



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 and services are free. Call us on toll free **0800 GRANDS** or visit **www.grg.nz** to join.

Inside this issue

Kate's Take	2
SALT Workshop dates	3
Hannah's Outreach	4
Tricia - Advocating for You	6
Merle's Support Group Update	8
Grand Reflections	9
Support Group Contacts	10
GRG Contacts and Helpline Numbers	12

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 6,200+ member families and all our non-member subscribers!

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, or
- they are missing, or
- they have a long-term disablement

AND you are to be their principal temporary or long-term caregiver, 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 they are 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 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.



Kate Bundle
Chief Executive

Kate's Take

Kia ora koutou katoa and a warm welcome to the 102 new client families who have joined GRG for support since our last newsletter.

Care and Protection Green Paper TE PEPA KĀKĀRIKI ATAWHAI ME TE WHAKAMARU 2023

Caring Families Aotearoa recently released a [Green Paper](#), to generate discussions on the performance of New Zealand's care and protection system. The observations in their Green Paper align with GRG's experience and research over the years. GRG has given its full endorsement of the recommendations and further supports called for in the report. The Green Paper calls for sector-wide stakeholder consultation and engagement with the Government for the implementation of a care and protection model that will ensure all children in statutory and non-statutory care receive the support and care they need to heal and thrive. We encourage you to read the Green Paper and please have your say by [clicking this link](#) or typing the following into a web-browser: <https://www.surveymonkey.com/r/GreenPaper-2023>

Zonta Club of Whangarei's 50th Anniversary Dinner

I had the pleasure to speak on behalf of GRG at the Whangarei Zonta Club's 50th anniversary dinner in early June to thank them and the Zonta District 16 (NZ) clubs for their fundraising support for our SALT caregiver education programme as part of our partnership with them through their District 16 Biennium Project through to June 2024.

Among the highlights of the evening was to spend time with our ambassador (and former trustee) David White and his wife Pam. David gave an incredibly moving speech about the experience he and his wife Pam have had since they become grandparents raising their grandchildren leaving few if any dry eyes in the room. David was recently honoured in the NZ King's Birthday Honours List as a Member of the New Zealand Order of Merit for his services for the prevention of violence. He has worked

tirelessly with grandparents, families, children and victims of violence across the country, supporting and helping many through the court system over the years. Behind him has been his incredible wife Pam, who he is the first to recognise as his "rock" and the reason why he has been able to get out in the community and do this work with so many others needing his help and support. We are delighted that David's work has been acknowledged with this well deserved honour and congratulate David and Pam.

Another highlight from the evening was the keynote speech by Assistant Police Commissioner, Tusha Penny who is currently on secondment to Oranga Tamariki as their Deputy Chief Executive. Her speech and insight was inspirational, demonstrating a clear sight for what is important for our communities – especially for how we protect and care for our tamariki, rangatahi and whānau, instilling hope for positive change at Oranga Tamariki.



Excellence in Foster Care Awards 2024

GRG is delighted to once again, collaborate with Caring Families Aotearoa, Barnardos and Open Home Foundation to sponsor the Excellence in Foster Care Awards organised by Caring Families Aotearoa. Nominations for 2024 awards are open NOW and will close in October 2023.

These awards recognise 10 amazing caregivers or couples who go above and beyond for the tamariki and rangatahi in their care.

If you would like to nominate someone for this award, please see page 9 for more information about how to make a nomination.

Farewell and thank you from GRG!

This month we say farewell and thank you to Hannah Morris (Community Outreach Advocate) and Lisa Braid (National Operations & Service Delivery Manager) who are both moving on to new and exciting opportunities.

Hannah is taking the opportunity to get back into full-time work as a social worker in the field at Family Action in West Auckland now that her son is starting school. Hannah has been a great support and advocate for hundreds of members over the past four years who have needed guidance decoding Oranga Tamariki involvement, guardianship and parenting orders in the Family Court as well as providing emotional support and advice on many challenging situations caregivers often face.

Lisa has been with GRG for the past 7.5 years and has been instrumental in redeveloping GRG's SALT caregiver education programme. It is through our SALT workshops that she has worked with over 500 grandparents and whānau caregivers, helping them develop an insight and understanding of how to support a child in a trauma informed way that promotes their healing, sense of belonging and security within their whānau. Lisa will be the Operations Manager for Lifeline Crisis Service for Presbyterian Support Northern.

Hannah and Lisa we wish you every success in your new roles and thank you so much for your contribution to GRG over the years.

Welcome to GRG - Lisa Gibson

Lisa Gibson recently joined the GRG team as a SALT workshop facilitator. Lisa is excited to be joining GRG and working with grandparents in this role. Genuine, caring and a passionate believer in life-long learning she is an accomplished educator with 30 years experience facilitating learning; working with schools and many charities and community providers as programme facilitator.

Lisa has helped thousands of youth, caregivers, parents and families discover more about themselves and develop stronger connections with others. Drawn to guiding them towards a happier and more fulfilling life, she recently established her own coaching business familycoach.co.nz and contributes to the [natural parent magazine](#). Lisa is engaged in continuous training - pursuing a deeper understanding of how to support families especially those affected by trauma and mental health challenges.



Caregiver Education

GRG's Simply Acquired & Learned Techniques™ SALT trauma informed care workshop programme

This programme has been developed specifically for grandparents and whānau caregivers to help them learn how to increase attachment in children who have experienced trauma, and how to:

- safely de-escalate conflict, develop self-regulation and
- increase the child's resilience, feeling of stability, security, and belonging within their whānau.

Upcoming workshops: 10am - 2pm Venues confirmed on registration

July: Matamata 26th, Paeroa 27th, Tokoroa 28th

August: Oamaru 14th, Invercargill 16th

September: Ashburton 14th, Timaru 15th, West Coast 18th

October: Motueka 12th, Blenheim 13th, Whangarei 16th, Kaikohe 17th, Kaitaia 18th, Auckland Central 19th

REGISTER NOW at SALT@grg.org.nz or phone 0800 472 637

Hannah's Outreach - Responding to Disclosures

This month, in which will be my last column for GRG, I want to talk about a tricky subject that grandparents and whānau caregivers referred to our advocacy service sometimes need help with. What do you do when a child discloses they are being abused? How do you respond appropriately in these situations?

Sometimes, a tamariki/rangatahi (child/youth) might self-disclose an abusive situation to an adult in their life – this person could be you.

The most important thing you can do in that moment is to remain calm!

A disclosure is when a young person tells us or shows us, they have been hurt or abused. These disclosures can be direct, where the child directly tells you they have been abused – this can sound like “my mum hit me”, or more indirect, an example of this is a concerning picture they might draw.

If faced with an abuse disclosure by a tamariki or rangatahi, you might feel at a loss about what to say. Research in this area shows that the adult response to a child's/youth's disclosure can have an impact on their recovery, so it is vital to communicate that you are very glad that they have told you, that you believe them, and that they are not to blame.

Whether or not you believe the story the tamariki or rangatahi has told, they have told you for a reason. Until you know why, they must feel believed.

Of course, a direct disclosure from a tamariki or rangatahi also requires a report to the appropriate authority.

If you are feeling anxious regarding this process or not sure how to go about this, please contact us on 0800 GRANDS (0800 472 637) and we can

talk this through and offer you on-going support throughout the investigation into the report of concern.

Guidelines for disclosures

Here are some additional guidelines to help you talk with a child who discloses abuse:

- If a tamariki or rangatahi asks to speak with you, try to find a neutral setting where you can have privacy and few interruptions. Ask them where they feel comfortable speaking and try to accommodate this.
- STOP what you are doing and LISTEN.
- Do not ask leading questions. Just listen and let them explain what happened in their own words.
- Respond calmly and matter-of-factly. Even if the story is difficult to hear, it is important not to register disgust or alarm. Be mindful of body language.
- Avoid making judgmental comments about the abuser. It is often someone the child or youth loves or with whom they are close.

Remember that children and youth who disclose are often frightened or anxious and will need reassurance, encouragement, and support in the weeks following disclosure.



If you would like help or have any questions, please contact the GRG National Support Office on 0800 GRANDS

1. Reassure the tamariki or rangatahi that they are not at fault.
2. Respect the tamariki or rangatahi's confidence and limit the number of people with whom you share the information. Their privacy should be protected.
3. Explain to the tamariki or rangatahi that you must tell someone else to get some help. Try to let them know that someone else may also need to talk with them and explain why.
4. Thank them for telling you, tell them that they have done the right thing and that it's not okay that this has happened to them.
5. Record everything – this can be helpful to pass on to investigators later and can possibly help with conviction.

We are also helping to support you during this time while you support them so, please get in touch and we can talk this through. If you, or a child or young person you know is in immediate danger call:

POLICE ON 111.

As mentioned earlier, this will be my last column for GRG. I am taking the plunge back into full-time work as a social worker in the field with [Family Action](#) in West Auckland, now that my son is starting school. I have loved working for GRG over the past four years and providing support, advice and advocacy help where needed for many of you. Kia kaha!

Hannah Morris
**Community Outreach
Advocate**



National Volunteers Week

This year's theme for National Volunteers Week was 'Time to Shine – He wā pīataata.' It's a time to recognise and celebrate volunteers, a time to shine – pīataata.

Volunteers are a vital part of GRG's service delivery and as part of this year's National Volunteers Week, 18 – 24 June 2023, we would like to recognise our wonderful team of Support Group Coordinators, Coffee Group Facilitators and GRG's board members, for all the hard work, time and ongoing commitment you put into Grandparents Raising Grandchildren Trust NZ (GRG) and its cause.

"Thank you for the difference you make and the impact you have on our communities", from the GRG team!



SAVE THE DATE 8 October 2023
REGISTER ONLINE
www.zontarun.org.nz

\$15 Adults \$10 Students Registration on the day: \$20 cash only

Can't make it on the day?

Do a Virtual Run/Walk Around NZ, around the World!

We understand that some of you may not be able to make it on the day to Christchurch, however we know you'd love to participate in this run/walk fundraiser. Get your friends together and register \$15 pp and go for a 5KM walk or 5KM/10KM run in your town or city so you don't miss out on a fun day.

Post your images from your Virtual Run/Walk and be in to WIN \$100 for your charity of choice!

Tricia Advocating for You

This month I want to talk about the kind of support that might be available for caregivers via the Supported Living Payment when caring full-time for a child or person with a disability.

Supported Living Payment - Full time caring for a person (SLP-CFP)

This is a weekly payment that can be paid to a parent or caregiver who is required to provide full-time care and attention at home to a dependent child who has a significant disability with high care needs or for someone else who is not their partner who needs high care needs. To be able to get this payment, the person cared for must:

1. be permanently (expected to continue for at least two years) and severely restricted in their ability to work because of their health condition, disability or injury, or total blindness
2. need full-time care
3. be their child, a family member (but not their spouse or partner), or a member of their community
4. otherwise need hospital-level or residential care (or equivalent). Examples of this type of care include:
 - rest home care
 - residential disability care
 - extended care services for severely disabled children and young people
 - inpatient or residential hospital care.

Eligibility for this payment, and the rate of payment, depends on how much you as the carer and your partner (if you have one) earn.

This support is not for parents or caregivers of children who need only the levels of care required for children typical of their age.

Funded Family Care

Funded Family Care is paid to carers aged 16 or over for providing personal care and household management. See the [Ministry of Health Disability services website](#).

From 2 June 2020 partners and carers over the age of 16 can be included as a carer for Funded Family Care.

If a client gets Funded Family Care payments and also qualifies for Supported Living Payment caring for a person, the Funded Family Care payments are treated as income.

Proof of care

A medical certificate is needed in every case and must state that the person needs the carer's full-time care and attention and without that care, the person would need hospital-level or residential care (or equivalent).

The medical certificate must also be completed by a registered medical practitioner.

Couples may be entitled

If the person that you are caring for full-time is your partner, you will not be eligible for the SLP-CFP (Supported Living Payment as a carer). But if your partner receives a Supported Living Payment for a health condition, injury or disability, and you qualify for a benefit in your own right, you may be able to be included in their benefit at the married rate.

To assess the rate of Supported Living Payment payable a partner's income is taken into account.

Some carers may be getting Funded Family Care payments. These payments are treated as income when assessing the rate of benefit payable.

Child Disability Allowance assessment

A Caregiver may be Granted the Supported Living Payment from a Child Disability Allowance assessment when the information confirms that the client meets the medical criteria for Supported Living Payment

What children qualifying for the Child Disability Allowance will also meet the medical criteria for the SLP?

Not all children who have been receiving the Child Disability Allowance will meet the medical criteria

for Supported Living Payment. For example, children who have been receiving the Child Disability Allowance for mild asthma or Attention Deficit Hyperactivity Disorder (ADHD) will not be permanently and severely restricted in their capacity for work because of a health condition, injury or disability.

But if a Caregiver was receiving the Child Disability Allowance for the following health conditions or impairments, they are likely to qualify for the SLP-CFP. These are:

- long standing, severe ill health (eg cancer, cystic fibrosis, kidney disease, leukaemia, heart disease such as rheumatic heart disease, hole in the heart)
- severe physical disabilities (tetraplegia, paraplegia, spina bifida, cerebral palsy, muscular dystrophy)
- intellectual disability (eg Downs Syndrome)
- blindness (if the information on the report meets the medical qualification for blindness)
- deafness

“The income support benefits in this area can be a complex web of eligibility criteria to untangle.

It is vital that if you are a full-time carer of someone with a disability that you get good advice!”

THANK YOU FOR YOUR VOTE!

Recently, GRG was selected as one of 12 charities to benefit from NZ Post’s ‘Delivering for Good’ programme providing a year of free courier services. We are delighted and grateful that with the support of the public vote, including from many of you, GRG was successful in winning a second year, which provides us with free courier services until 30 June 2025 through NZ Post valued at \$50K.

Thank you for your vote and THANK YOU NZ Post!!!

www.deliveringforgood.nzpost.co.nz

There are other types of support that might be available for disabilities in your case. If you need help, please get good advice as everyone’s circumstances are different and it is important that the advice you get is specific to you.



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

If you need advice or GRG to advocate for you to access your income support entitlements please contact us on **0800 472 637 for a referral to our advocacy service.**



Merle's Support Group Update

I am delighted to introduce two new Support Group Coordinators to our team this month in North Otago and Levin/Foxton.



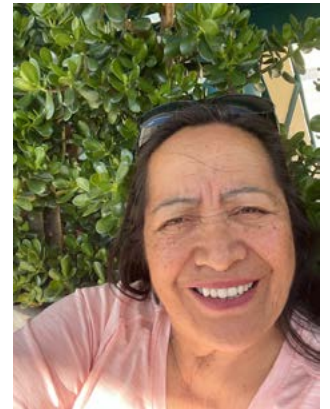
Robyn Cleverley

Robyn Cleverley, North Otago GRG Support Group Coordinator

Robyn has lived experience of raising her grandson and would like to be instrumental in reigniting the GRG spark in Oamaru and surrounding area. As a nurse she is very familiar with community and social needs and brings a professional and empathetic approach to the role. A busy life is balanced out with exercise, gardening and spending time with family and friends.

Dott Hari, Levin and Foxton GRG Support Group Coordinator

We also extend a warm welcome to Dott Hari, our new Support Group Coordinator for Levin/Foxton. Dott has been raising four grandchildren over a period of ten years. She has experienced wonderful support from the Wellington Support Groups and would like to see other grandparents benefit from similar support. Dott's warm and caring nature puts you immediately at ease. Yet, she brings a strength and capability in her commitment to others whether it be a listening ear or a potluck dinner. She loves her community and is looking forward to doing what she can to support grandparents with stories similar to her own.



Dott Hari



Farewell and thank you Anna Clare and Sandra Murphy!

Sadly, we say goodbye to Anna and Sandra our two Support Group Coordinators for Christchurch. Anna and Sandra were not only a great support to grandparents raising grandchildren, but also to each other. While both brought personal experience through the raising of their grandchildren, they also brought professional expertise with Anna being a community worker and coming from a background of foster parent social work and Sandra having worked with Dads and Granddads in a social worker capacity. They have worked together to provide support and information to GRG members, but to also raise GRG's profile in the Canterbury region through connecting with other organisations resulting in a wide range of support for GRG members.

SGCs are often volunteering their time on top of their responsibilities to their family members and work commitments, and this is why their contribution to GRG is so precious and appreciated. Anna and Sandra are no exceptions to this and find themselves needing to step back and focus more on their own family and commitments. We wish them and their families well and thank them for their wonderful service.



Merle Lambert
**National Support
Coordinator**

Grand Reflections

Calling for nominations: Extraordinary Caregivers

Do you know an outstanding, extraordinary caregiver couple or sole caregiver that you would like to nominate in recognition of their extraordinary commitment, not only to the children in their care but also the community?

If YES, what makes your nominee stand out?

What has their caregiving journey been about?

GRG is proud to be a sponsor of these awards celebrating extraordinary caregivers who go above and beyond for their tamariki and rangatahi.

If you know someone or a couple that in the face of challenges and odds, and/or through their own determination and commitment to go the extra mile to provide excellent care for a child or children and contribute to their community, please consider nominating them for next year's awards.

It's easy to be eligible – your nominee can be anyone providing a home to a child not born to them (excluding step-parents).

This includes grandparents raising grandchildren, whānau and kin caregivers, and people with permanent care of a child or young person.

The nominee does not need to have a supporting agency involved.

We know that there are so many caregivers out there who deserve this recognition, with your help we can make this happen.

Who can make a nomination?

Anyone can nominate a caregiver or caregiving couple for an award. This includes all Social Workers, fellow caregivers, Teachers, Support Workers, and people from the community. Nominators must be people who are positively and strongly involved in the caregiver's life.

How to submit a nomination?

1. Fill out the nomination form (you can either download and print the form or fill it in electronically).
2. Have the caregiver you are nominating sign the form.
3. Gather supporting evidence and save this into a single file.
4. Send your completed nomination and supporting evidence by email.
5. Nominations for 2024 are open NOW and close in October 2023.

Tips for a great nomination

Your nomination is an opportunity to introduce your chosen caregiver or caregiving couple and explain who they are, what their caregiving journey has been about, and what makes them stand out.

Be creative and include supporting evidence that will make your caregiver(s) really stand out. You can include copies of certificates, photos, and references from people like school Principals, Social Workers, the children, whānau, or community leaders.

What happens after I submit a nomination?

A selection panel made up of representatives from NGOs and Caring Families Aotearoa will read all nominations and meet to choose the award recipients.

Once award recipients have been selected, you will be called to let you know if your nomination has been successful.

Unsuccessful nominees will still be acknowledged to ensure they are recognised for their nomination and positive contribution.

What happens if my nomination is successful?

If your nomination is successful, CFA will first contact the caregiver and tell them the great news. Once they have contacted them, they will give you a call.

Recipients of the awards will travel to Wellington for the awards ceremony to be celebrated. Award recipients, if not a couple, are able to bring a support person with them. Their travel and accommodation costs will be covered.

The next Excellence in Foster Care Awards Ceremony will be held in March 2024.

I need help with my nomination. Who can I ask?

Contact Caring Families Aotearoa at: events@caringfamilies.org.nz or 0800 693 323 for help with the nomination process.

Or if you would like to discuss your nomination of a GRG member, feel free to contact GRG on 0800 GRANDS | 0800 472 637 or 09 418 3753

For more information: <https://www.caringfamilies.org.nz/excellence-in-foster-care-awards/>

GRG Support Groups Nationwide

MID NORTH

Contact: Cheryl London 021 680 863; midnorth@grg.org.nz
Meets: 3rd Tuesday of the month. Please contact Cheryl for time, as this varies.
Location: Te Kona Digital Business and Learning Hub, 74 Guy Road, Kaikohe (Totara/Board Room).

WHANGAREI

Members meet first Friday of the month at the Anglican Care Centre, Drummond Street, Whangarei at 10am. If you would like to consider becoming the local Support Group Coordinator for the Whangarei area, please contact Merle Lambert at merle@grg.org.nz 021 246 0553

TAMAKI/EAST

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

AUCKLAND CENTRAL

Contact: Helen Hewitt 021 469 964
 Aucklandcentral@grg.org.nz
Meets: First Wednesday of the month 12-2pm.
Location: Melville Cricket Pavillion 18 St Andrews Road, Epsom, Auckland.

NEW LYNN

Contact: Faye James 022 417 7840
 Newlynn@grg.org.nz
Meets: Third Wednesday of the month at 10am.
Location: Fale Avondale Community House, 50A Rosebank Road, Avondale.

MANUREWA

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

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

Contact: Trevor Don 027 229 2041 / Ngaruawahia@grg.org.nz
Meets: Last Monday of the month at 10am
Location: Ngaruawahia Community House, 13 Galileo St, Ngaruawahia.

MATAMATA-PIAKO

Contact: Jennifer Porter 027 683 6207 / matamata-piako@grg.org.nz
Meets: contact Jennifer for times and venue.

HAMILTON NORTH

Contact: Mirjam Sole 027 491 9948
 HamiltonNorth@grg.org.nz
Meets: Time and date varies. Please contact Mirjam for confirmation of meetings.
Location: TBA

HAMILTON WEST

Contact: Pat Davis 022 600 7672 / Hamiltonwest@grg.org.nz
Meets: Last Thursday of the month at 10am to 11.30am
Location: St Davids Hall, Rifle Range Road, Dinsdale, Hamilton (Opposite Frankton Primary School)

HAMILTON EAST

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

TE KUITI

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

TE AWAMUTU

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

TOKOROA

Contact: Debbie Newton 027 284 2103 / Tokoroa@grg.org.nz
Meets: Last Friday of each month at 10am
Location: Salvation Army Corps, 139 Balmoral Drive, Tokoroa

TAUMARUNUI

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

ROTORUA

Contact: Anne Donnell 022 059 5107 / Rotorua@grg.org.nz
Meets: Third Monday of each month at 9:30am
Location: Linton Park Community Centre, 16 Kamahi Place, Pukehangi, Rotorua.

TAURANGA

Currently vacant. Contact: Merle 021 246 0553 or Merle@grg.org.nz

WHAKATANE/KAWERAU

Contact: Rae Midwood 021 235 6452 / Whakatane@grg.org.nz
Meets: Time and date varies. Please contact Rae.

NAPIER

Contact: Beth Thurston 022 073 9900 / Napier@grg.org.nz
Meets: Date and time varies, please contact Beth for confirmation of meetings.
Location: The Octagon Room, All Saints Church, 23 Puketapu Road, Taradale.

HASTINGS

Contact: Nga Ngatae Heather 022 341 7789 / Hastings@grg.org.nz
Meets: Third Thursday of the month at 10am. **Location:** The Club, 308 Victoria Street, Hastings.

PALMERSTON NORTH

Contact: Jacqui Phillips 021 229 0455 / Palmerstonnorth@grg.org.nz
Meets: First Thursday of the month at 1pm and 6.30pm (1.5-2 hours long)
Location: Christian Community Church, 54 Pascal Street Palmerston North.

WAIRARAPA

Contact: Jonathan and Margaret Hooker 027 448 6645 / 027 284 476 06 377 1572 Wairarapa@grg.org.nz
Meets: Last Thursday of the month at 10am
Location: Wairarapa Community Centre, 41 Perry St, Masterton.

LEVIN/FOXTON

Contact: Dott Hari 021 388 985
Levin@grg.org.nz **Meets:** Date and location varies. Please contact Dott for confirmation of next meeting.

PORIRUA

Contact: Roma Paull
022 050 4761 / Porirua@grg.org.nz
Meets: Second Thursday of the month at 10am.
Location: Porirua RSA, 5-7 McKillop Street, Ranui

HUTT VALLEY

Currently vacant. Contact: Merle
021 246 0553 or Merle@grg.org.nz

KAPITI/OTAKI

Contact: Cecilee Donovan 021 158 6643, Wellington@grg.org.nz
Meets: Date and time varies, please contact Cecilee for confirmation of next meeting.

WELLINGTON

Contact: Cecilee Donovan 021 158 6643, Wellington@grg.org.nz
Meets: Date and time varies, please contact Cecilee for confirmation of next meeting.

NELSON

Contact: Sharon Norriss
03 548 6710 / Nelson@grg.org.nz
Meets: 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: Second and fourth Thursday of the month at 12.30pm to 3.00pm
Location: St Andrews Church, 64 High Street Motueka.

CENTRAL WEST COAST

Currently vacant. Contact: Merle
021 246 0553 or Merle@grg.org.nz

SOUTH CHRISTCHURCH

Currently vacant. Contact: Merle
021 246 0553 or Merle@grg.org.nz

EAST CHRISTCHURCH

Currently vacant. Contact: Merle
021 246 0553 or Merle@grg.org.nz

ASHBURTON

Contact: Karen Kilgour
027 741 2039 /
Ashburton@grg.org.nz
Meets: Date and location varies.
Please get in touch with Karen for confirmation of the next meeting.

NORTH OTAGO

Contact: Robyn Cleverley
027 897 3913
NorthOtago@grg.org.nz
Meets: Every 1st Friday of the month.
Location: Waitaki Recreational Centre, 43 Orwell Street, Oamaru

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.

COFFEE GROUPS

Kaitaia Pam 022 658 3443
Kaikohe Moengaroo 027 644 0978
Maungaturoto Angela 0274 884 441
Whangarei Christine 021 061 5387
South Auckland Virginia 09 277 7514
Whitianga Gillian 027 454 0314
Paeroa Sue 021 029 16936
Matamata Jennifer 027 683 6207
Cambridge Brenda 027 438 5401
Hastings Nga 022 341 7789
Opunake Jayne 027 586 5190
Porirua Roma 022 050 4761
Waimate Maureen 029 775 1970

CURRENTLY VACANT

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

With over 6,200 member families 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 or Coffee Group Coordinators in the following areas:
Kaitaia, Whangarei, Hibiscus Coast, North Shore, Waitakere/ Henderson, Glen Eden, Mangere/Onehunga, Te Puke/Papamoa, Hamilton East, Te Awamutu, Taupo/Turangī, Te Kuiti, Whanganui, Dannevirke/ Tararua, Hutt Valley, Marlborough, Christchurch, Dunedin, North Otago and Otago Coastal.

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

CALL FREE on 0800 472 637 (0800 GRANDS) to contact GRG's National Support Office or email: 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 6,200 grandparent and whanau care families nationwide, representing around 9,500 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.

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!



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.

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



Disclaimer: Opinions or views expressed in this newsletter shall be understood as reflecting those of the author as quoted and are not to be taken as given or endorsed by GRG. This newsletter is subject to copyright. © 2023

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

