



GRANDPARENTS RAISING GRANDCHILDREN TRUST NZ
Raising resilient and healthy children and young people through empowering grandparent and whānau care families since 2001

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 to join.

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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 6,900+ member families and all our non-member subscribers!

In this GRG newsletter...

- 🌿 Support Group Highlights – Catch up on what’s been happening in our local GRG support groups across the motu
- 💙 Good News Stories – Updates on the support and education provided to our members recently
- 🙌 Your Generosity in Action – How recent donations are making a real difference for our whānau
- 🌟 Celebrating Tricia Corin – Honouring 25 years of incredible service from our much-loved Financial Advocate as she retires
- 🗣️ Community Advocate Update – News from the frontline: how our advocates are helping whānau navigate complex systems
- 🍵 Self care and support - Ideas to help you support yourself and your mental health this winter
- 🌟 Spotlight on Porirua Support Group - how you can join for a kōrero and a cuppa

Have you liked our Facebook page? This is where you can get the most up to date information on our trainings, meetings and coffee groups. [Click the link here](#) or you can search “Grandparents Raising Grandchildren Trust New Zealand” in your Facebook search bar.

Hello and welcome!



Sam Farquhar
General Manager

Kia ora,

We are now halfway through the year and winter has well and truly set in, floods, snow and rain have been in abundance lately, and our thoughts are with anyone affected by current weather events.

Being a grandparent is one of life's greatest joys. But it's also bringing challenges, and your presence leaves a lasting legacy of love and wisdom. But amidst all the caregiving, storytelling, and support, one important person often gets overlooked — you.

It's easy to forget that while you're caring for others, you also need to care for yourself. Taking time out isn't selfish; it's essential. Here's why stepping back for a little "you time" is one of the best things you can do — for your health, happiness, and even for your whanau

1. Recharge Your Energy

Grandparenting can be physically and emotionally demanding. From early mornings with toddlers to long conversations with teens, it can sometimes feel like a full-time job. Taking time out — whether that's a quiet walk, reading a book, or just enjoying a cup of tea — helps restore your energy. A refreshed you is more present, more patient, and better able to enjoy the moments that matter.

2. Boost Your Health

Stress doesn't stop at retirement. In fact, constantly putting others first can take a toll on your body — raising blood pressure, increasing fatigue, and lowering immunity. Regular breaks give your body time to rest and recover, helping you sleep better, think clearer, and stay healthier for longer.

3. Support Emotional Wellbeing

It's natural to want to be there for your grandchildren. But it's also okay to feel overwhelmed at times. Making space for yourself gives you room to reflect, breathe, and regain perspective. Whether it's a hobby, a visit with friends, or even just a few minutes of quiet, time out supports your emotional wellbeing and helps keep anxiety and burnout at bay.

Simple Ways to Take Time Out

You don't need a week-long cruise (though that sounds lovely!) to reap the benefits of a break. Here are a few simple ideas:

- Start a morning ritual — A quiet coffee, journaling, or meditation before the day begins.
- Reconnect with hobbies — Gardening, painting, knitting, or even puzzles can be meditative.
- Take a digital break — Put the phone down and enjoy a moment of uninterrupted peace.
- Spend time in nature — A gentle walk or sitting in the garden can do wonders.
- Say "no" sometimes — It's okay not to say yes to every request. Your time is valuable, too.

Most importantly keep warm and safe!

Ngā manaakitanga

Sam Farquhar
General Manager

Naku te rourou nau te
rourou ka ora ai te iwi

*With your basket
and my basket
the people will
live*



Support Groups

Each newsletter we like to showcase a few of our support groups from around the country - highlighting what they've been up to and upcoming events.

Whāngarei Support Group:

Kia ora everyone hope your school holidays with your grandchildren was enjoyable and lots of fun.

A colouring competition was offered over the holidays, and some bright colourful entries were offered by the children, and the winner Lacey, granddaughter of Whangarei GRG member, won a \$50 Voucher for the movies.

We were given the opportunity to meet Thomas Nixon Coordinator for Community Gardens Trust, Maunu who is looking for families in the area to create garden/vege plots. Contact email:

thomasanixon@proton.me

At our weekend get together "Coffee & Cookie – Meet & Greet" which gave the Whangarei Grandparents Raising Grandchildren a chance to socialise meet and chat as we found a lot of the grandparents work during the week so why not create a coffee and cookie - Meet & Greet? For this opportunity to continue we will have 2nd "Coffee & Cookie - Meet & Greet" in Spring when warmer weather is beginning!

The monthly meetings for Whangarei GRG will continue as of Friday 1st August 2025.



Bailey, Lacey and Volunteer Barb



Lacey, Proud Nana, Bailey

Matamata, Piako and Hauraki Support Groups:

Matamata, Piako and Hauraki groups will be running a free two hour St John First Aid course in Morrinsville. Topics covered will include;

- Bleeding; Burns; Poisonings (including bites and stings); Eye injuries; Asthma; Fractures and dislocations.

**October 15th - 9.30am morning tea -10am course start
12pm course completion**

For enquiries contact - Jennifer Morrinsville@grg.org.nz 027 686 3207 or Jacqui Matamata@grg.org.nz 027 767 5526

Good News Stories

We love to hear how GRG has helped make real changes in our members lives. In this newsletter, we are looking at how training's can equip grandparents/whānau caregivers with the tools to succeed.

Our Tamaki Makaurau members attended a Youth Mental Health First Aid training in June. This training focuses on supporting our rangatahi with their mental health.

Youth Mental Health First Aid equips adults who teach, care for, or support young people with the knowledge, skills and confidence to recognise, understand and respond to a young person experiencing a mental health challenge or mental health crisis.

Across Aotearoa New Zealand, and globally, young people are experiencing increased mental health challenges. Around one in three young people each year will experience a mental health challenge, and adults have a duty of care to support them with the right skills and knowledge.

This course was run over 2 days and participants finished as certified youth mental health first aiders.

A huge thanks to the Hillcrest Lions Club for supporting this, and the incredible catering they provided for both days.

If you'd like to know more about the youth mental health first aid provided by Te Pou, you can follow this link: <https://www.tepou.co.nz/initiatives/mental-health-first-aid-aotearoa-new-zealand/youth-mhfa>



Photo: Participants learning the first aid action plan

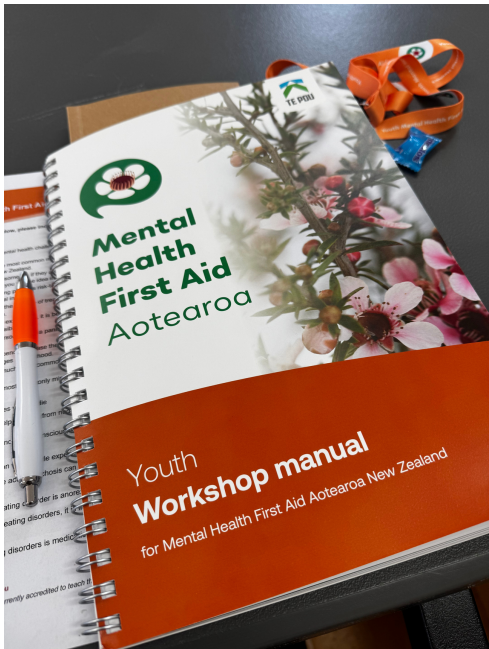


Photo: Workshop manual and goodie pack participants received



Recent Donations & Support

We've had some wonderful donations and support over the last few months. Without this support we can't keep going with work we do in communities - thank you, ngā mihi, to those that have supported us. If you'd like to help but don't know just how, get in touch with Shannon who can help with some ideas! shannon@grg.org.nz

Highbury Knitting Connection



The knitting group was started by Barbara Hepburn, and they get together weekly at Highbury House to knit for various charities. Not only does it provide them a great spot for a cup of tea, but they're able to knit and donate peggy square blankets, clothing and some personal items to those in need. Barbara says they are "a happy cohesive group of ladies, and I think we set up this group about 3 years ago. We usually receive a dollar amount from Highbury House to buy yarn, and have also received a donation from the local RSA. Thank you."

So far they have donated 26 peggy square blankets to GRG along with some children's clothes! Thank you so much Barbara and the rest of the Knitting Connection.



Photo top: Barbara & The Knitting Connection group

Photo bottom: A selection of knitting made by the group

The Kindness Collective & GRG



The Kindness Collective (TKC) had a huge outpouring of support for their yearly PJ appeal which meant they were able to provide GRG with a record number of winter PJ's this year.

In collaboration with The Warehouse, TKC run a yearly appeal for the public to donate a pair of PJ's to those in need across the country. For many tamariki, it means a warm nights sleep during a cold night. These PJ's have been distributed via our support group coordinators to those in need. Thanks for your support, The Kindness Collective!

Photo: Megan from TKC & Justine from GRG with the winter PJ appeal

Help us create lasting change - your regular donation empowers whānau to stay strong, connected, and supported. Join our community of monthly givers and be the reason a child grows up safe, loved, and within their whānau.

[Become a regular giver](#)

Recent Donations & Support

NZ Post: Delivering for Good



Every year, NZ Post very generously choose to sponsor a few lucky charities to support the cost of their postage.

GRG are very grateful to have been selected as one of those recipients for 2025!

Support like this means we are able to focus on doing what matters - supporting communities - rather than worrying about postage costs.

If you receive a package from us, you'll notice a small "Delivering for Good" sticker on it, a symbol of NZ Post's support for us!

Dignity Period Products



GRG was recently supported by Dignity, an organisation committed to making period products accessible to everyone.

Dignity have donated a number of products for us to use in our emergency care packs, allowing those in need of these products to receive them when they need.

You can learn more about Dignity at <https://www.dignitynz.com/>

Help us create lasting change - your regular donation empowers whānau to stay strong, connected, and supported. Join our community of monthly givers and be the reason a child grows up safe, loved, and within their whānau.

Become a regular giver

Farewell to Tricia



Tricia Corin
Specialist Advocate
Income/Financial Support

Thank You, Tricia – Honouring 25 Years of Dedication and Heart

This month, we say a heartfelt thank you to a truly remarkable woman—Tricia Corin, who is retiring after 25 years of dedicated service to Grandparents Raising Grandchildren.

Tricia’s journey with GRG began as a Support Group Coordinator, walking alongside other grandparents through the ups and downs of raising mokopuna. As a grandmother herself, Tricia knew firsthand the joys, challenges, and sacrifices that come with stepping into the caregiving role. Her lived experience became the foundation of her deep empathy, her practical wisdom, and her unwavering drive to help others.

Over time, Tricia moved into her long-standing role as our Specialist Advocate – Income/Financial Support, where she became a fierce and trusted champion for thousands of caregiving families across the motu. Her deep understanding of the welfare system and tireless work supporting caregivers to access the income and entitlements they so often struggled to receive.

Tricia has never been one to seek the spotlight, but her legacy speaks volumes. From quiet, compassionate phone calls to urgent advocacy with government agencies, she has been a lifeline for so many. Her calm strength, sharp mind, and enormous heart have left an indelible mark on GRG and the many whānau she’s supported over the years.

Thank You

Here are a few thanks from members to Tricia:

“I feel blessed to have met you only over the phone. You supported me so generously when I started as a regional coordinator for CFA back in 2018-2021 with grandparents who were getting a raw deal. You were patient and helpful in guiding me with the knowledge I needed to best support them.”

“Trish helped me a lot when raising my grandson.
Congratulations Trish”

“Thank you for all you have done for my family and the thousands of other families you have helped , supported and impacted on , you will be missed and your knowledge has been a blessing to many”



Photo: Tricia receiving her New Zealander of the Year award





Jacqui Phillips
Financial Advocate

Advocating for You

I'm Jacqui, I'm your new contact for Financial Advocacy with the wonderful Tricia Corin now enjoying her well-deserved retirement.

I'm enjoying being part of the dedicated support team at GRG and the contact with amazing members who have taken on the care of young people. I'm here to assist you with access to resources so you can provide care, contact me on 0800 472 637 if you'd like advice or support.

A little about me, I'm a mother and stepmother of five, fostered three young people and a grandparent of (nearly) nine. My life experience includes case management at Work & Income, projects for young people to connect to careers and training, and advocacy for people with intellectual disabilities. I also manage an engineering business with my husband.

My journey with GRG began when two grandchildren came into my care in 2016. The process of Oranga Tamariki, Family Court, Work & Income, giving up my job and a life of routines around kids again, left me feeling alone and a bit lost.

I found GRG and joined but there was no support group in my area so in March 2018 I signed up as Support Group Coordinator for Palmerston North, running meetings, events and support with a great bunch of supportive members.

I wanted to keep supporting the kaupapa of GRG but after 6 years, it was time for me to hand the support group over to someone else. I joined the GRG trust board in Nov 2024 and am impressed with the board members wide range of skills and experience alongside the time they give up in this voluntary role. Our board members pull together in the shared belief in the manaakitanga of supporting grandparents and whanau carers. Whilst I am working as an advocate, I have stepped down temporarily from the board to focus on supporting our members and their advocacy needs.

GRG like every organisation is going through change but with change comes opportunity, I believe with the amazing team of people that make this organisation, GRG has a bright future and I'm looking forward to being on the journey.

Ngā mihi,

Jacqui





Giselle Stalls
National Support Manager

A word from Giselle

Finding support in others made easy

Kia ora koutou,
I have the privilege of working alongside an incredible team of volunteers—many of whom are grandparents raising their own grandchildren.

These remarkable people bring not only their time and energy, but also the deep wisdom that comes from lived experience. They have traded what many thought would be their retirement years for a life filled with unknowns, caring for tamariki whose future can feel uncertain, while continuing to show up with unwavering love, strength, and resilience. Despite the challenges, they continue to give, to their whānau, to their communities, and to each other. Their commitment and compassion form the backbone of the support GRG provides across Aotearoa, and I am deeply grateful for each and every one of them.

To our volunteers: Thank you. Your courage and generosity do not go unnoticed.

A warm welcome to new support group coordinators

We’re especially excited about two new support group coordinators joining us:

Shannon Andrews – Manawatu (Formerly Palmerston North)

I'm a grandmother raising three grandchildren alongside my youngest son. Our journey began in 2019, and by 2020, we had three little ones under our roof—all under 4 years old, two still in nappies—while my husband and I were both working full time. We didn’t hesitate to step in, spending the next two years focused on care, support, and helping to rebuild their young lives. Now in 2025, they’re thriving and enjoying school. Life is busy, emotional, fun, and chaotic—but we wouldn’t change a thing. Grandparents Raising Grandchildren has been an incredible support, and I’m excited to give back through the Manawatu Support Group. I look forward to meeting you all.



Jane Buxton - West Coast

Jane is an enrolled nurse with a background in talk therapy and advocacy. She supports her daughter and granddaughter, who both live with her. Passionate about empowering, supporting, and connecting GRG caregivers, Jane brings deep empathy, a great sense of humour, and a respected presence in her community. Her innate understanding of people under stress or who have experienced trauma makes her a trusted and valued support on the West Coast.



Thank You for your support!

Probus Karori

A big thank you to Probus Karori for inviting our Wellington GRG Coordinator, Cecilee Donovan, to be your guest speaker. Cecilee gave a powerful and insightful talk, sharing the heart of what Grandparents Raising Grandchildren (GRG) is all about. She spoke openly about the diverse realities our whānau face—some uplifting, others deeply challenging—which kept the group fully engaged and genuinely interested throughout. It was a wonderful opportunity to raise awareness and connect with the community. We truly appreciate your warm welcome and interest in the GRG initiative.

Tokoroa Intermediate

A heartfelt thank you to Tokoroa Intermediate for inviting GRG to your recent Carers Information Morning. It was a fantastic event and a wonderful opportunity to introduce GRG to the Tokoroa community. A special thanks to Jacqui Toung (Matamata) for representing GRG on the day—your presence and insights helped make the day a real success. While Tokoroa doesn't currently have an active support group, watch this space Tokoroa GRG members—something is in the works! We're excited about the growing interest in the area and look forward to building stronger local connections and support for caregiving whānau.

Spotlight On: Porirua Support Group

New Venue from September:

Our last meeting at Te Pāti, Bedford Street, Cannons Creek will be held on Tuesday 12 August. From September onwards, we'll be meeting at a beautiful new space:

Pātaka Art + Museum Centre – Hapori Meeting Room
Corner of Parumoana & Norrie Streets, Porirua
Meeting Time: 2nd Tuesday of each month, 10am–12noon

The Hapori Meeting Room is warm, quiet, and perfect for our group. It offers a more comfortable setting with easy access to kitchen and bathroom facilities. We're confident you'll love it! We'd love to see you at our next meeting. Come along for a cuppa, a kōrero, and connection with others who truly understand the journey. Ko tō aroha me tō kaha e hiahiatia ana – nau mai rā
Your love and strength are needed – you are warmly welcome.

Meet Your Porirua Support Group Coordinator – Michelle Emmett

Michelle (right) has lived in Porirua since 1984, arriving when her son was just a week old. A proud mum of three and grandmother to four, Michelle has a warm, caring nature and a wealth of life experience to share. Over the years, she's worked in everything from assembly lines to banking, but her heart lies in family and creativity. She loves papercraft—making cards, gift boxes, and photo folders—alongside puzzles, knitting, and game shows. Currently raising her four-year-old granddaughter (and previously caring for her older sister for over a decade), Michelle knows first-hand the highs and challenges of raising grandchildren. She's passionate about creating a supportive space for others on similar paths.



Community Advocates Corner



Christina Howe
Senior Community
Advocate

I am back from maternity leave, and I am loving talking to you all again and getting to know our new members. There have been a few interesting updates since I have been away so I thought I would share these with you all.

Mediation is now free!

If you would like to make use of the Family Dispute Resolution process but have been holding off because of the cost associated with this, now is your time. From 1 July 2025 this is now free to everybody, regardless of your income and assets. Contact Fairway Resolution to start the process.

Protecting pets – a call to action

Minister for the Prevention of Family and Sexual Violence Karen Chhour has reminded us that when you apply for a Protection Order you can ask the Family Court to add a special condition to protect your pets. "This means the abuser can be legally forbidden from hurting or taking the pets."

The Honourable Karen Chhour states that according to Women's Refuge 53% of women delay leaving a violent partner out of fear for their pet's safety and about 24% of women had a pet killed by their abuser. So, let's not forget and spread the word that pets can be protected.

Press Pause website launch

Press Pause is a fantastic new website that offers adults training and advice to respond to our children or young people's concerning sexual behaviour. This could be information on body shaming, sexting, catfishing, or boundaries to name just a few. I encourage anyone trying to respond to this behaviour to have a look through the website. All training and advice is completely free.

Choosing and working with a lawyer

We all know that going through the Family Court is tough enough but when we end up with a lawyer that we don't feel completely comfortable with, the process becomes almost unbearable. To try and mitigate that, the Law Society has dedicated a page for the public which includes topics like your first appointment, your rights and lawyer's obligations, keeping track of your costs, how to make a complaint, and so much more. Check it out at <https://www.lawsociety.org.nz/for-the-public/>

Filing fees increase

From 1 July 2025 the Ministry of Justice has increased their court filing fees by 3.65 percent. As an example, this increases the fee of a Parenting Order application from \$242 up to \$251.

Please remember that there is an application called Fee Waiver that you can file with any application which requires a filing fee. If you are receiving a benefit from Work and Income or you are in receipt of a grant of Legal Aid, you should be granted a complete fee waiver. For others, you can still apply for a fee waiver based on financial hardship.

Please get in touch with us and we can help you through this application.

Ngā mihi,

Christina

GRG Support Groups North Island

DARGAVILLE

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

WHANGAREI

Contact: Lynette Springford
021 026 61785 / Whangarei@grg.org.nz
Meets: Date and location vary please get in touch with Lynette for confirmation of meeting details

NORTH SHORE

Contact: Cameron & Sandra Gay
021 190 3594 / Northshore@grg.org.nz
Meets: Date and location varies. Please get in touch with Cameron for confirmation of the next meeting.

TAMAKI/EAST

Contact: Tess Gould-Thorpe
09 535 6903 / Tamaki@grg.org.nz
Meets: Date and location varies. Please get in touch with Tess for confirmation of the next meeting.

AUCKLAND CENTRAL

Contact: Denise Ferris
021 325 605 / Aucklandcentral@grg.org.nz
Meets: Every Thursday of the month 11am - 2pm.
Location: CCS Disability Action
14 Erson Avenue, Royal Oak, Auckland

NEW LYNN/AVONDALE

Contact: Faye James
022 379 3748 / Newlynn@grg.org.nz
Meets: Every third Wednesday of the month at 10am.
Location: Fale Avondale Community House, 50A Rosebank Road, Avondale.

PAPAKURA

Contact: Shirley Afoa
021 129 4151 / Papakura@grg.org.nz
Meets: Second Thursday of each month at 10am.
Location: Smiths Avenue Community Hall, 20 Smiths Avenue, Papakura.

PUKEKOHE/WAIUKU

Contact: Anne Doddrell
027 471 8297 / Pukekohe@grg.org.nz
Meets: The last Tuesday of the month at 10am
Location: St. Andrews Church, 43 Queen Street, Pukekohe.

NGARUAWAHIA/HUNTLY

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

MORRINSVILLE

Contact: Jennifer Porter 027 683 6207 / Morrinsville@grg.org.nz
Meets: Date and location varies. Please get in touch with Jennifer for confirmation of next meeting.

NAPIER

Contact: Leonie Lewis
027 607 4748 / Napier@grg.org.nz
Meets: Date and time varies, please contact Leonie for confirmation of meetings.
Location: The Octagon Room, All Saints Church, 23 Puketapu Road, Taradale.

MATAMATA

Contact: Jacqui Tounge
027 767 5526 / Matamata@grg.org.nz
Meets: Date and location varies. Please get in touch with Jacqui for confirmation of next meeting.

HAMILTON WEST

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

TAURANGA

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

TE PUKE, PAPAMOA, OROPI, MAKETU + SURROUNDING AREAS

Contact: Whaea Rae Midwood
-021 235 6452 / wbop@grg.org.nz
Meets: Date and Location Varies. Please get in contact with Whaea Rae for confirmation of next meeting.

TURANGI

Contact: John McRae
021 521 900 / Turangi@grg.org.nz
Meets: Date and location varies. Please get in touch with John for confirmation of next meeting.

TE KUITI

Contact: Moepatu Borell
027 373 6185 / Tekuiti@grg.org.nz
Meets: Date and time varies, please contact Moepatu for confirmation of meetings.

TAUMARUNUI

Contact: Rhonda Hurst
020 414 59066 / Taumarunui@grg.org.nz
Meets: Date and time varies, please contact Rhonda for confirmation of meetings.

ROTORUA

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

WHAKATANE

Currently vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

OPOTIKI/TE KAHA

Contact: Robyn Hahipene
027 284 8540 / Opotiki@grg.org.nz
Meets: Date and location varies.
Please get in touch with Robyn for confirmation of next meeting.

HASTINGS

Contact: Nga Ngatae Heather
022 341 7789 / Hastings@grg.org.nz
Meets: Third Thursday of the month at 11am.
Location: The Club, 308 Victoria Street, Hastings.

NEW PLYMOUTH

Contact: Jeanette Hinton
021 059 0954 / Newplymouth@grg.org.nz
Meets: Date and time varies, please contact Jeanette for confirmation of meetings.

TARARUA

Contact: Robyn Hargreaves
027 365 8050 / Tararua@grg.org.nz
Meets: Date and time varies, please contact Robyn for confirmation of meetings.

MANAWATU

Contact: Shannon Andrews - 021 221 0556
manawatu@grg.org.nz
Meets: Date/Time varies, please contact Shannon for confirmation of meetings.

FOXTON/LEVIN/SHANNON

Contact: Fleur Deavin
022 013 3928 / Foxtton@grg.org.nz
Meets: Date and location varies. Please get in touch with Fleur for confirmation of the next meeting.

WAIRARAPA

Contact: Margaret and Jonathan Hooker
027 448 6645 / 027 284 476 / Wairarapa@grg.org.nz
Meets: Date and location varies. Please get in touch with Margaret or Jonathan for confirmation of the next meeting.

KAPITI/OTAKI

Contact: Kathy Procter
029 249 9543 / Kapiti@grg.org.nz
Meets: Date and location varies. Please get in touch with Kathy for confirmation of the next meeting.

PORIRUA

Contact: Michelle Emmett
027 471 5624 / Porirua@grg.org.nz
Meets: Date and time varies. Please get in touch with Michelle for confirmation of the next meeting.

LOWER HUTT

Contact: Maria Zoetebier
021 148 0549 / Lowerhutt@grg.org.nz
Meets: Date and time varies. Please get in touch with Maria for confirmation of the next meeting.
Location: Walter Nash Centre, 22 - 26 Taine Street, Taita.

WELLINGTON

Contact: Cecilee Donovan
021 158 6643 / Wellington@grg.org.nz
Meets: Date and time varies. Please get in touch with Cecilee for confirmation of the next meeting.

TOKOROA

Contact: Vacant, please contact Giselle
Stalls at Giselle@grg.org.nz / 021 246 0553.

GRG Support Groups South Island

NELSON

Contact: (Acting for Sharon Norriss)
Luciana Gladstone
027 545 1306 / Nelson@grg.org.nz
Meets: Every second Friday of the month at 10am.
Location: The Nelson Golf Club, Bolt Road, Nelson.

MOTUEKA

Contact: Rankeilor Arnott
021 133 7299 / Motueka@grg.org.nz
Meets: Every second and fourth Thursday of the month at 12.30pm to 3.00pm
Location: St Andrews Church Lounge, 64 High Street, Motueka.

TIMARU

Currently vacant. please contact Giselle Stalls at Giselle@grg.org.nz / 021 246 0553.

NORTH OTAGO

Currently vacant. please contact Giselle Stalls at Giselle@grg.org.nz / 021 246 0553.

EAST CHRISTCHURCH

Contact: Sandra Murphy
021 025 52415
eastchristchurch@grg.org.nz
Meets: Please confirm with Sandra or Anna below - Location is Holy Trinity Church, 168 Stanmore Road, Linwood

SOUTH CHRISTCHURCH

Contact: Anna Clare
021 085 77404
Southchristchurch@grg.org.nz
Meets: Please get in touch with Anna for confirmation of the next meeting.
Location: Holy Trinity Church, 168 Stanmore Road, Linwood, Christchurch.

MARLBOROUGH

Contact: Molly Crowe
027 470 5235 / Marlborough@grg.org.nz
Meets: Every second Tuesday of the month at 10am.
Location: Runway Cafe, 760 Middle Renwick Road, Renwick

ASHBURTON

Currently Vacant, please contact Giselle Stalls at giselle@grg.org.nz/021 246 0553

SOUTHLAND

Contact: Colleen Saunders
03 216 4173 / Southland@grg.org.nz
Meets: Second and fourth Wednesday of each month at 10am
Location: Family Works, 183 Spey Street, Invercargill.

WEST COAST

Contact: Jane Buxton - 021 188 6237 - westcoast@grg.org.nz
Meets: Please contact Jane for more information.

“Support Groups and Coffee Groups offer more than just conversation—they create safe spaces for caregivers to share experiences, receive emotional support in a safe space.”

COFFEE GROUPS

Kaikohe - Cheryl - 021 680 863
Maungatoroto - Angela - 027 488 4441
North Shore - Cameron - 021 190 3594
Whitianga - Gillian - 027 454 0314
Te Puke - Rae - 021 235 6452
Paeroa - Jennifer - 027 683 6207
Cambridge - Brenda - 027 438 5401
Hastings - Nga - 022 341 7789
Opunake - Jayne - 027 586 5190
Waimate - Maureen - 029 775 1970
Waitakere - Gina - 020 411 12699
North Christchurch - Donna - 021 448 010
Palmerston North - Caroline - 021 212 3890
Napier - Leonie - 027 607 4748

CURRENTLY VACANT

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

With over 6,900 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:

Dargaville, Tokoroa, Manawatu, Whakatane, Timaru, Ashburton, North Otago & Hibiscus Coast

Contact:
Giselle 021 246 0553 or
Giselle@grg.org.nz or

CALL US FREE on 0800 472 637 (0800 GRANDS) for support, information, advice and referrals to our Outreach and Advocacy team please contact GRG's National Support Office on:

0800 GRANDS (0800 472 637) or office@grg.org.nz
Mon – Fri 9am to 2pm



Other Handy Helpline Numbers

EMERGENCY 111 for emergency services, fire, ambulance or police

PLUNKETLINE 0800 933 922

for advice on child health or parenting from a registered Plunket Nurse

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

COVID-19 Healthline concerns 0800 358 5453

'NEED TO TALK?' Text 1737

Get help from a counsellor

LIFELINE 0800 543 354 or Text 4357 – 24/7 confidential support from qualified counsellors and trained volunteers

YOUTHLINE 0800 376 633

helping families and youth

0508 CARERS (0508 227 377)

a 24/7 Caregivers Guidance and Advice Line.

0800 **WHATS UP**

(0800 942 8787) is a free counselling helpline for teenagers and children run by Barnardos.

DEPRESSION.ORG.NZ

Free text number 4202

Grandparents Raising Grandchildren Trust NZ

Established in 2001 as a registered charitable trust (CC20205), GRG supports over 6900 grandparent and whanau care families nationwide, representing around 10,000 caregivers and over 16,000 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.

[Donate](#)

Have your circumstances changed?

Our aim is to keep you informed and of what's happening, key information and opportunities that can help you. If you no longer wish to receive this newsletter or you have changed address or phone number please update your details by clicking the button below or contact us.

[Update your member details](#)

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 or subscribe to our newsletter via our website or click the button below.

[Join GRG](#)

[Our Website](#)

Donate

Donating to GRG with One Percent Collective means that every cent donated lands in our bank account – they don't take a cut because they're a charity too! We get 100% and they handle all the admin. They even make it easy to claim a 33% rebate on your GRG Trust donations at tax time!



E hara taku toa i te toa takitahi, he toa takitini.

My strength is not as an individual, but as a collective.

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

Ngā mihi nui – Thank you to our Funders for their support for our newsletter.



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Grandparents Raising Grandchildren Trust New Zealand
Suite C, Chelsea Business Park, 162 Mokoia Rd, Birkenhead, Auckland 0626
PO Box 34892, Birkenhead, Auckland 0746
Free Helpline: 0800 GRANDS | 0800 472 637
Phone: +64 9 418 3753 | Email: office@grg.org.nz

