparents are on their own and face many challenges daily so **BBBS EBOP** have been able to step in to provide a friendship based relationship for a child. We currently have 4 matched children and another two currently in the process of being matched. Here is a story from one of our nannys; (*permission has been given to use the photo and the story*).

'Nanny is raising her 3 mokos on her own and has referred all 3 to the **BBBS EBOP** program in Whakatane - Her eldest moko Daisy who is 12 was matched with Ronna as part of our community based program in November last year - Ronna and Daisy meet once a week for adventures in the wider community - With a real emphasis on relationship building and friendship it is a great opportunity for Daisy to have another positive role model in her life as she navigates her life journey".

"Nanny is grateful for the support of Ronna as well as **BBBS EBOP** in giving Daisy some opportunities that she may not have been able to experience otherwise".



Karlene McCormick—Whakatane/Opotiki Support Group Coordinator

**Phone:** 021 022 20328 **Email:** [Whakatane@grg.org.nz](mailto:Whakatane@grg.org.nz)



## Auckland Central Support Group—Quirkus Circus

"Thanks to the generosity of the **Newmarket Rotary Club** and **Circus Quirkus**" for your support!"

Given that we are now in Orange traffic light system, this means our families can now get out and about and have some fun and laughter together.

We've had a great response with 24 grandparents and 39 grandchildren on their way to enjoy this fantastic event.

**Helen Hewitt**

Auckland Central Support Group Coordinator

**Auckland Central Support Group** will be holding their first Support Group Meeting:

**Date:** 27 April 2022  
**Time:** 12 to 2pm  
**Venue:** 18 St Andrews Road, Epsom

With guest speakers, refreshments and free parking. RSVP is a must! RSVP by contacting Helen.

**Phone:** 021 469 964  
**Email:** [Aucklandcentral@grg.org.nz](mailto:Aucklandcentral@grg.org.nz)



Newmarket





# Palmerston North Support Group—Easter Fun and PJ's

Our lovely **GRG Palmerston North Support Group** member Andrea who raises three young boys has started a regular relaxed adults coffee and kids play date at her home on a small rural block on the outskirts of Palmerston North.

This is a great opportunity to meet others in the same situation and make new friends.

Our 16th April play date included an Easter Egg Hunt with 18 children eagerly hunting and the kids all got on well. The adults also enjoyed making new friends and connections with others in the same boat.



**Keep an eye out for updates.**

Our monthly adult meetings are still the 1<sup>st</sup> Thursday of the month where we have two times available for those to attend meetings - 1pm or and 6.30pm - held at 54 Pascal Street Christian Community Church.

In 2022 we have had people talk to us from Youthline, Across Social Services, Plunket and a Self Harm Group.

For our 5th May meeting we hope to have inspirational speakers on Mindfulness and Mental Wellbeing as we embrace Mothers Day and look after ourselves as caregivers.



**Thank you  
Warm Up Winter  
Manawatu for  
your support  
of GRG this  
winter!**

We had a great uptake on the generous offer of pyjamas from **Warm Up Manawatu**, 57 young people will get new Pj's for winter. Looking forward to receiving these and dispatching early May.

**Jacqui Phillips**

Palmerston North  
Support Group  
Coordinator

021 229 0455 | [Palmerstonnorth@grg.org.nz](mailto:Palmerstonnorth@grg.org.nz)

## GRG Support Groups

**Reaching out and asking for help is a good thing!**

GRG's Support Groups are provided by our Support Group Coordinators who are GRG's themselves, with lived experience, they have walked the same journey as you and are willing to help you find ways to make things easier.

If you would like to connect with your local SGC, contact the GRG National Support Office to request a referral.

0800 472 637 | [office@grg.org.nz](mailto:office@grg.org.nz) | [www.GRG.nz](http://www.GRG.nz)

## Would you be interested in volunteering your services for GRG?

If you are raising a grandchild on a full-time basis or have an understanding of the blessings and challenges that this role brings and would like to share your experience and abilities to support and empower other like-minded family/whanau, we would like to hear from you.

**Our team of Support Group Coordinators is growing enabling us to provide much needed support to more grandparents.**

However, there are some areas that we are still looking to cover: **Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, North Shore, Avondale, Waitakere, Henderson, New Lynn, Glenn Eden, Mangere/ Onewhunga, Te Puke/Papamoa, Tauranga, Opotiki, Taupo/Turangi, Te Kuiti, New Plymouth, Dannevirke/Tararua, Levin/Otaki, Wellington, Marlborough, Dunedin, North Otago and Otago Coastal.** We are also looking for a co-Coordinator for Te Awamutu .

Email: [Merle@grg.org.nz](mailto:Merle@grg.org.nz) or call us on **FREE** on 0800 472 637 (0800 GRANDS)

*If you have any questions on any of these issues, or need assistance, please contact GRG's National Support Office on:*

**0800 472 637** or [office@grg.org.nz](mailto:office@grg.org.nz)

## COVID-19

For Healthline support for COVID19 concerns call **0800 358 5453**  
[www.covid19.govt.nz](http://www.covid19.govt.nz)

**Information About COVID-19:** Our GRG website contains several webpages with information that we have collated for grandparent and other whanau caregivers. You can click on our gold COVID19 button here or on our website.

**Unite  
against  
COVID-19**

[www.GRG.nz](http://www.GRG.nz)



# Grand Reflections

## When you have an unexpected “hilarious” moment at a Support Group Meeting!

*Words from a well respected Support Group Coordinator who wanted to share her personal experience on when things go wrong. It's not only the dinosaurs you have to watch out for!*

### A reminder of our “Tech Savvy” tamariki ...

I mentioned to our Support Group Meeting to please be aware!

Our mokopuna are “**very tech savvy**” and know how access credit card details from your stored on your device for their online game app payments.

I said in my case I thought we were protected because there was a password on the all of our devices, before a credit card payment could be made.

I was horrified to see that **\$190** was spent on my moko's game. When questioned her reply was “*on your phone you don't need a password*”.

I explained that the money was for our food and of course my moko was remorseful and said we could “*eat plums for the next week*”.

As I explained this to our Support Group Members a very quiet demure grandmother, who never swears, said “*my moko spend \$360 feeding ‘Fricken dinosaurs! Dinosaurs, can you believe it! Special Fricken ones!’*”.

Yes, it is a very serious subject but in the end we all ended up crying with laughter.



## Mentoring Programmes



**Big Brothers Big Sisters of New Zealand**

*Tuakana Teina*

**Big Brothers Big Sisters of New Zealand** is a registered not-for-profit which oversees a national volunteer mentoring network, providing one-to-one mentoring for kiwi kids facing societal challenges and barriers to achievement.

The network provides professional training and supervision for 900+ volunteer mentors and has helped thousands of kiwi kids to know they are valuable and have unending potential within.

**Big Brothers Big Sisters of New Zealand (BBBSNZ) currently has 12 regional branches located nationwide.**

**North Island:** Auckland, Hamilton, Eastern Bay of Plenty, Taranaki, Hawke's Bay, Rotorua, Manawatū and Wellington. **South Island:** Nelson-Tasman, Westland, Christchurch and North Canterbury.

Compared to non-mentored youth - Big brothers big sisters young people:

- Believe they are making better life choices - 98%
- Report being happier with a positive outlook - 96%
- Report having stronger social networks - 87%
- Report being better at expressing feelings - 77%
- Improved in their relationships with adults - 84%
- Improved their attitude towards school - 76%
- Improved in their self-confidence - 91%
- Improved their trust towards their mentor - 85%

[www.bigbrothersbigsisters.org.nz](http://www.bigbrothersbigsisters.org.nz)



# Caregiver Education



## 'SALT' (Simply Acquired and Learned Techniques™) Training Programme

Gain practical insight and understanding of the impact of past trauma on a child or young person and learn to effectively manage and parent a child who may be exhibiting troubling or challenging behaviour.

*"Such a worthwhile programme, with lots of useful strategies. I had 4 sessions with a child psychologist who was not able to give me anything like what I got from SALT".*

GRG Member

**Register your interest today!**

If you are interested in attending a **SALT Workshop** please email us at [SALT@grg.org.nz](mailto:SALT@grg.org.nz) or call us on **0800 GRANDS**

## Whānau Support in the Community

**Brave Hearts NZ** (*Manawa Kaha Aotearoa*) provides support services for families and friends close to a person addicted to substance use.



Brave Hearts NZ provides families with knowledge and tools so that they are more resilient and able to cope with the realities of having an addicted person as part of their whānau.

Brave Hearts facilitates group education and discussion meetings, provides phone support, group, and individual support sessions – both in person and by Zoom online meetings. Our Whānau Toolkit is template plan arounds boundaries, consequences and self care and can be discussed in person or via Zoom online. We also arrange referrals to other professional service providers for those who need it.

**Email:** [support@bravehearts.nz](mailto:support@bravehearts.nz)

**Freephone:** 0508 272 834

**Website:** [www.bravehearts.nz](http://www.bravehearts.nz)

Formerly known as **Supporting Families NZ**, **Yellow Brick Road** is a national organisation that provides support for whānau who have a loved one experiencing mental health challenges.



**Te Wahapūahoaho:**  
Supporting families  
towards mental  
wellbeing

### **Yellow Brick Road is about—Connection**

A sense of belonging and working together is crucial for the wellbeing of all individuals, whānau and communities.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress is correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Every day Yellow Brick Road set out to ensure they feel listened to, supported, equipped and confident to overcome the challenges they face.

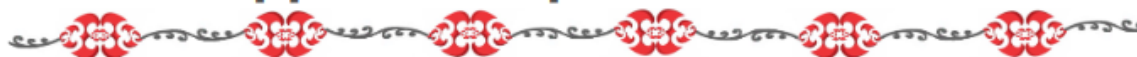
### **Yellow Brick Road Offices:**

Northland, Counties Manukau, Taranaki, Canterbury, Auckland, Waikato, Wairarapa and Nelson

**Website:** [www.yellowbrickroad.org.nz](http://www.yellowbrickroad.org.nz)



# GRG Support Groups Nationwide



Meetings are held during school terms - with public and school holidays excluded unless otherwise stated.

## KAITAIA

**Contact:** Pam Walters

022 658 3443 / [Kaitaia@grg.org.nz](mailto:Kaitaia@grg.org.nz)

**Meets:** Every 3<sup>rd</sup> Thursday of the month at 10.30am.

**Location:** Hope Christian Centre, 234 Commerce Street, Kaitaia.

## AUCKLAND CENTRAL

**Contact:** Helen Hewitt

021 469 964 / [Aucklandcentral@grg.org.nz](mailto:Aucklandcentral@grg.org.nz)

**Meets:** Please contact Helen if you're interested in attending a Support Group Meeting or you would like support.

## PUKEKOHE/WAIUKU

**Contact:** Anne Doddrell

09 237 8161 / [Pukekohe@grg.org.nz](mailto:Pukekohe@grg.org.nz)

**Meets:** The last Tuesday of the month at 10am

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

## HAMILTON WEST

**Contact:** Pat Davis

022 600 7672 / [Hamiltonwest@grg.org.nz](mailto:Hamiltonwest@grg.org.nz)

**Meets:** Last Thursday of the month at 10am to 11.30am

**Location:** St Davids Hall, Rifle Range Road, Dinsdale, Hamilton (Opposite Frankton)

## TE AWAMUTU

**Contact:** Ruth Gilling

022 045 4475 / [Teawamutu@grg.org.nz](mailto:Teawamutu@grg.org.nz)

**Meets:** Date and location varies. Please get in touch with Ruth 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 at 10am

**Location:** Women's Refuge Centre, 57 Miriama Street, Taumarunui.

## DARGAVILLE

**Contact:** Sandy Zimmer

09 439 4420 / [Dargaville@grg.org.nz](mailto:Dargaville@grg.org.nz)

**Meets:** First Tuesday of each month at 12pm

**Location:** Whanau Focus, Victoria Street, Dargaville—Next to the Bakehouse

## NEW LYNN

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## NGARUAWAHIA/HUNTLY

**Contact:** Trevor Don

027 229 2041 / [Ngaruawahia@grg.org.nz](mailto:Ngaruawahia@grg.org.nz)

**Meets:** Last Monday of the month at 10am

**Location:** Ngaruawahia Community House, 13 Galileo Street, Ngaruawahia.

## HAMILTON EAST

**Contact:** Maria Marsh

022 454 4078 / [Hamiltoneast@grg.org.nz](mailto:Hamiltoneast@grg.org.nz)

**Meets:** First Monday of the month at 10am to 11.30am

**Location:** Desert Spring Community Centre, 408 Peachgrove Road, Fairfield, Hamilton.

## TOKOROA

**Contact:** Debbie Newton

027 284 2103 / [Tokoroa@grg.org.nz](mailto:Tokoroa@grg.org.nz)

**Meets:** Last Friday of each month at 10am

**Location:** Tokoroa Council of Social Services, Gate 1, Tokoroa Hospital (1st building on the right). Parking available at the back.

## ROTORUA

**Contact:** Anne Donnell

022 059 5107 / [Rotorua@grg.org.nz](mailto:Rotorua@grg.org.nz)

**Meets:** Third Monday of each month at 9:30am

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

## TAMAKI/EAST

**Contact:** Tess Gould-Thorpe

09 535 6903 / [Tamaki@grg.org.nz](mailto:Tamaki@grg.org.nz)

**Meets:** Date and location varies. Please get in touch with Tess for confirmation of the next meeting.

## PAPAKURA

**Contact:** Shirley Afoa

021 129 4151 / [Papakura@grg.org.nz](mailto:Papakura@grg.org.nz)

**Meets:** Second Thursday of each month at 10am

**Location:** Smiths Avenue Community Hall, 20 Smiths Avenue, Papakura.

## MATAMATA-PIAKO

**Contact:** Jennifer Porter

027 683 6207 / [matamata-piako@grg.org.nz](mailto:matamata-piako@grg.org.nz)

**Meets:** Second Wednesday of the Month, 10am to 11.45am

**Location:** Morrinsville Community House, Masonic Room, 43 Canada Street, Morrinsville.

## TE KUITI

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## TAUPO/TURANGI

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## KATIKATI

**Contact:** Cathie Kenyon

021 088 78686 / [Katikati@grg.org.nz](mailto:Katikati@grg.org.nz)

**Meets:** Last Wednesday of the month at 10am

**Location:** St. Pius Catholic Church, 89 Beach Road, Katikati.

## WHAKATANE/KAWERAU

**Contact:** Karlene McCormick

021 022 20328 / [Whakatane@grg.org.nz](mailto:Whakatane@grg.org.nz)

**Meets:** Date and time varies. Please get in touch with Karlene for confirmation of the next meeting.

**Location:** Liberty Church, 65 Wairaka Road, Whakatane.

## PALMERSTON NORTH

**Contact:** Jacqui Phillips

021 229 0455 / [Palmerstonnorth@grg.org.nz](mailto:Palmerstonnorth@grg.org.nz)

**Meets:** First Thursday of the month at 1pm and 6.30pm (1.5 hours to 2 hours long)

**Location:** Christian Community Church, 54 Pascal Street Palmerston North.

## LEVIN/OTAKI

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## WELLINGTON

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## UPPER WEST COAST

**Contact:** Barbara Green

027 591 3955 / [Upperwestcoast@grg.org.nz](mailto:Upperwestcoast@grg.org.nz)

**Meets:** TBC

**Location:** TBC

## EAST CHRISTCHURCH

**Contact:** Sandra Murphy

021 025 52415 / [Eastchristchurch@grg.org.nz](mailto:Eastchristchurch@grg.org.nz)

**Meets:** Every first Friday of the month at 10am

**Location:** 168 Stanmore Road, Linwood.

## COFFEE GROUPS

<b>Kaikohe</b>	Moengaroa 027 644 0978
<b>Whangarei</b>	Christine 021 061 5387
<b>Warkworth</b>	Shirley 09 423 7052
<b>Waitakere</b>	Waioara 022 647 3032
<b>South Auckland</b>	Virginia 09 277 7514
<b>Morrinsville</b>	Jennifer 027 683 6207
<b>Whitianga</b>	Gillian 027 454 0314
<b>Cambridge</b>	Brenda 027 438 5401
<b>Napier</b>	Nga 022 341 7789
<b>Porirua</b>	Roma Paull 022 050 4761
<b>Greymouth</b>	Donna 0274 840 688

## NAPIER

**Contact:** Beth Thurston

022 073 9900 / [Napier@grg.org.nz](mailto:Napier@grg.org.nz)

**Meets:** Date and time varies, please contact Beth for confirmation of meetings.

**Location:** The Octagon Room, All Saints Church, 23 Puketapu Road, Taradale.

## WHANGANUI

**Currently vacant.** If you or someone you know would like to consider becoming the local Support Group Coordinator for the Waitakere area, please contact **Merle Lambert** at [merle@grg.org.nz](mailto:merle@grg.org.nz) / **021 246 0553**

## PORIRUA

**Contact:** Roma Paull

022 050 4761 / [Porirua@grg.org.nz](mailto:Porirua@grg.org.nz)

**Meets:** Every second Thursday of the month.

**Location:** Porirua RSA, 5-7 McKillop Street, Ranui

## NELSON

**Contact:** Sharon Norriss

03 548 6710 / [Nelson@grg.org.nz](mailto:Nelson@grg.org.nz)

**Meets:** Every second Friday of the month

**Location:** Stoke Methodist Church, 94 Neale Avenue, Stoke, Nelson.

## CENTRAL WEST COAST

**Contact:** Janette Miller

021 119 0828 / [Centralwestcoast@grg.org.nz](mailto:Centralwestcoast@grg.org.nz)

**Meets:** TBC

**Location:** TBC

## ASHBURTON

**Contact:** Karen Kilgour

027 741 2039 / [Ashburton@grg.org.nz](mailto:Ashburton@grg.org.nz)

**Meets:** Date and location varies. Please get in touch with Karen for confirmation of the next meeting.

## HASTINGS

**Contact:** Nga Ngatae Heather

022 341 7789 / [Hastings@grg.org.nz](mailto:Hastings@grg.org.nz)

**Meets:** Date and time varies, please contact Nga for confirmation of meetings.

**Location:** The Octagon Room, All Saints Church, 23 Puketapu Road, Taradale.

## WAIRARAPA

**Contact:** Tere Lenihan

021 509 493 / [Wairarapa@grg.org.nz](mailto:Wairarapa@grg.org.nz)

**Meets:** Date and location varies. Please get in touch with Tere for confirmation of the next meeting.

## HUTT VALLEY

**Contact:** Serenah Nicholson

021 743 414 / [Huttvalley@grg.org.nz](mailto:Huttvalley@grg.org.nz)

**Meets:** Date and time varies. Please get in touch with Serenah for confirmation of the next meeting.

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

## MOTUEKA

**Contact:** Rankeilor Arnott

021 133 7299 / [Motueka@grg.org.nz](mailto:Motueka@grg.org.nz)

**Meets:** Every second and fourth Thursday of the month at 12.30pm to 3.00pm

**Location:** Motueka Community House, Decks Reserve, Motueka.

## SOUTH CHRISTCHURCH

**Contact:** Anna Clare

021 085 77404 /

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

**Meets:** Every first Friday of the month at 10am

**Location:** 168 Stanmore Road, Linwood.

## SOUTHLAND

**Contact:** Colleen Saunders

03 216 4173 / [Southland@grg.org.nz](mailto:Southland@grg.org.nz)

**Meets:** Second and fourth Wednesday of each month at 10am

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

## CURRENTLY VACANT

**Would you be interested in volunteering your services for Grandparents Raising Grandchildren?**

With over 5700 members across the country Grandparents Raising Grandchildren Trust NZ rely on volunteer Support Group Coordinators to provide hands on support, information and advocacy in addition to running regular support groups for members to get that peer support that is so valuable when sharing their experiences and accumulated knowledge. Currently we are seeking Support Group Coordinators in the following areas: **Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, North Shore, Avondale, Waitakere, Henderson, New Lynn, Glenn Eden, Mangere/ Onehunga, Te Puke/Papamoa, Tauranga, Opotiki, Taupo/Turangi, Te Kuiti, New Plymouth, Whanganui, Dannevirke/Tararua, Levin/ Otaki, Wellington, Marlborough, Dunedin, North Otago and Otago Coastal.**

**Contact:** Merle 021 246 0553 (9am to 2pm, Monday–Thursday) / [Merle@grg.org.nz](mailto:Merle@grg.org.nz)



## Grandparents Raising Grandchildren Trust NZ

Established in 2001 as a registered charitable trust (CC20205), GRG supports over 5500 grandparent and whanau care families nationwide, representing around 9,000 caregivers and over 14,000 children. Our vision and kaupapa is to empower grandparent and other whanau care families to achieve positive life outcomes, through providing support, information, advice, advocacy services and caregiver education programmes.

For more information about GRG please contact us at [office@grg.org.nz](mailto:office@grg.org.nz) or +64 9 418 3753 | 0800 472637

## Other Handy Helpline Numbers

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.

**COVID-19 Healthline** concerns call **0800 358 5453**

**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

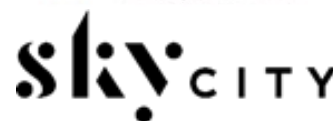
**0800 376 633 Youthline**, helping families and youth

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

**0800 WHATS UP (0800 942 8787)** - a free counselling helpline for teenagers and children run by Barnardos.

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

Thank you to our Funders for their support for our newsletter



## Grandparents Raising Grandchildren Trust NZ

Suite C, Chelsea Business Park  
162 Mokoia Road  
Birkenhead  
Auckland 0626

PO Box 34892  
Birkenhead  
Auckland 0746

Phone: **09 418 3753**

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

## 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**

## Join GRG

Join GRG or subscribe to our newsletter via our website at [GRG.NZ](http://GRG.NZ)

Or click the red Join GRG button below

## Have your circumstances changed?

If you no longer wish to receive this newsletter or you have changed address please update your details by clicking the green **Update Your Member Details** below or contact the GRG Trust NZ National Support Office

**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.© 2021



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 ake o mātou* —We are respectful, we listen, we learn.

Please pass this newsletter on to other grandparents and whanau caregivers who need support

GRG.NZ



Join GRG

COVID-19



Update Your Member Details

Donate