



Meri Kirihimete me ngā mihi o te tau hou ki a koutou katoa, la manuia le Kerisimasi ma leTausaga Fou, Kilisimasi fiefia mo ha ta'u fo'ou monū'ia, Marau na Kerisimasi, Monuina e Kilisimasi, Te Mauri Te Raoi ao Te Tabomoa nakoimi nte Kirimati ao te Ririki ae Bou, Kia orana e kia manuia rava i teia Kiritimeti e te Mataiti Ou, šubh krisamas, Naye sāl kī hārdik šubhkāmnyeñ, Geseende Kerfees en 'n gelukkige nuwe jaar, Kung His Hsin Nien bing Chu Shen Tan, Gun Tso Sun Tan'Gung Haw Sun, Vrolijk Kerstfeest en een Gelukkig Nieuwjaar, Joyeux Noël et Bonne Année, Christmas greetings and a Happy New Year to all!

National Support Office — office closing hours over the Christmas holiday period

Our National Support Office in Auckland and our 0800 GRANDS helpline will be **closed** for three weeks during the Christmas and New Year holiday period from 2pm on **Friday 21 December 2018** and re-opening on **Monday 14 January 2019**.

If you or the children/young people in your care need urgent help during this period one of the following organisations may be able to help you. For an excellent list of helplines also see <https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/> :

111 for emergency services, Fire, Ambulance or Police

PlunketLine on 0800 933 922 to speak with a registered Plunket nurse if you need advice about child health or parenting.

Healthline 0800 611 116—to speak to a registered nurse who can provide health triage and advice

'Need to talk? Text 1737 This is a new, free 24/7 four digit phone and text number that is designed for anyone who 'wants to talk' to a counsellor. 1737 is not tied to a specific mental health issue or condition.

Lifeline 0800 543 354 or **Text 'Help' to 4357** Their helpline and textline provides 24/7, confidential support from qualified counsellors and trained volunteers.

YouthLine 0800 376 633 | Free text 234 helping young people, their families and those sup-

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porting young people.

Oranga Tamariki—If you're worried about a child and want to make a referral or report of concern, call freephone: 0508 326 459 or email contact@ot.govt.nz

0508 CARERS (0508 227 377) is a 24/7 Caregiver Guidance and Advice Line manned by trained social workers that has been set up by Oranga Tamariki to provide practical advice and support for caregivers.

0800 WHAT'S UP (Barnardos) a free counselling helpline and web-chat service for children and teenagers. It's staffed by trained counsellors — available from early afternoon to 10pm, 365 days a year.



Kate's Take...

From the CEO's Desk this Month

It is hard to believe that Christmas is nearly here again. Like most children growing up, this was my favourite time of year as my siblings and I looked forward to decorating the

tree, shopping for presents for our parents and grandparents, wrapping them carefully and stacking them below the tree.

Only then did we feel, press and rattle the ones with our names on them to guess what might be inside and count the sleeps until we could gather as a family on Christmas Day to open them all. The countdown became hours after Midnight mass after which we hung our stockings and hoped we might catch Santa filling them in the wee hours. Exhausted by excitement we never did—slipping off to sleep till morning when it was another round of excitement to see what was in our stockings—which I remember were some of Dad's old long knee-length socks from those cringe-worthy days during the '70's when he wore walk-shorts and socks 'n sandals with paisley shirts to work!

Opening the presents around the tree always came much later in our family—after Christmas dinner, and it was always a thrill to receive the present that we'd been hoping and wishing for, for months. But what I remember most about precious Christmas Day's growing up was giving my gifts to my parents and grandparents and seeing the genuine look of gratitude for what I'd managed to buy for each of them with my tight budget of savings that year. Their expression of gratitude for the thought that went into each gift (even if it was just

a little rose soap or hanky or a pair of socks) filled our hearts with pride and love.

Looking back I realise it is was the giving part that brought the most joy as it was all about demonstrating my love for each of them.

I was lucky. I knew three of my grandparents as grandparents. Each of them played an integral role in my life, helping my parents manage the struggle of shift work, long work hours and the challenges of raising three children—including raising us full time when my mother was seriously ill and just being there when we needed them most at the worst of times too.

I never knew my maternal grandmother—she died shortly before I was born, but hers was a chaotic life involving substance abuse that resulted in my mother being raised by her grandparents. A family dynamic that is all too familiar with its impact still felt through the generations in my family as it is for so many.

Today GRG supports 4500+ member families nationwide in which grandchildren are being raised full-time by their grandparents.

Decorating our tree this week my thoughts were far away, remembering the love and wisdom I learned from my grandparents, grieving for the grandmother I never knew, wondering what my life might have been like if she'd been in it, and thinking about you—our member families, caregivers and grandchildren—wondering what traditions your families hold dear and how you manage to keep the spirit of love and giving at Christmas alive in your families?

And knowing too that there is another side to Christmas that isn't rosy. Christmas is so often a time of heightened family



conflict. My family was no different to many others in this respect.

Stress, anxiety, overwhelming pressure, lack of money and tension can easily lead to emotions boiling over, and in some cases leading to emotional and physical abuse, ruining the experience for everyone at a time when we are all supposed to be feeling that loving and giving experience.

It can be a truly painful and heart-breaking time for families and especially for our GRG families who endure the relentless stress and pressure of parenting children who have suffered trauma, the conflict and stress of contact with parents—supervised or not, the grief and anxiety that comes with it all can be overwhelming.

It is at times like this that we need to remember to take care of ourselves, take care of our emotional and spiritual selves and take care of what we say and of what our young ones see and hear as they are also looking to us for guidance, storing it all—the good and the bad in their memory banks and how it makes them feel.

Knowing this can also add to our stress and anxiety, leading to feeling guilt or shame.

When worry gets too much is the focus of our Community Outreach Advocate, Kate Mace's column this month on page 5, which has some excellent tips and links for you if you're feeling anxious, or worried and it is negatively impacting on your life and your family.

Reading Kate's column reminded me of some simple strategies I've learned over the years when the stress has become overwhelming and life has thrown a few gnarly curve balls. Simply taking time to breathe, being present in the moment and remembering to smile can be an amazing tonic and stress release. Because just physically smiling stimulates the release of feel good brain chemicals that actually

physically relax the body and take the edge off anxiety and stress. Laughter, of course really is the best medicine and we all certainly can do with a good amount of it in our day. But at the very least, remember to smile and smile often to make sure you get a good dose of happy brain chemicals!

The Scarlett O'Hara approach can also help. In *Gone With the Wind* she was fond of saying "I won't think about that now, I'll think about that tomorrow—after all tomorrow is another day!" That approach can—admittedly get you into trouble as procrastination is undoubtedly the "thief of time", so it's not recommended for putting off concerns that will get bigger than *Ben Hur* if you don't sort

them today. But it can be a helpful way of being kind to yourself and ensuring that with everything you have on your plate, you cope with the mental energy required to deal with an issue or problem later when it is not too overwhelming.

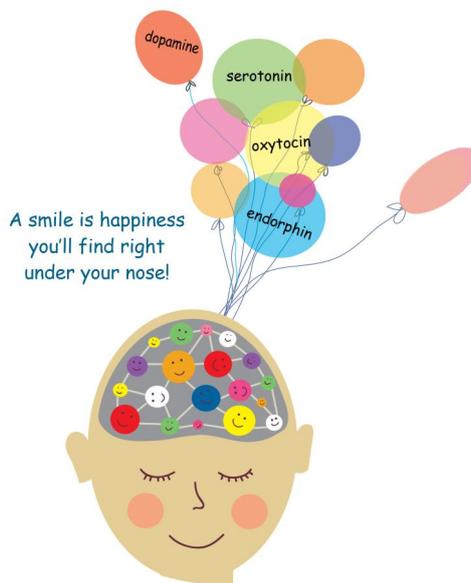
And what about having to deal with those family members that get under your skin and upset you at Christmas, year after year? Perhaps

remembering the power of kindness can help turn a negative situation around? Because we don't have to agree on anything to be kind to one another—and at Christmas, as always; kindness really is a gift that everyone can afford to give.

So this Christmas—It is our wish for you all that over the festive season it is a truly happy time that you enjoy with your loved ones—that you feel loved and blessed in spite of the stress and struggles you face as caregivers of your precious grandchildren and tamariki.

Take care of yourselves and may 2019 be a kind year for you all! Meri Kirimete,

Kate and the GRG team



Thank You!

So much aroha and kindness has been shown to many of our families in need this month with absolutely wonderful donations of Christmas gifts, toys, clothes, books and hampers of goodies for the festive season. So much that we almost couldn't see our Operations Manager, Lisa Braid amid the 60 boxes she collected in a van from Pinehurst school this week that were so generously donated by their students and their families. The spirit of Christmas is alive and well and we can't say thank you enough to the Pinehurst School and families to express our gratitude on behalf of our GRG families.

Thank you also to Isaac too—who was co-opted to lend a bit of muscle and youthful energy to help us shift them all into the office for distribution.

To the staff of Link Market Services, a huge thank you for their incredible generosity again this year and to Foster Hope and Highbury House for their deliveries of donations collected from within the community this past month. We all feel like Santa's helpers this week and Dana especially is flat-tack organising the courier boxes sending them out to GRG families in need around the country!

Around the country there are many other fine organisations and individuals who have gone the extra mile this Christmas donating to our families and supporting our Support Groups locally to provide them with some Christmas cheer and presents.

On behalf of us all at GRG's National Support Office, our Trustees, Support Group Coordinators and staff, we wish you and your family our best wishes and love this Christmas!



2019 KidzACool Camps Dates to Note in the Diary

The applications for the [KidzACool adventure camps](#) for January 2019 have now closed, but we are pleased to be able to share the dates for the school holiday periods in 2019, kindly provided by [Stand for Children](#). Applications close about four weeks before each camp period. Contact us for a referral on 0800 472 637 / 09 418 3753 or email office@grg.org.nz.

Whangarei

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

Auckland

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

Rotorua

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

Gisborne

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

Christchurch

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





Children and teens often need support to identify that they are feeling anxious. They often don't realise that their anxiety is out of proportion to the situation. As well as many of the symptoms of adults they may have:

- Fear of making mistakes – trying to be very good
- “what if” fears about situations in the future
- A feeling they are to blame for any disaster
- Thinking that their worry will keep tragedy away
- A need for frequent reassurance/approval
- Clinginess

Helping yourself (From [Are You Anxiety Aware. A Guide to Living with Anxiety. Mental Health Foundation United Kingdom](#) 2014)

Fear and anxiety can affect all of us every now and then. Most people get through passing moments of anxiety with no lasting effect. People experiencing anxiety in their everyday lives often find the personal resources to cope through simple remedies.

Talking it through - Although it can be difficult to open up about feeling anxious, it can be helpful to talk to friends, family or someone who has had a similar experience. Although you might feel embarrassed or afraid to discuss your feelings with others, sharing can be a way to cope with a problem and having someone to listen to you can help you feel supported.

Face your fear- You are more likely to do the things you want, or need, to do by breaking the cycle of constant avoidance. The chances are the reality of the situation won't be as bad as you expect, making you better equipped to manage, and reduce, your anxiety.

Know yourself - Make a note of when you feel anxious, what happens and the potential triggers. By acknowledging these and arming yourself with tips to deal with these triggers, you will be better prepared in anxiety-inducing situations.

Relax - Learning relaxation techniques can help you calm feelings of anxiety. Practices like yoga, meditation or massage will relax your breathing and help you manage the way you feel about stressful experiences.

Exercise - Even small increases in physical activity levels can trigger brain chemicals that improve your mood, wellbeing and stress levels. This can act as a prevention and treatment for anxiety as well as lead to improved body-image, self-esteem and self-worth.

Healthy eating - Eat lots of fruit and vegetables and try to avoid too much sugar. Very sweet foods cause an initial sugar 'rush,' followed by a sharp dip in blood sugar levels which can give you anxious feelings. Caffeine can also increase anxiety levels so try to avoid drinking too much tea or coffee.

Avoid alcohol or drink in moderation - It's very common for people to drink alcohol when they feel nervous to numb their anxiety, however the effect that alcohol has on how you feel is only temporary. When it wears off you feel worse, potentially more anxious, and your brain will be less able to deal with anxiety naturally.

Faith/spirituality - If you are religious or spiritual, it can help you feel connected to something bigger than yourself. It can provide a way of coping with everyday stress. Being part of a Church or other faith group can be a valuable support network.

These are just some ideas and there are many resources, tips and suggestions for reducing and managing the symptoms of anxiety.

If you would like to know more or ask for help, New Zealand has some great services and online resources for you and those you care for:

Anxiety NZ Trust <http://www.anxiety.org.nz/> Free 24 hour Helpline: 0800 ANXIETY (0800 269 4389)

Mental Health Foundation www.mentalhealth.org.nz/get-help/a-z/resource/5/anxiety

The Low Down (young adults, teens) <https://thelowdown.co.nz/categories/anxiety/anxiety>

For youth <https://www.sparx.org.nz/about>

Depression.Org <https://depression.org.nz/is-it-depression-anxiety/>

Support Group Update



We wish to extend our special thanks this month to **Malcolm Johnson** who has been our Dannevirke Support Group Coordinator supporting our GRGs in the community with helpful information and guidance these past four years. Malcolm has decided to retire from his role and we wish him all the very best for his future endeavours along with our gratitude for his service.

At the same time we welcome Connie Peters who will be our **Tararua Support Group** Coordinator, based in Dannevirke.

Connie will be emailing members in the Tararua area this month, and the next, to get feedback on the best day for a coffee group catch up. So to all our members in the area, look out for Connie's email and make sure you take advantage of this opportunity to link up with her and other members in your community.

Contact **Connie Peters** on Ph **0274883415**.



Advocating for you!

Tricia Corin, GRG Specialist Advocate on Benefits and Income Support

At our staff and Support Group Coordinator training recently, the suggestion was made

that we include some fundamental information about eligibility for the Unsupported Child Benefit in our newsletter each month. Please refer to the grey box below for the key criteria.

Sometimes it isn't the best solution to be in receipt of the Unsupported Child Benefit, as the other supports you can receive such as the Accommodation Supplement will work out at a better income support level for your circumstances. If you have any doubt or concern about what is the best solution for you—I am here to help!

School and Year Start Up Payments are coming up in mid-January. If you are receiving the UCB or Orphan's Benefit for any children in your care, don't forget to apply for this **once a year** support to help with the costs that mostly happen at the beginning of the year, in particular pre-school and school-related costs, e.g. clothing, school fees and stationery.

Please note: this payment is available for **every child** on the UCB/OB whether they are at school or not.

How much you get is based on the age of the child at the end of February each year.

Age of child (at end of February)	Payment
0 - 4 years	\$400
5 - 9 years	\$450
10 - 13 years	\$500
14 years and over	\$550

You won't be taxed on this money and you won't have to pay it back.

Work and Income will send you a letter reminding you to apply for this SAYSUP payment. It will be paid within 10 working days of an approved application. Applications are made online, so if you don't have a computer or an ability to do this

application yourself or with the assistance of a friend or family member, please contact us with your WINZ ID number and we can help you.

Extraordinary Care Fund

The next funding round for this fund also opens in mid-January. Dates are yet to be advised so please keep an eye out on our website page.

The Extraordinary Care Fund provides grants of up to \$2,000 for a child showing promise in a particular area (e.g. sports or arts) or experiencing difficulties that are significantly impacting on their development and they can't get access to financial support for their needs elsewhere.

To apply for the ECF, [complete an application form](#) and drop it off to your local Work and Income office or post it to them. If you miss a funding round closing date, your application will be automatically be presented at the next meeting.

For further information please visit the Website on <https://www.workandincome.govt.nz/products/a-z-benefits/extraordinary-care-fund.html>

Application form for ECF:

<https://www.workandincome.govt.nz/documents/forms/extraordinary-care-application.pdf>

Are you raising someone else's child?

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

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

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

One of our members sent us this [Majestic Unicorn blog](#) post recently which we shared to our Facebook page. It resonates for many of us in our caregiver journey.

Grand's reflections...

This was my hallway last Wednesday.

Broken. Sharp. Treacherous. This was *my* hallway.

It was *my son* who did this. Sometimes, often really, things break - irreparably. And it takes your breath away ... straight away.

It took my breath away when my son stormed into the bathroom, frustrated, angry, fed-up for his very own, very significant to him, reasons. And when he chose to SLAM the bathroom door, causing the heavy mirror mounted to the front to slip out of the hardware holding it in place and crash onto the floor - a million, BROKEN pieces were left reflecting the afternoon light.

I was quiet. I surveyed the damage and took a deep breath. Put the dog outside so he wouldn't cut his feet, put the cat in the basement for the same reason.

I walked into the backyard and felt the hot tears streaming down my face. It's amazing how alone you can feel as a single parent in moments like these. I realized how scared and disappointed I felt. Did this really just happen? Yes. This was real.

And as I stood and considered whether or not this was an indication of his developing character, I heard his tears through the window above me, coming from inside the bathroom.

His soul hurt. This was not what he expected either. Hello, Anger - I don't remember inviting you into my house.

Scary.

Terrified.

Ashamed.

Worried.

Scared.

Deep breath, #MamaWarrior. Deep breath. That small, fragile soul needs you right now. He needs your *very* best. Your *biggest* compassion. Your most gentle and firm mama love and reassurance. More deep breaths. Go Mama.

Go. Go now. Go open the front door, tiptoe through the broken glass, hear him hearing you coming, watch the bathroom door crack open, see the face you love most in the world red with worry and wet with tears, his voice is



suddenly so small: "Mama, I'll never do it again, I am SO sorry." More tears. More weeping. Such uncertainty on his sweet face. Go Mama. Get him. Go now. Scoop him into your lap. Yup, you're crying too. Damn this was big. Hold him tight. Watch how he curls into a ball in your arms so quickly. See how eager he is to be loved by you. To be reassured by you. See how small he still is. See how fragile that spirit is.

I love you.

You are safe.

I am right here.

The worst part is over now.

I've got you.

I'm here.

I love you.

Go Mama. Tell him about Anger. Tell him now. Anger is a really powerful feeling. You have a right to your Anger. Anger burns hot. It can purify. It can also destroy. He nods. He feels it. He's met Anger now. There's a better way to show your big feelings.

We'll work on it together tomorrow.

I'm here to help you.

You are safe.

You are never alone in your anger.

You are never alone in your fears.

I'm here. We're here together.

Now we will clean together.

And we cleaned up the broken pieces. We swept and we vacuumed. It was quiet work. It was careful work. It was thoughtful work. Sometimes things break. Sometimes we break them. It's not the breaking that matters, the how or why. What matters is how we choose to respond to the broken-ness. Does it kill us? Does it throw us into a downward spiral of blame and punishment?

OR

Does it help us remember how to love deepest? Does it push us towards compassion and over the hurdle of "rightness" and "wrongness" into LOVENESS?

Yes. **LOVENESS.**

Go Mama. Go now. Get that baby of yours. Teach that. Show that. Live that. It's called LOVENESS. Go. Now.

If you have a story from your grandparenting/kin care journey or a reflection you'd like to share in our Grand's Reflection, please email us at Admin@grg.org.nz.



Our Annual Report 2018 has been published and is available to read online on our website on our Who We Are/Annual Policies tab along with our previous reports or you can access the PDF of it [here](#).

Give a little to GRG via our secure DPS payment system on our website at www.grg.org.nz



Thank you for your support for GRG!

or at <https://www.givealittle.co.nz/org/grg>

Can we help you?

Members ONLY services are available nationwide
Caregivers Toll free helpline
0800 GRANDS (0800 472 637)

New members and general information please call
0800 472 637 or 09 418 3753
or join via our [website at www.grg.org.nz](http://www.grg.org.nz)

Office Administrator:
09 418 3753
Email: Dana@grg.org.nz
Or office@grg.org.nz

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Kate Bundle 027 2446763
Email: kate@grg.org.nz

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
We are respectful, we listen, we learn
He rōpū manaaki, he rōpū whakarongo, he rōpū ako mātou

Please pass this on to other grandparents/kin carers you know.
GRG Trust Head Office hours are 9am – 2pm daily. (We raise grandchildren too)
We are a Charitable Trust

www.grg.org.nz



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





GRG Support & Coffee Groups Nationwide

Kaitaia & Kerikeri

Meets: First Friday of the month during school terms @ 10.30am-12.00pm **Contact:** Martha Taonui 0220507056 or

jamcleaner@gmail.com or Kaitaia@grg.org.nz for one to one support including telephone support and advice and advocacy on a range of issues including WINZ matters and accessing support for families.

Kaikohe

Contact: Moengaroa Floyed on 09 401 3057 or Kaikohe@grg.org.nz for meeting times and support.

Dargaville

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

Whangarei

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

Ruakaka

Contact: Tauser Kingi on 09 432 8611 or Ruakaka@grg.org.nz for meeting times and support.

West Auckland/Waitakere

Meets: 3rd Thursday of the month (exl Jan) @ 10am at: 267 Glengarry Road, Glen Eden (the hall is under the Terrance Kennedy resthome) parking in the Salvation Army car park **Contact:** Esther Price on 0212510690 or

Waitakere@grg.org.nz for telephone support and support group meetings, whanau outings, events and workshops for members.

New Lynn

Meets: 3rd Tuesday of the month @ 10am at 9 Binsted Road, New Lynn **Contact:** Robyn Robertson on 021 309 365 or NewLynn@grg.org.nz for telephone support and support group meetings, whanau outings, events and workshops for members.

East Auckland

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

South Auckland

Contact: Virginia Peebles on 09 277 7514 or SouthAuckland@grg.org.nz for support.

Papakura/Pukekohe/Waiuku

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

Hamilton & Huntly

Meets: Last Monday of the month @ 10.00am at 58 Palmerston St (beside Parentline) Hamilton. **Contact:** Pat Davis on 07 855 0530 or Hamilton@grg.org.nz for telephone support and meetings,

Whanau outings and events, Emergency Outreach/crisis support for members. Guest speakers are often in attendance. RSVP is always required for catering purposes and facility chairs to be set out.

Te Awamutu

Meets: 2nd Monday of the month @ 9.30-11.30am at TA or Kihikihi **Contact:** Ruth Gilling on TeAwamutu@grg.org.nz or 022 045 4475 for telephone support, assistance with WINZ, Schools etc and support group meetings, whanau outings, events and workshops for members.

Papamoa/Te Puke

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

Opotiki

Meets: We are a relatively new group and look forward to welcoming members in the area, so please get in touch for more information on meeting opportunities or for support.

Contact: Sophie Wilson-Kahika on 07 262 5136 or Opotiki@grg.org.nz for telephone support, advice and support meetings, as needed in Opotiki and the Kawerau area.

Rotorua

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

Te Kuiti

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

Taumarunui

Contact: Jo Wickham on 07 896 7515 or Taumarunui@grg.org.nz
Meetings on 1st Tuesday of the month at REAP and coffee catchup at Big Mommas on 3rd Tuesday of month at 10:00am. No meetings during school holidays.

Taupo

Contact: Lesley-Anne Wells on 07 377 3539 or Taupo@grg.org.nz for support and meetings.

Taranaki/New Plymouth

Meets: We are a new group and look forward to welcoming members in the area, so please get in touch for more information on venue and times. **Contact:** Lorraine McLaren on 027 520 1144 or NewPlymouth@grg.org.nz for telephone and support meetings, Whanau outings, events and workshops for members

Napier

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

Hastings

Contact: Tom Kupa on 06 879 4302 or Hastings@grg.org.nz for support and meetings.

Whanganui

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

Coffee Groups

Matakana & Warkworth	Anita	021 08205563
North Shore Auckland	Val	022 0802368
Auckland Central	Jane	021 029 54802
Hamilton	Carol	027 361 1929
Cambridge	Bev	021 02720902
Raetihi	Angel	06 385 3404
Kapiti	Margaret	04 293 4728
Upper Hutt	Margaret	04 976 9475
Blenheim	Juliet	03 571 6222
Christchurch	Elaine	021 025 08834
Ashburton	Deborah	027 626 4866
Dunedin	Nanette	03 455 2016

Tararua

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

Manawatu

Meets: First Tuesday of the first month @10:00am or First Thursday at 6pm in alternate months at Old Public Trust office, next to the Library entrance, The Square Palmerston North. **Contact:** Jacqui Phillips on 021 299 0455 or PalmerstonNorth@grg.org.nz for telephone support and support group meetings, whanau outings, events and workshops for members.

Levin

Contact: Ann Waddell on 06 362 7269 or Levin@grg.org.nz for support and meetings.

Hutt Valley

Contact: Serenah Nicholson on 021 743 414 or HuttValley@grg.org.nz for support and meetings.

Wellington & Kapiti

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

Nelson

Contact: Paula Eggers on 021 062 6583 or Nelson@grg.org.nz for meetings and support.

Motueka

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

Canterbury

Contact: Veronica Brunt on 03 942 5935 or Canterbury@grg.org.nz for support.

Waimate

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

Otago Coastal/Dunedin

Contact: Aad & Leonie on 03 465 1764 or Otago@grg.org.nz for support.

Southland / Invercargill

Meets: Fortnightly on the 2nd and 4th Wednesday of the month @ 10.00 at 183 Spey Street (FamilyWorks) **Contact:** Lynette Nielsen on 03 216 0411 or Southland@grg.org.nz for telephone support and meetings, whanau outings and events, workshops for members and emergency outreach/crisis support for members.

New Groups:

If you are interested in setting up a new Support Group or a Coffee Group in your area, please contact the GRG National Support Office on 09 418 3753 or email us at office@grg.org.nz for more information. As part of the Support Group establishment and support we offer regular training on a range of issues affecting grandparent and whanau carers to assist with your roles.