



**Welcome!** Tena koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula Vinaka, Taloha Ni, Kam Na Mauri Namaste, Hallo, Bonjour, Hola and Greetings this month to our **5600+** member families and all our non-member subscribers!

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

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

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

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

If you are raising someone else's child because there has been a breakdown in the child's family, or their parents have died, they are missing, or they have a long-term disablement 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 either the Unsupported Child Benefit or the Orphan's Benefit to help with the costs of raising the child.

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

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 us tollfree on **0800 472 637** or call our National Support Office on **09 418 3753** for a referral to our advocate, Tricia Corin.

## 0800 GRANDS

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

**0800 472 637** or **09 418 3753**

Monday - Friday 9am to 2pm



## Keeping it Current

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

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

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



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





## Kate's Take

Kate Bundle  
Chief Executive

Welcome to our June 2021 newsletter and to our 122 new member families who have joined our GRG whānau since April!

I apologise for this June newsletter being a late getting to print. Over the past two months there have been some big changes affecting our operations and major law changes that I wanted to share with you in this Pānui.

First up, as I write this, it is the 1st of July 2021 and it is a significant day for GRG and for many of our members. A day to celebrate a win for grandparent and whānau caregivers who take on the role as primary caregiver of their mokopuna and tamariki within their whānau. Children in

grandparent whānau kin care who cannot be in their parents care (due to care and protection issues, a family breakdown, or where the parents have died, gone missing or they have a serious long-term disablement) — have the same needs as children placed in state/foster care.

For many years we have been saying this to the Government, the Ministry for Social Development and Oranga Tamariki (and its predecessor, Child Youth and Family), the media and anyone who would listen.

Importantly, they need financial support to help cover their reasonable living costs **from the time they first go into someone else's care**. On 6 March 2019, I met with the former Minister for Children, the Honourable Tracey Martin and outlined the problem with the law and the appalling circumstances facing too many of our members as they struggled to cope with the financial costs of raising their grandchildren with no help from the state, despite often taking on the care of children with Oranga Tamariki involvement, where care and protection issues existed.

I left her with a detailed outline of the issues and case examples. She got it, and announced her review of the financial support available for caregivers. In our [May 2019 newsletter](#) I wrote about the first year of care in particular, in which I noted it as an

“extremely traumatic and unsettling period for children and their caregivers as they grapple with the significant changes to everyday life which includes the increased economic costs of housing, food, clothing, schooling, transport, medical and legal costs on top of the emotional trauma, grief and anxiety that goes with it. Yet it is common for grandparent caregivers' applications for the Unsupported Child Benefit to be declined in the first instance during this vulnerable time because a WINZ case worker considers it unlikely for the children to still be with the grandparent for longer than a year.”

To be “likely to be the principal caregiver for a child for at least a year” was a critical part of the eligibility criteria for the Unsupported Child or Orphan's Benefit that had to be satisfied. But no more!

### The “one year” eligibility rule has been repealed!

From 1 July 2021, provided a caregiver can satisfy the other eligibility criteria in sections 44 and 47 of the Social Security Act 2018, children in the care of someone other

than their parents can now access this support **from the time they apply**.

Temporary caregivers can get this important support for a child who can't be in the care of their parents, even if it is for a few weeks or a few months. This change is contained in the [Social Security \(Financial Assistance for Caregivers\) Amendment Act 2021](#) which has finally now passed into law, with the amendments to be incorporated into the reprinted version of the Social Security Act 2018 in due course.

### Birthdays and Christmas (“Holidays”) Allowance

This legislation also extends the Birthdays and Christmas (called “Holidays” allowance) to children in receipt of the UCB/OB at the same rate as children in foster care receive via the Foster Care Allowance.

These payments will come into force **on and after 1 December 2021** and will be paid automatically as follows:

- Birthday's Allowance: paid for the child's birthday in 2022 and every year after that, and is paid before the child's birthday. For children born on 29 February, their entitlement date is 1 March.
- Holidays Allowance: paid in December 2021 and annually thereafter.

The current rates for these payments are as follows:

Age of child/ young person	Birthday and Christmas allowance (half the weekly board rate)
0–4 years	\$101.52
5–9 years	\$114.08
10–13 years	\$123.47
14+ years	\$132.81

GRG has been a registered charitable trust for twenty years this October. I still recall meeting our founder, Diane Vivian at the support group she established in 1999 in Birkenhead, and feeling both inspired by her passion and commitment to the cause and incensed at the injustice her group of grandparents were experiencing as they navigated a minefield of issues involving social workers, mental health services, the Family Court and incurring exorbitant legal costs trying to keep their grandchildren safe.

Methamphetamine was a problem then as it is now—and was likely a leading cause for children going into grandparent care then, as it is now. The fact that so many grandparents were unable to get any income support for their mokopuna, even though these children had the same needs as tamariki in foster care, was another issue that really angered and frustrated many of us involved with GRG's journey as advocates for them over the years.

The passing of this Bill is a key milestone for the whole GRG team in achieving greater equity and parity between grandparent and whānau caregivers on the one hand and foster caregivers on the other. We are proud to have played a key part in effecting this law change through our submissions, research, hui, national and sectoral advocacy and leadership on these issues over the years!

### Special Note to Caregivers

If you have been denied the UCB or OB because of the one year rule, and you have the care of your mokopuna or tamariki because they can't be in the care of their parents because they have died, are missing, have a serious long-term disablement or there has been a family breakdown—then you may now be eligible for this support. Please contact us if you need help on email: [office@grg.org.nz](mailto:office@grg.org.nz) Or call us toll free on 0800 472 637

### Farewell to Francesca and Welcome Giselle

Our National Support Office team sadly farewells Francesca Greenslade, who has been our Client Services Administrator since March 2019 as she takes on more of

the administration required for her partner Sam's busy building and construction business, working from home and running after their increasingly active 18-month-old. We wish Francesca and her family every success in the next stage of their lives.

We also welcome **Giselle Stalls** (pictured at left) to the GRG whānau as she steps into the shoes of the **Client Services Administrator** role in our National Support Office. We are delighted to have Giselle on our team. She



has a wealth of experience in administrative roles, initially within the airlines and travel industry, followed by digital and print media. More recently she held Welfare Worker and Budget Advisory roles with the Salvation Army Community Ministries. In these roles, Giselle was a key member of their social services team engaged with clients accessing the foodbank, budget advisory service and assistance with home-based social support. She was also engaged in

court liaison as a Diversion Supervisor, provided supervised access supervision for children per court orders for supervised contact with parents and planned and organised the running of a number of events for centre clients. She also coordinated the centre's Christmas gift parcels and food hamper programme for over 850 families. Over the past five years, she has been a stay-at-home parent for their teen-age foster daughter who has Autism. She also volunteers for Age Concern providing companion support to older people in the community. Giselle and her husband have two adult sons and are proud grandparents too.

Welcome to our GRG whānau Giselle!



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

## Tricia Advocating for You

### Benefit Increases and Changes in Budget 2021

On 20 May 2021, the Government announced a raft of changes to benefit rates and some policy changes that come into effect on 1 July 2021. This month I include these changes that affect many of our grandparent and whānau caregivers. Included are the changes to the Main Benefit rates, the Unsupported Child and Orphan's Benefits, and policy changes and income thresholds for the Child Care Assistance and a policy change to Work Capacity Medical Certificates.

### Main Benefit Increases

#### On 1 July 2021

All main benefits will increase by \$20 per adult per week. This will happen automatically - **you do not need to do anything.**

#### On 1 April 2022

All main benefits will further increase to levels recommended by the Welfare Expert Advisory Group in 2019.

Families with children get an additional top-up of \$15 per adult a week.

Student Allowance and Student Loan for living costs increase by \$25 per adult a week.

**Please Note: These increases are for Main Benefits only they do not include the Orphans/Unsupported Child's Benefit.**

**\*NZ Super and Veteran's Pension are not main benefits. \*\*These rates include estimated increases from the Annual General Adjustment scheduled for**

1 April 2022.

### Childcare Assistance:

The amount of **Childcare Assistance** you can get is based on your income.

From **1 July 2021**, some supplementary payments will no longer count as income when assessing how much **Childcare Assistance** you can get. This means if your supplementary assistance increases it won't reduce your **Childcare Assistance**. This includes:

- Accommodation Supplement
- Temporary Additional Support
- Special Benefit
- Disability Allowance
- Special Disability Allowance
- Youth Payment and Young Parent Payment incentive payments.

From **1 April 2022**, **Childcare Assistance** income thresholds will be adjusted annually in line with average wage growth. Income thresholds determine the amount of **Childcare Assistance** a family can get based on how much they earn. The change means low and middle-income families will continue to qualify for **Childcare Assistance** as incomes increase.

### Work Capacity Medical Certificates:

From **31 January 2022**, there will be a new medical certificate process if you are a Jobseeker client with a health condition, injury or a disability that affects your ability to work. It will be more flexible and based on your health practitioner's advice.

You will still need to provide medical certificates, but your health practitioner can recommend how often you need to do that. It will be based on how long your ability to work is likely to be affected, instead of being a mandatory period. Right now, people getting Jobseeker

### Orphan's Benefit and Unsupported child's Benefit:

From 1 April 2022, **Orphan's Benefit and Unsupported Child Benefit** will increase by \$34.84 per week for children aged 0-4 years and by \$10 for children aged 5 years and over. This change will happen automatically. Please also see our CEO's column on [page 2](#) for further information about other important changes affecting UCB and OB recipients.

Main benefit* (after tax)	Current rates	Rates as at 1 July 2021	Estimated 1 April 2022 rates**
Sole Parent Support	\$386.78	\$406.78	\$434
Jobseeker Support – 18 to 19 years, living at home	\$180.91	\$200.91	\$235
Jobseeker Support – 18 to 19 years, living away from home	\$219.70	\$239.70	\$275
Jobseeker Support - single 20-24 years	\$219.70	\$239.70	\$275
Jobseeker Support - single 25 years and over	\$258.50	\$278.50	\$315
Jobseeker Support – sole parent	\$386.78	\$406.78	\$434
Jobseeker Support - couple (without children) each	\$206.81	\$226.81	\$268
Jobseeker Support - couple (with children) each	\$220.65	\$240.65	\$283
Supported Living Payment - single 18 years and over	\$316.65	\$336.65	\$359
Supported Living Payment - sole parent	\$435.58	\$455.58	\$485
Supported Living Payment - couple (without children) each	\$255.27	\$275.27	\$305
Supported Living Payment - couple (with children) each	\$269.12	\$289.12	\$320
Youth Payment - 16-17 years, no dependent children	\$219.70	\$239.70	\$275
Youth Payment - 16-17 years, with partner and no dependent children	\$206.81	\$226.81	\$268
Young Parent Payment - 16-18 years, dependent children, 16-17 years not living at home	\$386.78	\$406.78	\$434
Young Parent Payment - 16-17 years, single, living at home or supported living away	\$208.60	\$228.60	\$251
Young Parent Payment - 16-18 years, 1 or more dependent children, with partner	\$220.65	\$240.65	\$283

If you have any questions on any of these issues, or need assistance, please contact GRG's National Support Office on: **0800 472 637** or [office@grg.org.nz](mailto:office@grg.org.nz)



# Hannah's Outreach

## Taking Care of Your Mental Health

The demands of caregiving can be exhausting and overwhelming. But there are steps you can take to rein in stress and regain a sense of balance, joy, and hope in your life. While caring for a loved one can be very rewarding, it also involves many stressors. And since caregiving is often a long-term commitment, the emotional impact can increase over time.

Hannah Morris  
Community Outreach  
Advocate

If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout, a state of emotional, mental, and physical exhaustion. And when you get to that point, both you and the person you are caring for suffer. This is a situation where NO ONE wins.

Ultimately taking care of yourself is not a luxury, it is absolutely essential. Prioritising your own emotional and physical well-being is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time.

That is why I would like to discuss in more detail - relaxing! And ideas on how to relax and different techniques you can try. You probably do not need anyone to tell you that rest and relaxation are important, but have you ever put thought into how to relax? It might feel like a weird question, given that rest can seem straightforward, but hear me out. Plenty of things can get in the way of restful, restorative downtime, and the truth is, a lot of us are not great at relaxing in practice. It is a skill worth perfecting, though—we all need ways to recuperate from the many stressors of the world for the sake of our mental health.

If you are thinking that sounds great but have no idea, how put it into action do not worry. For many, relaxing is easier said than done, but we have got some ideas on how to make the most of your rest time.

Below are some ideas and resources on how to make the most of your down time. All Right is a health-promoting social marketing campaign based in Ōtautahi, Christchurch. Since its launch in 2013, All Right has become a powerful champion for wellbeing in Canterbury, helping normalise conversations around wellbeing and mental health.

All Right have several free resources available on their website [www.allright.org.nz/free-resources](http://www.allright.org.nz/free-resources) which offer New Zealander's ideas and techniques on how to take care of their own well-being and that of their whānau's.

### Here are three of our favorites!

[www.sparklers.org.nz](http://www.sparklers.org.nz) - Fun wellbeing activities to support whānau to look after their wellbeing and feel good. Activities that you can do at home to help promote self-care in the home for the whole whānau.

**Downtime Dice** – ideas to make the most of downtime. Perfect for those of you who do not yet know exactly what it is that helps them to relax - Try a few out and see what works!

**Parenting and Whānau Hub** – here you will find articles, tips, and tools for surviving the ups and downs of looking after young tamariki, enjoying the day to day, and helping your kids to stay calm, manage worries and feel good.

**Give these ago and give us a call! We are always happy to chat about self-care and figure out ways you can prioritise you!**



**Merle Lambert**  
National Support  
Coordinator

## Merle's Support Group Update

### New Support Group Appointment—Hamilton East

**W**e are delighted to announce the appointment of **Maria Marsh** to the role of Support Group Coordinator for the Hamilton East area. Maria comes to us with a wealth of experience having worked in social services in varying roles both professionally and in a volunteer

capacity. Her social work, administration, co-ordination, and facilitation skills are well suited to this role, as is the heart she brings in serving her community, a strong value that she holds. Maria has been a member with GRG for several years and she and her husband Ted have cared for their mokopuna over this time.

Being the Support Group Coordinator for Grandparents Raising Grandchildren Trust NZ for Hamilton East will position her side by side in her current role as Manager of Desert Springs Community House. Though the two roles are independent, Maria is in a position where she can dove-tail services for grandparents raising their grandchildren and to connect them with the best service that will suit their purpose as well as, supporting them one on one as the need presents itself and facilitating a support group.

Maria's love of music has played a significant part in her journey and she sings in a gospel choir. Her other interests are contemporary art, knitting, reading and cake baking.

*Watch out Pat! You may have a rival in the baking department.*

**Ko Tainui te waka, ko Otaki te Awa, ko Kapumanawawhiti te Iwi, ko Ngati Raukawa te haapu,  
ko te pou o Tainui te Marae, ko Jim Winterburn tooku Papa  
Ko Ngati Porou, Ngaitai, Te Whanau Apanui, Ngati Kahungunu, ko Te Arawa, ko Oka Maria Houia tooku Mama**



### Resignations

Thank you, **Pam Downing** and **Diane Richardson!** It is with heartfelt thanks and sadness that we accept the resignation of these two wonderful ladies who have worked tirelessly for Grandparent Raising Grandchildren Trust NZ members as Support Group Coordinators.

Pam has revitalised the interest in Grandparents Raising Grandchildren in Tauranga over the last

year since she took up the role. She has run a successful support group and has developed a wide network in the area, resulting in raising our profile, funds, and support in the area. She has been an inspiration and trail blazer and has earned herself a rest and time to spend with her family. Many thanks Pam for your dedication, commitment, and heart. Enjoy your time and rest up!

Diane took up the role as Support Group Coordinator in New Plymouth around two years

ago. She continued this on from a strong association with Caring Families Aotearoa, a relationship that has benefited members belonging to both organisations. For those of you who belong to the GRG New Plymouth Support Group, you will know that Diane has been a solid, dependable support to grandparents over the years. She has shared selflessly her knowledge and experience gleaned on her own journey to support others, a wonderful gift that will always be appreciated. Thank you, Diane for everything.

Many of our **Support Group Coordinators** take on the role, as grandparents who have walked the talk, and who are wishing to use their experience and empathy to give back to others with a similar journey to their own. Their contribution is hugely appreciated by **GRG** and its members - this is key to our success as an organisation.

If you feel like you would like to volunteer your time and expertise in this way, I would love to hear from you. **Please feel free to contact Merle** at: [Merle@grg.org.nz](mailto:Merle@grg.org.nz) or 021 246 0553

## Passing of a well-respected GRG Support Group Coordinator

### Margaret Pink (North Otago)

It is with immense sadness that we acknowledge the passing of the Support Group Coordinator for North Otago, Margaret Pink on the 21<sup>st</sup> April 2021.

Margaret will be missed by her family, friends, parishioners, community, and GRG members. Volunteering time and energy to the role of Support group Coordinator is often in addition to an already busy and demanding role as a grandparent raising grandchildren.

GRG wishes to acknowledge and thank Margaret's husband Barry and their family for the support they gave Margaret, enabling her to share her personal experience in supporting and empowering grandparents with similar journeys. Margaret was known for her kind and caring spirit for helping others, her generous listening ear and dedicating one hundred per cent to the task in hand. She ran regular support groups for GRG members in Oamaru, Timaru, and surrounding areas.

Although, some members were unable to attend the support groups, they felt comforted in the fact that Margaret was only a phone call away. Margaret was known for putting herself out there, mucking in, supporting causes true to her



heart. She was an active parishioner of the Oamaru St Patrick's Catholic Basilica and will be remembered as a quiet spoken, little lady with a big heart.

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

However, there are some areas that we are still looking to cover: **Kaitaia, Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, Mangere/Onehunga, Te Puke/Papamoa, Dannevirke/Tararua, Levin/Otaki, Greymouth and Otago-Coastal.**

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

Email [Merle@grg.org.nz](mailto:Merle@grg.org.nz) or call us on toll-free on 0800 472 637



## Waitakere Support Group –ZONTA Yellow Rose Walk

Our GRG Waitakere Support Group recently joined in the **3rd Annual Zonta Yellow Rose Fun Run/Walk 2021** organised by Zonta's Christchurch club on 18 April 2021 to raise funds for our SALT Training Programme.

The group started their Henderson Loop Path at Te Pai Place, Henderson and had an enjoyable 6km walk. Accompanied by Spidyman (Amo) & Kam-Man (Tiger), "at the crack of dawn we started our walk as the sun rose above Sherwood Park. We entered the woodland and was blessed with a sprinkle of rain. We meandered along the path of breath-taking scenery. Enjoying & knowing that every little step we took was for a worthy cause. See y'all in 2022."

Thank you Zonta Christchurch - You're winners!!!

## A Grandparent's Delight - Never give up on your dreams, reach for the stars!

Recently, one of our members got in touch to let us know of her granddaughter's performing arts and the fantastic news that she had won a scholarship with **TAPAC** (The Auckland Performing Arts Centre)

*"She is loving her teacher and is loving the improvising. I think she is fitting in well and even though some are younger than her, she said she does not mind at all. She did some practice this week so must be loving it. Thanks for the opportunity given to her."*

[www.tapac.org.nz](http://www.tapac.org.nz) | @TAPACakl  
[info@tapac.org.nz](mailto:info@tapac.org.nz) | 09 845 0295



## Caregiver Education



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

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

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

#### Register your interest!

If you are interested in attending a SALT Workshop programme please email [SALT@grg.org.nz](mailto:SALT@grg.org.nz) or call us on **0800 472 637**

### Upcoming SALT Programmes

#### Christchurch

Friday 23 July 2021  
 10:30am to 2:30pm  
 186 Stanmore Road, Avonside

#### Napier

Thursday 29 July 2021  
 9:45am to 2:30pm  
 Cadet Hall, Sea end of Coote Road

#### Dunedin

Friday 13 August 2021  
 Venue and times to be advised

#### Hamilton

Tuesday 31 August 2021  
 10am to 2pm  
 Venue to be advised

#### Hamilton

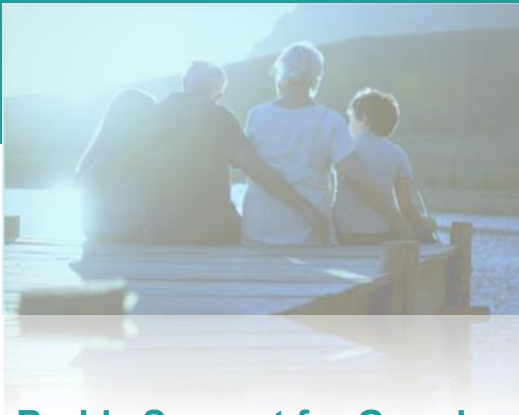
Thursday 2 September 2021  
 10am to 2pm  
 Venue to be advised

### Registration is essential!

Please call **0800 472 637** or email us on [SALT@grg.org.nz](mailto:SALT@grg.org.nz) to secure your place.



# Grand Reflections



## Big Buddy Support for Grandparents

Big Buddy finds father figures for boys without dads. The organisation works on the simple philosophy that boys develop more confidence and resilience when they have a positive male role.

More and more of the caregivers reaching out for help are grandparents.

Eighteen-year-old Jayden Cashmore from Wellington has been matched with his Big Buddy Allan Johnson for about five years. His grandmother Diane, who he lives with, made the step to get in touch with the organisation.

Jayden and Allan meet up every Sunday and do lots of activities, from indoor rock climbing to swimming. Jayden also helps Allan with practical things, learning skills along the way. Sometimes as a teenager raised in the digital age, he also has knowledge of his own to share.

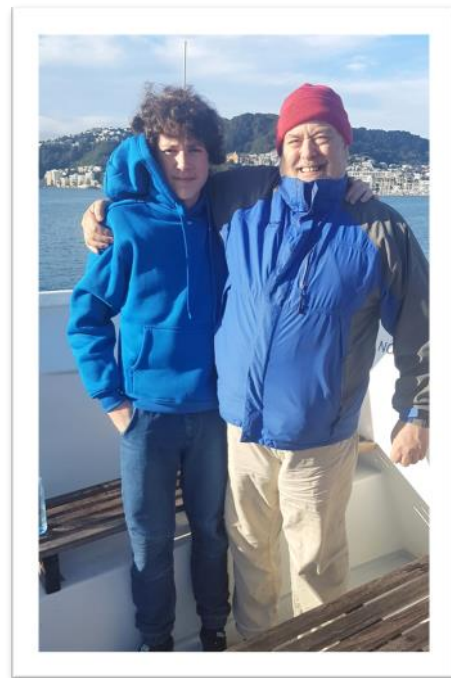
Like many Little Buddies, Jayden is benefiting from the company and support of a kind hearted man who has chosen to be with him regularly.

“Allan's there for me when I need someone to talk to. For someone like me who has never met their dad, it's always good that someone has your back,” he says. “Having a Big Buddy really has changed my life. I think it was a great idea that I met him.”

Jayden is grateful that the match has also helped his grandmother Diane.

“I personally have someone I can talk to at any given time. Just so I don't have to keep blabbering to her!”

“I would definitely recommend this programme as it can give kids or teenagers a shot at what it's like to have a father figure in their life if they don't have one,” he says.



Buddies Jayden and Allan

**The Big Buddy** mentoring programme is a Charitable Trust and has been operating since 1997. Registered with the Charities Commission (CC22447) and an Oranga Tamariki approved service provider, Big Buddy is based on the simple philosophy that boys need good male role models in their lives, supporting them to become well rounded men.

Big Buddy believes boys learn through modelling and while there are many exceptions, in general terms, a boy without a male role model to assist his development can be inherently at risk.

Big Buddy recruits' men from the community (through various means of advertising), screens them to ensure they are safe, men of good character and suitable to meet the needs of the programme, and matches them for at least 12 months as mentors to boys who don't have their natural father or another significant positive male in their life.

**Big Buddy celebrated their 1000<sup>th</sup> big and little buddy match on June 23! An amazing, life changing achievement!**

### Real Big Buddy Stories:

To get a flavor of actual matches and [success stories](#) in our communities, go to the [Big Buddy Facebook Page](#) or [website www.bigbuddy.org.nz](#) and read through some touching and fun stories. If you know someone who would like to find out more about becoming a mentor, or a boy who could benefit from having a Big Buddy please direct them to the Big Buddy website for more information on [how to become a big buddy](#).





# GRG Support Groups Nationwide

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

## KAITAIA

**Contact:** Merle Lambert 021 246 0553 / [Merle@grg.org.nz](mailto:Merle@grg.org.nz)

**Meets:** Every third Thursday of the month at 10:30am

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

## TAMAKI/EAST

**Contact:** Tess Gould-Thorpe  
09 535 6903 / [Tamaki@grg.org.nz](mailto:Tamaki@grg.org.nz)

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

## PAPAKURA

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

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

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

## HAMILTON

**Contact:** Pat Davis  
022 600 7672 / [Hamilton@grg.org.nz](mailto:Hamilton@grg.org.nz)

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

**Location:** St Davids, Rifle Range Road, Dinsdale, Hamilton.

## TOKOROA

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

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

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

## ROTORUA

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

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

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

## KAIKOHE

**Contact:** Moengaroa Floyed  
09 401 3057 / [Kaikohe@grg.org.nz](mailto:Kaikohe@grg.org.nz)

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

## WAITAKERE

**Contact:** Esther Price  
021 251 0690 / [Waitakere@grg.org.nz](mailto:Waitakere@grg.org.nz)

**Meets:** Every third Thursday of the month at 10am (Exception- July's meeting is on the 8<sup>th</sup>)

**Location:** Westwave Recreational Centre, 20 Alderman Drive, Henderson .

## PUKEKOHE/WAIUKU

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

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

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

## TE KUITI

**Contact:** Kay Higgins  
027 430 2939 / [Tekuiti@grg.org.nz](mailto:Tekuiti@grg.org.nz)

**Meets:** Third Wednesday of each month at 10am

**Location:** Te Kuiti Community House, 28 Taupiri Street , Te Kuiti

## TAUPO

**Contact:** Lesley-Anne Wells  
07 377 3539 / [Taupo@grg.org.nz](mailto:Taupo@grg.org.nz)

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

## KATIKATI

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

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

## DARGAVILLE

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

**Meets:** First Wednesday of each month

**Location:** Northern Wairoa Boating Club, Totara Street, Dargaville.

## NEW LYNN

**Contact:** Robyn Robertson  
021 309 365 / [Newlynn@grg.org.nz](mailto:Newlynn@grg.org.nz)

**Meets:** Third Tuesday of each month at 10am

**Location:** House of Prayer, 9B Binsted Road, New Lynn.

## NGARUAWAHIA/HUNTLY

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

**Meets:** The last Monday of the month at 10:30am

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

## TE AWAMUTU

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

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

## TAUMARUNUI

**Contact:** Jo Wickham  
07 896 7515 / [Taumarunui@grg.org.nz](mailto:Taumarunui@grg.org.nz)

**Meets:** First Monday of each month at 10am

**Location:** Taumarunui RSA, 10 Marae Street, Taumarunui.

## WHAKATANE

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

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

## OPOTIKI/KAWERAU

**Contact:** Sophie Wilson-Kahika  
07 262 5136 / [Opotiki@grg.org.nz](mailto:Opotiki@grg.org.nz)

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

## PALMERSTON NORTH

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

**Meets:** Two meetings are held on the first Thursday of each month at 1:15-2:45pm and 6-7:30pm

**Location:** Crossroads Childcare Centre, 220 Church Street, Palmerston North.

## HUTT VALLEY

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

**Meets:** First Friday of the month at 9:30am

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

## MOTUEKA

**Contact:** Rankeilor Arnott  
03 528 5089 / [Motueka@grg.org.nz](mailto:Motueka@grg.org.nz)

**Meets:** Every second and fourth Tuesday of the month at 1:00pm

**Location:** St Andrews Church, 64 High Street, Motueka.

## ASHBURTON

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

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

## COFFEE GROUPS

Whangarei	Janet 09 435 0044
Warkworth	Shirley 09 423 7052
Waitakere	Gina 020 411 12699
South Auckland	Virginia 09 277 7514
Morrinsville	Jennifer 027 683 6207
Whitianga	Gillian 027 454 0314
Cambridge	Brenda 027 438 5401
Napier	Beth 06 843 9385
Porirua	Roma 022 050 4761
Upper Hutt	Margaret 04 976 9475

## HASTINGS

**Contact:** Tom Kupa  
022 150 5196 / [Hastings@grg.org.nz](mailto:Hastings@grg.org.nz)

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

## WHANGANUI

**Contact:** Bob Wilson 027 268 7678 / [Whanganui@grg.org.nz](mailto:Whanganui@grg.org.nz)

**Meets:** Every Thursday at 10am

**Location:** 48 Alma Road, Whanganui.

## WELLINGTON

**Contact:** Cecilee Donovan  
021 158 6643 / [Wellington@grg.org.nz](mailto:Wellington@grg.org.nz)

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

## EAST CHRISTCHURCH

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

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

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

## DUNEDIN

**Contact:** Janette Bungard  
027 814 4135 / [Dunedin@grg.org.nz](mailto:Dunedin@grg.org.nz)

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

## NAPIER

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

**Meets:** First Friday of the month starting February 2021 at 9:30am

**Location:** Cadet Training Hall - Sea end of Coote Road, Napier.

## WAIRARAPA

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

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

## NELSON

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

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

**Location:** Varies – please get in touch with Sharon for confirmation of the next meeting.

## SOUTH CHRISTCHURCH

**Contact:** Anna Clare  
021 085 77404 / [Southchristchurch@grg.org.nz](mailto:Southchristchurch@grg.org.nz)

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

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

## SOUTHLAND

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

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

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

## CURRENTLY VACANT

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

With over 5500 members across the country Grandparents Raising Grandchildren Trust NZ rely on volunteer Support Group Coordinators to provide hands on support, information and advocacy in addition to running regular support groups for members to get that peer support that is so valuable when sharing their experiences and accumulated knowledge. Currently we are seeking Support Group Coordinators in the following areas:

**Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, North Shore, Avondale, Central Auckland, Mangere/ Onehunga, Morrinsville/Te Aroha, Te Puke/Papamoa, Tauranga, Turangi, New Plymouth, Dannevirke/Tararua, Levin/Otaki, Marlborough, North Otago and Otago Coastal.**

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



## Grandparents Raising Grandchildren Trust NZ

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

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

## Other Handy Helpline Numbers

111 for emergency services, fire, ambulance or police

**0800 933 922 PlunketLine** for advice on child health or parenting from a registered Plunket Nurse

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

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

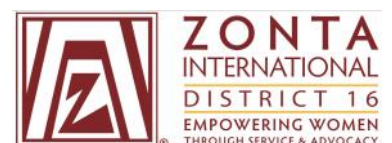
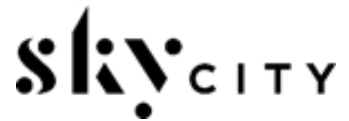
**Text 1737 'Need to Talk?'** Get help from a counsellor

**0800 543 354** or **Text 4357 for Lifeline** - 24/7 confidential support from qualified counsellors and trained volunteers

**0800 376 633 Youthline**, helping families and youth  
**0508 Carers (0508 227 377)** a 24/7 Caregivers Guidance and Advice Line.

**0800 WHATS UP (0800 942 8787)** - a free counselling helpline for teenagers and children run by Barnardos.  
**Depression.org.nz** – Free text number 4202

Thank you to our Funders for their support for our newsletter



## Grandparents Raising Grandchildren Trust NZ

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

PO Box 34892  
Birkenhead  
Auckland 0746

Phone: 09 418 3753

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

## Can we help you?

Members ONLY services are available free of charge nationwide  
New members and existing members please call our Helpline 0800 GRANDS (0800 472 637) or 09 418 3753

## Join GRG

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

Or click the red Join GRG button below

## Have your circumstances changed?

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

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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. *He rōpū manaaki, he rōpū whakarongo, he rōpū ake o mātou* —We are respectful, we listen, we learn.

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

GRG.NZ



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