



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 **5212** member families and all our non-member subscribers!

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

0800 GRANDS

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

[0800 472 637](tel:0800472637) or [09 418 3753](tel:094183753)

Monday - Friday 9am to 2pm

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



**Update Your
Member Details**

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Key Dates Coming Up

- Extraordinary Care Fund Closing Date for the next round is 12 June 2020



Kate Bundle
Chief Executive

Kate's Take

It has been six weeks since we went into lockdown because of COVID19. There is hope that we can emerge soon at Level 2, and begin to reclaim some remnants of the lives that we led before it, and the possibility that New Zealand has seen the worst of this virus. At the same time there is the growing sense that our lives will never be the same. With it, an uncertainty as to how it will all play out economically, socially and psychologically for every single one of us.

As a team, we have noted how incredibly resilient our caregivers are, in spite of the challenges thrown at them, and some of you have enjoyed this time connecting as a family. One of our members even commented;

“Actually had the best break in years, sounds terrible but was able to relax for the first time in a few years.” For others though, the challenges have been significant. Some have been ill with the virus, and to them we extend our heartfelt prayers for a speedy recovery.

For other's it's been hard with little or no access to the internet to order groceries, pay bills, or get the help they needed, let alone be able to supervise or provide internet devices for distance/online learning for the children in their care.

On page 3 we include information about an initiative supported by the Spark Foundation in which the Digital Inclusion Alliance and

the sanctity of the family “bubble” potentially means the difference between life and death.

Our ability to communicate with, and triage member needs at this time has been a challenge for us too, but through it all, our staff and volunteer support coordinators have worked hard to help whanau and caregivers, and it makes me both proud and humbled to work with you all when I read the many grateful comments from our members. On page 4 you will see the delightful photo of one of our member's moko wrapped up in his blanket knitted by one of the kind knitters from the Bert Sutcliffe Knitting Group in Auckland that we sent out during the lockdown.

“Actually had the best break in years, sounds terrible but was able to relax for the first time in a few years” (GRG member)

Skinny Jump have teamed up to provide a low cost option to access the internet at home.

I'd also like to remind anyone who is raising a child and receiving the Unsupported Child or Orphan's Benefit, that the Extraordinary Care Fund can cover the cost of laptops or tablets for children. See our [website for more information on this](#). The next funding round closes on 12 June, so please apply now if this applies to you.

The lockdown period has also heightened the daily struggle responding to the needs of children affected by past trauma, alongside dealing with their own emotional ups and downs as caregivers. This has been a common theme coming through in calls with our advocates along with concerns about how to manage contact/access periods for the children with their parents and if this is safe in these extraordinary times when maintaining

We are also very grateful for the support shown to our members and our work by many community organisations, government agencies and essential workers that have worked through various networks and funding solutions to help families in need. On behalf of us all, thank you too! The sense that we really are all in this together has been reinforced daily during this time. The aroha and care shown by New Zealanders to each other at this time has also been notable.

We agree with this member's sentiment and grateful for her kind words: *“I just hope people will continue to show thoughtfulness and kindness towards one another, have an appreciation for all the essential services and their employees. GRG keep up the wonderful support, you are appreciated.”*

Take care of yourselves. Keep well, be safe.
Kia kaha, kia manaakitia o koutou whanau.
Arohanui, Kate

A member writes...

My mokopuna picked one of the knitted blankets we received. He chose the one made up of squares with fluoro orange squares. He took it to bed and talked about how much work must have gone into making it and how long would it take? I bet it would take days to make this blanket. He also spoke about how he liked it because it was warm and

knitted – he liked the feel of it.

So I want the people who knit these lovely blankets for the kids to know that they are appreciated too!

[Many thanks to the Bert Sutcliffe Knitting Group]



Published with permission



Jump



COVID-19 has highlighted the extent to which many families have limited or no access to the internet and this has made it especially difficult for children and young people to access online classes for school.

The Spark Foundation has partnered with the Digital Inclusion Alliance Aotearoa to subsidise a non-profit programme called Skinny Jump which connects people who would not normally be able to access internet at home for financial reasons.

This programme is now available to:

- Families with children
- Job seekers
- Seniors
- People with disabilities
- Refugee and migrant communities
- People in social housing

It is a non-contract service that is prepaid.

The modem comes with an initial 30 GB data free and from there costs a further \$5 a month for 30 GB data . A option exists to top up 5 times a month to a maximum of 150 GB for \$25)

To sign up for this service please go to: <https://steppingup.nz/get-jump/>

We understand that the current time frame from application to receiving a modem and being connected is approximately a week.

A member writes...

I wondered if this child's heart felt letter will be able to be published in the GRG newsletter. It hits home for so many GRG and their mokopuna they are trying to keep safe...Drugs and how they affect our grandchildren but worst of all the powers that be slam the doors on our grandchildren in this case WINZ, Oranga Tamariki and a High School. This child is struggling to be heard and being denied access to an education and even safety due to so many rules and regulations. She has the burden of her younger brother and sister to contend with as well. She is only

13 years old. She is hopeful they will be put into a safe house too.

Why has our country turned it's back on ensuring our kids have access to school and safety? The processes are so slow and leave our children so vulnerable. Why do we have to wait for a child to die or left traumatised before the Agencies that are set up to supposedly keep our children safe only fail them?

This child is with my sister at present and I only hope that she will be listened too...Sorry to be sending you this sad news. I believe that this child's voice needs to be heard. It appears to be the norm for so many families now days. This child's letter is so on point.



Grand Reflections

I love you mama,
But you just don't get it,
I reach out to you in so many ways
But you just don't get it.

I can't handle the pressure you put on me, when I have to look after the kids when you go out, trying to find them food to feed them, when you're not there is so upsetting for me, you would never understand how it makes me feel.
But you just don't get it,

You put your friends and their drug needs, before me and my brother and sister.
But you just don't get it.

You yell and scream at me, to clean the filthy house, when you are coming off your drugs, and it's not even my mess,
But you just don't get it.

There is never food in our cupboards, because every pay day, you have to pay off your drug ticks, and what money that is left over if any, buys very little food, we have to try and make it last till the following week. Then it starts all over again. Mama we are sick of going hungry.
But you just don't get it.

Many of times we cannot go to school, as there is no food for our

lunches in the cupboards, and it still happens year after year.
But you just don't get it.

You and your partner fight and argue so badly, that you forget that us kids are even here, and you don't give a dam what we hear. You forget that we have feelings, and have no idea how it affects us kids.
But you just don't get it.

I have been given beautiful clothes, you and your partner take my clothes wear my clothes, and then I'm left with hardly anything once again,
But you just don't get it.

We live in a two bedroom house with 6 people; I have to sleep in the lounge because there's no room. There is always people coming and going, buying your drugs, or coming to smoke them. You know it affects my asthma, and that I have trouble breathing.
But you just don't get it.

What do you get mama?
Other than drugs. Because you certainly don't love us.
You give my brother drugs, mama he is only 15 years old, you are destroying his life.
But you just don't get it.

Mama you have 4 loving kids, that love you so much, but you would rather push us away for your drugs.
But you still don't get it.

The benefit you get, is to feed your needs, not for us kids that are in

need.
But you just don't get it.

Mama i try to talk you, but you just don't listen,
Your drugs are more important to you, than your kids that love you.
But you just don't get it.

Mama I'm sick of being abused by your disgusting language, when things don't go your way. You are never going to change.

Mama I want my brother and sister to go to a safe house, where they are loved and cared for, and get plenty of food. As there is no hope for them being with you.
I'm sorry mama; this is how you made me feel. Your drug habit and behaviour has pushed me away,

I'm sick of watching you destroying your life. Only if you knew how much I cry, just wanting to be loved and feel wanted.

I just can't live with you any more, I'm very happy where I am. Please don't destroy my life, to try and make yours better,

You would never know, how much I love you,
But you just won't love me back. You say you love me but you never mean it.

From the daughter that loves you
But you still don't get it

(Written by the 13 year old grandniece of one of our members)



Tricia Corin
Specialist Advocate
Income/Financial
Support

Advocating for you

This month the **Winter Energy Payment** is being paid to eligible people.

It is a non-taxable benefit to help them with their household heating costs during the cold winter

period. There is a lot of confusion every year about who is and who isn't entitled to this support. If you are entitled to it, you don't have to apply for it. It is automatically paid to you if you are receiving a qualifying benefit (or portion of it) during the **winter period from 1 May until 1 October each year**. (You can also choose not to receive it and opt-out).

The people who are entitled to this support are people on a Main Benefit, NZ Superannuation or a Veteran's Pension.

The Main Benefits are the Jobseeker Support, Jobseeker Support Student Hardship, Sole Parent Support, Supported Living Payment (health condition, injury, disability, or total blindness), Supported Living Payment (caring for a person), Youth Payment, Young Parent Payment or Emergency Maintenance Allowance.

UCB and OB Recipients

Please note that if you are receiving the Unsupported Child's Benefit or the Orphan's Benefit **but you are not receiving** either a Main Benefit specified above or NZ Superannuation or a Veteran's Pension, then **unfortunately you do not qualify for this payment.**

However: if you are receiving a Main Benefit, Veterans Pension or NZ Superannuation and Orphans Benefit or Unsupported Childs Benefit you will get the **Winter Energy Payment**, and at the **higher rate**. Again this is paid to you automatically.

Foster Care Allowance Recipients

If you are receiving a qualifying benefit and you are also getting a Foster Care Allowance from Oranga Tamariki then you are also entitled to the **Winter Energy Payment**, and at the higher rate.

Note: *If you have a foster child in your care and they are the only child in your care, and you are receiving a qualifying benefit for yourself, you will need to tell the Ministry of Social Development that you are getting the Foster Care Allowance for the child, in order for them to manually update their system to ensure you get paid the higher rate of the Winter Energy Payment.*

Winter Period

The winter period is the 22 week period starting from 1st May and finishes on the 1st October (*inclusive*).

Below are the **Winter Energy Payment** rates at 1st April 2020. This is a non-taxable rate, paid weekly, if the qualifying benefit is a **Main Benefit** and fortnightly, if the qualifying benefit is New Zealand Superannuation or Veterans Pension

Category	Weekly Rate	Fortnightly Rate	Annual Rate
Single	\$40.91	\$81.82	\$900
Married, Civil Union or De Facto Couple (<i>with or without children</i>) and Sole Parents	\$63.64	\$127.28	\$1,400

Best Start Tax Credit

Best Start Tax Credit is \$60 a week (\$3,120 a year) for a maximum of 3 years from the child's date of birth. It is a payment to help families with the costs of caring for young children. This includes grandparents and other whanau caregivers who take on the care of a child during their first three years of life. In the first year of a child's life it is a weekly payment of \$60 and it is not income-tested.

You may be able to get Best Start for the next 2 years until the child turns 3 years of age too, but this depends on your income. The rate that is paid decreases if your family income is over *\$80,000 per annum and there is no Best Start Tax Credit if your family income is over *\$93,858. (*2020 rates).

But if you are the principal caregiver and receiving a Main Benefit, payment continues at the full rate until the child is 3 years old.

It is paid into the bank account of the

principal caregiver by MSD on behalf of Inland Revenue if you are receiving a Main Benefit. For other eligible caregivers, Inland Revenue pays it (weekly, fortnightly or lump sum at the end of the tax year). After the first year, Inland Revenue checks if you can still get these payments based on your income and family situation.

New Zealand Superannuation and Veteran's Pension clients who have a qualifying child need to apply to Inland Revenue to receive the **Best Start Tax Credit** payments.

Note: *If you are receiving an Orphan's Benefit or Unsupported Child's Benefit but you are not receiving a main benefit you also need to apply to Inland Revenue for the Best Start Tax credit payments.*

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.

Editors Note: We know Tricia as a tireless advocate with an innate sense of justice for our clients, who's always ready with a laugh or joke and is a joy to work with; but we also recently learned during one of our team Zoom calls that she has this glow worm quote on her office wall! She might not be a glow worm, but we think she shines a lot of light where it's needed!



Unite against COVID-19

For Healthline support
for COVID19 concerns
call

0800 358 5453

Information About COVID-19

The Government has a number of dedicated pages set up to help anyone with questions about COVID-19, what you can do at the different Alert Levels and where to get help to access income support, food, essentials and health information. See www.covid19.govt.nz

Our GRG website also 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 [click here](#).

COVID-19

Model Behaviour

Raising children is hard! And every adult taking on this task gets made from time to time. It does not help that there are always the endless pressures of life - appointments, health, financial worries and the latest stress and pressures of COVID-19! The list is endless.

In the middle of that stress, enter a child, throwing a tantrum! And we snap. Raising children is a stressful task and it is only human to lose your cool on occasion, so go easy on yourself. Many of our members are also raising children who have experienced significant trauma in their past so as a result they have a number of



challenging behavioural issues. This can all be a recipe for disaster or at the very least cause burn out if we do not have and utilise tools to calm ourselves down in times of stress and actively self-regulate.

In this article we will look further into tools and techniques to use in these times of stress so that we are better equipped and able to respond in a healthy and productive manner. Many of these tools and systems are things that we know, but often quickly

forget in the heat of the moment and under pressure – the purpose of this article is to help keep these tools at the front of our minds so we can begin to use them on a more regular basis.

Our responses often fuel our children –

for example if our children are in a state of stress and consequently act in an undesirable way and then as a result of this we react in anger, frustration and lash out in some way, that ultimately only elevates the problem and fuels our children's stress response. The result is that it makes the situation significantly worse. Also, in the long run children will learn this response and start replicating this behaviour – so we must ask ourselves – how do we want our children to behave? The right answer is to behave in a way that you would want them to replicate.

Yelling and shouting at a child is counter intuitive because you are modelling that behaviour and sub consciously telling them that it is okay. Ultimately children get angry too. Finding constructive ways to deal with your anger is a double gift to them too as you not only don't hurt them, you offer them a better role model. Your child will certainly see you angry from time to time and how you handle those situations teaches children a lot.



Hannah Morris
Community Outreach Advocate

Here are a few pointers on how to manage children's behaviours in a more effective manner:

- Keep calm.
- Recognise that it's OK to be angry, but **focus on the behaviour you want, not the child.**
- Use positive messages, reinforcing what you want them to DO, not what you DON'T want them to do and be clear about the behaviour you want. Be playful in your messaging using a positive tone of voice.
- Tell your child without yelling or screaming. Give the message that the behaviour is unacceptable or inappropriate – as the case may be, not the child. If you want the child to change their behaviour, you will need to provide some guidance. Tell them what they did wrong and what you expect next time.
- Let them do some of the talking and listen to what they say. They might have a good reason to feel they are being picked on.
- Try distraction. Give the child something else to do, change the focus and come back to it later.

Remember to continue to focus on your own behaviour also and understand that how we react in these moments will directly impact the child's behaviour both in the short and long term. Remember that no one is perfect and that if/when you become overwhelmed it is important to acknowledge and apologise. After all it is important that our children realise that slip ups are normal and we all have moments that we are not proud of from time to time and the correct and desired response is an apology and to learn from said behaviour.

The most important thing to remember about anger is NOT to act while you're angry. You'll feel an urgent need to act - to teach the child a lesson, but that's your anger talking. It thinks this is an emergency. It almost never is, though. You can teach your child later and it will be the lesson you actually want to teach. The child isn't going anywhere. In these moments find techniques you are able to use that will keep you calm – this will look different for everyone. Practice mindfulness, take a small walk, make a cup of tea and call a friend (or us at GRG!). Do anything you need to do to put space between that anger and responding. If you frequently struggle with your anger, seek counselling.

There is no shame in asking for help!

GRG: 0800 472 637

Parent Helpline: 0800 568 856

Lifeline 24/7 0800 LIFELINE (0800 54 33 54) or free text HELP (4357)



Hearts & Minds are pleased to be able to offer **free one-to-one phone counselling and support during COVID19** and free online groups focused on boosting mental wellbeing.

For more information please call: **021 706 393**

Or email:

learning@heartsandminds.org.nz

Or visit their website:

Heartsandminds.org.nz

Support Group Update

While COVID-19 has meant that holding support groups in person has been temporarily suspended, Support Group Coordinators are still available by telephone and/or email to share their knowledge and provide advice and support where possible. We are delighted to hear grateful feedback from members about the lengths that some of them have gone to over the past six weeks to help members during the Alert Levels 4 and 3, including facilitating grocery shopping and delivery, access to foodbank and other essentials, fantastic phone support, advice, email communications sharing information and the delivery of fresh fruit and vegetables. On behalf of us all, we extend a huge thank you to all our volunteer coordinators and the volunteers working with them.



Merle Lambert
*National Support
Coordinator*



Resignations—Thank You to Win and Ann

GRG would not be able to provide members with the level of support they do without the generous and tireless efforts of Support Group Coordinators. We would like to say a huge thank you to Rawinia Mcredie (Te Puke/Papamoa and previously Rotorua for over 15 years service) and Ann Waddell (Levin for over 12 years service) for the contribution that they have made to GRG in that time. Ann will remain in contact with a core group that she has fostered over the years. Thank you ladies for all your support and dedication towards grandparents and we wish you well in the next stage of your journeys.

New Appointments

We are pleased to announce the appointment of 4 new SGCs and welcome them all to the GRG team: Debbie Newton (Tokoroa), Jodie Clareburt (Whanganui), Angela Bennison (Timaru) and Janette Bungard (Dunedin).



Coffee Groups

Thank you to also to the Coffee Group facilitators who play an important part in enabling the opportunity for grandparents to meet socially in a less formal setting than support groups.

COVID-19 has also played its part in disrupting these informal, convivial gatherings for now. However, we look forward to when these can be started again, especially as social connectedness plays such a significant part in maintaining positive health and wellbeing.

GRG would like to extend thanks and appreciation to all these facilitators, but a special shout out goes to the following ladies who have decided to pursue other interests and activities: Angel (Raetihi), Carol (Hamilton), Margaret (Kapiti) and Deborah (Ashburton).

Vacancies

We are currently recruiting and/or have vacancies in the following areas. Kaitia, Whangarei, North Shore, Mangere/Papatoetoe, Hamilton West/Raglan, Napier, Gisborne, Levin/Otaki, West Coast, Canterbury and Coastal Otago.

If you are interested in becoming a **Support Group** or **Coffee Group Coordinator** in any of the areas below, please contact:

Merle Lambert, National Support Coordinator on Merle@grg.org.nz or 021 246 0553.

Coffee Group Contacts List

Matakana/Warkworth	Shirley	09 423 7052
Auckland Central	Jane	021 424 801
South Auckland	Virginia	09 277 7514
Whitianga	Gillian	0274 540314
Cambridge	Brenda	027 438 5401
Napier	Beth	06 843 9385
UpperHutt	Margaret	04 976 9475
Blenheim	Juliet	03 571 6222
Christchurch	Elaine	021 025 08834



GRG Support Groups Nationwide



Support Group meetings in person are currently suspended at Alert Levels 4 and 3. We will publish updated information on our website when meetings resume or in our next newsletter—whichever comes first. In the meantime, please feel free to contact your local Support Group Coordinator for additional support at this time by telephone or call us on [0800472 637](tel:0800472637).

Kaikohe	Moengaroa Floyed	09 401 3057	kaikohe@grg.org.nz
Dargaville	Sandy Zimmer	09 439 4420	dargaville@grg.org.nz
Whangarei	Janet Puriri	09 435 0044	N/A
Tamaki/East	Tess Gould-Thorpe	09 535 6903 / 022 102 7251	tamaki@grg.org.nz
Waitakere	Esther Price	021 251 0690	waitakere@grg.org.nz
New Lynn	Robyn Robertson	021 309 365	newlynn@grg.org.nz
Papakura	Shirley Afoa	021 129 4151	papakura@grg.org.nz
Pukekohe/Waiuku	Anne Doddrell	09 237 8161	pukekohe@grg.org.nz
Ngaruawahia/Huntly	Trevor Don	027 229 2041	ngaruawahia@grg.org.nz
Hamilton	Pat Davis	07 855 0530	hamilton@grg.org.nz
Katikati	Cathie Kenyon	021 088 78686	katikati@grg.org.nz
Tauranga	Pam Downing	027 224 9169	tauranga@grg.org.nz
Te Puke/Papamoa	Currently recruiting. Please contact Merle Lambert at:	Merle@grg.org.nz	
Opotiki/Kawerau	Sophie Wilson-Kahika	07 262 5136	opotiki@grg.org.nz
Rotorua	Anne Donnell	020 402 22910	rotorua@grg.org.nz
Tokoroa	Debbie Newton	027 284 2103	tokoroa@grg.org.nz
Te Awamutu	Ruth Gilling	022 045 4475	teawamutu@grg.org.nz
Te Kuiti	Kay Higgins	027 430 2939	tekuiti@grg.org.nz
Taupo	Lesley-Anne Wells	07 377 3539	taupo@grg.org.nz
Turangi	Charmaine Timihou	027 645 2002	turangi@grg.org.nz
Taumarunui	Jo Wickham	07 896 7515 / 027 208 6116	taumarunui@grg.org.nz
New Plymouth	Diane Richardson	021 185 1097	newplymouth@grg.org.nz
Hastings	Tom Kupa	06 879 4302 / 022 150 5196	hastings@grg.org.nz
Whanganui	Jodie Clareburt	027 481 7734	whanganui@grg.org.nz
Palmerston North	Jacqui Phillips	021 229 0455	palmerstonnorth@grg.org.nz
Levin	Currently recruiting. Please contact Merle Lambert at:	Merle@grg.org.nz	
Wairarapa	Tere Lenihan	021 509 493	wairarapa@grg.org.nz
Porirua	Roma Paull	022 050 4761	porirua@grg.org.nz
Hutt Valley	Serenah Nicholson	021 743 414	huttvalley@grg.org.nz
Wellington	Cecilee Donovan	04 477 0632	wellington@grg.org.nz
Nelson	Sharon Norriss	03 548 6710 / 027 724 4913	nelson@grg.org.nz
Motueka	Rankeilor Arnott	03 528 5089	motueka@grg.org.nz
East Christchurch	Anna Clare	021 085 77404	eastchristchurch@grg.org.nz
North Otago	Margaret Pink	03 437 0837	northotago@grg.org.nz
Dunedin	Janette Bungard	027 8144135	dunedin@grg.org.nz
Timaru	Angela Bennison	027 248 5468	timaru@grg.org.nz
Southland	Currently recruiting. Please contact Merle Lambert at:	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

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

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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COVID-19

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