

Grand Matters

TIME FOR GRANDPARENTS



In the spirit of reconciliation, UnitingCare pays respect to Elders past, present and emerging and the unique role Aboriginal and Torres Strait Islander Peoples play in the communities we serve.

We acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope to move to a place of justice and partnership together.

In recognition of the importance of supporting families where Grandparents are raising grandchildren (full-time), Time for Grandparents partners with the Queensland Government's Department of Families, Seniors, Disability Services and Child Safety.

See our website grandparentsqld.com.au or call us (1300 135 500) for program eligibility.

Time for Grandparents is designed to provide financial support so these families can access fun and interesting activities and grandparents can gain the opportunity to have some well-earned respite.

Grandparents who are the primary carers of grandchildren and who are not receiving the fostering allowance and not approved relative/kinship carers with the Department of Child Safety are eligible for the program.

For all enquiries and confidential support, please contact Time for Grandparents on 1300 135 500 from Monday to Friday, 9am to 5pm.

JUNE 2026 TO AUGUST 2026

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YOUR NEWSLETTER

We would like to ensure that Grand Matters is discussing topics that are important to you. If there are specific topics or themes that you would like included in your newsletter, please contact **Time for Grandparents** on **1300 135 500**, and will we endeavour to address them in future issues.

Time for Grandparents Program

M PO Box 2376
Chermside Central QLD 4032
T 1300 135 500
E grandparentsinfo@ucommunity.org.au
W www.grandparentsqld.com.au

Disclaimer: The materials and information included in this edition of Grandmatters newsletter are provided as a service to you and do not necessarily reflect endorsement by the Time for Grandparents Program. The Time for Grandparents Program is not responsible for the accuracy of information provided from outside sources. Groups and workshops detailed in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line or the Time for Grandparents Program in any way unless specified.

Messages from the TFG team

Welcome Kaya!

We're very excited to welcome Kaya to the Time for Grandparents team! We're thrilled to have her on board and look forward to the contributions she'll bring.

BROKERAGE

Term 3 Activity Reminder

Are we funding term-based activities for your grandchildren?



If so, please remember you need to contact Time for Grandparents on 1300 135 500 prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding.

WE NEED ALL OF THE FOLLOWING INFORMATION FROM YOU BEFORE WE CAN PROCESS THE PAYMENT:

- 1) Name of the activity provider or club
- 2) Contact person's name and phone number / email
- 3) Sign-on date, or activity start and finish date
- 4) Cost of the activity.

GRANDFAMILY CAMPS

Expression of interest are sent out via email every October for the coming year. Please bear in mind that expressing interest in attending a camp does not guarantee a place. TFG need to balance a range of considerations when choosing families to participate. For more information contact the Time for Grandparents Program. Phone: 1300 135 500 Email:

grandparentsinfo@ucommunity.org.au or TFG.Camps@ucommunity.org.au

TIME FOR GRANDPARENTS –

Ways we can provide Funding Assistance

Grandparents Recreational and Leisure Activities

This funding assistance can give grandparent carers the opportunity to pursue activities that they are interested in, while taking some time out from their caring role. Take up a yoga class, join a tennis club, take up water aerobics or join an art class – the choice is yours!



Time for Grandparents - Message Service

If you have called Time for Grandparents recently you may have reached our answering service during times when our staff are busy on other calls. If you do reach our answering service, please be sure to leave a message, including your full name and phone number, and one of our friendly Time for Grandparents staff will call you back as soon as possible.

Supporting Stronger Families: FREE Parenting Programs

Uniting Care is offering **free online caregiving programs**.

Caregiving can be incredibly rewarding but can also come with moments of uncertainty. The good news is that support is available. Two evidence-based programs are being offered to help carers better understand their grandchildren's needs, strengthen relationships, and build confidence in their caregiving approach.

Circle of Security Parenting Program

The Circle of Security Parenting Program is designed to help parents and caregivers better understand their children's emotional world. Grounded in decades of research, this program focuses on building secure, trusting relationships between parents and children.

Participants will learn how to:

- Recognise and respond to their child's emotional needs
- Understand the meaning behind their child's behaviour
- Develop practical strategies to strengthen connection and security

Bringing Up Great Kids (BUGK)

Bringing Up Great Kids (BUGK) is an evidence-based, mindful, and strengths-focused parenting program developed by the Australian Childhood Foundation. It supports parents and carers to build positive, respectful relationships with children while gaining insight into how children grow and develop. Through this program, participants will:

- Improve communication with children
- Gain a deeper understanding of children's brain development
- Learn how to support emotional wellbeing
- Build strong, respectful family connections

Both programs are delivered **online**, making it easy to join from home.

- Duration: 5-6 weeks
- Session length: 2 hours per session
- Schedule options: Monday, Tuesday, or Wednesday
- Times: Morning or afternoon sessions available

For more information or to register your interest, please contact eisadmin.metronorth@uccommunity.org.au or 5428 4200

Looking After Your Family's Online Safety

Setting Parental controls from eSafety Commission website



Parental controls can be used to support your family's online safety when using devices that connect to the internet. But it's important to understand their limitations and use them in combination with other protective strategies

What are parental controls?

Parental controls are software tools that allow you to monitor and limit what your child sees and does online. They can be set up to:

- **Block** your child from accessing specific websites, apps or functions (like using a device's camera, or the ability to buy things).
- **Filter** different kinds of content, such as 'adult' or sexual content, content that may promote self-harm, eating disorders, violence, drugs, gambling, racism or terrorism.
- **Limit** who can communicate with your child as well as manage the apps they can use to communicate with others.
- Allow you to **monitor** your child's use of connected devices, with reports on the sites they visit and the apps they use, how often and for how long.
- Set **time limits**, blocking access after a specific length of time

Implementing parental controls

Trying to control your child's online habits can be challenging. It's tempting to dictate instead of guiding their choices. Parental 'controls' are most effective when they're used as 'supports' for learning about online safety. You may want to use a [family tech agreement](#) to help you get started. For information on family tech agreements visit esafety.gov.au/parents/resources/family-tech-agreement.

For more information, including how to set parental controls visit the eSafety Commission's website at esafety.gov.au/parents/issues-and-advice/parental-controls.

Public Holidays Queensland

For the full list, visit the Queensland Government's website at qld.gov.au/recreation/travel/holidays

New Years Day - Thursday 1 January

Australia Day - Monday 26 January

Good Friday - Friday 3 April

The day after Good Friday - Saturday 4 April

Easter Sunday - Sunday 5 April

Easter Monday - Monday 6 April

Anzac Day - Saturday 25 April

Labour Day - Monday 4 May

Royal Queensland Show - 10 August
(Bundaberg region - within the postcode of 4671, City of Moreton Bay, City of Redland, Gladstone region, Gympie region - Goomeri township and the parish of Goomeribong, Lockyer Valley region, Logan City, Scenic Rim region, Shire of Balonne, Shire of Cherbourg, Somerset region, South Burnett region, Toowoomba Regional Council area comprising Yarraman, Upper Yarraman and Cooyar areas, Western Downs region - Tara and District)

Royal Queensland Show - 12 August
(City of Brisbane)

King's Birthday - Monday 5 October

Christmas Eve - Thursday 24 December
(6pm to midnight)

Christmas Day - Friday 25 December

Boxing Day - Saturday 26 December
and Monday 28 December

YAGGARA KAKKA BRISBANE NAIDOC 2026

SUNDAY 5 JULY

10:00 AM - 5:00 PM

**FREE
SAUSAGE
SIZZLE
12 - 1**

**ALL
WELCOME**

**FREE
FAMILY
EVENT**

A CELEBRATION OF CULTURE

MUSIC - FOOD - DANCE - ARTS - STALLS - RIDES

**SHOWCASING FIRST NATIONS HERITAGE
ARTISTS & PERFORMERS**

**CITY BOTANIC GARDENS
NON DRUG & ALCOHOL EVENT**



OUR BUSINESS SPONSORS



THIS NATIONAL NAIDOC WEEK ACTIVITY IS FUNDED BY THE NATIONAL INDIGENOUS AUSTRALIANS AGENCY

Contact: Paddy Pascoe M:0411 546 116 or Jilina Bourke M:0478 103 008 or Leanne Bennett M:0428 744 646
jag@yarraman.qccs.qld.gov.au - visit www.yarraman.qccs.qld.gov.au

Queensland 2026 school term dates

Term 1: Tuesday 27 January to Thursday 2 April

School holidays: Friday 3 April to Sunday 19 April



Term 2: Monday 20 April to Friday 26 June

School holidays: Saturday 27 June to Sunday 12 July

Term 3: Monday 13 July to Friday 18 September

Pupil free day in Term 3: Friday 4 September

School holidays: Saturday 19 September to Monday 5 October

Term 4: Tuesday 6 October to Friday 11 December

School holidays: Saturday 12 December 2026 to Tuesday 26 January 2027

School Holiday Activities

The Time for Grandparents Program may be able to help with ideas to keep your grandchildren engaged over the school holidays. Ideas include:

- ❖ Your local library - free daily activities are provided for children of all ages
- ❖ PCYC - Police Citizens Youth Club Qld have vacation care programs in Queensland <https://www.pcyq.org.au/find-your-pcyq/>
- ❖ YMCA provide vacation care at various locations in Queensland <https://www.ymcachildcare.com.au/outside-school-hours-care/vacation-care>
- ❖ Scripture Union Camps Qld run close to 100 camps across Queensland for primary and high school students <http://sucamps.org.au/>
- ❖ School Holiday Directory has a list of activities including camps, art, craft, outdoor activities <http://www.schoolholidaydirectory.com.au/categories>

Please give us a call on **1300 135 500** if you would like further assistance in finding an activity for your grandchild over the school holidays.



School Holiday Care

Managing grandchildren's care during school holidays can be challenging for grandparent carers. Fortunately, school holiday programs can provide safe, structured, and enjoyable care. Often called Outside School Hours Care (OSHC), these programs offer full-day supervised care during school holidays and must meet legislative requirements. They are available to all school-aged children and may be run at schools, youth clubs, or community centres. Programs usually provide a daily schedule of planned activities, allowing grandparents and grandchildren to choose the days that interest them most. School holiday care is a paid service, similar to childcare. Extra fees may apply for excursions or special activities. Some grandparent carers may be eligible for the Child Care Subsidy through Services Australia to help with costs. More information is available on the Services Australia website - [Services Australia website](#).

Pamper Day!

The Time for Grandparents program is holding three Pamper day sessions in May/June 2026. Enjoy a massage, facial or manicure/pedicure on us! If you didn't receive an invitation, but would love to enjoy some well-deserved self-care, phone us on 1300 135 500 to organise a treatment at a location and time that suits you.

Get your free flu vaccine

Available now!

QUEENSLAND'S 2026 free Flue Vaccination Program

Getting vaccinated before the flu season helps keep everyone well. You can get vaccinated at your local GP, community health clinic, pharmacy or Aboriginal and Torres Strait Islander Health Service. A flu vaccine is recommended every year for anyone over the age of 6 months. You do not need a Medicare card to get a free flu vaccine if you live in Queensland. In 2026, there is also a free nasal spray flu vaccine for children aged 2, 3, 4 and 5 years.

You can also talk to your GP if you have any questions about getting the flu vaccine or call 13 HEALTH on 13 43 25 84 and speak to a nurse. Ask for an interpreter if you need one.

You can find out more about the free flu vaccine, and resources in your language by searching 'flu facts qld' or using this QR Code below.



Seniors Enquiry Line

Outside Queensland: 07 3867 2500

 **1300 135 500**

Proudly operated by



UnitingCare



Queensland Government

For fact sheets, information, brochures or referrals for any of the following topics, please contact **Seniors Enquiry Line & Time for Grandparents on 1300 135 500** between **9am and 5pm Monday to Friday** (excluding Queensland and Brisbane public holidays). We welcome calls from everyone. If your topic is not listed below, other referral options and useful contacts can be explored by calling us.

- Aboriginal, Torres Strait Islander and South Sea Islander support
- Accommodation/ Housing
- Child Development
- Childcare
- Concessions/Rebates
- Consumer Rights and Scams
- Counselling and Mediation
- Disability support
- Domestic and Family Violence
- Drug and Alcohol
- Education
- Emergency Relief
- Finance
- Health
- Helplines
- Housing and Accommodation
- Legal
- Neighbourhood and Community Centres
- Parenting support
- Social and Leisure Activities for Grandparents and Grandchildren
- Support for Carers
- Transport

Grandparent Support Groups

Brisbane and West Moreton

Time for Grandparents Social Support Group

- Caboolture
- Chermside
- Logan ***New!***

Phone: Time for Grandparents on 1300 135 500

Email: grandparentsinfo@ucommunity.org.au



A social support group created to bring together eligible grandparent carers who are the full-time carers of their grandchildren in order to share lived experience and practical advice about their caring role, as well as receiving information, encouragement, peer support and connection.



Acacia Ridge - The Murri School Grandparents Yarning Circle

The Aboriginal & Islander Community Independent School (the Murri School) in Acacia Ridge provide education for children from Prep to Grade 12.

The Murri school kindly provides the Yarning space for Grandparent Carers of current and former students from the Murri school and, other Aboriginal and Islander Grandfamilies informally caring, who reside locally. School Elder in Residence (female) provides a warm and welcoming space for our Circle gathering. Morning tea provided.

Please phone Janet at Time for Grandparents on 1300 135 500 or email grandparentsinfo@ucommunity.org.au for further information.

Caboolture - Grandparents Raising Grandchildren Chat Group

Phone: 5495 3818

This group has been created as a safe place to meet, socialise with others and allow people to share experiences, feelings, coping strategies and solutions with each other. This group will also provide an opportunity for participants to learn new skills in their areas of interest, such as crafts, story writing or herb gardens.

Sunshine Coast

Caloundra - GAP Peer Support Program

Phone: (07) 5491 4000

The GAP peer support program encourages grandparents who are the primary carer of their grandchildren to meet regularly for peer support activities including guest speakers, coffee catch ups, monthly BBQs and school holiday activities for the grandparent families. All activities are attended and supported by a Family Worker.

*In an effort to keep information current, if you find any of these details to be incorrect or if you know of any additional support groups that are not listed, please phone us on **1300 135 500** or email us at: grandparentsinfo@ucommunity.org.au*

Grandparent Support Groups continued

Central QLD & Wide Bay

Urangan - Grandparents Support Group

Phone: Anglicare 1300 114 397

Come join us for a cuppa and a chat. We can discuss issues you may be having with your grandkids. Some topics we cover are safe internet use, behavioural issues, diet, and any suggestions and concerns welcome.



Mackay Grandparents Group

This group meets twice a month to support each other with everyday problems and how they can help with our grandchildren in this ever-changing world. Once a month is coffee time at a nominated cafe. The other Friday is discussion/craft time, and they also listen to podcasts about grandparenting.

Contact Annette by email: suttonannette@hotmail.com

Grandparent playgroups in Queensland

Buderim - Sunshine Coast Intergenerational Playgroup

Phone: (07) 5453 4938

Email: schub@playmatters.org.au

Facebook: <https://www.facebook.com/playmatterssc>

Website: <https://playmatters.org.au/>



Playgroup for Grandparents, Carers, Mums and Dads with children under school age, birth to 5 years. Playgroup meets each Wednesday 9.30am to 11.30am during school terms. Play Matters Sunshine Coast Hub is set on 1 acre of gorgeous, magical grounds. It is safely fenced with plenty of car parking and easy access. Children engage in a range of play experiences. It is a perfect environment to make new friends, play, and become part of a community. Tea and coffee are available but please bring your own snacks.

Hendra - Grandparents Playgroup

Phone: Susanna 0404 176 726

Ages 0-5 years. \$5 per session. Monday 9.30am. Playgroup is a wonderful way for you to socialise with other Grandparents and for your Grandchildren to enjoy spending time with other children. Susanna is the first point of contact but if you do not get a response, please call Barbara 0420 617 274.

Find playgroups at <https://playmatters.org.au/search>

Grandparent Useful Contacts

Time for Grandparents		1300 135 500	
13 Yarn	13 92 76	Aboriginal and Torres Strait Islander Legal Service (Qld)	1800 012 255
ADIS Alcohol and Drug Support	1800 177 833	ARAFMI	1300 554 660
		Autism Connect	1300 308 699
Beyond Blue	1300 224 636	Blue Knot	1300 657 380
Bravehearts	1800 272 831	Brother to Brother – Crisis Line for Aboriginal Men	1800 435 799
Carer Gateway	1800 422 737	Carers Qld	1300 747 363
Centrelink Grandparent Advisor	1800 245 965	Centrelink Social Workers	132 850
Child Health Phone Support	13 43 25 84	Disability Gateway	1800 643 787
DV & Sexual Assault National Helpline	1800 737 732	DVConnect Womensline	1800 811 811
Elder Abuse Prevention Unit	1300 651 192	Family Drug Support	1300 386 186
Family Relationship Advice Line	1800 050 321	Financial First Aid	1800 007 007
Headspace	1800 650 890	Kids Helpline	1800 551 800
Legal Aid Advice Line	1300 651 188	Lifeline Crisis Line	13 11 14
MensLine Australia	1800 737 732	Mob Strong Debt Help	1800 808 488
My Aged Care	1800 200 422	NDIS – National Disability Insurance Scheme	1800 800 110
NILS – No Interest Loan Scheme	136 457	Parentline	1300 301 300
Relationships Australia	1300 364 277	Salvation Army	3001 6288
Seniors Enquiry Line	1300 135 500	St Vincent de Paul	1800 846 643
Suicide Call Back Service	1300 659 467		

AusAlert Test

2pm AEST Monday 27 July 2026

AusAlert is a new national emergency warning system that sends urgent messages to compatible mobile phones and other mobile devices in a specified area.

At 2pm AEST on Monday 27 July 2026, compatible devices across Australia will receive a test alert.

AusAlert will allow emergency services organisations and some Australian Government agencies to send targeted warning messages. The system will be more reliable, accurate and efficient than current systems. This means authorities can reach people quickly when it matters most, keeping Australians informed and helping to save lives and property. In the future, AusAlert will also send automated voice messages to landline phones.

AusAlert may be used for a range of situations, including:

- Natural hazards, such as bushfires, floods, cyclones and tsunamis
- Public safety and security threats, such as serious public safety incidents or terrorism
- Biosecurity incidents, such as animal or plant disease and biohazard outbreaks
- Health emergencies, such as pandemics or other national public health events.

An AusAlert message will tell you:

- what the emergency is
- where it is happening
- how serious it is
- what you should do
- who the message is from
- where to find more information.

AusAlert will align with the [Australian Warning System](#) to support a nationally consistent approach to emergency warnings. Messages will initially be sent in English only.

For more information, visit nema.gov.au/our-work/risk-reduction/ausalert.

2026 Census

Tuesday 11 August 2026

Every five years, the Australian Bureau of Statistics counts every person and household in Australia. This is called the Census of Population and Housing. The next Census night will be held on Tuesday 11 August 2026.

Most households will receive a letter with instructions to complete the Census online. Some will receive a paper form instead.

The Census is a snapshot of Australia and tells the story of how we're changing. It's used to estimate Australia's population, distribute government funds, and plan services for individuals, families and communities.

The Census asks questions about your age, country of birth, cultural background, living situation, work and education.

For the first time, you'll be able to subscribe to access the 2026 Census through myGov. If you subscribe to Census updates through myGov, you'll get a link to the online form sent to your myGov Inbox when it's time to complete the Census.

Census field staff may visit households to deliver forms or provide reminders. They carry official ABS photo ID and a yellow satchel.

The Census includes everyone who stayed in your household on Census night, including visitors and babies.

Translated information about the Census will be [available in a number of languages](#).

Closer to the 2026 Census, a range of translated materials will be available to help everyone participate.

GRANDPARENTS EXPO 2026



Unity Hub

COMMUNITY CENTRE

Special guest speakers.

Connect with local organisations specialising in self-care and support services.

Buffet Lunch.

RSVPs close on 26 May
admin@unityhub.net.au



JUNE 2



10 AM



ADMISSION

GOLD COIN DONATION



Domestic And Family Violence

Peace Walk

Together Queenslanders can prevent domestic and family violence

Free!

THURSDAY
28TH MAY

STARTS AT CORNER OF CLIFF STREET AND FLINDERS PARADE
4PM START

All ages and fitness levels are welcome

BBQ Activities
Police Bagpipes
Horses

Bandana your pet!

No RSVP Necessary

JUST SHOW UP!
PEACEFULLY
(WITH YOUR PET!)

Enquiries

Sandbag - 3869 3244

Metro North Health

proudly invites you to

MABO Day Celebrations

Friday 5 June 2026 from 10am - 2pm

Brighton Auditorium
Brighton Health Campus
449 Hornibrook Highway
Brighton Qld 4017

For more information, contact
Andrew Williams 0409 152 517 or
Lloyd Savage 0484 748 921

On 3 June 1992, the High Court of Australia recognised traditional land rights on Mer (Murray Island) in the landmark Mabo decision - Australia's first successful Native Title claim, led by Eddie 'Koiki' Mabo.



Metro North Health

Queensland Government

CAMP NEWS!



Hi TFG Grandfamilies,

Last month, the TFG program was able to run two TFG camps during the April school holidays. Our TFG Grandparents in Townsville were able to come together after many years of not having a TFG camp up North, I'm pleased to say it was a wonderful week of getting to know our grandparents in the north and for giving them the opportunity to meet some of UnitingCare staff.

The feedback from the grandparents has been really lovely. It has been great to hear that they have stayed in contact with each other and are continuing to catch up for coffee.

TGF also ran the Aboriginal Cultural Camp at Kindalin during the April school holidays. Kerry from Triballink was part of the camp and shared some cultural activities with our little Murri grandkids.

I really enjoyed meeting new grandparents at the TFG camps and catching up with some of our grandparents who have been part of the TFG program for over 10 years! I am now busy organising the July TFG camp and looking forward to catching up with you all then.

-Janet, TFG Camp Co-ordinator

Camp Activities 2026

