



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 **5324** member families and all our non-member subscribers!

Partnering to support caregiver education and improving outcomes for children in grandparent and whānau care



**Zonta International District 16 (New Zealand) and GRG partnership for 2020-2022 announced**

[Read the media release here.](#)



### GRG Annual Report 2020

Our 2020 Annual Report and audited consolidated accounts has been published and you can read it on our [website here.](#)

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### Key Dates Coming Up

- Extraordinary Care Fund Closing Date for the next round is 9 October 2020

**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](http://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](mailto: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

After a long winter overshadowed by two COVID-19 lockdowns, and all the uncertainty for the future of our world that has gone with it, I had a lovely “pinch me” moment driving to work recently. Struck by nature’s beauty, as the bright morning sunlight danced across the harbour, reflecting like thousands of diamonds across the aquamarine blue sea— it hit me: spring has finally arrived. It was with that thought that I reflected on what is next up in 2020, lest I be tempted to start writing poetry!

On the GRG front we are deeply grateful that **Zonta International District 16 (New Zealand) has announced a two-year partnership with us in which Zonta will provide funding to support our Simply Acquired & Learned Techniques™ for Grandparents (SALT) education programme.** This is a programme that has been developed by GRG to provide grandparent and other whānau caregivers with practical insights and understanding of the impact of past trauma on children, teaching them effective parenting strategies that promote healing and a sense of stability and security in their lives. Zonta’s support will give our programme the boost needed to further develop and expand the programme so we can reach more caregivers over the next two years. We are all looking forward to working with the Zonta

clubs throughout the country to ensure the success of our partnership. You can read more about the SALT programme outcomes and feedback for members over the past year in our [2020 Annual Report](#) on our website.

On 17 October 2020 we go to the polls with the General Election and at the same time we are being asked to vote on two referenda; The End of Life Choice referendum and the Cannabis Legalisation and Control referendum. The latter is asking you to vote for, or against the proposed **Cannabis Legalisation and Control Bill**<sup>1</sup>. To learn more about the detail in the proposed legislation and referendum issues, go to [www.referendums.govt.nz](http://www.referendums.govt.nz)

### Legalisation of Cannabis for Recreational Use

As an advocate for grandparent and other whānau care families I have attended several hui discussing the highly contentious issues on both sides of the debate about legalisation of cannabis over the past 18 months.

There is no doubt that cannabis has impacted thousands of our families over the years, and its role in contributing to parental drug addictions and family breakdowns resulting in children needing to go into grandparent, other whānau or state care is not insignificant.

In our 2017 internal member survey we learned that of the 76% of our families that were raising children because of a family breakdown caused by the parents’ substance abuse or addiction, 81% cited cannabis use. These statistics suggest that around 13,000 of our children and young people in grandparent care today have been negatively impacted by their parents’ cannabis use at some point in their lives.

The Government says the Bill is designed to “control and regulate” the production, supply and consumption of cannabis” for **recreational use**. It is important to note that point.

This referendum is **not about legalising medicinal cannabis**. Medicinal cannabis is **already legal**. The Bill **does not cover issues** related to **driving while under the influence of cannabis** or **workplace health and safety issues** either.

If passed into law it would allow anyone aged 20 or older to legally possess and consume cannabis and share cannabis with another person who is also over 20. They would be limited to buying and sharing up to 14 grams of dried cannabis (or its equivalent) per day from licensed outlets and they could grow

up to 2 plants, with a maximum of 4 plants per household. The “equivalent” of 14 grams of dried cannabis could be up to 210g of solids, 980g of liquids containing cannabis and 3.5g of cannabis concentrates with a maximum of 15% THC. Putting that into context, a cannabis joint with that THC potency could be for those who grew up in the 60’s, 70’s and 80’s, much like smoking a whole bag of weed in one sitting.

The form and huge range in which these “equivalents” can be ingested or inhaled; judging by what is now available in overseas legal cannabis markets is mind-blowing—pardon the pun! There are a few restrictions contained in the Bill on what type of products won’t be allowed for sale, initially at least, including injectables, suppositories, and products for the eyes, ears or nose.

The Bill itself sets a framework for a commercial market where products with the above levels of cannabis containing the psychoactive THC, would be readily available at licensed outlets in neighbourhoods throughout the country. The only penalties for breaching the consumption or supply limits or for supplying cannabis to anyone under 20 years of age is a fine.

Proponents for legal recreational cannabis argue that this legislation would “free up police resources so that they can focus on serious crime”, while putting some controls around cannabis and raising tax revenue that can be directed into health and education programmes. They also say that “people who use cannabis [now] get it from the black market, outside of any government control” and that this “legislation is not about creating a new market – it’s about putting controls around the existing one, from seed to sale.”<sup>2</sup>

The Bill, as Khylee Quince, Associate Professor in Law at AUT speaking at the 2019 NZ Drug Foundation Symposium pointed out, would in fact result in “more law and regulations, not less”. More laws and regulations that would presumably need to be enforced by various government agencies, including the police, because the overseas experience has shown that the black market is opportunistic, adapting to fill the gaps in the market—such as the one to supply those under 20 years of age.<sup>3</sup>

Cannabis possession and use in New Zealand is already increasingly decriminalised in practice. Recent changes to the Misuse of Drugs Act 1975—see section 7(6); requires the police to use their discretion not to prosecute when a “health-centred or therapeutic approach would be more beneficial to the public interest.” That this has been happening over the last several years is a fact borne out by the [Ministry of Justice](#)

[statistics](#)<sup>4</sup> showing that the number of prosecutions for possession of cannabis charges in New Zealand has been steadily dropping over the past decade with 64% less prosecutions in the year to 30 June 2020 compared to the 2010/2011 year. The conviction rate shows an even sharper decline with 87% less convictions for possession of cannabis.

More and more, it is being treated as a health issue, which it clearly is when you recognise the serious impacts of cannabis use on a person's mental health and well being, leading to other negative socio-economic outcomes for them and their family.

There is a plethora of evidence from many studies around the world and New Zealand demonstrating the link between cannabis use and psychoses, increased anxiety and depression as well as other adverse effects on physical health.<sup>5</sup>

Evidence is also growing as to the harmful effects to a child's cognitive development when its mother uses cannabis during pregnancy. In "three large scale longitudinal studies"<sup>6</sup> overseas they found consistent results that "children of marijuana users were more impulsive and hyperactive, and exhibited behavioral issues, lower IQ scores, and memory problems when compared to children of non-users. These mental health problems persisted through their teenage years, where they were significantly more likely to have attention problems and depression. Marijuana-exposed children were also almost twice as likely to display delinquent behavior,

Alarming, this increase has also been seen in a demographic that is most vulnerable to negative outcomes from cannabis use. Young people under the age of 25, who are particularly at risk of developing serious mental health conditions and or psychoses, which will in turn negatively impact their lives, their children and their families.<sup>4</sup>

### **What message are we giving to our children and young people about cannabis use if it is legalised? That it's perfectly okay to smoke half an ounce of weed a day?**

We know children and young people learn by example and look to role models within the family and society at large and a recent study published in the New Zealand Medical Journal last year, also reported in a Stuff article<sup>8</sup> noted that teenage use of alcohol and cannabis was on the decline. This is a good thing!

However, the lead researcher Jude Ball, noted that "there are factors that more directly address substance use and addictive behaviours such as **ensuring harmful substances are not available in communities, and adults role modelling healthy choices and not supplying substances**". He also noted that "while research had yet to be conducted in New Zealand, **parental behaviour in European countries and Australia had been found to have an impact on teenager's attitudes towards risky behaviours**".

If cannabis use for recreational use amongst adults becomes

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## **"children of marijuana users were more impulsive and hyperactive, and exhibited behavioral issues, lower IQ scores, and memory problems when compared to children of non-users..."**

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such as drug use, by the age of 14 and were more than twice as likely to regularly use marijuana and tobacco as adults."

It is primarily through this lens that I have been weighing up the issues and the potential impact on our grandparent and whānau care families. Will legalising cannabis for recreational use lead to an increase in cannabis use in New Zealand? What impact will that have on our grandparent and other whānau care families? Will it lead to more family breakdowns resulting in more grandparents having to take on the primary role caring for their grandchildren?

Opponents of legalisation of cannabis point out that "in 2018, researchers at Ohio and Tennessee Universities found that marijuana use was associated with psychological, physical and sexual intimate-partner violence. A University of Florida study in 2011 found that frequent marijuana users in adolescence were more than twice as likely to become victims of domestic violence. In 2018, Texas reported that marijuana was the most used substance connected to child abuse and neglect deaths – a similar finding to Arizona in 2017."<sup>7</sup>

This is exactly the kind of family harm that we know from our experience over the past two decades, results in grandparents having to step up and take on the full time care of children.

Judging by the recent reports and studies being published on the issue, the overseas experience also clearly shows that legalisation does lead to a normalisation and acceptance of cannabis use in society for recreational purposes, which in turn leads to increased use.<sup>7</sup>

the norm in New Zealand, with a whole legal industry set up with licensed outlets in neighbourhoods, much like the local bar or restaurant selling alcohol – what chance is there that our children and young people won't be drawn to smoking and ingesting cannabis products in far greater numbers than they are already?

There is nothing in the Bill that explains what improvements will be made to our health and addiction services or any plan for coping with an increase in the physical and psychological harms to the individual users and addicts, let alone the broader social harms that will result from an increase in the numbers of people using cannabis and their individual usage overall. It only provides for the establishment of an Authority charged with setting a harm reduction strategy.

Not many of us will have read the 152-page Bill by the time the election and referendum rolls around, but there is one thing that is certain; the cost of administering and monitoring the supply chain from seed to sale and enforcing the regulations will be significant. I wonder just how much of the proposed taxes and levies that would be generated from cannabis licensing and sales, that must be paid into the Crown Bank Account will be allocated by the Government into "cannabis harm reduction" initiatives when the administrative costs of running the Authority are hived off and Treasury makes its annual budgetary allocation from the Crown accounts to the country's other economic and social needs.

The impacts of cannabis use in our society are complex, nuanced and intergenerational and won't be fixed simply by legalising a drug that causes so much social harm.

Harm reduction initiatives providing better education on the risks, along with better access to support services for children, youth and their families affected by drug abuse and addiction is not and never has been, dependent upon the legalisation of cannabis.

Like the strategy to prevent COVID-19 from becoming endemic in our society, all it takes is a decision by Government to tackle the issues head-on, to engage with communities affected and commit the necessary resources to ensure our families and our next generation of children and young people grow up in a society making better decisions for their long term future health and wellbeing.

## Links for further information:

1. [www.referendums.govt.nz](http://www.referendums.govt.nz)
2. [www.drugfoundation.org.nz](http://www.drugfoundation.org.nz)
3. Lessons from Cannabis Legalisation 2020—USA, Uruguay and Canada
3. [www.justice.govt.nz/justice-sector-policy/research-data/justice-statistics/datatables/](http://www.justice.govt.nz/justice-sector-policy/research-data/justice-statistics/datatables/)
4. [www.dunedinstudy.otago.ac.nz](http://www.dunedinstudy.otago.ac.nz)
5. Harvard University Blog: How Marijuana Exposure Affects Developing Babies' Brains
6. 20 Reasons to Vote No to cannabis in 2020
7. See note 3 above
- 8 Cannabis use among teens dropping thanks to changing attitudes towards 'risky behaviors' Stuff, Aug 16 2019



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

## Advocating for you

This month I am breaking down the Child Disability Allowance (CDA). Like the OSCAR subsidy that I discussed in our July 2020 newsletter—the Child Disability Subsidy also has a number of eligibility hoops to jump through before a child in your care can receive it.

### What is the Child Disability Allowance?

The Child Disability Allowance is a non-taxable allowance that is available to the principal caregiver of a dependent child who has a **serious disability**.

It is paid to the **main caregiver of a child** who has a physical, sensory, psychiatric or intellectual disability because of the **extra care** that may be needed to care for the child.

There is **no income and asset test** for Child Disability Allowance.

Once a child turns 16 years of age they may be able to receive the **Supported Living Payment** - on the grounds that they have a health condition, injury or disability.

### Qualifications

To be able to receive a **Child Disability Allowance** you **MUST**:

1. generally, be 16 years or over
2. be the main caregiver of a dependent child with a disability (or if there is no main caregiver, you must have the care and control of the child for the time being)
3. be a New Zealand citizen or permanent resident (you can not be in New Zealand unlawfully, here on a temporary entry visa or a temporary permit a) **and**
4. generally, be ordinary resident in New Zealand

**In addition to this the child in your care MUST:**

1. generally, be ordinarily resident in New Zealand
2. be a dependent child
3. have a physical, sensory, psychiatric or intellectual disability
4. need **constant care and attention because of the disability (see definition below)**
5. be likely to need care permanently, or need care for

more than 12 months **and**

6. meet the required living arrangements

### Constant Care and Supervision

To determine whether the child in your care needs constant care and attention, they must meet one of the following requirements:

- **They need frequent attention from another person for their bodily functions**

*For example they need regular attention to perform bodily functions such as bathing, toileting, dressing or eating or;*

- **They need substantially more attention and supervision than is normally required by a child**

*For example if the child has a physical, sensory, psychiatric, or intellectual disability, they require care and supervision over and above that normally required by a child of the same age and gender or;*

- **They need regular supervision from another person so they do not harm themselves or others**

*For example, due to their disability, they need supervision of their day to day activities to avoid significant danger to themselves or others.*

**This extra care must be permanent or be needed for more than 12 months.**

## Current Child Disability Rates

### Child Disability Allowance

\$49.26 per week, paid fortnightly.

### Exclusions: When the Child Disability Allowance is NOT Payable

A Child Disability Allowance cannot be paid where:

- the child is granted:
  - a benefit in their own right (this does not include the **Orphans Benefit, Unsupported Childs Benefit or Disability Allowance**)
  - a pension under the **Veterans' Support Act 2014** (other than **Children's Pension**) or
  - weekly compensation, as defined in **Section 6 of the Accident Compensation Act 2001**, and which is paid to the child
- the child is in the care of Oranga Tamariki or
- the child is in a state institution

## How to apply for the Child Disability Allowance

An [application form \(MO8\)](#) needs to be filled out by :

- The principal caregiver **and**
- The medical practitioner **or** nurse practitioner attending the child except in certain situations

There are some cases where the application form does not need to be completed by the medical practitioner or nurse practitioner. This is when:

- a child aged 5 years or over has been exempted from attending a normal school and is attending a special day care centre operated by IDEA Services **or**
- for children attending on a daily basis:
  - a special school **or**
  - a school group or special class for children with intellectual disabilities, operated by a Board of Trustees (*NOTE: a medical certificate is required if the child is attending any other special class at an ordinary school*)

## UCB and OB Recipients— Don't forget the Extraordinary Care Fund!

If you are receiving an Unsupported Child or Orphan's Benefit for a child in your care, don't forget that you can apply to the Extraordinary Care Fund for **up to \$2,000 per year per child**.

**The new funding year started on 1 July.**

See our [website guidelines for criteria and the eligible costs](#) you can apply for.

**The Next Funding Round Closes: 9th October 2020 –**  
You will hear back from Work & Income NZ after the 4<sup>th</sup> December 2020.

If you have any questions or need help sorting out your income support entitlements, please contact our National Support Office on [0800 472 637](tel:0800472637) for a referral to me, or via our [Facebook page](#) or email [office@grg.org.nz](mailto:office@grg.org.nz).

### 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 me on [Tricia@grg.org.nz](mailto:Tricia@grg.org.nz) or our helpline on [0800 472 637](tel:0800472637) or call our National Support Office on [09 418 3753](tel:094183753) for a referral to me.

**Unite  
against  
COVID-19**

For Healthline support  
for COVID19  
concerns call

**0800 358 5453**

### Information About COVID-19

Our GRG website contains several webpages with information that we have collated for grandparent and other whanau caregivers. You can click on our [gold COVID19 button](#) on our website or below or [click here](#).

**COVID-19**

# Support Group Update



**Merle Lambert**  
National Support  
Coordinator

It became clear how much grandparents valued their regular Support Group get-togethers when the country went back to Alert Level 1 albeit for a short time.

Some grandparents had missed that opportunity to connect and were very keen to start meetings up again. For others, there remains a bit of anxiousness and uncertainty which has been exacerbated by the change to Alert Level 3 for Auckland (and now Level 2.5) and Alert Level 2 for the rest of the country. Support Groups don't meet during Level 3, but can meet at level 2.5 and 2, provided they are managed in line with Ministry of Health guidelines and in accordance with **Grandparents Raising Grandparent Trust NZ** policy and protocols.

If you have any concerns or are unsure what relates to your circumstances, please call your local **Support Group Coordinator** for guidance.

## New Support Group Coordinator Appointments: Welcome to the GRG team!

We have recently appointed **Karlene McCormick** as a Support Group Coordinator in **Whakatane**, **Beth Thurston** in **Napier** and **Sandra Murphy** in **East Christchurch**. Sandra will be replacing **Anna Clare** who will be setting up another support group in **South Christchurch**. We would like to extend a very warm welcome to these ladies who have put their hand up to support grandparents in these areas and have pleasure in including a profile on them below.



**Karlene McCormick, [Whakatane@grg.org.nz](mailto:Whakatane@grg.org.nz)**

**Ko Waikanae te awa,**

**Ko Tokomaru te waka,**

**Ko Kapiti te motu,**

**Ko Te Ati Awa, Ngati Raukawa,  
Ngati Toa oku iwi,**

**Ko Whakarongotai te marae,**

**Ko kaitangata te hapu,**

**Ko Karlene taku ingoa,**

**No Whakatane ahau**

Alongside supporting her autistic mokopuna, Karlene has a passion for the wellbeing of her community and has been involved with and supported various community projects.

She comes from a strong customer service and administration background and has extensive knowledge of court procedures and systems.

She is committed to upholding Māori values and engaging in tikanga. Karlene and her husband enjoy getting away from it all by heading to the beach in their caravan.

## **Beth Thurston, [Napier@grg.org.nz](mailto:Napier@grg.org.nz)**

As a grandparent raising a grandchild, Beth has been a member of Grandparents Raising Grandchildren for around five years and now wishes to use her own experience to support others on this journey.

She brings to the role strong family and community values borne out in her community work and in the care of those around her.

In caring for others, it is important to be able to escape and recharge ones' batteries and Beth is able to do this through her love of art and design.

Beth and her husband have also taken on the care of another family member – a 7-month-old border collie – Bandit by name and by nature.





**Sandra Murphy, [EastChristchurch@grg.org.nz](mailto:EastChristchurch@grg.org.nz)**

Sandra is a qualified Social worker and has worked in the voluntary sector for many years.

This has included working with the Salvation Army in their Bridge programme, Avonlea Dementia Care, Holy-Trinity Avonside, Anglican Care Community Development and the Christchurch City Mission.

As a grandparent raising a grandchild, she understands how important it is to have ongoing support and wishes to use her experience and expertise to support other grandparents on this journey.

Sandra gives balance to her busy life by keeping fit, reading and spending quality time with her grandchildren.

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

Our team of **Support Group Coordinators** is growing, enabling us to provide much needed support to more grandparents and whanau/kin caregivers. However, there are some areas that we are still looking to cover:

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

*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.*

Please contact: **National Support Coordinator** at [Merle@grg.org.nz](mailto:Merle@grg.org.nz) or 021 246 0553 or 0800 472 637 (Mon-Fri 9-2pm)

**Parenting Programmes and Support**



**Hannah Morris**  
*Community Outreach Advocate*

Raising a child is one of the most important and challenging things you can do. Helping guide your children to become healthy, happy, responsible and caring adults takes effort and focus.

There will be times where you need support and guidance and this month I have looked around to see what other readily available courses and resources are out there that could help you. Feel free to contact GRG on 0800 472 637 if you need help getting started.

A helpful resource for caregivers raising young children from birth to 5 years of age is also available online called the **Parenting Resource NZ**, which It includes development information from pregnancy to 3 years of age. See [www.parentingresource.nz](http://www.parentingresource.nz) Topics relate to a Māori world view but may also be relevant for others who share similar tikanga.

We also have our very successful **SALT—Simply Acquired & Learned Techniques™** programme we have developed specifically for grandparent and other whanau caregivers. If you are interested in attending a SALT workshop programme in your area, please register your interest by emailing us at [SALT@grg.org.nz](mailto:SALT@grg.org.nz) or call us on 0800 472 637. For more information please refer to our website under the [Education and Training tab](#).

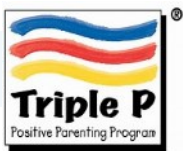


Plunket NZ provides five **free** courses designed to:

- Help parents in their parenting role through the different stages of their child's early development.
- Build parent confidence.
- Connect parents with other parents and local support and resources in their area.

Plunket are increasingly supporting grandparent and other whanau caregivers in their role parenting children from newborn to pre-school age too. To find a **PEPE** course in your area go to:

[www.plunket.org.nz/plunket-near-me](http://www.plunket.org.nz/plunket-near-me)



### Triple P

A Parenting and Family Support Centre, based in NZ.

The Triple P programme has been successfully delivered all over the world and was first developed in Australia 40 years ago. **Triple P** helps you manage your child's behaviour, emotions and development in a way that is not hurtful., helping you to build strong relationships, communicate well and encourage the kind of behaviour you want to see in the children in your care.

**Triple P is available FREE to parents of children aged 3-7 years in:**

Bay of Plenty, MidCentral District Health Board regions, Counties Manukau and Waitematā

**Triple P** is also currently available via ZOOM – for more information on dates and registration go to:

[www.triplep-parenting.net.nz/nz-uken/find-help/triple-p-parenting-in-north-island](http://www.triplep-parenting.net.nz/nz-uken/find-help/triple-p-parenting-in-north-island)

**Online Triple P - Parenting Programme (2 to 12 years) can help you:**

- Encourage good behaviour
- Manage misbehaviour
- Settle tantrums
- Tackle disobedience
- Teach your child new skills
- Take the stress out of shopping

[www.triplep-parenting.net.nz/nz-uken/find-help/triple-p-online/toddlers-to-tweens](http://www.triplep-parenting.net.nz/nz-uken/find-help/triple-p-online/toddlers-to-tweens)

**TRIPLE P - Online for Pre-teens and Teens (10 - 18 years) can help you:**

- Build a stronger relationship
- Negotiate boundaries and expectations
- Deal calmly with conflict
- Survive the emotional roller coaster
- Prepare for risky situations
- Equip them to handle life's problems

'**The Incredible Years Programme**' is for parents with children aged 3 to 8 years designed to help you learn ways to:

- build a healthy relationship with your child
- understand your child's development
- encourage positive behaviour
- address challenging behaviour.

It is a programme that is delivered by many organisations around the country and is delivered under license from The Incredible Years®, Inc. USA . As at December 2019, their website states that New Zealand has 2945 trained Group Leaders. There are too many organisations to list here that provide the programme. We suggest you do a Google search for the programme to find one in your area. In some cases these are provided free to caregivers. If you need help locating a programme suitable for your needs, please feel free to contact me on [Hannah@grg.org.nz](mailto:Hannah@grg.org.nz) or 0800 472 637.



### The Parenting Place

The Parenting Place has a range of parenting courses and workshops as well as Family Coaching and the Toolbox parenting courses. During the COVID-19 pandemic environment many of their courses and programmes are being delivered online.

There is a cost to their programmes starting from \$15 but if cost is a barrier they ask that you contact them for options on 0800 53 56 59.

See their website for more information:

<https://parentingplace.nz/events/>



### Parent Help NZ

Caters for all parenting issues from the smallest problem to the most serious issue of child abuse. Parent Help NZ based in Wellington but provides remote support nationwide. Face to face support is also available in Wellington.

Try these links:

**Helpline - 0800 568 856 - 9am - 11pm (7 days a week)**

**Counselling and Family Therapy** - Information and resources

**Parent Education and 8-week Programme for Parents of Teens** - Assisting parents of teenagers to positively prepare and guide your child to independence – For more information:

[www.parenthelp.org.nz](http://www.parenthelp.org.nz)





## Grand Reflections

### One from the archives...!

#### Swimming lessons

My grandson (16) had swimming today, he has 1 to 1 lessons and I finally got him out of the pool and into the changing room. Towelled him off – looked into the bag, no undies. He had a HUGE meltdown when I tried to put on his shorts on without underwear. So, I did what any grandmother who loves her grandson would do... guess who is wearing my undies! PS: going commando is not what it's cracked up to be. Nan J



#### It all starts with a thought!

*“Generosity: The habit of giving freely without expecting anything in return”.*

A great Aunt doing amazing things for her community helps pave the way for generosity; empowering others to do the same - like that of her great niece and nephew, Siobhan and Ciaran.

“I gave a challenge to my two and to my delight they came up with lots to hand on – I am really proud of them”

– Sue Harvey, Burt Sutcliffe Knitting Group



Siobhan, 12 years and Ciaran, 9 years with a selection of books kindly donated to GRG – which have been sent down to our Motueka Support Coordinator which has helped start a library for our Motueka Support Group. Thank you for making a difference and supporting GRG with your efforts! *“Creating a culture of giving enables others to become kind and generous”.*



# 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](mailto:Kaikohe@grg.org.nz)

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

## DARGAVILLE

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

**Meets:** First Wednesday of each month (starting 02/09/2020)  
**Location:** Northern Wairoa Boating Club, Totara Street, Dargaville.

## TAMAKI/EAST

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

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

## WAITAKERE

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

**Meets:** Every 3rd Thursday of the month, from 10:00am.

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

## NEW LYNN

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

**Meets:** Third Tuesday of each month (starting 13/08/2020) at 10am  
**Location:** House of Prayer, 9B Binsted Road, New Lynn.

## PAPAKURA

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

**Meets:** Second Thursday of each month (starting 13/08/2020) at 10am  
**Location:** Smiths Avenue Community Hall, 20 Smiths Avenue, Papakura.

## PUKEKOHE/WAIUKU

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

**Meets:** The last Tuesday of the month, 10:00am-12:00pm.

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

## NGARUAWAHIA/HUNTLY

**Contact:** Trevor Don  
021 566 735 / [Ngaruawahia@grg.org.nz](mailto:Ngaruawahia@grg.org.nz)

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

## HAMILTON

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

**Meets:** Last Monday of each month at 10am  
**Location:** St Davids, Rifle Range Road, Dinsdale, Hamilton.

## TE KUITI

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

**Meets:** Third Wednesday of each month (starting 15/07/2020) at 10am

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

## TE AWAMUTU

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

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

## TOKOROA

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

**Meets:** Last Friday of each month (starting 31/07/2020) at 10am  
**Location:** Tokoroa Council of Social Services, Gate 1, Tokoroa Hospital (1st building on the right). Parking available at

## TAUPO

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

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

## TURANGI

**Contact:** Charmaine Timihou  
027 645 2002 / [Turangi@grg.org.nz](mailto:Turangi@grg.org.nz)

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

## TAUMARUNUI

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

**Meets:** First Monday of each month (starting 01/09/2020) at 10am  
**Location:** Taumarunui RSA, 10 Marae Street, Taumarunui

## ROTORUA

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

**Meets:** Third Monday of each month (starting 20/07/2020) at 9:30am

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

## TAURANGA

**Contact:** Pam Downing  
027 224 9169 / [Tauranga@grg.org.nz](mailto:Tauranga@grg.org.nz)

**Meets:** Date varies – please get in touch with Pam for confirmation of the next meeting.

**Location:** Curate Church building 14 Christopher Street, Tauranga.

## KATIKATI

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

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

## WHAKATANE

**Contact:** Karlene McCormick

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

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

## NAPIER

**Contact:** Beth Thurston

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

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

## WAIRARAPA

**Contact:** Tere Lenihan

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

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

## WELLINGTON

**Contact:** Cecilee Donovan

04 477 0632 / [Wellington@grg.org.nz](mailto:Wellington@grg.org.nz)

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

## EAST CHRISTCHURCH

**Contact:** Sandra Murphy

021 025 52415 /

[Eastchristchurch@grg.org.nz](mailto:Eastchristchurch@grg.org.nz)

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

## TIMARU

**Contact:** Angela Bennison

027 248 5468 / [Timaru@grg.org.nz](mailto:Timaru@grg.org.nz)

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

## COFFEE GROUPS

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
Blenheim	Juliet 03 571 6222
Christchurch	Elaine 021 025 08834

## OPOTIKI/KAWERAU

**Contact:** Sophie Wilson-Kahika

07 262 5136 / [Opotiki@grg.org.nz](mailto:Opotiki@grg.org.nz)

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

## NEW PLYMOUTH

**Contact:** Diane Richardson

021 185 1097 / [Newplymouth@grg.org.nz](mailto: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](mailto:Porirua@grg.org.nz)

**Meets:** Every 2nd Wednesday of each month, 10:00am-12:00pm

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

## NELSON

**Contact:** Sharon Norriss

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

**Meets:** Every 2<sup>nd</sup> 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](mailto:Southchristchurch@grg.org.nz)

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

## NORTH OTAGO

**Contact:** Margaret Pink

03 437 0837 / [Northotago@grg.org.nz](mailto:Northotago@grg.org.nz)

**Meets:** Every 3<sup>rd</sup> Friday of the month alternated between Oamaru and Waimate— The Hub, Waimate Main School, John Street, Waimate at 10.00am and then Plunket, Severn Street, Oamaru on **10am.18<sup>th</sup>** September at 10am.

## CURRENTLY VACANT

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

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

## HASTINGS

**Contact:** Tom Kupa

06 879 4302 / [Hastings@grg.org.nz](mailto:Hastings@grg.org.nz)

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

## PALMERSTON NORTH

**Contact:** Jacqui Phillips

021 229 0455 /

[Pamerstonnorth@grg.org.nz](mailto:Pamerstonnorth@grg.org.nz)

**Meets:** Two meetings are held on the first Thursday of each Monday at 1.15-2.45pm **and** 6-7.30pm

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

## HUTT VALLEY

**Contact:** Serenah Nicholson

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

**Meets:** Every 1<sup>st</sup> Friday of the month 9:30am-11:30am

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

## MOTUEKA

**Contact:** Rankeilor Arnott

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

**Meets:** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 1:00pm-3:00pm

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

## ASHBURTON

**Contact:** Karen Kilgour

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

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

## SOUTHLAND

**Contact:** Colleen Saunders

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

**Meets:** Second and fourth Wednesday of each month (starting 22/07/2020) at 10am

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

## 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](mailto:office@grg.org.nz) or +64 9 418 3753 | 0800 472637

## Other Handy Helpline Numbers

**111** for emergency services, fire, ambulance or police

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

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

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

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

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

**0800 376 633 Youthline**, helping families and youth

**0508 Carers (0508 227 377)** a 24/7 Caregivers Guidance and Advice Line.

**0800 WHATS UP (0800 942 8787)** - a free counselling helpline for teenagers and children run by Barnardos.

**Depression.org.nz** – Free text number 4202

## 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](mailto:office@grg.org.nz)

### Can we help you?

Members ONLY services are available free of charge

nationwide  
New members and existing members please call our Helpline 0800 GRANDS (0800 472 637) or 09 418 3753

**Or Join GRG via our website at [GRG.NZ](http://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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