



Supporting and empowering grandparent and whānau care families to achieve positive life outcomes since 2001

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 **5400** member families and all our non-member subscribers!

Are you raising someone else's child?

If you are because there has been a breakdown in the child's family 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 this support to help with the costs of raising the child.

The Unsupported Child Benefit is 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 NZ.

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.

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Key Dates Coming Up

- Extraordinary Care Fund Closing Date for the next round is in February 2021. We will post dates for 2021 on our website and in newsletters as soon as dates are posted by WINZ

Update Your Member Details

Keeping it Current

Please let us know if there has been a change to your contact details. Our aim is to do the best we can for our members, but this becomes difficult if we are unable to keep you informed of what's happening.

Letting us know if you've moved or had a change to your mobile phone or email is easy to do with the following options:

Visit our website www.grg.org.nz and click on the green **Update Your Member Details** button or [click here](#):

Or email us at office@grg.org.nz
Or call us on **0800 472 637**



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

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



Kate's Take



Kate Bundle
Chief Executive

As I write this column, we pass another milestone at GRG. 5,400 families across our nation are GRG member families raising their grandchildren or someone else's child. It is a nice round number, but it is not a nice statistic—and it isn't reflective of all the children in grandparent care in our country either. The reality is that GRG is probably only supporting around 40-50% of the grandparents who are raising their grandchildren full time in New Zealand. Based on information from Oranga Tamariki, the Ministry for Social Development, Statistics New Zealand and our own membership data, we estimate that there are probably around 30,000 children in the care of someone other than their parents and likely around 16,000 grandparents are full time caregivers today.

On Saturday 14 November 2020 I was honoured to have the opportunity to speak at the Hatea and Whangarei Clubs of [Zonta International District 16](#) (Zonta NZ)'s fundraising event for GRG in support of our SALT (Simply Acquired & Learned Techniques™) caregiver education workshop programme that GRG has specifically designed for grandparent and whānau caregivers.

Zonta International is an organisation that has been empowering women worldwide through service and advocacy for more than 100 years. Over the next two years Zonta International is also supporting four major causes to [advocate for gender equality, expand access to education, end gender based violence](#) and of note, they were chosen as the NFP partner with UNICEF USA and UNFPA to support the [UNFPA-UNICEF Global Programme to End Child Marriage](#).

Being supported by Zonta is a great honour for GRG and our partnership is already off to a great start with a number of events being held by clubs throughout the country to support and learn more about our cause and the phenomenon that is grandparent care.

It is true that throughout history humans have lived in blended families for one reason or another, because of death, disease, illness, loss, economics or cultural reasons or otherwise; but today the numbers of children who can't be raised by their parents just keeps growing every year.

The needs of the children and their grandparents are complex. They are most often stressed emotionally and physically and significantly under-resourced. Life is tough for them. And these incredible grandparents and whānau caregivers are the ambulances at the bottom of the cliff in

a world where it is not politically correct to point out that very often it is the case that their parents have made life choices that have resulted in an inability to be parents to their children. Drugs and parental drug abuse is the main reason identified by grandparents as to why so many children come into their care, but today you are more likely to hear from the politicians and academics that "poverty" is to blame. It is frustrating to have to dance around this subject because we know from our research over the years that parental drug abuse directly correlates with high rates of child abuse and neglect, parental mental illness, crime and economic impoverishment for the family —i.e. poverty. A never-ending it seems, tide of abuse being perpetrated against children, partners, parents and 'loved ones' within the sanctity of the family home is also inexorably linked to the growing numbers of children being raised by someone other than their mother or father. Drugs, violence, child abuse and neglect very often go hand in hand whereas poverty—I venture to argue is not the cause, it is but a symptom.

One man who is challenging the way our society deals with 'family harm' or 'family violence' in the family is David White, a grandparent and ambassador for GRG who was the guest speaker at the Zonta fundraiser in Whangarei. He is a familiar face to many of our members having been a trustee of GRG from 2015 to 2018 and an ambassador of the "Its not OK" family violence campaign over the years. Last year he also travelled to 71 electorates throughout New Zealand talking to politicians, victims, perpetrators, community groups, police, and professionals about family violence.

His story is as compelling in the telling as it is devastating in the facts. His daughter, Helen Meads, was murdered by her husband Greg Meads 11 years ago.

I have heard White speak many times and yet each time I hear his story and his insights drawn from working with victims and the perpetrators over the last 11 years, I am reminded of the need to look deeper into the causes of family harm in our society. Saturday night was no different and his insights have left me reflecting deeply on the cause of so much child abuse and family breakdown in this beautiful country of ours.



Zonta District 16 Governor, Desirae Kirby, GRG Chief Executive Kate Bundle, David White and Zonta's District 16 Biennium Project Coordinator Irene McPherson



He notes that “the police get a call every 4 minutes, that’s 15 calls an hour, 360 a day times 365 days equals 131,400 calls a year. Police estimate that only 20% of events are called into them, so adding on the other 80% there are 657,000 family abuse

events every year. On average, there are 25 deaths every year and it is those deaths that are analysed in detail and statistics drawn from. It is like only looking at the pimple on the pumpkin.”

White wants to bring that pumpkin into the room. He wants us to be honest about it. As he notes, ‘family violence’ contains very little physical violence. And while he credits the police for leading the way by changing the

White believes we need to use the language that is fitting. Isn’t it time that we did? Isn’t it time that we understand, as White does, that the abuse that is perpetrated by adults against children and each other within the home has an inception point? A root cause? Let’s bring that pumpkin into the room, shall we? The school bully—as he puts it, is “the bully who goes to school.” Where does the bully learn to bully? Don’t we already know that children who are abused in the home grow up to be the abusers as adults? White points to the ripple effect too. For every incidence of abuse, there is an impact on so many more people other than just the direct victim. He cites Bishop Desmond Tutu’s famous metaphor; “At some point we have to stop pulling people out of the river, we have to go upstream and find out why they are falling in.”

Critical of the academics and constant report writers funded millions by the Government over the years, White lauds the work of grassroots community groups and organisations at the coalface who have been working hard over the years to make a real difference—one family at a time, on the “smell of an oily rag”.

Like the “starfish story” featured in our Grand Reflections on [page 9](#), this is where we should be putting the resources, this is where change is possible. A fine example of this is Ranjna Patel, founder of Ghandi Nivas, who was announced on 17 November 2020 as the [Community Hero at the New Zealand Women of Influence Awards](#).

“we need to stop talking of Child Poverty and talk of Child Neglect and Abuse. The child has no ability to change the environment it lives in, that’s the parent’s role.

naming of it to ‘family harm’, he believes **family abuse** is more accurate as a description. He says “we need to stop talking of Child Poverty and talk of Child Neglect and Abuse. The child has no ability to change the environment it lives in, that’s the parent’s role. So don’t label it Child Poverty when it is Parental Poverty. Stop labelling family violence as complex, wicked, or multi-faceted. It is extremely simple, it is one person holding power and control over another. Cases vary, but that is all it is. One of the reasons that people chose to ignore it, is that for too long it has been presented as too complex to tackle – make it simple and we will achieve big changes.”

White adds, “It is so straight forward and predictable that when I start to hear a victim’s story, I can tell the rest of it for them. It would be the same for every refuge worker when listening to a victim.”

He further explains that “we need to understand that family abuse is a learned behaviour. We are not born knowing it, we learn it from living with it. Because it is a learned behaviour, it can be unlearned. We need to stop writing reports that go nowhere, and having Committees that move nothing. For decades we have been doing this and the rates of abuse have been unaltered. We don’t need any more reports from academics who don’t leave their desks, we need to hear from those who do the work at the coalface.”

Gandhi Nivas provides early intervention and prevention services for New Zealand men identified at risk of committing harm in the family home. Their innovative approach supports men to change their behaviour, reducing the likelihood of further family harm and increasing safety for their families, and nearly 60 per cent of the men who have been through their programme have been prevented from reoffending.

White rounds out his insights and incredible stories of interactions with inmates convicted of violent crimes; who’ve experienced a lifetime of abuse as victims and as perpetrators, reminding us of the profound and prophetic words of Dame Whina Cooper; **“Take care of our children, Take care of what they hear, take care of what they see, take care of what they feel. For how the children grow, so will be the shape of Aotearoa.”**

Each and every one of us has a part to play in shaping the children in our care who will be the parents of the future, raising and nurturing the next generation, shaping our country.

We are deeply grateful for the support of Zonta and our ambassador David White, for with it, we know that it is possible that we and many others in the community can make a real and positive difference, healing the lives of children and whānau throughout Aotearoa.



Tricia Corin
Specialist Advocate
Income/Financial Support

Advocating for you

In our last two newsletters I discussed the [Child Disability Allowance](#) and the [OSCAR Subsidy](#). This month I am looking at the Childcare Subsidy.

What is the Childcare Subsidy?

This is a childcare assistance programme for

- low income parents with pre-school children to help them enter employment, training **or** education
- caregivers **and/or** children to access licensed childcare centres, family day care projects **or** chartered Te Kohanga Reo **and for**
- low income parents with school aged children to enter employment or participate in an activity to improve their readiness for work.

Qualifications for up to 9 hours per week of subsidized childcare:

A client may be eligible for subsidized childcare assistance if

- they are the principal caregiver of a dependent child
- they meet an [income test](#)
- the child is under 5 years old or;
 - the child is under 6 years of age and is eligible for the [Child Disability Allowance](#) or
 - aged 5 years old and whose parent intends to enrol them at school with a cohort entry policy, but that child is not yet able to enrol (start), payments end at the mid-term or term start date on or immediately after their 5th birthday (whichever is closer)

Note: *Children are not considered 'enrolled' unless they are attending school*

- the child attends an **approved early childhood education programme or service**
- the child attends for at least 3 hours per week
- they are a **New Zealand citizen** or permanent resident (ie not be in New Zealand unlawfully, here on **temporary entry visa** or a **temporary permit**)
- and generally be ordinarily resident in New Zealand

AND

- **They pass the Income Test**

The client and partner (if any) **must** earn below an income cut-off point to be able to receive a **Childcare Subsidy**.

The income cut-out point depends on the number of children the client has and Work and Income has a [helpful table](#) showing the limits and subsidies available which can be accessed [here for the 2020 rates](#) and rates for previous years.

Eligibility for more than 9 hours a week

To receive the subsidy for more than 9 hours a week you have to meet additional qualifications.

Fifty Hours a Week Subsidy

You must meet the Childcare Subsidy qualifications referred to at left, but up to 50 hours a week subsidised childcare may be available to clients who are:

- in paid employment (*including full-time, part-time, temporary and casual*) **or**
- participating in an employment-related training course offered by a course provider accredited by the [New Zealand Qualifications Authority](#) **or**
- participating in an activity to improve work readiness **or**
- attending a course of study at a Tertiary Institution or Secondary School **or**
- temporarily unable to continue employment because of illness or injury **or**
- attending an approved rehabilitation programme **or**
- seriously disabled or ill caregivers **or**
- receiving a [Child Disability Allowance](#) for a child or their sibling **or**
- caregivers of a sibling who is in hospital

Note: *if a client has a partner there **must** be a good and sufficient reason why they are not able to care for the child. **Exception** when the parents are eligible to receive a **Child Disability Allowance** for the child attending the childcare service.*

'In Paid Employment'

If the caregiver is:

- in paid employment
- needs assistance with childcare to undertake employment **and**
- does not have a partner who can provide childcare or there is a good and sufficient reason why the partner is unable to provide childcare;

then they may be eligible for up to 50 hours childcare subsidy provided they first meet the Childcare Subsidy Qualifications set out in the left-hand column above.

The subsidy will only be paid for the time that the client is participating in employment (this includes lunch breaks), training or education (including travel time).

If the client's employment is during the night the subsidy will be paid for the time that the client needs to sleep during the day.

Note: *paid employment includes when the client is still employed, but not at work such as sick, annual leave, or when weather conditions do not permit them to work. It does not cover periods of parental leave.*

‘Seriously Disabled or Ill Caregivers’

Childcare Subsidy may be paid for up to 50 hours a week if the principal caregiver of a dependent child:

- has a condition which results in a reduction of their independent function
- that condition is expected to continue for at least 6 months **and**
- does not have a partner who is able to provide childcare or there is a good and sufficient reason why the partner cannot provide childcare

The client does not need to have been receiving **Childcare Subsidy** prior to becoming seriously ill **or** disabled.

‘Medical Evidence’

Caregivers receiving Supported Living Payment - health condition, injury or disability, and some caregivers, who are receiving Jobseeker Support - health condition, injury or disability, will already have sufficient medical evidence to indicate that childcare is required for more than nine hours a week.

Child Disability Allowance

The **Childcare Subsidy** is for children under 5 years old except for children for whom the **Child Disability Allowance** is paid. These children can receive a **Childcare Subsidy** until they are 6 years of age. **Childcare Subsidy** may be paid for up to 50 hours a week if the qualifications are met (**except the**

requirement that the child is under 5 years old) and

the child is under 6 years old and
the child is one for whom **Child Disability Allowance** is paid

This category of subsidy recognises that many of these children benefit from an extra year in pre-school.

The subsidy will cease either when the child turns 6 years old or when they start school, **whichever is the earliest**. The other parent or partner is not required to provide childcare in these cases.

Child Turns 5 years Old

When a child for whom Child Disability Allowance is paid turns 5 years old, they can **either** receive a Childcare Subsidy or OSCAR subsidy **but cannot receive both**.

Child's Principal Caregiver also Cares for a Child Receiving Child Disability Allowance

Childcare Subsidy may be paid for up to 50 hours per week when the eligible child's **principal caregiver** also cares for a child for whom a Child Disability Allowance is paid.

The subsidy will cease when
that other dependent child can no longer receive **Child Disability Allowance or**
the eligible child turns 5 years of age **or**
up to 4 weeks after the eligible child turns 5 years old and not yet attending school **or**
the qualifications are no longer met - **Whichever is the earliest**

Note: *the client and their partner (if any) do not need any further reason why they are not able to care for the eligible child.*

Twenty Hours Early Childhood Education and Childcare Subsidy

Children aged 3, 4 and 5 years old attending teacher-led Early Childhood Education services (*kindergartens, centre based, home-based, kohanga*

reo and playcentres) offering **Twenty hours** Early Childhood Education, may be able to receive up to 6 hours per day, 20 hours per week of free childcare.

Generally clients eligible for the **Childcare Subsidy** will be better off receiving **Twenty hours Early Childhood Education** where their provider offers it. *However, they can choose to take up either:*

Twenty hours Early Childhood Education only or Childcare Subsidy where they qualify **or** a combination of the two

When a client takes up **Twenty hours Early Childhood Education**:

- **The Childcare Subsidy cannot** be paid for the same hours that Twenty hours Early Childhood Education is paid every hour of the Twenty hours Early Childhood Education will abate an hour of **Childcare Subsidy** entitlement they can receive **Childcare Subsidy** for any other hours not covered by Twenty hours Early Childhood Education up to a combined total of 9 hours or 50 hours depending on their activities.



Hannah Morris
Community Outreach
Advocate

Taking Care of YOU!

Self-care is a topic that I discuss with our members daily. Why? Because it is that important! That is why this month I thought I would talk on this topic again and discuss some common techniques that have proven to be helpful for many people all over the world.

Firstly, **WHY** is self-care so important? Self-care is important because as the old cliché goes – you cannot pour from an empty cup. By doing so you run the risk of “burning out” and you cannot take care of anyone else (including your grandchildren) if you do not take care of yourself. Essentially taking care of yourself **IS** taking care of your grandchildren. Grandparents/caregivers often feel guilty for taking time to themselves – but this idea of self-care being a luxury needs to be abolished. Self-care is not a luxury it is an absolute **NECESSITY** and

having a regular self-care routine that you practice daily is a fantastic first step to feeling more relaxed and on-top of things.

If you are struggling to identify something that works for you, then here are a few ideas!

SLEEP



Sleep is integral to our overall mental well-being and ensuring you practice good sleep hygiene is a fantastic first step in improving your overall mood. Some tips in this area are things such as going to bed at a similar time every night,

avoiding stimulants after a certain time (coffee!), ensuring your sleeping space is conducive to a good night’s sleep – which means keeping this area quiet and dark and if you can, leaving your cell phone out of reach overnight. These are great first steps in improving your sleep and helping you feel more resilient to take on everyday

stresses.

EXERCISE

We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety. Exercise does not have to look like going to the gym every day either (although this may work for you!). There are so many different ways to



move our bodies and they all benefit our mental wellbeing – Try incorporating different exercises, such as walking, tennis, swimming or yoga, which may be able to fit into your schedule more easily. There are some handy YouTube tutorials on different workouts that you might enjoy too! The most important thing is to create a routine that works for you.



LEARN TO SAY NO

Boundaries are important and learning to say no is hard; many of us feel obligated to say yes when someone asks for our time or energy – especially when this request has come from a loved one or in the work place. However, if you're already stressed or overworked, saying yes can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.

GET OUTSIDE

Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you team this up with some exercise, like hiking, or walking while you are outside or a favourite I have found for many of our members – gardening!



GET ORGANISED

Getting organized is often the first step to becoming a healthier you, because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they are ready to go for the next day.

SCHEDULE (AND PRIORITISE) THE TIME

It can be hard for us all to find extra time. But it is extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed.



AND FINALLY GET SUPPORT

Now this may look like support from one of the team members at GRG (including our amazing Support Group Coordinators), attending support group meetings, counselling or even just a good old chin wag with your friends or whanau. Ultimately a problem shared is a problem halved – but sometimes reaching out is the hardest part. Take that first step and pick up the phone and give us a call – we are here and willing to listen! 0800 472 637 Our Support Groups are all listed on pages 10 and 11.

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 Grandparents Raising Grandchildren?

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 or call us on toll-free on 0800 472 637

Support Group Update



Merle Lambert
National Support
Coordinator

LOVE A word for sharing

“It is **love** that fashions us into the fullness of our being – not our looks, not our work, not our wants, not our achievements, not our parents, not our status, not our dreams. These are all the fodder and the filler, the navigating fuels of our lives; but it is the love; who we love, how we love, why we love, how we love and that we love, which ultimately shapes us.”

Daphne Rose Kingma wrote those words that are a great reminder of the power of love in our lives. This month we share our Motueka Support Group Coordinator, Rankeilor Arnott’s account of their two wonderful experiences for grandparents, caregivers and children that were filled with aroha.

Motueka Support Group and their Pampering Experience

Motueka Support Group has boosted their grandparent’s health and wellbeing with two successful events held recently for members and children. In recognition of the stresses and challenges that come with parenting grandchildren Motueka Support Group invited along to their meeting, Karin, to provide well needed nourishment to members’ mental and emotional wellbeing through massage and breathing techniques. Not only was the

day informative and interactive, there was the fun in learning foot massage undertaken on themselves or each other.

A big thank you to Karin who has offered to return on a regular basis to teach head and hand massage.



Motueka’s Waka Day Out

More recently, Motueka Support Group joined with Waka Abel Tasman to give GRG families a wonderful day taking in the beautiful natural landscape of sand and sea while embracing Maori culture and adventure on the water at Kaiteriteri. Waka Abel Tasman is an adventure company using waka as a means of bringing people together to experience first-hand, Tikanga Maori, and pulling together on a common journey while paddling the Kaiteriteri harbour. Hosts Todd (Ngāti Raukawa) and Lee-Anne (Ngāti Māhuta, Ngāti Pou,

Ngāti Raukawa) are well experienced in Waka Ama and safety is their top priority. Members and kids were well looked after through well thought out safety measures, instructions, and procedures. Todd and Lee-Anne Jago are wholly focused on community and while they have a particular passion for enhancing the wellbeing of Rangitahi (youth), they embrace all ages and diverse groups in their programmes.

It was a wonderful day out for our GRG families, and one that we are keen to repeat. Thank you to Waka Abel Tasman for giving us this wonderful opportunity.



Grand Reflections

Two different Doctors' Offices

"Boy, if this doesn't hit the nail on the head, I don't know what does!"

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement.

The FIRST patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The SECOND sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week



and finally has his surgery scheduled for 6 months from then.

Why the different treatment for the two patients?

The FIRST is a Golden Retriever.

The SECOND is a Senior Citizen.

Next time take me to a vet!

- Gt Gran Wendy

The 'Starfish Story' by Loren Eisley.

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.

Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"



After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said...

"I made a difference for that one."

If you have a Grand Reflection you would like to share with our readers please send it through to Karla@grg.org.nz.



GRG Support Groups Nationwide

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

KAIKOHE

Contact: Moengaroa Floyed
09 401 3057 / 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

Meets: Every 3rd Thursday of the month at 10am

Location: Terence Kennedy House Hall, 267 Glengarry Road, Glen Eden

PUKEKOHE/WAIUKU

Contact: Anne Doddrell
09 237 8161 / 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

Meets: Third Wednesday of each month at 10am

Location: Tiffany's Café, 241 Rora Street, Te Kuiti.

TAUPO

Contact: Lesley-Anne Wells
07 377 3539 / Tauapo@grg.org.nz

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

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 Kaimahi Place, Pukehangi, Rotorua.

DARGAVILLE

Contact: Sandy Zimmer
09 439 4420 / 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 / Newlyynn@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
021 566 735 / Ngaruawahia@grg.org.nz

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

TE AWAMUTU

Contact: Ruth Gilling
022 045 4475 / Teawamutu@grg.org.nz

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

TURANGI

Contact: Charmaine Timihou
027 645 2002 / Turangi@grg.org.nz

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

TAURANGA

Contact: Pam Downing
027 224 9169 / Tauranga@grg.org.nz

Meets: Every second Thursday of the month at 10am

Location: Curate Church building 14 Christopher Street, Tauranga.

TAMAKI/EAST

Contact: Tess Gould-Thorpe
09 535 6903 / Tamaki@grg.org.nz

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

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.

HAMILTON

Contact: Pat Davis
022 600 7672 / Hamilton@grg.org.nz

Meets: Last Monday of each month at 10am

Location: St Davids, Rifle Range Road,

TOKOROA

Contact: Debbie Newton
027 284 2103 / 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.

TAUMARUNUI

Contact: Jo Wickham
07 896 7515 / Taumarunui@grg.org.nz

Meets: First Monday of each month at 10am

Location: Taumarunui RSA, 10 Marae Street, Taumarunui

KATIKATI

Contact: Cathie Kenyon
021 088 78686 / Katikati@grg.org.nz

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

WHAKATANE

Contact: Karlene McCormick

021 022 20328 / Whakatane@grg.org.nz

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

NAPIER

Contact: Beth Thurston

022 073 9900 / Napier@grg.org.nz

Meets: 27th November 2020, then the 1st Friday of the month starting February 2021.

Location: Please get in touch with Beth for Confirmation of the next meeting.

WAIRARAPA

Contact: Tere Lenihan

021 509 493 / Wairarapa@grg.org.nz

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

WELLINGTON

Contact: Cecilee Donovan

021 158 6643 / 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

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

NORTH OTAGO

Contact: Margaret Pink

03 437 0837 / Northotago@grg.org.nz

Meets: Every 3rd Friday of the month alternated between Oamaru and Waimate. Please get in touch with Margaret for confirmation of the next meeting.

COFFEE GROUPS

Kaitaia	Merle 021 246 0553
Whangarei	Janet 09 435 0044
Warkworth	Shirley 09 423 7052
Auckland Central	Jane 021 424 801
South Auckland	Virginia 09 277 7514
Whitianga	Gillian 027 454 0314
Cambridge	Brenda 027 438 5401
Napier	Beth 06 843 9385
Upper Hutt	Margaret 04 976 9475

OPOTIKI/KAWERAU

Contact: Sophie Wilson-Kahika

07 262 5136 / Opotiki@grg.org.nz

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

NEW PLYMOUTH

Contact: Diane Richardson

021 185 1097 / Newplymouth@grg.org.nz

Meets: Every 2nd Thursday of the month at 9.30am

Location: Barnardos New Plymouth/Stratford, 186a Tukapa St. Westown, New Plymouth.

PORIRUA

Contact: Roma Paull

022 050 4761 / Porirua@grg.org.nz

Meets: Every 2nd Wednesday of each month at 10am

Location: First floor, Connect Global Office, 1 Walton Leigh Avenue, Porirua.

NELSON

Contact: Sharon Norriss

03 548 6710 / Nelson@grg.org.nz

Meets: Every 2nd Tuesday of the month
Location: Varies – please get in touch with Sharon for confirmation of the next meeting.

SOUTH CHRISTCHURCH

Contact: Anna Clare

021 058 77404 /

Southchristchurch@grg.org.nz

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

DUNEDIN

Contact: Merle Lambert

021 246 0553 / Merle@grg.org.nz

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

Blenheim	Juliet 03 571 6222
Christchurch	Elaine 021 025 08834
North Christchurch	Donna 021 448 010

HASTINGS

Contact: Tom Kupa

022 150 5196 / Hastings@grg.org.nz

Meets: Every 3rd Friday of the month
Location: First floor, 105 Pakowhai Road, Stortford Lodge, Hastings.

PALMERSTON NORTH

Contact: Jacqui Phillips

021 229 0455 /

Pamerstonnorth@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

Meets: Every 1st 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

Meets: Every 2nd and 4th 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

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

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.

CURRENTLY VACANT

Kaitaia, Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, Mangere/Onehunga, Te Puke/Papamoa, Dannevirke/Tararua, Levin/Otaki, Greymouth, Otago Coastal.

Contact: Merle 021 246 0553 (9am to 2pm, Monday–Friday) / Merle@grg.org.nz

Grandparents Raising Grandchildren Trust NZ

Established in 2001 as a registered charitable trust (CC20205), GRG supports over 5200 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 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

Grandparents Raising Grandchildren Trust NZ

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

PO Box 34892
Birkenhead
Auckland 0746

Phone: +64 9 418 3753
E-mail: 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

Or Join GRG via our website at GRG.NZ
Or click the Join GRG button below

If you no longer wish to receive this newsletter or you have changed address please update your details by contacting the GRG Trust NZ National Support Office

If you have moved address

or planning to please make sure to let us know.

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Heoi ano, na. *E te Atua, aroha mai..... O God shower us with love.*

Ka kite Ka Whangaia ka tupu, ka puawai - That which is nurtured, blossoms

and grows. *He rōpū manaak i, he rōpū whak arongo, he rōpū ak o mātou*

We are respectful, We listen, we learn.

Please pass this newsletter on to other grandparents kin/whanau caregivers you know who need support



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