



NEWSLETTER - SEPTEMBER 2015

DATABASE: 6075 WHANAU CARERS

Tena Koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula Vinaka, Taloha Ni, Kam Na Mauri, Greetings to all!

From the National Office

Extraordinary Care Fund

The Extraordinary Fund opens again on 21 September until 30 October 2015 and will be notified beginning 4 December. You cannot apply if you applied in the July 2015 round. (Only once per year)

You can apply if you were declined in the July round.

They do not need copies of your bank statements.

May we strongly suggest you get your paperwork completed before 21 September, so that you are ready to make an appointment with W & I on the opening day. There are delays in getting appointments with W & I and it is only a short window and applications must be received by them before the closing date.

For more information go to www.grg.org.nz and click on link for ECF for examples of what your application could look like. There is more information on the fund under financial support on our web site.

National Grandparents Raising Grandchildren Awareness Week

October 27th – November 3rd is the magic week. This is our national awareness week for the GRG Trust and it's members to raise the awareness of the thousands of amazing GRG's and kin carers who are providing homes of love and security for some of the most vulnerable children in our communities.

All of you are our unsung heroes. We want the nation to understand and appreciate what you do.



Inside this issue

- [Extraordinary Care Fund Update](#) [page 1](#)
- [National Grandparents Raising Grandchildren Week](#) [page 1](#)
- [The Value of Grandparents](#) [page 2](#)
- [Scabies Are Around](#) [page 3](#)
- [FCIS Family Crisis Intervention](#) [page 4](#)
- [GRG Support group in Invercargill is famous](#) [page 4](#)
- [3 New GRG Coordinators](#) [page 4](#)
- [De-grandparenting with Children](#) [page 5](#)
- [Grand's Reflections](#) [page 6](#)
- [CYF visits to a school](#) [page 7](#)
- [This Newsletter](#) [page 7](#)
- [GRG Head Office contacts](#) [page 7](#)
- [Support Coordinators contacts](#) [page 8](#)

If you have any ideas to celebrate this week in your community please convey them to your local Support Coordinator or our Communications Manager Kate Bundle on kate@grg.org.nz and let's be loud and proud and Grand!

Grandparents Raising Grandchildren Winner



The Value of Grandparents

As a young mother way back in 1969 I simply could not have done without my mum to help me in so many ways. From a baby that would not settle or to teaching me to survive on a budget, she was there.

Fast forward to where I am now the grandmother, what has changed? Well not a great deal, although so many grandparents are still in the work place. This may give the grandparents less time to spend with grandchildren, but if push comes to shove, they will be there.

Taking care of a sick child while parents work, doing the after school activities which is just wonderful, but one must know our limits. Grandparents must take good care of their own needs also to be an active member in an extended family. So flu jabs and general good health are very important for the grandparents. Our little darlings just love to share bugs picked up at school and I also include other bugs in this equation too. Nits to be precise. Oh yes, I was horrified at 67 to have a head full. And the hours spent combing and treating their hair and mine with stinky gooey stuff. Being a grandparent has no boundaries.

The favourite thing my younger grand's love doing is looking through old photograph albums. Suppose they will be a thing of the past in the not too distant future with all having them in their phones or on the computer. To sit close to them and turn the pages of the past, from colour right back to black and white. To show them photos of generations past, to talk about the times and clothing, not only refreshes memories for the grandparent but imparts a rich history for the children. It connects them to their family and that bond is powerful for a child's place in an ever changing world. It secures their base and cements a good foundation.

Technology is either something that can elude an older person, they may teeter on the

edge with just the basics, or they envelop it with open arms. So often in this wide world of ours, distance places the grandparents out of easy reach to our grandchildren. Skype is a wonderful way to keep those connections going. And do not discount things from the past. Believe it or not, in today's world it is very exciting for a child to get a card in the mail addressed to them! One of my granddaughters was given 2 swaps in an old chocolate box; she treasured them and showed them proudly to all. So I googled for swaps and found I could

purchase them online. I ordered a pile,

and every birthday she gets a

sheet of them. Her swap

collection grows and she

loves them, it was also

an opportunity to talk

with her about our

own swap collection we

had as small children.

Now connecting with the teen grand's, especially boys can be a difficult thing, as they just tend to grunt when asked questions. In my early days of new computer knowledge, which was scant, I used this time to get the grunting teenage male to teach me to use the computer and low and behold he could do more than just grunt. Wonderful!

One particular day rain was pouring down and he was lying on the couch as sport had been cancelled, he was just having the odd grunt with his grandfather. I walked by and said, "are you two chewing the fat?" With that he asked "what does that mean?" So for the next hour or so discussion went around about 'old sayings'. He learnt a lot

and was just amazed, as he said himself, "I have never heard those saying before." I will lay dollars to donuts that one day into the future, when we will be long gone, one of those sayings will come to mind and he will say it, perhaps to his own children and have a warm memory of that day and us both also. Never underestimate the value of that footprint we leave.

Di Vivian writes regularly a blog post for Kiwi Families

www.kiwifamilies.co.nz



Scabies Are Around

Overview

Scabies is a highly contagious skin infection caused by the *sarcoptes scabiei* mite. This mite burrows under the skin to lay eggs and leaves behind an intensely itchy rash. Sometimes burrow lines are also visible. These mites can be found on the skin of infected persons and are most often spread through skin-to-skin contact. However, mites can live on an infected person's sheets and blankets, towels and in carpets, so the mite can be spread through contact with these items as well. Though uncomfortable, this condition is easily treatable with lotions or oral medications.

Symptoms and Diagnosis

The most obvious symptom of scabies is an intensely itchy rash. The rash may appear like small pimples on the skin or as blisters. These rashes most often appear on the hands and feet but can occur anywhere on the body including the armpits, scalp and genitals. The itch associated with the rash often gets worse at night. Symptoms can take up to 6 weeks to appear in those who have never been exposed to the mite.

In addition to a list of symptoms and the characteristic rash associated with scabies, the condition can also be diagnosed with a simple test. Doctors take skin scrapings from the affected area and examine these scrapings under a microscope for evidence of *sarcoptes scabiei* mites.

Causes

Scabies is caused by the *sarcoptes scabiei* mite. This microscopic mite is transmitted through skin-to-skin contact but can also live for several days on clothing, sheets, blankets, towels, stuffed animals and in carpet. Persons who come in contact with infected items can contract the mite. This most often happens among family members or in crowded public areas.

Prevention

Because scabies is a common and highly contagious condition, in many cases it cannot be prevented. The best solution to prevent further spread once scabies is detected is proactive treatment. The patient should be treated for symptoms, and family members, sexual partners, school mates or others who come into close physical contact with the infected person should be

treated. This treatment should apply even if symptoms are not present. Blankets, sheets and towels should be washed in hot water to kill mites. Stuffed animals should be sealed in plastic bags for 3 days to one week to kill mites and all carpets should be thoroughly vacuumed. The vacuum bag should be discarded to prevent re-infection.

Treatment

Scabies is most often treated with topical medications permethrin, lindane and crotamiton. These medications must be applied to the entire body – with the exception of the face and head – to prevent mites from simply relocating on the body. These medications must be left in place for 8 – 12 hours before being washed off, so bed time is usually the best time for treatment. These medications may require more than one treatment. Oral medications are also available if topical medications cannot be used. Not all of these medications are safe for children and pregnant women, so side effects should be discussed with a doctor before use. These medications are efficient at killing mites, but itching may persist for some time. Doctors often recommend antihistamines to relieve the itch. In extreme cases, hydrocortisone may be prescribed, but it can increase the risk of impetigo – a bacterial skin infection caused by scratching the rash – so its use should be discussed with a doctor.

Recent Debates and Developments

Permethrin is a common medication prescribed to treat scabies but is a strong insecticide. This causes concern in some patients. Researchers looking for less drastic medications have compared Tenutex to permethrin in studies. Tenutex is an over-the-counter treatment option found in most pharmacies. While Tenutex proved effective in over 50 percent of cases after two treatments, permethrin still out-performed the drug in efficacy. Research continues to find more effective ways to treat scabies infections.

More Information

Kids Health: <http://kidshealth.org/parent/infections/skin/scabies.html>

Mayo Clinic: <http://www.mayoclinic.com/health/scabies/DS00451>

MedlinePlus: <http://www.nlm.nih.gov/medlineplus/scabies.html>

FCIS-Family Crisis Intervention

F.C.I.S is a FREE service to families/caregivers needing support/mediation with issues dealing with CYF or other care service provider.

We will help you with the complaints process or with any CYF/or other, service related concerns you may have. We are Nationwide, open seven days a week.

We aid families/caregivers through the allegation process or emotional rollercoaster of your complex cases.

Find us on www.fcis.org.nz



GRG Support Group in Invercargill is famous for...

It's cheese rolls!

This group of grands fundraised for their local group by making 300 dozen cheese rolls and have kindly have shared their recipe which is a legendary and iconic favourite of the South!

The following recipe will make about 7 dozen cheese rolls.

1 Kilo of tasty (or mild) cheese grated, 2 pkts of Maggie onion soup, 1 tin of Carnation evaporated milk, ½ tin of water, 2 oz butter and 4 loaves of sliced bread.

Over a low heat melt the butter, milk, water and soup mix. As soon as the butter is melted add cheese. Stir over heat until it reaches a nice consistency and the cheese is just melted. Leave the mixture to cool. On a slice on bread, spread mixture on and roll up. They can be toasted in a toasted sandwich maker, microwaved, grilled in the oven or eaten as is.

Yummy!



3 New GRG Coordinators

Ashburton, Dargaville and Kaikohe have new coordinators! We warmly welcome:

- ♥ Margaret Mason, who is raising three grandchildren in Ashburton (03 3080190 margaretmason1010@gmail.com)
- ♥ Moengaroa Floyed, who is raising one grandchild in Kaihohe (0276440978 floyedz@xtra.co.nz); and
- ♥ Sandy Zimmer, who is also raising 1 grandchild in Dargaville (09 439 4420 sandy.zimmer@hotmail.com).

We are sure you will get behind them and welcome them to our whanau.

De-grandparenting with children

I've been very grateful for Grandparents Raising Children: not for any specific assistance over the last 18 months, but just to know that the organisation is there has been helpful, and to know that there are other grandparents taking on the same responsibilities, the same challenges, the same hopes – that has been helpful too.

My grandchildren came to me at 8 and 10. The mother was in meltdown – bad boyfriend, drugs, suicidal impulses, homelessness, hopelessness.

The children settled in reasonably well. They never understood why they had been uplifted – such was their normality. But they accepted, to some extent, that this was the new normality, and did their best.

But as their mother recovered they increasingly turned to her as the source of authority and love, and became increasingly resistant to their current circumstances, culminating in the elder child threatening to run away to 'home' (an impossibly long distance!).

By this point many of the issues had been cleared up, and although I have little faith in the future, the current situation was clearly acceptable for the raising of children, and I have had to let them go back to their mother – with misgivings, with conditions, with hope.

What I want to write about here is the aftermath. Yes, there is a sense of relief: I have a job, and obligations to other people, friends and family, and now I have time to pursue those interests. There is no longer the need to rise early enough to get children to school, make lunches, make dinner, shopping – the shopping seemed endless! And consequently there is a huge hole in my day, a lack of motivation to do anything at all... it doesn't seem worthwhile to cook, to do any of the things that used to occupy my day. Now that

there is no pressure to squeeze things in between going-to-school and picking-up-from-school, there seems no particular reason to get started. The house is awfully quiet, the evenings awfully long.

Of course we went through this the first time our children left home, but it isn't any easier the second, or third, or fourth time....

I should be grateful of course, that the mother recovered – approaching 70 now, the likelihood is that I would find parenting increasingly demanding, physically and mentally. All the turmoil of the teenage years – I should feel I have dodged a bullet! But the anxiety won't go away, the worry about the children, and the fear that they will be back, in worse condition, older and more truculent.

I certainly don't feel that the answer is to not let them go back. That would be inhumane. But there doesn't seem to be any process for checking on their well being, except for those family members whom the mother trusts, i.e. those who will not gainsay her views. I realise that CYF does not have the capacity for such oversight, and is not likely to have in the future, but it does seem to me that some kind of intermediate interest in them, before things degenerate to the previous level of direness, would be reassuring to all concerned, and quite possibly prevent catastrophe.

Sad, worried Nan.

Unsupported Child Benefit in above circumstances

You do have an obligation to notify W&I if the children have returned back to the parents. But if it is an 'unsure placement' please speak to W&I as they may grant you a 28 day trial period before totally removing the UCB. It is vital you notify them or you will be asked to repay the UCB.

All the turmoil of the teenage years – I should feel I have dodged a bullet! But the anxiety won't go away...

Grand's reflections...

She turned 5

Miss Five has just started school, uniforms duly acquired, lunches are a daily chore to include Ms Five in decision-making as in our house what goes in your lunch box has one destination "your tummy", so active involvement on snacks and sandwiches fillings are encouraged. Master 8 is extremely helpful in nurturing our little Diva at school so her transition has been extremely straight forward.

On day 4 of her first week after homework time is completed, I held Miss Five in my arms and we were having an in depth discussion on her first week. I asked Miss Five "So what do you think of big school so far honey?" to which she replies "Big school should be for Nannies and Koro's, Mama (her chosen name for me) because Nannies and Koro's need to stop working when the bell rings and go and play on the monkey bars so they will laugh and have fun". My next question was "Are you making lots of friends?", to which she replied "Your my best friend, but when I have to leave you, I'm



making copy friends and I'm getting lots of them, they just young, mama not old." Hmmffff! So my grand finale was "What's your most favourite thing about school?" To which she thought for awhile to choose her most favourite thing and replied "Walking HOME!" Funny kid.

Hilarious new adventures in our house for sure.

Grand's R & R

Don't let my food touch

Does this sound familiar? What is it with little kids today? When the grandies were little they had an absolute fear of different types of food on their dinner plate touching. Many children have this issue. I even tried, but it all ends up touching in your tummy. Even if they dropped a pea into their potato it was "no it touched, I cannot eat that potato now." Huh? And there was no way they would eat it. This was a nightly occurrence, so in desperation I went to a \$2 shop and purchased plastic plates with dividers in them. Did the job beautifully, yet when it came to pudding, oh yeah pour on the sprinkles, jelly and fruit, then mix it all up. Oh but that is different they would say.



CYF visits to a school

This past week we have had more than a few grands contacting us most upset that 2 CYF Social Workers had visited the children they care for at school without them being told. They can do this depending on the circumstances and the children do not have to be under CYF care and protection either. The question we have is; does someone from the school sit in on this meeting as a support person from the school for the child or children?

One can imagine this would be particularly frightening for a young one, particularly when they have suffered trauma in a past life. I would have liked to have thought someone would be there independantly for the child. This is not always the case, as we have heard of late. Perhaps may we suggest that you ask your local school what procedures and policies do they have around this.

This also applies to Lawyer for Child also as they are known to interview children in school time.

Reminder: Check the expiry date on your driver's license, passports, in fact on everything!

This newsletter

If you get this newsletter via mail and would be happy to receive it via email, could you please email Kelly on office@grg.org.nz with your name and address or phone her with your details on 09 418 3753 if a toll call please ph 0800 472 637 ext 2.

Good time to also make sure your details are correct too, our postage and associated costs are astronomical.

Can we help you?

Members ONLY services are available nationwide
Caregivers Toll free helpline
0800 GRANDS (0800 472 637)
For landline caregivers only please
New members and general information please dial ext. 1

Members' Support Manager:

Di Vivian
Auckland/free callers:
(09) 480 6530
Email Di at: office@grg.org.nz

GRG Trust NZ
PO Box 34892
Birkenhead
Auckland 0746

Suite 4 (Ground floor)
Rawene Chambers
15 Rawene Rd
Birkenhead Auckland 0626

Office Manager:
Kelly Vivian 09 418 3753
Email office2@grg.org.nz or
kelly@grg.org.nz

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

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Member Support Manager: Di & Team (as a caregiver you are part of our team)

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



[Anti-bullying](#)



0800 456 450



Give a Little for GRG

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

www.powertoprotect.net.nz



SUPPORT GROUP CONTACT NUMBERS

Locality	Support Coordinator	Phone	E-mail Address
Ashburton	Margaret Mason	03 3080190	margaretmason1010@gmail.com
Auckland East **	Tess Gould-Thorpe	09 535 6903	pan@xnet.co.nz
Auckland North **	Bonnie Williams	09 473 9055	willingclan@xtra.co.nz
Auckland South **	Virginia Peebles	09 256 1620	
Auckland West **	Debbie Hall	09 818 7828	debron@xtra.co.nz
Auckland Papakura/Pukekohe **	Delphina Galvin	0275 053 808	delphinagalvin@live.com
Canterbury **	Veronica Brunt	03 942 5935	r.v.brunt@paradise.net.nz
Dannevirke **	Malcolm Johnson	06 3740407	
Dargaville	Sandy Zimmer	09 439 4420	sandy.zimmer@hotmail.com
Gisborne **	Molly Pardoe	06 867 8463	mollypardoe@xtra.co.nz
Hamilton **	Kerry Batten	07 560 0291	Kerry.hamiltongrg@gmail.com
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Wanganui **	Jenny Morton	027 443 7780	jaydeez@clear.net.nz
Wellington **	Cecilee Donovan	04 477 0632	cecileed@gmail.com
Whakatane *	Shirley Faulkner	07 308 8524	shirleyfaulkner@xtra.co.nz
Whangarei **	Janet Puriri	09 435 0044	jpuriri@ihug.co.nz

For the most up to date contact details please go to our website www.grg.org.nz

If you are a grandparent or whanau caregiver and need a referral to one of our Field Officers please call 0800 GRANDS (0800 472 637) or if you are in Auckland please call 09 480 6530