



NEWSLETTER APRIL 2018

DATABASE: 7718 WHANAU CARERS

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



Extraordinary Care Fund (ECF): Reminder

If you receive the **Unsupported Child** or **Orphan's Benefit** for a child in your care, you are eligible to apply to the ECF for a grant of up to \$2,000 in each financial year (1 July to 31 June).

The ECF is designed to support children who are:

- Experiencing difficulties that are significantly impacting on their development; or
- Showing promise in a particular area.

The ECF has three funding rounds each year and the next round for applications **opens on 21 May 2018** and **closes on 22 June 2018**.

The grant notification date is 3 August 2018.

If you're caring for more than one child, you can apply for a grant for each child.

Grants that are awarded are **based on the needs of the child** rather than their family's financial situation and the fund **DOES NOT** cover:

- Costs that are covered by the Establishment Grant or School and Year Start-up
- Payment or by other agencies
- Health and medical costs (eg. treatment or medication)
- Everyday costs (eg. school trips, vehicles, legal costs)
- Overseas travel

Please refer to [the guidelines for applications on our website here](#);

Or [Work and Income's website guidelines here](#).

You will need to print out and complete an [application form](#) which is available on both our website and W&I's website. If you can't print one out, call them on [0800 559 009](#) and ask them to send you a hard copy of the form. Make sure you have your client number handy.

Once you've completed your form you need to [contact W&I](#) to make an appointment.

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You'll need to take to your appointment:

- your completed application form and
- details of costs, such as an invoice or receipt. If the cost relates to something like a representative trip, this could be a letter requesting payment from an organiser, and
- a letter clearly outlining any promise shown or difficulty experienced from an independent person like a teacher, coach, or other person of standing in the community who can support the application.
- If you are applying for \$500 or more, you'll need to provide two letters of support.

For a detailed summary of the process and some tips on making a successful application, please see our [3-page guidelines in pdf format here](#).

Or email admin@grg.org.nz or call us on 0800 472 637 and we will email you a copy.

Please start **gathering the necessary information** for an application **now** and **make an appointment** with W&I as soon as the round opens on 21 May 2018.



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

In last month's newsletter, I highlighted the upcoming **Mental Health and Addiction Enquiry** which will soon be hearing submissions from interested parties, groups and individuals about the unmet needs of the current system and people affected by mental health and/or addiction. The Terms of Reference set by the Government require the Panel to "complete a stocktake of programmes and services in place to promote and support mental health and addiction challenges," and to help understand "where the gaps and problems are" **with the purpose of developing "recommendations for a cohesive mental health and addiction approach for Aotearoa, New Zealand."** On 27 April 2018, the Panel will be publishing their **Consultation document** on their website at <https://www.dia.govt.nz/Government-Inquiry-into-Mental-Health-and-Addiction> which will be a useful reference point for anyone interested in making a submission to the Enquiry.

The Enquiry Panel has also scheduled forum meetings around the country throughout May and June and the meeting dates are listed on their website under "Opportunities to Connect" [here](#). Direct engagement with "Interested Parties" is scheduled to take place through to August/September and I encourage you to complete an **Expression of Interest** on their website if you wish to engage directly with the Panel.

GRG will be making a submission on behalf of the organisation as a whole, but if you are interested in making a submission as an individual and need some guidance, please email us at admin@grg.org.nz.



Last month I had the pleasure of meeting Erin Scarlett the Founder of [Brave Hearts](#), which is a support group organisation for those who have loved ones in the grip of addiction. Their objective is

to educate and inform family and friends and to provide ongoing support or referral to professional help. They have established support groups in Tauranga and Mt Maunganui and a newly formed group in South Auckland and regularly hold Awareness Seminars.

If you need support in dealing with a family member in the grip of addiction, we encourage you to get in touch with Brave Hearts.

South Auckland Brave Hearts is having its next Support Group Meeting on **Monday 30 April** at **Clover Park House, 16a Israel Ave, Manukau at 7pm.**
[CALL 0508 BRAVE HEARTS \(0508 272834\)](tel:0508272834)
www.bravehearts.nz



Suncorp NZ employees have voted to support **Grandparents Raising Grandchildren Trust NZ** and **Shine** as their two Community Partners in 2018. The launch of Suncorp's **Brighter Futures** Workplace Giving programme took place on Friday 20 April, in their Auckland, Wellington and Christchurch offices.

Representing us in Auckland, was our Chair, Jo-Anne Thomas (pictured back row 2nd from right) and Operations Manager Lisa Braid (front row, 2nd from right) and Cecilee Donovan, our Support Coordinator in Wellington.

We are looking forward to working with Suncorp employees in the year ahead (who include employees from Vero, Asteron Life and AA Insurance in NZ) through their volunteer days and fundraising initiatives to support our cause. This partnership with Suncorp is an exciting development for us at GRG, as the funds raised through their initiatives, will enable us to roll out our **Simply Acquired & Learned Techniques 4 Caregivers™** (SALT) workshop programme that focuses on

on parenting children affected by trauma, throughout the country to our members and Support Groups. Complementing that programme and providing additional support to new and existing members will be the production of our new GRG Handbook later in the year.

Lumino Day 2018: Saturday, 5 May Nationwide

Lumino Day

Carers NZ has again partnered with [Lumino the Dentists](#) to offer free visits for family carers at participating practices on Saturday 5 May.



Bruce Hopkins and The Long Way Home Update

Countdown to Journey's End!

Like "John of the Mountains" our hero Te Araroa trailblazer, raconteur, and veritable hard-man born of the south of the South; Bruce Hopkins has become as one with the mountains of the Southern Alps in recent weeks" as the Scottish-American poet and conservationist, John Muir himself. In some "live" Facebook video posts he's even morphed into wolf-man, albeit with the help of a bit of digital tech!

If you have been following his journey via Facebook, Radio NZ podcast or catching snippets here and there in the media, you will know that the countdown is now on for his final leg of the trail to Invercargill and Bluff after what has been a staggering journey of determination, will, near death experiences, days trudging in deep snow—balanced by sheer wonder at the beauty of our country. At the same time Bruce has had his sights firmly on raising funds for GRG to support our 4,000+ member families nationwide through our support services.

To date he has raised over \$18,000 via our Givealittle page and our GRG website. At this stage, Bruce is aiming to be in Invercargill around 10 May and is looking forward to a cool glass of bubbly to celebrate his journey of 3,000km the length of this beautiful country of ours. He then aims to join

There are still places available at some practices around the country so don't delay—call them on **0508 586466 today.**

See <http://carers.net.nz/lumino-day-2018-saturday-5-may-nation-wide/> for locations.

Our thanks to Lumino and Carers NZ on behalf of our members who have benefited from this wonderful opportunity to have the smile put back in their day through their free dental checks and treatments.

For a story close to our hearts, see Trace's transformation thanks to Lumino last year in this [Youtube](#) clip.

https://www.youtube.com/embed/R8AS0Qcb_1M?rel=0

family and friends over on Stewart Island - the island of his birth. We will keep you posted here again soon. In the meantime we encourage you to share his amazing story with friends and family and the link to donate to our cause here. Go well Bruce!

*" Oh, these vast, calm,
measureless mountain days,
inciting at once to
work and rest!
Days in whose light everything
seems equally divine,
opening a thousand windows
to show us God.
Nevermore, however weary,
should one faint by the way
who gains the blessings of
one mountain day;
whatever his fate,
long life, short life,
stormy or calm,
he is rich forever."
- John Muir**

*Thank you to Bernadette Barnes for her post on Bruce's Facebook page with this wonderful poem above which is so apt!

To follow the last leg of Bruce's 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)



I've been thinking...

Diane Vivian, Founding Trustee

Let's talk Facebook



Our GRG Facebook page is very popular with 3195 likes and 3065 followers 26/4/18. One word of caution though; this is an 'open page'. If you do not want to be identified, please click on the 'message' button and post your question. As the Admin for our Facebook page, only I can see it. I will move it over to our page without identifying you. Others raising will then see it and reply with many great ideas. Sharing is caring.

This is the place to go if you want updated news as it happens or to ask a question. It is full of inspiration, love, non-judgmental, hints, cooking, laughter and updates. You shall be most welcome. I am a tough Admin and monitor it very carefully, so any foul language or inappropriate comments will be deleted. And please no posting of pictures of children or naming of parents. Let's be safe out there, folks. Come visit. www.facebook.com/grg.org.nz/

Children's respite camps

The recent news about [Stand for Children's children's villages in Otaki and Roxburgh reported in the New Zealand Herald; 6 April 2018](#) is of great concern to us all:

"Stand Children's Services is proposing to close two of its children's villages at Otaki and Roxburgh. Financial pressure was the main reason the organisation, which operates seven children's villages throughout the country, was seeking the two closures.

If the proposal to close proceeds, about 27 jobs at Otaki and 27 jobs at Roxburgh would be lost, and 380 children a year will miss out on the children's village trauma treatment programme. A final decision would be made by chief executive Fiona Inkpen about May 15 after taking in feedback from staff.

"If the proposal proceeds, we would be offering

redundancy, or where there are vacancies, staff could apply to transfer.

"Oranga Tamariki have also offered to identify employment opportunities for staff to consider."

She said Stand hadn't had a funding increase since 2009 and had been meeting operating shortfalls from its own reserves.

Financial pressures increased last year following salary increases for the organisation's staff.

"Pay rises were a priority for us to retain our specialist staff who support some of the country's most vulnerable children and families but who've been among the lowest paid in the sector.

"Our people deserve recognition for their work and we needed to recruit and keep quality staff who make a real difference to these children's lives."

The organisation had been able to top-up Government funding for many years with prudent financial management and the sale of unused land. But its reserves had now been used up and "we have made the difficult decision to consult with staff and the PSA about closing two of our villages".

"Our hope is this will be a temporary measure and we will be working with Oranga Tamariki and the Ministry of Education to rebuild services in both areas."

She said for the 2017/18 financial year, Stand and Oranga Tamariki split the increased operating costs 50/50, however Stand would need \$3 million extra, an increase of 18 per cent, to cover the pay rises, compensate for nine years of inflation, and added costs such as Kiwisaver, to keep the villages open.

Dr Inkpen said the government had told Stand the funding required could not be secured at this time because of restrictions on the government budget.

The organisation would continue to operate its intensive family wraparound services in the central and southern regions, but would stop providing the residential trauma focused treatment programme at the end of June.

"I want to reassure our children and families that Stand is not going anywhere.

"The villages are one aspect of the services we provide and while it would be very sad to close these two, our priority remains supporting children and families to be safe, healthy and functioning well."

Stand had been seeking to relocate its Otaki village, commonly referred as the Otaki Children's Health Camp, to a property in a residential street in Paraparaumu.

A house had been bought in Milne Drive but was now being rented out.

"We do believe in the trauma treatment programme for children, that operates out of the villages, so we intend to work to try and restore that service for children in both regions."

Stand's villages provide a unique treatment service for children aged 5 to 12 who need support to recover from trauma.

May we ask please that you send a supportive email through to Dr Fiona Inkpen as soon as possible stating how valuable these camps are to you.

Email is NationalOffice@standforchildren.org.nz

As Pat our Co from Hamilton says:

'We don't get respite care like foster parents do. We don't get a break when we send the kids to the grands for the weekend. We are the grands.

The last line of defence before state care. State care per child costs are double that of whanau care. Someone needs to do the math and throw some money into these 'vital camps', and we wholeheartedly agree.

A Common Question

What can I do about my grandkids behaviour after they came back from a visit with their biological father? My grandchildren come back biting, kicking, punching, slapping, spitting at each other, as this is what they see at their biological fathers and their younger siblings doing. This does not happen in our home. This behaviour takes a week to settle down and get rid of. They come home defiant towards us here at home (the visits are only once a fortnight on a Sunday). Do any of the other grandparents have any ideas? Thanks, worried nanny mum:

A: This is a common problem and a member writes: I found this very common after contact. Try and keep as calm and as normal a household as possible. The children are confused and checking to ensure that things are solid, calm and normal with you by testing the boundaries. They of course need to know that their behaviour is not accepted by you but that your love is strong, and you will be there for them. Ensure some 'down time'. Make it fun and happy. Most importantly keep to your normal routines.



Sensory Issues

If your child has sensory issues, get them hanging upside down. It helps them with their inner ear and calms them right down. Spinning slowly does the same. Trampoline, monkey bars, gymnastics, get that head moving upside down. Watching TV etc upside down. How cool is that?!

Grand's reflections...

Easter in our house says Pauline Slone.

I think the kids have found all the hidden Easter eggs now and have eaten them all and the reason I think this is - Number 1 and her friend were using the beds as trampolines! They were very sneaky about getting into older child's make-up as soon as she left the house for work. Number 2 can't stop talking ninety to the dozen, even taking over any conversation I was having with other adults and at the park he was trying to topple over a big old-man pine-tree by belting its trunk with a stick while number 1 was swinging off a large horizontal pole that she couldn't get down off. As for the evening dishes - what a performance that was happening in the kitchen. Yep, my circus and my monkeys! Both on a super sugar high and I was more than ready for them both to go to bed at 6.15. Next year it's boiled eggs or nothing!

The pressure our grandkids have to go through just breaks my heart. Master 9 so excited all week as he was invited to a school friends birthday party. Only the 2nd birthday he's been invited too. The last 2 nights his sleeping has been terrible, lying awake for hours (not normal for him). Finally, the day of party his behaviour is shocking and then tells me he doesn't want to go to the party. I ask why, and he says he doesn't know. Long story short, after lots of tears we finally worked out what was the issue - He was so anxious and worried about going, 2 sleepless nights and terrible behaviour all because my wee man is worried! The hard thing with this is he wanted so badly go to the party, yet he felt he couldn't. Final outcome was he went and had an absolute ball!! Our wee treasures have got so much to go through in life and it's just awful.

GRG Signage

My little car has always had the GRG magnetic signs on both doors and my grandson borrowed it, (yet again). As he parked and got out, he was approached by a rough looking man, who said, I just want to thank your organisation for helping my

sister when she got 4 grandchildren and I think they should take all the money off the drug dealers and give it to you guys." I bet the look on my grandson's (24) face was priceless!

So Proud

She is now 14 and we were at the supermarket. We saw a frail perhaps 80-year-old struggling with her trolley; she quickly went to her aid and asked could she help. Not only did she wheel it to the woman's car she also unloaded into the car. I heard the woman say, 'thank you so much' her reply, "it is my absolute pleasure." Mmmmm wonder where she has heard that! Sounds very familiar.

I Could Just Scream

Does anyone else struggle with the "after school crazy behaviour"?

My grandson is 12 (ADHD, ASD traits, dyslexia and dysgraphia, PTSD)

This term has been mainly a good one in terms of going to school and doing what he's supposed to be doing.

I pick my battles after school because I know he needs decompression time.

BUT some days his attitude is really over the top!! Partly stress from school, partly hormonal.

Sometimes it's like walking on egg shells and I get so tired of the verbal vileness that comes out of his mouth.

I love him but he's so difficult to live with.

We are sure many of you live with this on a daily basis. It is not easy. Pressures from trying to control themselves during the school day and they just explode when they walk in the door. Why? Because they know this is a safe place to do this. Try distraction, do something different, talk in a monotone voice, make some favourite food, a warm bath, light a scented candle. We know it is so very, very hard. Did you know there are ADHD face book groups in NZ you can join and get ideas from others as to how they cope. Have a search.

Support Group Check-in

Taumaranui Support Group

Meetings are now being held on the first Tuesday in the month from 10am – 12noon at REAP on Hakiaha Street, Taumaranui.

Motueka Support Group

Meetings are being held fortnightly on a Tuesday. For more detail and times, contact Rankeilor Arnott.

Invercargill Support Group

Meetings are held on the 2nd and 4th Wednesday of the month and are held at FamilyWorks at 183 Spey Street, in Invercargill at 10am.

Often we enjoy an affordable lunch after our meeting. Come and join us.

For more information, Coordinator contact details and other Support Group locations please refer over the page. If there isn't currently a Support Group in your area and you are interested in starting one up please contact us on 0800 472 637 or 09 418 3753.



Thank you for
your support
for GRG!

Give a little to GRG via our secure DPS payment system on our website at www.grg.org.nz or at <https://www.givealittle.co.nz/org/grg>

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.

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.

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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

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

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

North Shore Auckland**	Val Brown	09 410 7591	val.brown.grg@gmail.com
West Auckland / Waitakere**	Debbie Hall	09 818 7828	debron@xtra.co.nz
East Auckland / Tamaki*	Tess Gould-Thorpe	09 535 6903	theresagouldthorpe@gmail.com
South Auckland*	Virginia Peebles	09 277 7514	
Franklin / Papakura**	Anne Doddrell / Shirley Afoa	09 237 8161	anne.doddrell@gmail.com
Waiuku Auckland*	Deborah Williams	027 452 7598	debs_45@hotmail.co.nz
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Dannevirke*	Malcolm Johnson	06 374 0407	
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