

# 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](http://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.

**MARCH 2026 TO MAY 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](mailto:grandparentsinfo@ucommunity.org.au)

**W** [www.grandparentsqld.com.au](http://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

## GRANDFAMILY CAMPS - New Camp location!

Time for Grandparents will be holding an extra camp a year!  
Our new camp location will be held in Townsville.



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](mailto:grandparentsinfo@ucommunity.org.au) or [TFG.Camps@ucommunity.org.au](mailto:TFG.Camps@ucommunity.org.au)

## BROKERAGE

### Term 1 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.

## 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.

# Grandparent carers: Looking after yourself

## Looking After Yourself: Why It Matters for Grandparents



As a grandparent carer, caring for yourself is just as important as caring for the child in your home. When you look after your physical health, emotional wellbeing and relationships, you're better able to provide the stability, love and guidance a child needs to grow and thrive.

Self-care can be simple. It might mean having a friend you call for a laugh, sitting quietly with a cup of tea, or taking a few minutes to enjoy something you love. Noticing the small things that lift your mood can remind you to return to them when life feels busy or overwhelming. Being kind to yourself and reaching out for support are important too.



Caring for a child can bring mixed emotions. You might feel relieved that they are safe with you and confident in your parenting experience. At the same time, you may feel sad about changing roles, worried about your energy levels, or concerned about your adult child or family member. These feelings are natural.

Giving yourself time to adjust, focusing on the positive difference you're making, and seeking information or advice can build confidence. If emotions like stress, anxiety or anger feel overwhelming, take a short break if it's safe to do so, and consider talking with family, friends, your GP or a counsellor. Looking after yourself helps ensure both you and the child in your care can flourish.

## Public Holidays Queensland

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

## 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.](#)

## 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.



## Play On! Sports Vouchers

Every Queensland child aged 5 to 17 is eligible for one voucher valued up to \$200 per financial year. Remember to redeem your child's Play On! Sports Voucher with an [Activity Provider](#) by 19 June 2026.

### Need More information

Web -

<https://www.qld.gov.au/recreation/sports/funding/playon>

## Swimstart Vouchers

SwimStart is a voucher program to support learn to swim activities for 0 to 4 year olds. Carers or guardians can apply for a voucher valued up to \$150 for their child, which can be used towards learn to swim programs with a registered SwimStart activity provider.



There is a limit of one voucher per child per financial year.

### Need more information

**Phone:** Smart Service Qld on 137 468

**Email:** [swimstartvouchers@dtis.qld.gov.au](mailto:swimstartvouchers@dtis.qld.gov.au)

**Web:**

<https://www.qld.gov.au/recreation/sports/funding/swimstart>

## FREE FLU VACCINE FOR EVERY QUEENSLANDER AVAILABLE NOW

**Free flu vaccinations are now available for all Queensland residents over six months old!**

Get your flu shot between April and May to be protected before flu season starts.

Flu season usually peaks from June to September, so it's important to get vaccinated early to protect yourself and your family during winter.

The free flu vaccine is available until 30 September 2026.

Book your appointment today with your GP, local pharmacy, or Aboriginal Health Service. To find a vaccination provider near you call **13 HEALTH (13 43 25 84)** or use HealthDirect's free [service finder](#).



## Seniors Enquiry & Time for Grandparents Line

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

Phone: Time for Grandparents on 1300 135 500

Email: [grandparentsinfo@ucommunity.org.au](mailto: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](mailto: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](mailto: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](mailto:suttonannette@hotmail.com)

## Grandparent playgroups in Queensland

### **Buderim - Sunshine Coast Intergenerational Playgroup**

Phone: (07) 5453 4938

Email: [schub@playmatters.org.au](mailto: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		