



NEWSLETTER MARCH 2018

DATABASE: 7640 WHANAU CARERS



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

## Grandparents Raising Grandchildren Trust NZ Founding Trustee recognised as a Commonwealth Point of Light

The trustees, management, staff, volunteers and members of Grandparents Raising Grandchildren Trust New Zealand congratulate Founding Trustee Diane Vivian on the receipt of a most prestigious award from Her Majesty Queen Elizabeth II earlier this month.

Diane Vivian was recognised as the 23rd Commonwealth Point of Light in honour of her exceptional voluntary work establishing and running Grandparents Raising Grandchildren Trust NZ this week.

Each day in the lead up to the Commonwealth Heads of Government Meeting in London on 19-20 April, an inspirational volunteer is announced by Her Majesty the Queen from one of the 52 Commonwealth countries as a Commonwealth Point of Light.

Diane's incredible voluntary work over the years since founding the first support group in 1999 for grandparents raising their grandchildren full-time in challenging circumstances, has been an inspiration to us all and we are extremely proud of her achievements and thrilled for her personally and for her family that her efforts championing the cause and need of others has been so deservedly recognised with this award.

**In response to receiving this award Diane said:**

"Deeply, deeply humbled. This journey has never been about me at all, it always has and still is about what one can do for so many thousands who do not know where to turn with precious mokopuna and tamariki. To shine a light in unsheltered waters and move them into a calm harbour, has been my joy."

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Upon presenting the award; Helen Smith, Deputy High Commissioner to New Zealand said:

"I was delighted to present Diane with her Point of Light award. She is a truly inspiring individual, and her work with 'Grandparents Raising Grandchildren' is making a real difference to the lives of many people around New Zealand."





## Kate's Take... + the Hot Topics on the CEO's Desk this Month

### Mental Health and Addiction in New Zealand

This month I was invited to speak on behalf of GRG at the **Matua Raki-Addiction Leadership Day at Parliament**, on a panel in which we were discussing **Addiction in the NZ context**. This forum's focus was on the forthcoming [Mental Health and Addiction Enquiry \(MHAE\)](#) that the Government announced in January. We also heard from the Rt Hon Helen Clark who is a member of the Global Commission on Drug Policy and from three of the MHAE panel members. In this context we were asked in our panel discussion and the workshop that followed; (1) **what is the number one priority unmet need**, (2) **the greatest opportunity for prevention and response to addiction** and (3) **the fundamental change needed urgently**.

Drawing on the experiences of many of our members over the last 19 years and the responses to our 2017 internal member survey on the impact of methamphetamine, I advocated for the need to recognise that addiction services in NZ need proper resourcing and the scaling up of good quality and evidence-based rehabilitation programmes that are working, they need to be throughout the regions – not just in the big cities and our families themselves desperately need access to better support and education as grandparent and whanau caregivers are literally the “ambulances at the bottom of the cliff”. We also need to stop the steady stream of family breakdown caused by parental substance abuse.

Dr Barbara Disley from the MHAE approached me later and expressed the MHAE panel's desire to hear more about the impact on grandparent and whanau care families and encouraged GRG and you all to make submissions with your perspectives and experiences when trying to seek help either for yourself, your grandchild/tamariki or for another member of the family affected by a mental illness or an addiction and what you think needs to be changed.

We will also be putting together a submission on behalf of GRG as an organisation advocating on your behalf and will prepare a simple template for you to also make your own submission if you need it. If you have some thoughts on GRG's submission, please forward these by email to [admin@grg.org.nz](mailto:admin@grg.org.nz) or to **Attention: CEO, GRG Trust NZ, PO Box 34892, Birkenhead, Auckland 0746**. The MHAE is calling for submissions in April to May and

hearings will take place around the country from May to June and they will be reporting back to the Government in October. Information will be published on their website

<https://www.dia.govt.nz/Government-Inquiry-into-Mental-Health-and-Addiction> about where they will be having hearings at a place near you. They can be contacted on [mentalhealthinquiry@dia.govt.nz](mailto:mentalhealthinquiry@dia.govt.nz).

### Reigning in Impulsivity – Developing Self Control and Why it is So Important

Recently I was alerted to a post by [Nigel Latta on Self-Control on his Facebook page](#), which was also shared on our Facebook page, in which he talked about how the Dunedin Multidisciplinary Health and Development Study (also called [The Dunedin Study](#)) found a strong link between good self-control in children and their experiences of better mental and physical health in adulthood.

Following a cohort of 1,000 children from birth to the age of 32 years the Dunedin Study showed that irrespective of social class, intelligence or the mistakes made during adolescence, “childhood self-control predicts physical health, substance dependence, personal finances, and criminal offending outcomes.” They also found in another cohort of 500 sibling-pairs, that “the sibling with lower self-control had poorer outcomes, despite shared family background.”

The Dunedin Study is not alone in finding the link between self-control in childhood and outcomes in adulthood and there are many references to this link in studies worldwide looking at these and other issues. In another study in the *Journal of Behavioral and Experimental Finance* (Volume 14, June 2017) titled: [Does self-control predict financial behavior and financial well-being?](#) they looked at the link between self-control and financial behaviour and some interesting observations were also made that self-control predicts sound financial behaviour and financial well-being.

But they also noted that “optimism and deliberative thinking” were also key factors. i.e., that people who are more optimistic tend to demonstrate better financial behaviour and are less anxious and more confident – generally assuming that good things will happen to them. A bit like that age-old wisdom of the power of positive thought and that if you think something good (or bad) will happen to you – it probably will! But I digress... The important takeaway from all of these studies is that **self-control is a skill that can be taught**. It is like a muscle that can be strengthened through regular exercise. So how do we support the children in our care – who may also experience a high level of impulsivity due

to cognitive differences or because they've come into care without previously experiencing healthy routines and boundaries in their daily life. Some tips for teaching and **exercising that self-control muscle in your young ones for healthy and positive outcomes can be found** in our feature article this month shared from [Verywellfamily.com](http://Verywellfamily.com).

### **Bruce Hopkins and The Long Way Home: Update**

Looking every bit as rugged as the rocky terrain of the South Island stretch of the Te Araroa Trail, it is great news to report that Bruce has now completed the Richmond ranges and Waiau Pass sections during which



he says he has walked the most stunning mountain ranges, lakes and rivers.

Knocking off what are considered the three most difficult challenges on Te Araroa, i.e. the Tararuas, Richmond ranges including Mt Rintoul, and the Waiau Pass, despite a damaged left

knee, the anxiety levels for this self-confessed non-tramper have been replaced by what he calls "a pretty cool buzz to have them on my list of done, done & did!!!" From all of us at GRG: Go Bruce, go well and get to Bluff and your birthplace, Stewart Island safely!

To follow his journey raising awareness and funds for GRG along the way please see information, podcasts and to donate at:

[Facebook.com/BruceHopkinsTeAraroa](https://www.facebook.com/BruceHopkinsTeAraroa)  
[Radionz.co.nz/tags/Bruce%20Hopkins](https://www.radionz.co.nz/tags/Bruce%20Hopkins)  
[Givealittle.co.nz/cause/thelongwayhome](https://www.givealittle.co.nz/cause/thelongwayhome)

### **Clothing Allowance for UCB/OB Recipients**

The long-awaited clothing allowance for caregivers receiving the Unsupported Child or Orphan's Benefits will be payable from 1 July 2018.

This payment will be made at the same rate as is payable to approved foster carers and will be paid automatically to all current and new UCB/OB recipients from that date for each child.

It will be paid weekly in arrears and be automatically stopped or started whenever the UCB/OB stops or starts. You do not have to do anything to receive this if you are already getting the UCB/OB for a child in your care and you will still be eligible to receive the Establishment Grant, apply for the School and Year Start Up payment, the Extraordinary Care Fund each year and you can still apply for the Hardship Assistance for school uniforms and stationery.

The rates for the Clothing Allowance will be set at the

next Budget on 17 May but you can see the current rates on [Oranga Tamariki's website](http://OrangaTamariki's website).

Please note that the clothing rate is quoted at a four-weekly rate, so the rates quoted must be divided by four to work out the rate you would receive each week for each child.

### **Changes to Income Support - Families Package**

The Government announced their Families Package in December 2017.

On **1 April** changes to the **Accommodation Supplement and Accommodation Benefit (Students)** come into effect. The maximum rates for all 4 Areas will go up and some places will move into a different Accommodation Supplement Area. Please refer to the [Ministry's website](http://Ministry's website) page on the Families Package and follow the links for more information.

**New payments** are also being introduced on 1 July; i.e. The introduction of the **Best Start Tax credit**, the **Winter Energy Payment** and **Working for Families Tax Credits** are changing.

**Best Start Tax Credit:** This is a new payment for each child born (or due) on or after 1 July 2018 until they turn three.

- MSD clients can choose to get it paid by Work and Income or the IRD.
- \$60 a week for each child until they turn one.
- Payments will then reduce for a family income over \$79,000.

**Winter Energy Payment:** It will start from the 1 July 2018 (for 13 Weeks), and from 1 May 2019 onwards (for 22 weeks). It is available to people on a Jobseeker Support, Sole Parent Support, Supported Living Payment, Youth Payment, Young Parent Payment, Emergency Benefit (including Emergency Maintenance Allowance), NZ Super and Veteran's Pension. Single People with no Dependent children will receive \$20.46 a week and couples or those with dependent children will receive \$31.82 (or \$15.91 each).

**Transitional Assistance:** According to the Ministry some people may see an overall decrease in their income because of their particular circumstances. A short term payment will be available to them until their income increases.

**For members with difficulties as a result of any of these changes please contact us on 0800 GRANDS (0800 472 637)**

#### **Support Group Coordinator News**

We would like to welcome two new coordinators to the GRG support team

##### **Motueka**

Rankeilor Arnott has taken up the post in Motueka and you can reach her on 03 5285089 or [motuekaarnotts@gmail.com](mailto:motuekaarnotts@gmail.com)

##### **Palmerston North**

Jacqui Phillips has taken over from Ann Waddell in the Palmerston North area and you can reach her on 0212290455 or [jacqui@vraservices.co.nz](mailto:jacqui@vraservices.co.nz)

##### **Nelson**

Paula Eggers holds meetings every Tuesday. For venue and time please text 0210626583



## I've been thinking...

Diane Vivian, Founding Trustee

### Necessity, they say, is the mother of all inventions.

Certainly had to think that way when we got a message from a grandson that he had forgotten to put out the rubbish bins and he was already on the bus. Oh my, and it was recycle too, so 2 bins, very heavy to drag up our long right of way. As Pop is now almost blind and for little me, they would be too heavy, I had to quickly think outside the square. I have a little hatchback, so popped Pop in the back facing backwards, placed the handle of the wheelie bin in his hands and drove the car up right of way to the gate. Oh forgot to mention we live by a school and this was 8.30am. He gets out and with directions moves the bin to verge. He has lost a lot of weight lately and his track pants promptly slipped down at the back exposing a bottom!!!! Parents were dropping children off at school and I half expected to hear a Police siren any minute. Leapt out of the car to the rescue. Safely back in the boot of the car, I reversed back down drive for a repeat for the second bin. This time he reclined in the boot whilst I did the verge placement.

I could just see the headlines: Di from GRG husband arrested for bottom exposure. Then came the thought of facebook footage, more than this ol' girl can take!! A strong cup of tea was needed.

#### This day was not over yet! It had more in store for me:

That afternoon I had to go into the British High Commission building to get my 'Points of Light' certificate. Did my homework and googled where it was, mmmm steep hill, ok, now I have a small collapsible wheelchair, which I purchased second hand for a whole \$50. I use it rarely (like once, ages



ago) for steep hill situations. The taxi arrived and he pops in the boot of his cab, in its collapsed state. This driver is my preferred, 'go-to guy' when I need a cab, so he knows me. Now we are in the heart of the City and seemed like a million people on the street. He lifts it out of the boot and proceeds to open it, would it open, not an inch! Seized solidly shut! An audience had gathered at this point, one kind man from said audience offered to grab one armrest whilst cabbie tugged on other. It opened just a smidgen, so cabbie in his suit is trying to jump on it for force it open, it reluctantly opened enough for me to possibly squeeze in. He then noticed both tyres were flat and therefore brakes would not work. Visions of me careering down a steep hill, flashed in my mind. Umm I shall just hold on to the side of it whilst he wheeled it down.

Certificate presented and much to my shock as I thought maybe heaps of people were getting this, NO! Only me for the whole of New Zealand! (thinking another strong cup of tea needed here)

Back to the cab, we go and at this point, the wheelchair had, had enough! There was no way it was going to be able to be collapsed back down, and it now could no longer fit in the boot of cab. So what do the 'go-to guy' and Di do, no choice, drive off and leave it there. I do hope some homeless person can make use of it to transport their gear. Cabbie then tells me they have CCTV in central City and probably all captured on footage! De Ja Vu back to the morning, listening for Police sirens again and buggar the tea!



## Grand's reflections...

### A.D.H.D

Take my hand and come with me ,  
I want to teach you about ADHD  
I need you to know, I want to explain,  
I have a very different brain  
Sights sounds and thoughts collide  
What to do first? I can't decide  
Please understand I'm not to blame  
I just can't process things the same

Take my hand and come with me  
let me show you about ADHD  
I try to behave, I want to be good  
But I sometimes forget to do as I should  
Walk with me and wear my shoes  
You'll see its not the way I'd choose  
I do know what I'm supposed to do  
But my brain is slow getting the message through.

Take my hand and talk with me  
I want to tell you about ADHD  
I rarely think before I talk  
I often run when I should walk  
It's hard to get my school work done  
My thoughts are outside having fun  
I never know just where to start  
I think with my feelings and see with my heart

Take my hand and stand by me  
I need you to know about ADHD  
It's hard to explain but I want you to know  
I can't help letting my feelings show  
Sometimes I'm angry, jealous or sad  
I feel overwhelmed, frustrated and mad  
I can't concentrate and I loose all my stuff.  
I try really hard but it's never enough

Take my hand and learn with me  
We need to know more about ADHD  
I worry a lot about getting things wrong  
everything I do takes twice as long  
everyday is exhausting for me  
Looking through the fog of ADHD  
I'm often so misunderstood  
I would change in a heartbeat if I could

Take my hand and listen to me  
I want to share a secret about ADHD  
I want you to know there is more to me  
I'm not defined by it you see  
I'm sensitive, kind and lots of fun  
I'm blamed for things I haven't done  
I'm the loyalist friend you'll ever know  
I just need a chance to let it show

Take my hand and look at me  
Just forget about the ADHD  
I have real feelings just like you  
The love in my heart is just as true  
I may have a brain that can never rest  
But please understand I'm trying my best  
I want you to know, I need you to see  
I'm more than the label, I am still me!!!!

Next time you go to tell that beaver with ADHD off for something, stop and remember these words.



# 10 Ways to Teach Children Impulse Control

## Teach your child to think before she acts

By [Amy Morin, LCSW](#) | Reviewed by [Steven Gans, MD](#)

Kids who don't understand their emotions are more likely to be impulsive. A child who can't say, "I'm angry" may hit to show she's upset. Or a child who can't verbalize, "I feel sad," may throw herself to floor and scream.

Teach your child to recognize her feelings so she can tell you, rather than show you, how she feels.

Start by [teaching your child to label emotions](#), like angry, sad, or scared. Then, talk about the difference between feelings and behavior.

Make sure she knows it's OK to feel angry, but it's not OK to hit. When she can talk about her emotions in a meaningful way, she'll be less likely to act them out.

## Ask Your Child to Repeat the Directions

Sometimes, kids behave impulsively because they don't listen to the directions. Before you've finished your instructions, they sprinting into action without any idea what you said.

Teach your child to [listen to directions](#) by asking him to repeat your instructions before he takes action. Ask, "OK, what did I just tell you to do?"

When he can correctly repeat back what you said—whether it's clean his room or put his homework in his backpack—let him take action.

You may need to start your instructions by saying, "Before you move, I want you to explain the directions back to me."

## Teach Problem-Solving Skills

Although brainstorming solutions sounds simple, [problem-solving](#) can be one of the most effective impulse control techniques.

Teach your child there is more than one way to solve a problem. And it's important to evaluate several potential solutions before springing into action.

So whether your child is trying to fix the chain on her bicycle or she can't figure out her math problem, encourage her to find five potential solutions before taking action.

After identifying possible solutions, help her evaluate which solution is most likely to be effective. With practice, she can get used to thinking before she acts.

## Teach Anger Management Skills

Low frustration tolerance may cause impulsive outbursts.

[Teach your child how to manage his anger](#) so he can deal with his emotions in a healthy way.

Show him specific strategies, like taking a few deep breaths or walking around the house to burn off some energy. You can even create a calm-down kit filled with tools that will help him relax.

Send him to [time-out](#) when necessary, but teach him he can place himself in time-out before he gets into trouble as well.

## Establish Household Rules

Use an [authoritative approach](#) to parenting. Create clear rules and explain the reasons behind your rules.

Make your expectations known before your child enters new

situations. When he understands he needs to use an indoor voice in the library and walking feet in the grocery store, he'll be less likely to misbehave.

Explain the [negative consequences](#) for breaking the rules ahead of time as well. Then, he'll be able to make better informed decisions about his behavior.

## Provide Structure and Be Consistent

Keep your [discipline consistent](#). Offer reminders like, "You need to hold my hand in the parking lot when we get out of the car," each and every time you go to the store.

With enough practice, your child will grow accustomed to your rules and the consequences for breaking them.

Whenever possible, keep your child's routine the same. Less chaos can also reduce impulsive behavior.

## Practice Delayed Gratification

Kids need opportunities to practice delaying gratification.

Make delayed gratification fun by creating a reward system.

A [token economy system](#) can be a fun way to do this. Reward your child's good behavior with tokens. Then, allow him to exchange tokens for bigger rewards, like a trip to the park. Create small incentives that only require one or two tokens as well as big rewards, that require 20 tokens. Then, encourage him to save up his tokens for bigger ticket items, like going to the movies.

Saving up for bigger rewards will help him practice delaying gratification. That's an essential skill that will help him resist temptations that may lead to impulsive choices.

## Be a Good Role Model

Your child will learn a lot about impulse control by watching you. Model appropriate ways to wait patiently and tolerate delayed gratification.

Point out impulse control techniques that you're using by saying things like, "I'd really like to buy that new laptop but I'm going to save my money for our vacation next summer."

[Researchers at the University of Toronto](#) found that self-talk plays a major role in helping kids manage their impulsive behavior. Role model healthy self-talk by saying things like, "This is a long line but we have to wait patiently for our turn."

Talking to yourself out loud will teach your child how to develop an internal dialogue that will help him manage his impulses.

## Encourage Plenty of Physical Activity

Encourage your child to play outside and ensure that she gets plenty of exercise. A child who has had an opportunity to run, jump, and climb will be better equipped to be more [self-disciplined](#).

Limit your child's screen time and encourage her to play outside whenever possible. Look for opportunities to play outdoor games together as well. Tossing a ball, playing hopscotch, or playing tag will get some energy out.

## Play Impulse Control Games

Games such as Simon Says, Red Light Green Light, and Follow the Leader will give your child opportunities to practice impulse control. And your child will enjoy playing them.

With practice your child can train his brain to have better self-

control. But make sure you make practice fun. If you force him to sit still or pay attention to boring tasks too long, your efforts may backfire.

## A Word From Verywell

It's normal for young children to be physically impulsive. Hitting, jumping off furniture, or running in the grocery store are common impulse control problems.

By the tween and teen years, most kids have gained control over their physical impulses but they may still be verbally impulsive. Your child may blurt things out without thinking about how her words may be perceived or she may say unkind

things when she's angry.

With practice and consistent discipline, impulse control should improve over time. If, however, you have concerns about your child's ability to make healthy decisions, or your child seems to be struggling more than other children his age, [talk to your child's pediatrician](#).

Underlying conditions, like [ADHD](#), may interfere with your child's ability to manage impulsive behavior. So it's important to get your child assessed if she's struggling to develop self-control.

Article shared from: [www.verywellfamily.com](http://www.verywellfamily.com)



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**givealittle**  
from the Spark Foundation

## Can we help you?

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

Or

### TEXT 4 SUPPORT

TEXT your name to 027 398 0388

We will call you back.

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)

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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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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

[www.powertoprotect.net.nz](http://www.powertoprotect.net.nz)

Thank you to our Sponsors and Funders supporting GRG's Support Services throughout New Zealand including this newsletter



# SUPPORT GROUP CONTACT NUMBERS

For the most up to date contact details please go to our website [www.grg.org.nz](http://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 4183753

\* Telephone Support \*\* Telephone Support and Meetings

<b>Auckland: North Shore**</b>	Val Brown	09 410 7591	<a href="mailto:jwvfbrown@gmail.com">jwvfbrown@gmail.com</a>
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