



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 **5900+** member families and all our non-member subscribers!

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.

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

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, they are missing, or they have a long-term disablement and you are likely 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 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 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.

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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



Keeping it Current

Our aim is to keep you informed and of what's happening, key information and opportunities that can help you. Letting us know if you've moved or had a change to your mobile phone or email is easy.

Click on the green **Update Your Member Details** button or visit our website www.grg.org.nz and click on the green button there.

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



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



[Instagram.com/grg_trust_nz/](https://www.instagram.com/grg_trust_nz/)

Update Your Member Details



Kate Bundle
Chief Executive

Kate's Take — Honouring our Volunteers

Welcome to this July Pānui, and a special welcome to the 108 new members and newsletter subscribers who have joined GRG in the past two months.

In mid-June we held our annual training for our volunteer Support Group Coordinators and staff online for the first time. Two, 2-day blocks of training sessions via Zoom, while not quite the same as being able to get together in person, was a successful and constructive time online, with great sharing of knowledge, issues and ideas amongst the whole team. Coinciding, as it did with National Volunteer Week, I came away impressed and humbled—as I always am—by our volunteers' passion for the GRG cause, their commitment to furthering their knowledge and skills and their willingness to donate their

precious time to supporting and guiding our members in their local communities. Working with, or alongside our GRG National Support Office Team and volunteer Support Group Coordinators is an army of volunteers who donate their time and resources to make sure that whānau events, donations of clothing and essentials and food are packed and transported around the country so they can be distributed to the many families who need extra help.

To these heroes in our midst—be they individuals, organisations and businesses, I wish to take this opportunity to acknowledge and thank every one of them for their support for our grandparent and whānau care families!

In our recent anonymous feedback survey of members who accessed our advocacy support service over the past year, there were also many lovely comments of appreciation for the support provided by GRG's specialist advocates and our many volunteer Support Group Coordinators, who wherever possible work together to help members. Among the many comments received are these two comments which are good examples of this kind of feedback. In this case, for two of our long-serving volunteers —Pat Davis in Hamilton, and Cecilee and Philippa in the Wellington region.

Referring to the difference our services has made to them:

"Gosh this can't be explained briefly but briefly I can say that I would not be mentally or physically where I am if it were not for Pat and all advocates. I have nothing but praise for all that are involved with GRG."

"I depend on GRG and their staff. They are the wind beneath our wings. Our support mentors Philippa and Cecilee are incredible women who back us 100%. I love them."

It was also lovely to see the [newspaper article](#) featuring Cecilee's work with Foster Hope, an organisation of wonderful volunteers throughout the country with whom we collaborate with for the benefit of care families.

It is with much appreciation that we farewell two of our volunteers who have contributed enormously to GRG's development over the past decade. Des Brennan and Jocelyn Bray both retired from GRG's Board of Trustees this month after 9 years and 5 years respectively on the board, volunteering their governance expertise and experience to

GRG during which the sector and GRG has seen many changes and GRG has been transformed into a social service provider supporting nearly 6,000 member families nationwide, while achieving positive outcomes and meaningful differences to so many caregivers, tamariki and rangatahi in need.

GRG's GoodMeasure® Report

Recently, with funding from Hoku Foundation, we worked with [ImpactLab](#), who conducted their [GoodMeasure®](#) report on GRG's services. While we know from the feedback we get from clients that our services are making their lives better, we

wanted to understand the metrics involved in determining our impact on them and our society. The report, reveals that GRG creates social value across different aspects of people's lives that corresponds to an improvement in mental health and a reduction in adverse outcomes such as family violence, debt, emergency benefit dependency and future child placements.

Although it was acknowledged that the real world value of our work is greater (when you consider unmeasurable benefits like the value of improving whanaungatanga/a sense of belonging, social connectedness, and parenting

skills) we were thrilled to learn that for every funding dollar donated to GRG's work, the Social Return on Investment is \$4.10 of measurable good to New Zealand!



GRG Joins One Percent Collective!

This month we were also delighted to be one of just six charities out of over 80 applicants to be invited to join One Percent Collective.

[One Percent Collective](#) has been inspiring generosity and simplifying regular giving since 2012. They do this so that a diverse mix of small grassroots charities like ours can spend less time fundraising, and more time concentrated on our work, improving the lives and outlook of our people. Recently they hit a milestone with \$3M to date in donations given to charities they promote through their platform. With One Percent Collective, every cent donated lands in our bank account – and they don't take a cut because they're a charity too! We get 100% of donated funds with no strings attached and One Percent Collective handles all the admin.

With a quick and easy One Percent Collective signup, donors can choose to just support GRG or spread the love amongst the Collective whānau by also supporting our fellow partner charities too. If you, or someone you know is interested in supporting GRG, please send them this link: <https://opc.nz/grandparents-raising-grandchildren>

Caregiver Education



'SALT' (Simply Acquired and Learned Techniques™) Training Programme

Gain practical insight and understanding of the impact of past trauma on a child or young person and learn to effectively manage and parent a child who may be exhibiting troubling or challenging behaviour. All SALT participants receive our new SALT Participant Workbook, the development of which has been proudly sponsored by Zonta New Zealand.

Register your interest

If you are interested in attending a SALT Workshop please email us at SALT@grg.org.nz or call us on **0800 472 637**

"Such a worthwhile programme, with lots of useful strategies. I had 4 sessions with a child psychologist who was not able to give me anything like what I got from SALT".

"Extremely relevant. This training has given me more tools to put into my Kete. It has given me a better understanding of why my moko behaves the way she does, what triggers her."



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

But even better – by becoming part of our team, staying informed and sharing information with others, you'll be helping **FASD-CAN** as they campaign for those with **FASD** and their whānau to live their best lives.

"We want better access to Disability Support Services for those whose lives are impacted by FASD".

FASD-CAN are united in their passion to improve the lives of those living with Fetal Alcohol Spectrum Disorder.

FASD-CAN (Fetal Alcohol Spectrum Disorder - Caregiver Action Network) was founded in 2013 by a group of parents with children with FASD, and professionals who were FASD experts. The founding chair, Claire Gyde, together with a group of other parents, saw the need for an organisation that would unite caregivers and advocate for improved awareness, services, and greater support for caregivers and whānau of individuals coping with FASD.

FASD-CAN's purpose is to unite caregivers, support whānau and individuals, strengthen communities and educate them about FASD across Aotearoa. They aim to pool their knowledge, strength and collective wisdom so that those living with FASD can grow and achieve through education and strategies for those living with FASD.

By joining **FASD-CAN** you'll gain access to specific resources, advocacy, webinars and hui. If you are a caregiver or an individual with **FASD**, you'll be sent a free printed copy of the **FASD-CAN** Handbook, and once you've been with them for three months, you'll also be able to apply for some funding support under their grant scheme: [Whānau Direct](#)

Remember parenting a child with **FASD** can be very tough. You need to become your child's PA, coach and mentor and it can feel like a 24/7 job!

To keep yourself sane and able to stay on the job, self-care is extremely important. If possible you will need as much backup as you can get, and have opportunities for respite.

For more information contact FASD-CAN today:
www.fasd-can.org.nz





Hannah Morris
Community Outreach
Advocate

Hannah's Outreach

Counselling

Engaging in a form of therapy can improve communication and people skills, offer greater self-acceptance, boost self-esteem and allow people the ability to change self-defeating behaviours/habits. It can also teach people the skills to better express themselves and manage emotions, including anger and offer relief from depression, anxiety, or other mental health conditions. Young and old can both benefit from therapy so this month I wanted to talk about the several types, and how you can access them in New Zealand.

The four main types of therapists are; **Counsellors**, **Psychotherapists**, **Psychologists** and **Psychiatrists**.

Counsellors will facilitate change through listening and helping you see what is happening to you.

Counsellors usually undergo less training than the other more specialised therapists and are less focused on giving advice and more focused on listening. It is important to note that they do not have to be registered with a government body, so ensure that any counsellor you are considering is registered with an association that is monitoring their competence.

Psychotherapists provide an opportunity to understand who you are and how to make sense of your experiences and relationships to others. They seek to understand the effect of early trauma and relationships. This approach can take time, but it can be worth it to heal deep wounds from your past.

Psychotherapists must be registered through the psychotherapists Board of Aotearoa New Zealand.

Psychologists listen and seek to make sense of people's emotional and psychological problems. They can diagnose mental health disorders and offer treatment. They offer practical tools to help people make change in their lives and support the processing of underlying trauma through supporting the modification of unhelpful belief systems. **Psychologists** must be registered through the New Zealand Psychologists Board and hold a current annual practicing certificate.

Psychiatrists are trained medical doctors who primarily prescribe medications and work with patients on medication management over a course of treatment. Some **Psychiatrists** also offer talking therapy, but it is less common and an expensive option. Most **Psychiatrists** will require a referral from your GP. It is important to find a therapist that is the right fit for YOU and this process will work a lot better when you

have a strong rapport and feel comfortable speaking with them. If you feel disheartened by the first person you see, continue to shop around until you find that right fit! It is also important to consider their speciality when looking for different therapists – some will focus on a certain age group or specific areas of mental health – but this is not necessary if you are not sure what speciality would be appropriate.

A straightforward option would be accessing this privately and incurring this cost – although this can be costly and a luxury for most. You may also access subsidised counselling through a referral from your GP – just bear in mind that there can be a wait, so it is best to get the ball rolling on this sooner rather than later. If you are looking for counselling for the tamariki or rangatahi in your care contact **I am Hope** counsellors while you wait for this referral to come through as they will provide up to 2 free counselling sessions accessing the gumboot Friday funds.

If you are in paid employment, you may be able to access **FREE** confidential counselling through your company's **Employee Assistance Program** – talk to your employer. Most tertiary institutes (e.g Universities) offer free counselling services through their health centres as well as **School Counselling Services** at High Schools. Also, **Local Women's** or **Men's Centres** may have listings for low-cost counselling practices or offer low-cost counselling themselves.

ACC funds sensitive claims following sexual violence if it occurred in New Zealand however you do need to find an ACC registered therapist.

If you need support talking through any of these options or a friendly ear for you to offload! Contact me today on 0800 GRANDS

We are always here to help!



Tricia Advocating for You

Tricia Corin
Specialist Advocate
Income/Financial Support

When you raise a child as a primary caregiver with the support of the Unsupported Child or Orphan's Benefit—changes can happen during that care journey. There might be a need to change the caregiver and issues like the child's age, income and other factors might affect what support is available.

This month I am looking at the **Change of Caregiver** scenario, **Change in Age**, a **Child's Income** and **End of School Year** for students aged 16 to 18 years of age.

Change of Caregiver

If a caregiver is receiving the **Unsupported Child's Benefit (UCB)** or **Orphans Benefit (OB)**, and the child is going to move to another caregiver, the new caregiver must be an **eligible** caregiver in order to receive the **UCB or OB** for the child.

Eligible Caregiver: To be eligible, the caregiver must either be the **principal caregiver** or the **principal temporary caregiver** of the child.

If that is the case, then change in who receives the UCB or OB is called a **Change of Caregiver**.

The new caregiver will still have to fill out an application form for the UCB or OB and you will need to obtain verification from the previous caregiver that the child is no longer in their primary care.

This does not include the situation called:
Additional Care Arrangement

If the change in the caregiver is **temporary**, for example, school holidays or a short stay in hospital, **the UCB or OB** can continue to be paid to the caregiver, provided that the contact and support of the child is maintained and the caregiver continues to be the **principal caregiver** or **principal temporary caregiver**.

When a dependent child leaves the caregiver's care the UCB or OB and Clothing Allowance for the child should stop from the beginning of the next pay period.

However, there is a discretion to continue payment for up to 28 days following the event. This discretion is generally used to avoid financial hardship for the family when the change has been unexpected or when processing deadlines have passed.

Change in Age

A child's age affects the:

- rate of OB or UCB payable **and**
- whether or not the child meets the definition of dependent child

A child is considered to be a dependent child unless the child is:

- in full-time employment
- **Note:** that generally a child can still be a dependent child when they start part-time employment
- Receiving a basic Student Allowance or an Independent Circumstances Allowance
Note receiving a Student Loan does not necessarily mean a child is financially independent

Under 18 and not attending School

A child does not have to be attending school to remain a dependent child up until the age of 18 years.

Child turns 18 years

When a dependent child turns 18 years old the UCB or OB should stop.

Exception

Where a dependent child is attending school or a tertiary institution (including by correspondence) you may continue to receive the UCB or OB.

At the end of each school year 18-year-olds who are still at school or an educational facility will automatically be excluded from the benefit on the first payday after the 31 December each year.

Financial Support Continued ...

Caregivers will be sent a letter advising them of this. If an 18 year old wishes to continue their education the following year then they may qualify for **Student Allowance**.

Child's Income

Personal earnings of the child do not affect the rate of payment of UCB or OB.

A child in full-time employment and financially independent is not treated as a dependent child for UCB or OB.

Other Income

A child may receive other income that is not from personal earnings. Any other money received (other than personal earnings) that is more than 50% of the basic annual benefit rate reduces the benefit payable by \$1.00 for every complete \$1.00 of income.

Other income may include:

- interest from bank accounts
- Trust income **and**
- payments from the Arthur Hall Fletcher Trust

If a caregiver receives an UCB or OB for more than one child, the income is assessed separately for each child. This may mean different rates of benefit may apply to each child depending on their age and income levels.

End of School Year

At the end of the school year there is a review process for 16 to 18 year olds who are still included in a benefit as a dependent **child**.

Instructions are sent out early each October from MSD's National Office.

Children aged 16 or 17 years old

Caregivers will be sent letters asking if their 16/17 year old child will be attending school or an educational facility in the following year.

If a 16/17 year old is not attending school or an educational facility they can continue to be included in the benefit as long as they are still a dependent **child**.

Children aged 18 years old

At the end of each school year 18 year olds who are still at school or an educational facility will automatically be excluded from the benefit on the first payday after the 31 December each year.

Caregivers will be sent a letter advising them of this. If an 18 year old wishes to continue their education the following year then they may qualify for Student Allowance.

*If you would like to know more about what you have read or have any questions, please contact the **GRG National Support Office** on FREE call: **0800 GRANDS** (0800 472 637)*

GRG Support Groups

Reaching out and asking for help is a good thing!

GRG's Support Groups are provided by our Support Group Coordinators who are GRG's themselves, with lived experience, they have walked the same journey as you and are willing to help you find ways to make things easier.

If you would like to connect with your local SGC, contact the GRG National Support Office to request a referral.

0800 472 637 | office@grg.org.nz | www.GRG.nz



Merle's Support Group Update

This month we welcome **Ella Armstrong** to the Support Group Coordinator role in **Whangarei**. Ella comes to us with personal experience of raising her two grandchildren alongside two children of her own.

Merle Lambert
National Support
Coordinator

She is an experienced administrator and is keen to put these skills as well as others that she has learnt in her personal grandparenting journey to help and support others.

As grandparents, Ella and her husband have experienced a raft of challenges, as do all our members.

These have included managing a tsunami of emotions while integrating the children into their daily lives, entering the Family Court system and loneliness when family and friends while supportive, don't understand what they are facing.

Ella has a passion for helping others and understands the importance of having a support system, especially when times are tough.

Ella and her family have recently moved Northward to enjoy beaches and a less hectic lifestyle. We are thankful that she has taken this time in her life to give back to GRG.

"I believe that Grandparents who choose to step forward for the children in their lives, no matter the circumstance that makes this necessary, are heroes— they deserve all the support they need to enable them to provide for the children in their care."

Ella Armstrong

WELCOME Ella

Giving thanks and appreciation ...

We say farewell, and a big thank you to the following Support Group Coordinators; **Bob Wilson** (*Whanganui*), **Cathie Kenyon** (*Katikati*), **Maria Marsh** (*Hamilton East*) and **Ruth Gilling** (*Te Awamutu*) who are all moving on or retiring from their roles with GRG.

We also acknowledge their selfless caring for many grandparents in their communities while they have been with us and know that wherever possible they will continue to support grandparents and whānau care families in their communities. We wish them well with their future endeavours.



Would you be interested in volunteering your services for GRG?

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/whānau, we would like to hear from you.

Our team of Support Group Coordinators is growing, enabling us to provide much needed support to more grandparents.

However, there are some areas that we are still looking to cover: **Kerikeri, Whangarei, Bream Bay, Hibiscus Coast, North Shore, Avondale, Waitakere, Henderson, New Lynn, Glenn Eden, Mangere/ Onehunga, Te Puke/ Papamoa, Tauranga, Opotiki, Taupo/Turangi, Te Kuiti, New Plymouth, Dannevirke/Tararua, Levin/Otaki, Wellington, Marlborough, Dunedin, North Otago and Otago Coastal.**

Email: Merle@grg.org.nz or call us on FREE call: 0800 472 637 (0800 GRANDS)

When Support Groups Join Forces

Napier and Hastings Support Groups hosted a Clothes Meet on the 14th May in response to having a huge collection of used and new clothing to give away and wanting to make these available to as many grandparents as possible.

The day's planning and operation turned out to be bigger than first envisaged. There was the sourcing of what they felt they needed, washing and sorting what came in, selecting a suitable venue, promoting the event and needing helpers on the day.

Fortunately, they have formed a focus group made up of six ladies from both support groups and their efforts made the event more manageable. The Napier and Hastings Groups working side by side is a fairly new concept for Nga and Beth as Support Group Coordinators, and first started when they formed an advisory group to help plan what can be provided for GRG member families to support them raising their grandchildren. Focus groups are an off shoot of this.

The wider community got in behind the event too. Thanks to Funeral Celebrant for Hawkes Bay, Rhonda Diprose who was able to get clothing in and raise awareness of GRG.

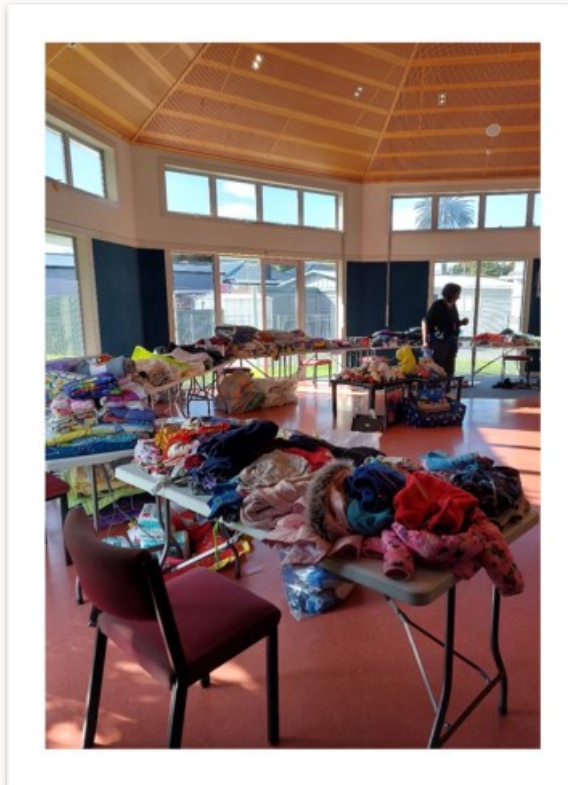
We would also like to give thanks to Deborah Burnside who operates a Community Sharing Shed and was also instrumental in putting the word out for items that were needed and to offer a collection point at Debz Shed. Having a central point for items to be collected from was a huge help in the operation.

They ended up with a huge collection of clothing and blankets new and used that was way beyond both expectation and their requirements.

While they would have liked to have got more families actually to attend on the day, they have had nineteen families in all benefit from the initiative and continue to

have requests for items and are still fulfilling these weeks later.

Facing a venue fee and wanting to move as many of the items as possible as they do not have a storage facility, the Advisory Group felt it reasonable to charge a fee of \$5.00 per bag where each person could choose as many items as they could get into the bag. This charge was in keeping with Op shops in the area. For those attending on the day, this was not an issue and they received some really positive feedback. Whether this impacted on the number that actually attended on the day, they do not know.



The networking for the Clothing Meet has also meant an approach from another women's group asking Beth to go and talk to them about what GRG does in the community and a women's Rotary Group has allocated funding to them.

A key issue which Napier and Hastings and other SGCs face is the need to have a storage facility as a central point for storing and distributing from.

This is an ongoing discussion, one that Nga and Beth are very keen to see develop into a drop-in centre concept, where they can be a one stop shop for support, donation distribution and friendship over a cuppa.

Watch this space!

Support Group Coordinators Beth Thurston (Napier) and Nga Heather Ngatae (Hastings)

Give thanks to all those who contributed to the Clothing Meet!

If you have any questions on any of these issues, or need assistance, please contact GRG's National Support Office on:

0800 472 637 or office@grg.org.nz

COVID-19

For Healthline support for COVID19 concerns call **0800 358 5453**
www.covid19.govt.nz

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 here or on our website.

**Unite
against
COVID-19**

Whānau Fun—thanks to Tokoroa Support Group and KINW

A BBQ planned for the Tokoroa Support Group in conjunction with Kids In Need Waikato for April 28th 2022 was skuttled by a rainy forecast and tummy bugs in the Waikato camp, so Debbie and the Support Group did the next best thing and held a picnic for adults and grandchildren at Lake Moananui.

As it was Thursday and the Support Group usually meets Friday, members who were usually not able to attend due to work commitments were able to come along.

The group also welcomed three new member families so it was an amazing day out with lots of new faces.



Thank you

Kids in
NEED
WAIKATO



Grand Reflections

Art & Tea—Seniors: Art as prescription medicine

The overall process of creativity, regardless of the medium, can promote an improved mental state and improve emotional regulation. New studies are revealing that engagement with art and cultural practice has tangible benefits not only for mental health, but for general mood and quality of life. For many of us, day-to-day life has changed immeasurably in ways that are difficult to cope with.

The studies show that art, culture and community has a positive impact on wellbeing in many ways, and for those participating in arts activities more than once a week, they experience greater life satisfaction and lower levels of mental distress.

Art & Tea Seniors

Dinny (Art Yoga Team)

www.artyoga.co contactus.artyoga@gmail.com



Art & Tea Seniors— Feedback from Participants

"I want to express my gratitude to Grandparents Raising Grandchildren, for making available to me this wonderful opportunity to attend Art & Tea. It has provided me with such great "me time" - much needed in my role as caregiver to a six year old child. The gift of an hour and a half a week to myself has proved so valuable to my mental health and general wellbeing."

"The group has provided companionship with people of my own age and stage, which is also uplifting and fun".

You don't have to be an artist to join this group. Some group members enjoy writing and journaling and their contribution is warmly welcomed. Dinny, the facilitator of the group, has a relaxing and open approach that encourages creativity in the group. Apart from her warm, welcoming way, she is also an expert on self-care.

"I highly recommend this group to other grandparents, who, like me, are feeling the pressure and stress of parenting in the later years of their lives. I hope you will continue to make this remarkably beneficial service available to other grandparents who are members of GRG."



GRG Support Groups Nationwide



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

KAITAIA

Contact: Pam Walters

022 658 3443 / Kaitaia@grg.org.nz

Meets: Every 3rd Thursday of the month at 10.30am.

Location: Hope Christian Centre, 234 Commerce Street, Kaitaia.

AUCKLAND CENTRAL

Contact: Helen Hewitt

021 469 964 / Aucklandcentral@grg.org.nz

Meets: Please contact Helen if you are interested in attending a Support Group Meeting or you would like support.

PUKEKOHE/WAIUKU

Contact: Anne Doddrell

027 471 8297 / Pukekohe@grg.org.nz

Meets: The last Tuesday of the month at 10am

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

MATAMATA-PIAKO

Contact: Jennifer Porter

027 683 6207 / 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.

TE KUITI

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Te Kuiti area, please contact **Merle Lambert** at merle@grg.org.nz / 021 246 0553

TAUMARUNUI

Contact: Jo Wickham

07 896 7515 / Taumarunui@grg.org.nz

Meets: First Monday of the month at 10am

Location: Women's Refuge Centre, 57 Miriama Street, Taumarunui.

DARGAVILLE

Contact: Sandy Zimmer

09 439 4420 / Dargaville@grg.org.nz

Meets: First Tuesday of the month at 12pm

Location: Whanau Focus, Victoria Street, Dargaville—Next to the Bakehouse

NEW LYNN

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the New Lynn area, please contact **Merle Lambert** at merle@grg.org.nz / 021 246 0553

NGARUAWAHIA/HUNTLY

Contact: Trevor Don

027 229 2041 / Ngaruawahia@grg.org.nz

Meets: Last Monday of the month at 10am

Location: Ngaruawahia Community House, 13 Galileo Street, Ngaruawahia.

HAMILTON WEST

Contact: Pat Davis

022 600 7672 / 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 Primary School) .

TOKOROA

Contact: Debbie Newton

027 284 2103 / Tokoroa@grg.org.nz

Meets: Last Friday of the month at 10am

Location: Tokoroa Council of Social Services, Gate 1, Tokoroa Hospital (1st building on the right). Parking available at the back.

ROTORUA

Contact: Anne Donnell

022 059 5107 / Rotorua@grg.org.nz

Meets: Third Monday of the month at 9:30am

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

TAMAKI/EAST

Contact: Tess Gould-Thorpe

09 535 6903 / Tamaki@grg.org.nz

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

PAPAKURA

Contact: Shirley Afoa

021 129 4151 / Papakura@grg.org.nz

Meets: Second Thursday of the month at 10am

Location: Smiths Avenue Community Hall, 20 Smiths Avenue, Papakura.

TE AWAMUTU

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Te Awamutu please contact **Merle Lambert** at merle@grg.org.nz / 021 246 0553

HAMILTON EAST

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Hamilton East area, please contact **Merle Lambert** at merle@grg.org.nz / 021 246 0553

TAUPO/TURANGI

Currently vacant. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Taupo/Turangi area, please contact **Merle Lambert** at merle@grg.org.nz / 021 246 0553

TAURANGA

Contact: Pam Downing

027 224 9169 / Tauranga@grg.org.nz

Please contact Pam if you are interested in attending a Support Group Meeting or would like support.

WHAKATANE/KAWERAU

Contact: Karlene McCormick

021 022 20328 / 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.

NEW PLYMOUTH

Currently vacant. If you or

someone you know would like to

consider becoming the local

Support Group Coordinator for the

New Plymouth area, please contact **Merle**

Lambert at merle@grg.org.nz / 021 246 0553

WAIRARAPA

Contact: Tere Lenihan

021 509 493 / Wairarapa@grg.org.nz

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

HUTT VALLEY

Contact: Serenah Nicholson

021 743 414 / Huttvalley@grg.org.nz

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

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

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.

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.

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

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

NAPIER

Contact: Beth Thurston

022 073 9900 / 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.

PALMERSTON NORTH

Contact: Jacqui Phillips

021 229 0455 / Palmerstonnorth@grg.org.nz

Meets: First Thursday of the month at 1pm and 6.30pm (1.5 hours to 2 hours long)

Location: Christian Community Church, 54 Pascal Street Palmerston North.

LEVIN/OTAKI

Currently vacant. If you or

someone you know would like to

consider becoming the local

Support Group Coordinator for the

Levin/Otaki area, please contact **Merle**

Lambert at merle@grg.org.nz / 021 246 0553

WELLINGTON/KAPITI

Contact: Cecilee Donovan

021 1586643 / Wellington@grg.org.nz

Currently vacant – Wellington. If you or someone you know would like to consider becoming the local Support Group Coordinator for the Wellington area, please

CENTRAL WEST COAST

Contact: Janette Miller

021 119 0828 / Centralwestcoast@grg.org.nz

Meets: Date and time varies, please contact Janette for confirmation of meetings.

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.

HASTINGS

Contact: Nga Ngatae Heather

022 341 7789 / 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.

WHANGANUI

Currently vacant. If you or

someone you know would like to

consider becoming the local

Support Group Coordinator for the

Whanganui area, please contact **Merle**

Lambert at merle@grg.org.nz / 021 246 0553

PORIRUA

Contact: Roma Paull

022 050 4761 / Porirua@grg.org.nz

Meets: Every second Thursday of the month at 10am.

Location: Porirua RSA, 5-7 McKillop Street, Ranui

NELSON

Contact: Sharon Norriss

03 548 6710 / Nelson@grg.org.nz

Meets: Every second Friday of the month

Location: Stoke Methodist Church, 94 Neale Avenue, Stoke, Nelson.

SOUTH CHRISTCHURCH

Contact: Anna Clare

021 085 77404 / Southchristchurch@grg.org.nz

Meets: Every third Friday of the month at 10am

Location: 168 Stanmore Road, Linwood.

SOUTHLAND

Contact: Colleen Saunders

03 216 4173 / Southland@grg.org.nz

Meets: Second and fourth Wednesday of the month at 10am

Location: Family Works, 183 Spey Street, Invercargill.

CURRENTLY VACANT

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

With over 5900 members 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, Bream Bay, Hibiscus Coast, North Shore, Avondale, Waitakere, Henderson, New Lynn, Glenn Eden, Mangere/Onehunga, Katikati, Te Puke/Papamoa, Opotiki, Taupo/Turangui, Te Kuiti, New Plymouth, Dannevirke/Tararua, Levin/Otaki, Wellington/Kapiti, Upper West Coast, Marlborough, Dunedin, North Otago and Otago Coastal.

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

Grandparents Raising Grandchildren Trust NZ

Established in 2001 as a registered charitable trust (CC20205), GRG supports over 5500 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

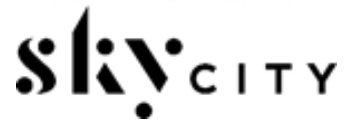
0800 376 633 Youthline, helping families and youth

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

Thank you to our Funders for their support for our newsletter



Grandparents Raising Grandchildren Trust NZ

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162 Mokoia Road
Birkenhead
Auckland 0626

PO Box 34892
Birkenhead
Auckland 0746

Phone: 09 418 3753

Email: 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**

Join GRG

Join GRG or subscribe to our newsletter via our website at GRG.NZ

Or click the red Join GRG button below

Have your circumstances changed?

If you no longer wish to receive this newsletter or you have changed address please update your details by clicking the green **Update Your Member Details** below or contact the GRG Trust NZ National Support Office

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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 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

GRG.NZ



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COVID-19



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