



**GRANDPARENTS RAISING GRANDCHILDREN TRUST NZ**

Raising resilient and healthy children and young people through empowering grandparent and whānau care families since 2001

**Are you raising someone else's child full-time?**

GRG provides support, information, advice, advocacy services and caregiver education programmes nationwide to full-time caregivers who are raising a child not born to them. Membership is free. Call us on toll free **0800 GRANDS** or visit **www.grg.nz** to join.

**Inside this issue**

Kate's Take	2
Hannah's Outreach	3
Tricia – Advocating for You	4
Merle's Support Group Update	5
Zonta Run/Walk	6
Caregiver Education	7
Legal Aid	7
Grand Reflections	8
Extraordinary Care Fund	9
Support Group Contacts	10
GRG Contacts and Helpline Numbers	12

Welcome! Tena koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula Vinaka, Taloha Ni, Kam Na Mauri Namaste, Hallo, Bonjour, Hola and Greetings this month to our 6,000+ member families and all our non-member subscribers!

**Financial support for raising someone else's child...**

If you are raising someone else's child because:

- there has been a breakdown in the child's family, or
- their parents have died, or
- they are missing, or
- they have a long-term disablement

AND you are to be their principal temporary or long-term caregiver, from the date you apply to Work and Income for this support, then you are entitled to either the **Unsupported Child Benefit** or the **Orphan's Benefit** to help with the costs of raising the child.

The **Unsupported Child** or **Orphan's Benefits** are not taxable and they are not affected by your income or assets as a caregiver.

It is affected by any income the child might be receiving (e.g. ACC) and the child must be resident and present in New Zealand.

To qualify for it you must also be over 18 years of age, resident and present in NZ and you must not be a natural parent, an adoptive parent, or a step-parent of the child.

If these circumstances apply to you and you think you have been incorrectly advised or you realise now that you should be receiving this support, please contact us tollfree on **0800 472 637** or call our National Support Office on **09 418 3753** for a referral to our advocate, Tricia Corin.

# Kate's Take

Kia ora koutou katoa. A warm welcome to the 105 new members who have joined GRG in the past two months. We also hope you all enjoy our new look newsletter. This month I have struggled with this column because it is not an entirely good news story, but one which I feel compelled to share, if only to report back the results of our 2022 client survey and to reassure our members that if they are struggling to cope with the economic pressures of our times, they are not alone.

Each year we survey clients who have accessed our Outreach and Advocacy Service during the previous 12 months. The good news is that for 95% of clients, we achieved a positive outcome or made a difference for the client. 93% said that our services met their needs and 98% said they would recommend our services.

However, since 2020 the survey has also included questions on the impact of the COVID-19 pandemic and their social and economic wellbeing.

Seventy-two percent of clients remain worried about the ongoing impact of the pandemic on them and their whānau compared to 67% in 2021 and more than a fifth of you are feeling socially isolated - a 48% increase on 2021.

***Over half of you have had COVID-19 and 12% have ongoing health issues as a result. Almost as many have reported not being able to address existing health issues or they have got worse because of lockdown restrictions.***

The feedback also reveals that more of you are struggling to make ends meet. Compared to 2021, the proportion reporting that their children and whānau have access to regular nutritious meals has also dropped by 42% in 2022. The proportion of children who have the essentials and clothing they need has dropped by over 10% too.

This is in spite of Government promises to lift children out of poverty, and increases in the weekly base rates for the Unsupported Child or Orphan's Benefit which, depending on the

age of the children, have increased by between 25% and 45% since April 2020. Around 70% of our clients are receiving this support, and yet more than ever before, we have clients turning to GRG for help accessing basic essentials such as food and clothing.

The number of new clients registering with GRG needing help with housing issues since 2020 has also increased by a whopping 913%! Internally, our Advocate, Tricia Corin has been sounding the alarm on the often dangerous and precarious situations our clients and the children are facing in emergency motel accommodation while they wait for a home to be available either via Kainga Ora or the private rental market. Stories of drug deals, stabbings, violence and what can for traumatised children and their carers seem like interminable nights of police sirens and chaos are common.

Undoubtedly, the pandemic lockdowns have contributed to these negative economic and social wellbeing trends and as a country we are all counting the cost. If only for a magic wand to fix it.

What I can say with confidence, is that if you need help, our Advocates and Support Coordinators are here to help you!

Kia kaha!



Kate Bundle  
**Chief Executive**

# Hannah's Outreach - the 3 T's

Children in care experience a lot of changes including where they live, who they live with and where they go to school. Sometimes, they can feel confused about who they are and what has happened to them. Answering their often unanswerable questions can be difficult. This month we discuss how to be prepared and tackle these difficult conversations with your rangatahi and tamariki as calmly and lovingly as possible.

As we get older, our life history shapes our identity which gives us a sense of who we are as a person. But for children in care, their life history can be disjointed because they may not have people around them who can tell them about their background or past. This is why these conversations are important and it is you the carers who can make all the difference for a tamariki or rangatahi in your care.

When starting these conversations, it is important to take into account "the three T's" – **Time, Truth and Trust**. Make sure that you make **time** to give these conversations the attention they deserve and have a proper conversation, really listen to your tamariki or rangatahi and talk about it. If you do not have the time to properly address their questions when they arise be honest with them about this and ask them if you can come back to this later when you can offer the time that conversation needs.

**Secondly Truth.** Make sure when answering these questions or starting these topics about

***Unhappy events such as drug use, neglect or abandonment by parents can be difficult to address but should not be ignored - but presented in a way that the tamariki or rangatahi can understand.***

their life story that you are honest and can relay this in an age-appropriate way. The most important way to help them understand their history is to listen, answer questions and provide information as requested. If you don't know the information, you may be able to ask someone who does such as a caseworker at Oranga Tamariki, or if you do not know? Tell them just that. Remember it's okay to say I don't know! If you do these things, you will build **trust** between yourself and the young person.

Parents may at times give different accounts to the child but if you have established open and honest communication the child will learn and trust the relationship they have built with you over time.

The objective is to create a secure base for the child to explore their past, to integrate it into the present and enable them to move forward into the future. These conversations have a meaningful impact on a child's development and wellbeing. It is also a valuable way for children and carers to connect and build their relationship through talking, listening and helping the child to understand their identity. But remember to go at the child's pace. This may be a gradual process as they become more comfortable compiling information about themselves, their family and time away from their parents.



Hannah Morris  
**Community Outreach Advocate**

**If you would like to know more about the 3T's or have any questions, please contact the GRG National Support Office on 0800 GRANDS**

# Tricia Advocating for You

## Cost of Living Payments - what are they?

With inflation cutting deep into our wallets, the Government announced a short term Cost of Living Payment in this year's Budget to help some people with their day to day living costs. This is different to the Winter Energy Payment (WEP). This month we look at who will receive what and when?

### Who gets the Cost of Living Payment?

If you have a net income of \$70,000 or less in the 2021/22 tax year and you are aged 18 or over, a New Zealand tax resident living in New Zealand, then you should receive the Cost of Living Payment. If you are on a Qualifying Benefit (see opposite) then you are NOT eligible but will instead receive the WEP.

**How much is it?** The total is \$350.

### When will I get it?

This Cost of Living Payment is paid in three separate instalments on 1 August (\$116.67), 1 September (\$116.67) and 3 October 2022 (\$116.66). If you have a Credit Union account, payments will be made the day after each scheduled date.

### Do I have to do anything to get it?

No - you will be paid it automatically. Inland Revenue will assess you and if you have a bank account registered with them, the payment will be made to that account. If you haven't provided Inland Revenue with a bank account, you still can.

### What if I haven't had my tax assessed for the 2021/2022 year yet?

You may still be eligible for the Cost of Living Payment and receive it in a lump sum up to and including 31 March 2024.

**Tip:** Make sure Inland Revenue has your correct bank account number. You can check your bank account information in [myIR](#). If you do not have a myIR account, you can register for one. Or call them on [0800 473 777](#). If you are registered for voice ID, you can do this 24/7 and there is no wait time. IRD has people to help you from 8am to 6pm on weekdays and from 9am to 1pm on Saturdays.

### Winter Energy Payment - Qualifying Benefits

- Emergency Benefit
- Jobseeker Support
- Sole Parent Support
- Veteran's Pension
- Youth Payment
- Young Parent Payment
- Emergency Maintenance Allowance
- Jobseeker Support (Student Hardship)
- New Zealand Superannuation
- Supported Living Payment (caring for a person)
- Supported Living Payment (health condition, injury and disability)

The **Winter Energy Payment** is an extra payment to help with the cost of heating your home over the winter months. You don't need to apply – if you're eligible, you'll get the Winter Energy Payment automatically, along with your other regular payments from WINZ. It is paid from 1 May and will end on 1 October.

Need more information? Contact the WINZ enquires team on [0800 559 009](#), Monday to Friday, 7am to 6pm

### How much will I get it?

Couples, and people with dependent children on a Qualifying Benefit receive \$31.82 a week, and single people with no dependent children receive \$20.46 a week. Couples on NZ Super or Veteran's Pension receive \$31.92 per week and it is paid to only one person in the couple whether you live together or separately.

If you still need advice or GRG to advocate for you to access your income support entitlements please contact us on [0800472637](#) for a referral to our advocacy service.



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

# Merle's Support Group Update

Greetings Everyone! In this edition, I have some updates to bring you along with an invitation for you to think about whether you may be interested in doing some computer training. Whether you are just starting out in the online world or wish to add to your current knowledge, we may be able to help you.

## Whangarei Update

In our last newsletter I introduced you to Ella Armstrong as our new SGC for Whangarei. She has had a change in circumstances and is now taking up the role as SGC for Ruakaka (021 365 219).



Contact the Whangarei Coffee Group Coordinator on Christine 021 061 5387.

## Our thanks and appreciation...

Ruth Gilling recently made the decision to step down as the SGC for Te Awamutu. Ruth has been a steadfast support to Te Awamutu GRG members for the last four years. Volunteering as a Support Group Coordinator is often undertaken by members that are already busy parenting, working and serving their community. Ruth was no exception. While her life was very busy, she was still able to reach out to members from Kawhia to Te Kuiti and was regular with contact and meetings for the membership. She has a love of working with and preparing food and members have frequently enjoyed the fruits of her labour with food lovingly supplied. Ruth has been a highly valued member of the SGC team and will continue to be a support to her fellow members at support group meetings. Thank you Ruth from us all at GRG!

## Computer Literacy Training

In this fast-moving world with more and more reliance placed upon on-line services it's easy to feel left behind and left out of the things that have been so accessible in the past.

Getting some basic computer training can boost your confidence and connect you with people and services. Whether you're starting out or would like to build on what you know to gain more confidence and proficiency, we would like to hear from you.

Our focus is seeking out free or low-cost programmes. Some learning centres provide face to face classes, in groups, online or one-to-one. Face to face may appeal to those that are motivated by being at a place where they can learn with others in the same boat. On-line learning can appear scary at first, but with good support and encouragement it is great for those that learn better at home.

If you would like to find out more about what's available in your area in computer learning, please click on the link below to register your interest with us. We can scope out providers in your area and work with them to meet your needs. Alternatively, you could speak with your Support Group Coordinator or NSO by contacting Karla@grg.org.nz or via 0800 472 637 (0800 GRANDS).

[Register](#)



Merle Lambert  
**National Support  
Coordinator**

*Next month I am excited to introduce you to some wonderful new volunteer SGCs joining our team!*





# ZONTA YELLOW ROSE RUN AND WALK FOR GRG

**16**  
**OCTOBER**  
**2022**  
**9:00AM**  
REGISTRATION OPENS 8AM  
**NORTH  
HAGLEY  
PARK**



**JOIN THE FUN & HELP RAISE MONEY FOR GRG**

All proceeds go to Grandparents Raising Grandchildren (GRG) to support grandparents in our community

**Canterbury Zonta Clubs are organising the fourth Zonta Yellow Rose Run/Walk** and we would love for you to join us!

**Get your friends and family together and register** for a 5km or 10km run or 5km walk in your town or city!

Zonta operates worldwide empowering women through service and advocacy.

Don't miss out on this fun day and remember to wear yellow!

As part of their Biennium project, District 16 the New Zealand Zonta Clubs are fundraising for GRG and our SALT workshop programme.

**REGISTER ONLINE**  
[www.zontarun.org.nz](http://www.zontarun.org.nz)

This fantastic event is taking place in Christchurch's Hagley Park at 9:00am on Sunday 16 October 2022, but wherever you are in the world, you can still join in the fun and help support GRG.

\$15 Adults  
\$10 Students

Registration on the day in Christchurch:  
\$20 cash only

# Caregiver Education

## GRG's Simply Acquired & Learned Techniques™ (SALT) workshop programme

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

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

We are most grateful for Zonta's fundraising support for our SALT programme as it has enabled us to develop a new SALT Participant Workbook with key learnings for all workshop participants and we will soon be introducing our new SALT facilitator to our schedule so we can offer more workshops each month to caregivers throughout NZ.

REGISTER YOUR INTEREST FOR SALT

Contact us at [SALT@grg.org.nz](mailto:SALT@grg.org.nz) or phone 0800 472 637



## Do you have issues with the costs of legal aid?

Legal Aid is a loan in which the state pays for the costs of your solicitors costs up to a certain limit, with the expectation that you will repay the loan.

There are various mechanisms that the Legal Services Agency uses to secure repayment of the loan. Either you are required to make regular payments via a repayment scheme or, if you have a home, they can register a Statutory Legal Aid Charge over the title of your home so that when you sell it, the loan must be repaid to them like you would repay a mortgage to the bank.

Over the years we have heard from many grandparents who have struggled to repay their thousands (sometimes tens of thousands)

of dollars in legal aid costs and this has caused them serious financial hardship.

Did you know that you can apply to the Legal Services Agency to have the legal aid debt written off, either in part or in full? The grounds for this are that repayment would cause you **serious financial hardship** or if there are other reasons on the grounds that it would be **just and equitable to justify a write off**.

If you would like to know more about applying for a write off, see this [Ministry of Justice's website link](#). If you would be interested in taking part in a GRG survey on this issue or need the link sent to you, please email us at [admin@grg.org.nz](mailto:admin@grg.org.nz) with LEGAL AID in the subject line.



# Grand Reflections

A fine artist among us...

Recently, Jennifer Porter, our Matamata-Piako Support Group Coordinator had the privilege of meeting Kase Rowling-Coleburn and viewing his artwork. Kase's, grandparents joined GRG soon after he and his sister came into their care and she asked him to share a few words about himself and his art.

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A word from Kase...

Since a very young toddler my twin sister and I were raised by our grandparents.

I am blessed. I've succeeded above any misfortunes. I've come from a humble beginning.

My insecurities have pushed me to be a perfectionist. Art for myself is a release where I am able to truly express myself. Art is an expression of the soul.

In deciding on a theme Kase says:

***I thought to myself, 'What is personal to me?' The very first thing that came to my mind was family.***

After searching for ideas, I came to a conclusion that I would base my portfolio on my grandparents raising me through my viewpoint.

I am currently residing at Massey University in Wellington, doing a bachelor's degree in design with honours. This is where my journey has brought me so far.

My portfolio is all about my identity and the reflection on my grandparents raising me.

**Family with phone:** This captures the essence of my family today, displaying the generation gap. My grandparents are holding hands, which evokes their connections to one another which they needed to raise us. The use of colour is again constructively used to deliver a physiological motif. Orange as a secondary colour is used within grandma's coat. It symbolises endurance, joy and determination, whilst atmospheric greys recognise the balance within our lives. The use of our school uniforms informs the viewer of the present stage of life, whilst also reflecting the influence of school life.

You can follow my journey of art at Kase Rowling-Coleburn on Facebook - I hope you enjoy my art as much as I have.





# Extraordinary Care Fund

Next round of funding closes 14 October 2022

If you are receiving the Unsupported Child or Orphan's Benefit for a child in your care please don't forget that you are able to apply to the Extraordinary Care Fund for up to \$2,000 per funding year (1 July to 30 June).

The ECF grant is for a child who shows promise in a skill or talent, or because they are experiencing difficulties and need extra support.

The grant also covers the cost of a BYOD for school, covering iPads and laptops up to a certain amount, depending upon the child's age and stage at school.

If a child or young person in your care needs a device for school in 2023, this funding round is the time to make your application to ensure you have the funds to purchase it for schooling next year. If you need help with your application, please don't hesitate to contact us on 0800 GRANDS for a referral to our advocacy team. Or visit the Financial Support tab on our website for guidance on making an application.

## GRG Support Groups Nationwide

### KAITAIA

**Contact:** Pam Walters  
022 658 3443 / [kaitaia@grg.org.nz](mailto:kaitaia@grg.org.nz)  
**Meets:** Every 3rd Thursday of the month at 10.30am.  
**Location:** Hope Christian Centre, 234 Commerce Street, Kaitaia.

### DARGAVILLE

**Contact:** Sandy Zimmer  
09 439 4420 / [dargaville@grg.org.nz](mailto:dargaville@grg.org.nz)  
**Meets:** First Tuesday of each month at 12pm  
**Location:** Whanau Focus, Victoria Street, Dargaville—Next to the Bakehouse

### RUAKAKA

**Contact:** Ella Armstrong 021 365 219 / [ruakaka@grg.org.nz](mailto:ruakaka@grg.org.nz). **Meets:** TBA

### TAMAKI/EAST

**Contact:** Tess Gould-Thorpe  
09 535 6903 / [tamaki@grg.org.nz](mailto:tamaki@grg.org.nz)  
**Meets:** Date and location varies. Please contact Tess for confirmation of the next meeting.

### AUCKLAND CENTRAL

**Contact:** Helen Hewitt  
021 469 964 / [aucklandcentral@grg.org.nz](mailto:aucklandcentral@grg.org.nz)  
**Meets:** Please contact Helen for Support Group Meeting or if you would like support.

### NEW LYNN

New SGC details coming soon.

### MANUREWA

**Contact:** Tanya Teiho 021 720 840 / [manurewa@grg.org.nz](mailto:manurewa@grg.org.nz). **Meets:** First Wednesday of the month  
**Location:** Nathan Homestead, 70 Hill Road, Manurewa

### PAPAKURA

**Contact:** Shirley Afoa  
021 129 4151 / [papakura@grg.org.nz](mailto:papakura@grg.org.nz)  
**Meets:** Second Thursday of each month at 10am  
**Location:** Smiths Avenue Community Hall, 20 Smiths Avenue, Papakura.

### PUKEKOHE/WAIUKU

**Contact:** Anne Doddrell  
027 471 8297 / [pukekohe@grg.org.nz](mailto:pukekohe@grg.org.nz) **Meets:** The last Tuesday of the month at 10am  
**Location:** St. Andrews Church, 43 Queen Street, Pukekohe.

### NGARUAWAHIA/HUNTLY

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

### MATAMATA-PIAKO

**Contact:** Jennifer Porter  
027 683 6207 / [matamata-piako@grg.org.nz](mailto:matamata-piako@grg.org.nz)  
**Meets:** Second Wednesday of the Month, 10am to 11.45am  
**Location:** Morrinsville Community House, Masonic Room, 43 Canada Street, Morrinsville.

### HAMILTON WEST

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

### HAMILTON EAST

**Contact:** Martine Donnelly  
[hamiltoneast@grg.org.nz](mailto:hamiltoneast@grg.org.nz) 021 245 7370 **Meets:** Contact Martine for venue and date

### TE KUITI

Currently vacant.

### TE AWAMUTU

Currently vacant

### TOKOROA

**Contact:** Debbie Newton  
027 284 2103 / [tokoroa@grg.org.nz](mailto:tokoroa@grg.org.nz)  
**Meets:** Last Friday of each month at 10am **Location:** TSA Youth Hall, 139 Balmoral Drive, Tokoroa

### TAUPO/TURANGI

Currently vacant.

### TAUMARUNUI

**Contact:** Jo Wickham  
07 896 7515 / [taumarunui@grg.org.nz](mailto:taumarunui@grg.org.nz)  
**Meets:** First Monday of each month at 10am  
**Location:** Women's Refuge Centre, 57 Miriama Street, Taumarunui.

### ROTORUA

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

### TAURANGA

**Contact:** Pam Downing 027 224 9169 / [tauranga@grg.org.nz](mailto:tauranga@grg.org.nz)  
**Meets:** Please contact Pam for meeting or for support.

### WHAKATANE/KAWERAU

**Contact:** Karlene McCormick  
021 022 20328 / [whakatane@grg.org.nz](mailto:whakatane@grg.org.nz)  
**Meets:** Date and time varies. Please get in touch with Karlene for confirmation of the next meeting.  
**Location:** Liberty Church, 65 Wairaka Road, Whakatane.

### NAPIER

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

### HASTINGS

**Contact:** Nga Ngatae Heather  
022 341 7789 / [hastings@grg.org.nz](mailto:hastings@grg.org.nz)  
**Meets:** Date and time varies, please contact Nga for confirmation of meetings.  
**Location:** The Octagon Room, All Saints Church, 23 Puketapu Road, Taradale.

### PALMERSTON NORTH

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

### WHANGANUI

Currently vacant.

### WAIRARAPA

New SGC details coming soon.

### LEVIN/OTAKI

Currently vacant.

## **PORIRUA**

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

## **HUTT VALLEY**

**Contact:** Serenah Nicholson  
021 743 414 / Huttvalley@grg.org.nz  
**Meets:** Date and time varies.  
Contact Serenah for confirmation of the next meeting.  
**Location:** Pomare Community House, 55 Farmer Crescent, Taita, Lower Hutt.

## **KAPITI**

**Contact:** Cecilee Donovan 021 158 6643 / Wellington@grg.org.nz  
for meeting times - also covering Wellington in interim.

## **WELLINGTON**

Currently vacant

## **NELSON**

**Contact:** Sharon Norriss  
03 548 6710 / Nelson@grg.org.nz  
**Meets:** Every second Friday of the month. **Location:** The Nelson Golf Club, Bolt Road, Nelson.

## **MOTUEKA**

**Contact:** Rankeilor Arnott  
021 133 7299 / Motueka@grg.org.nz  
**Meets:** Every second and fourth Thursday of the month at 12.30pm to 3.00pm  
**Location:** Motueka Community House, Decks Reserve, Motueka.

## **CENTRAL WEST COAST**

**Contact:** Janette Miller  
021 119 0828 /  
Centralwestcoast@grg.org.nz  
**Meets:** Dates and times varies.  
Contact Janette for confirmation of next meetings.

## **SOUTH CHRISTCHURCH**

**Contact:** Anna Clare  
021 085 77404 /  
Southchristchurch@grg.org.nz  
**Meets:** Every first Friday of the month at 10am  
**Location:** 168 Stanmore Road, Linwood.

## **EAST CHRISTCHURCH**

**Contact:** Sandra Murphy  
021 025 52415 /  
Eastchristchurch@grg.org.nz  
**Meets:** Every third Friday of the month at 10am

**Location:** 168 Stanmore Road, Linwood.

## **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.

## **COFFEE GROUPS**

**Kaikohe** Moengaroa 027 644 0978  
**Whangarei** Christine 021 061 5387  
**Warkworth** Shirley 09 423 7052  
**Waitakere** Waiora 022 647 3032  
**South Auckland** Virginia 09 277 7514  
**Morrinsville** Jennifer 027 683 6207  
**Whitianga** Gillian 027 454 0314  
**Cambridge** Brenda 027 438 5401  
**Napier** Nga 022 341 7789  
**Porirua** Roma Paull 022 050 4761  
**Greymouth** Donna 0274 840 688

# **CURRENTLY VACANT**

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

With over 6,000 member families across the country Grandparents Raising Grandchildren Trust NZ rely on volunteer Support Group Coordinators to provide hands on support, information and advocacy in addition to running regular support groups for members to get that peer support that is so valuable when sharing their experiences and accumulated knowledge. Currently we are seeking Support Group Coordinators in the following areas:

**Kerikeri/mid-North**  
**Whangarei, Hibiscus Coast, North Shore, Avondale, Waitakere/Henderson, New Lynn, Glen Eden, Mangere/Onehunga, Te Puke/Papamoa, Te Awamutu, Taupo/Turangi, Te Kuiti, New Plymouth, Whanganui, Dannevirke/Tararua, Levin/Otaki, Wellington, Marlborough, Dunedin, North Otago and Otago Coastal.**

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

**CALL US FREE on 0800 472 637 (0800 GRANDS)**  
for support, information, advice and referrals to our Outreach and Advocacy team please contact GRG's National Support Office on:

**0800 472 637** or  
office@grg.org.nz  
Mon – Fri 9am to 2pm

## Other Handy Helpline Numbers

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

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

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

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

**'NEED TO TALK?' Text 1737**  
Get help from a counsellor

**LIFELINE 0800 543 354** or **Text 4357** – 24/7 confidential support from qualified counsellors and trained volunteers

**YOUTHLINE 0800 376 633** helping families and youth

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

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

**DEPRESSION.ORG.NZ**  
Free text number 4202

## Grandparents Raising Grandchildren Trust NZ

Established in 2001 as a registered charitable trust (CC20205), GRG supports over 6,000 grandparent and whanau care families nationwide, representing around 9,500 caregivers and over 16,000 children. Our vision and kaupapa is to empower grandparent and other whanau care families to achieve positive life outcomes, through providing support, information, advice, advocacy services and caregiver education programmes.

[Donate](#)

### Have your circumstances changed?

Our aim is to keep you informed and of what's happening, key information and opportunities that can help you. If you no longer wish to receive this newsletter or you have changed address or phone number please update your details by clicking the button below or contact us.

[Update your member details](#)

**Can we help you?** Members ONLY services are available free of charge nationwide.

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

**Join GRG** or subscribe to our newsletter via our website or click the button below.

[Join GRG](#)

[Our Website](#)

**Information About COVID-19:** Our website contains several webpages with information that we have collated for grandparent and other whanau caregivers. You can click on the COVID-19 button below or go to our website [www.grg.nz](http://www.grg.nz).

[COVID-19](#)

Heoi ano, na. E te Atua, aroha mai... O God shower us with love. Ka kite Ka Whangaia ka tupu, ka puawai – That which is nurtured, blossoms and grows. He rōpū manaaki, he rōpū whakarongo, he rōpū ake o mātou – We are respectful, we listen, we learn.

**Please pass this newsletter on to other grandparents and whanau caregivers who need support.**

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



**Disclaimer:** Opinions or views expressed in this newsletter shall be understood as reflecting those of the author as quoted and are not to be taken as given or endorsed by GRG. This newsletter is subject to copyright. © 2021

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