

CLUB CREATE *mag*



THE HEALTHY EDITION

INNER STRENGTH: MAE OVERCOMES THE OBSTACLES
CAINE GOES WILD
TILLEAH'S AMAZING AWARD WIN!





Welcome to clubCREATE Mag!

Hi clubCREATE-ers,

How is your health? Like it or not, our health has a BIG effect on our happiness, often much more than what we own or how popular we are. In this edition of the clubCREATE Mag we have lots of articles to help you become as healthy as you can be. CREATE Young Consultant Mae shares with us her inspiring story about how she deals with health problems and still enjoys life. We've also got some tips on budgeting for to help you have a healthy bank account, you'll meet one of CREATE's board members and we will introduce you to Caine Wild, an amazing young person from the UK who now runs his own outdoor adventure business!

I really hope you enjoy this magazine and that you have a healthy and happy spring!

Jacqui Reed

Head Honcho, CREATE Foundation



WE LOVE YOUR FEEDBACK!

Send us comments and suggestions to clubcreate@create.org.au

ISSUE 3, 2019 CLUBCREATE'S EDITORIAL POLICY

clubCREATE magazine is produced by CREATE Foundation for children and young people in care. This magazine contains information about CREATE programs that create a better life for kids in care and also has articles and artworks by clubCREATE members.

The views expressed by these young people are not necessarily the views of CREATE Foundation.

It's really important to us that children and young people in care are safe and protected and we do our utmost to ensure their privacy. For safety reasons state laws don't allow the faces of kids in care to be published

without proper permission, so please understand if sometimes we can't show faces in our pictures.

All contributions to be considered for the magazine can be submitted by emailing: clubcreate@create.org.au or post: Reply Paid 87694, CREATE Foundation, SPRING HILL QLD 4004.

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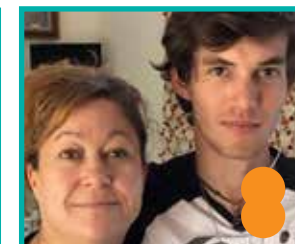
CLUB CREATE mag



ISSUE 3, SEPT 2019

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INNER STRENGTH: MAE OVERCOMES THE OBSTACLES

Sometimes when you're sick, you need a few days of rest to feel better. But sometimes, no matter how much you rest, your illness stays with you for a long time, or even the rest of your life. These are chronic illnesses, and they can have a big impact on how a person lives. To understand more about living with a chronic illness, we interviewed Young Consultant Mae.

TELL US A LITTLE BIT ABOUT YOURSELF, WHAT YOU ARE DOING AT THE MOMENT?

I'm a freelance photographer based in Melbourne, Australia. I shoot a bit of every type of portraiture, with passion for creating beautiful naturally lit photographs of someone who wants to be and feel confident in their own body, without Photoshop. I'm also a Yes trainee with DHHS in the Children and Family Services team, a dream of mine I've always had which has now come true, the first step to a bigger and better future for myself and the kids I hope to change lives for.

I adore wandering the beach, writing poetry to go along with my photographs, and resting on the couch with my two cats and loving partner Sean.

WHAT KIND OF STUFF HAVE YOU DONE WITH CREATE?

I started with CREATE in 2012 when I was 17 on my first ever camp, and from there I was hooked. Since then I've worked as a

social worker trainee, spoken to CREATE's sponsors, been a youth delegate, a youth leader at the under eighteen camps, spoken with teachers in primary and high school on how to help children in care, and spoke at CREATE conferences and our Hour of Power. At the Hour of Power I was able to inspire DHHS to implement a \$1000 start up fund for new kids and carers that come into kinship care which is the care I grew up in

YOU LIVE WITH A CHRONIC ILLNESS, WHAT ARE SOME OF THE CHALLENGES OF THIS? HOW HAVE YOU OVERCOME THESE CHALLENGES?

I was twenty years old when I was finally diagnosed with six main chronic illness that sit under one main large one that causes the other six. Having a chronic illness or illnesses in my case comes with many challenges, such as extreme fatigue where one minute I'm full and bursting with energy and with a snap of a finger, I'm limp, exhausted, struggling to want to lift myself off the couch. When a flare up

"I TRUST THAT LIFE THROWS ITS CHALLENGES AT ME FOR A REASON AND I TAKE THOSE CHALLENGES AND MAKE THE MOST OF THEM"

happens for me I don't have any choice but to ride it out, sure there are medications but it's not a quick fix, it doesn't change how I feel. But I have my ways to keep on going such as heat packs and hot water bottles, the encouragement from my partner and friends, physio and gym therapy and honestly just forcing myself to keep going, **I tell myself that I was given these issues because I'm strong enough to push through and make a life for myself and I am.**

WHAT WORKS FOR YOU IN TERMS OF DEALING WITH STUFF AND MANAGING TO STAY HAPPY AND MAINTAIN A POSITIVE APPROACH TO LIFE?

Keep pushing myself to try more, be more, do more, to love and cherish the moments I get from cuddles with my cat and beautiful holidays with my partner to experience places I never thought I would. I trust that life throws its challenges at me for a reason and I take those challenges and make the most of them, of course I have the support of doctors and psychs because looking after your mental health is so important and not being afraid to see someone for it is amazing. But I know that if I trust myself, trust my gut and believe that I am who I am for a reason that is enough to be happy. I have to love myself the way I am not what I wish I was.



Photographer: joshuaevans_photography

WHAT'S YOUR ADVICE FOR OTHERS FACING SIMILAR CHALLENGES?

Chronic illness is never easy, it is an everyday challenge but it's about making every day count and that starts with you. It will always be with you, and it may not be straight away, it may take one day, two days, three weeks, four months and year or more, but trust me my loves, when you want to make it count, it will count; just love yourself first. **Loving yourself first is the best start.**

CAINE MAKES HIS DREAMS COME TRUE



CREATE first met Caine Wild in 2009 when he was 13 and visiting Australia as part of UK musical group Freedom Road's visit to a national CREATE youth summit. Ten years later he's done some growing up, started his own business and is coming back to inspire audiences at CREATE's Voices in Action conference at the Melbourne Zoo from 14-16 November.

Caine can you tell us what growing up was like for you?

I haven't been in care however I lived with my Grandma and Grandad whilst attending behavior schools. Life was different from most of my friends – they lived with their mothers. I grew up with my Grandad telling me great stories and helping me towards a career in the navy.

What were some big challenges for you and how did you overcome them?

Big challenges for me were listening at school and people putting me down. Before I came to Australia I was awful at school but once I came over to Australia I realised there are so many great places to see in life but I needed to turn my behaviour around.

What do you do now? How did you end up doing this?

Now I run my own business called #FirstStepWild going into schools teaching conservation,



animal awareness, survival skills and teamwork. I also attend events, schools and businesses to guest speak about my life; I call my speech "The Boy Who Wouldn't Succeed" I got into all this whilst working in a children's home; I developed a plan and approached the manager asking if I could do the outdoor program full time and he said no and fobbed me off so I thought; "Fine I will set up my own business!". I approached a local business man who liked my idea and went into partnership with me.

Do you have any life advice for young people in care?

For young people in care I would say at times we can let situations get us down and we can over think things however we should embrace good and bad situations to help make our dreams come true. We should always strive for the top: don't let your situation stop you achieving gold.

Caine will be speaking at CREATE's Voices in Action conference, 14-16 November at the Melbourne Zoo. Voices in Action is for young people with a care experience from 12 to 25 years old. Call 1800 655 105 or visits voicesinaction.create.org.au to learn more.

TILLEAH'S AMAZING AWARD Win

CREATE Spoke to one of our Young Consultants, Tilleah, about her recent award win! Tilleah won the Individual Community Service Award prize in the annual Young Canberra Citizen of the Year Awards! Tilleah won the award for work speaking up for children and young people in care!

Can you tell us about winning the Individual Community Service Award? What did it mean to you?

The award was a part of the Young Canberra Citizen award to recognise young people doing great things.

I guess it was really a shock; I've always just wanted to do things for people that I never had the chance to do for myself. **I wanted to give other young people a chance to be heard and be part of planning for their lives.** I wanted to make a difference for other people but I didn't expect people to say to me that's awesome! I felt like a deer in headlights!

Susan (CREATE's ACT State Coordinator) was a huge support, helping me help other people, being there and encouraging me. A humbling moment was when everyone was leaving and the Minister Rachael Stephen-Smith looked through the crowd and came and asked if she could give me a big hug and tell me congratulations. That was amazing!

How would you describe what you do as a CREATE Young Consultant?

I guess the role has developed- so at the start it was learning about my voice and how to deliver my own voice and story, and do so in a meaningful safe and respectful way. It evolved as I got older and it became



how to develop my own voice, but also take the opinions of other young people and bring them in a room with the key players, like bringing the words and experiences of other people to caseworker training

Now I'm in a guidance role- I help deliver the CREATE Your Future programs and YAGs but I'm there as a support person for other young people. I'm starting to age out so now it's about sharing my knowledge of what I'm doing with CREATE and helping other young people evolve into great leaders themselves.

What's your advice for our magazine readers who might be feeling a little lost about what their skills and interests are?

It's a hard one- the entire purpose of life is you're evolving and the skills you have as a child are different as an adult. One piece of advice, if you like it and want to try, the hardest part is giving it a go and taking that leap. It's ok to fail and you don't have to like everything.

We think failure is a great thing and learn from it, but it is still terrifying. Acknowledging the fact it's terrifying is important. There isn't one thing that is going to help- everyone is really different- but if you like it, try it and if it doesn't work there's a lot of other things out there.

Try not to silo yourself- we like to label and identify and we need to work on that. Don't box and label yourself.

MENTAL HEALTH

What's it like to see a counsellor?

A lot of people feel overwhelmed about getting professional help with their mental health, so our Young Consultant Zac talked to counsellor Sandra to find out more about how counsellors can help. Here's what Sandra had to say:



Many people will require the support of a counsellor at times of their life when faced with change, uncertainty or adjustment. Crisis and health issues can also prompt a referral to a Counsellor. Young people in care should see a counsellor to provide a broader support network, a personalised careplan for their mental health and a positive outlook toward asking for help.

If you are in care then it means that you are often faced with even more challenges emotionally and mentally than all of your peers and friends. You have come into a system which seems foreign and confusing at first and at times stressful and hard to understand. You have to adjust to new living circumstances and will need to be able to adapt quickly to these life changes. One can only imagine the resilience and inner strength that is required to do this in a positive and healthy way, therefore a counsellor will help to guide you through this journey and equip you with skills to navigate and cope with the challenges ahead.

At your first visit to a Counsellor you should expect to be uploaded with some "information". Information about the agency, who you are seeing, how you can contact them and what their commitment to you is. They will also want to know what your commitment to the "process" is. I can certainly tell you that I am very enthusiastic about helping someone who wants help and is willing to agree to see me again and agree to give the process a chance. This can be really tricky for young people in care - because you don't always know where you might be from one day to the next.

For young people who have experienced exposure to neglect, abuse and harm it can be hard for them to know who they can trust in this world.

They might find that their inner compass has become skewed or faulty; so that they can sometimes trust everyone that they meet and at other times trust no-one. We will help to equip the young person and, if they are under 18, their caregiver to understand what is going on and how to work together to overcome this. It is not easy but you will need to trust someone as you will still need the help of adults until you leave the care system and beyond.

"For me the time to take action was when the tears started rolling down and I couldn't stop them,"

Aunty Maria, Port Augusta (Beyond Blue Proppa Deadly Project)

WANT TO TALK TO A COUNSELLOR?

Here's some places to start:

KIDS HELPLINE

Call 1800 55 1800/
Email counsellor@kidshelpline.com.au
Web www.kidshelpline.com.au

LIFELINE

Call 13 11 14
Text 0477 13 11 14 or
Web www.lifeline.org.au

HEADSPACE

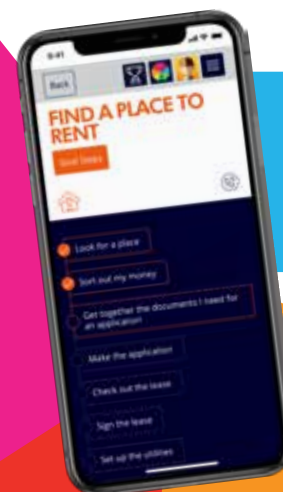
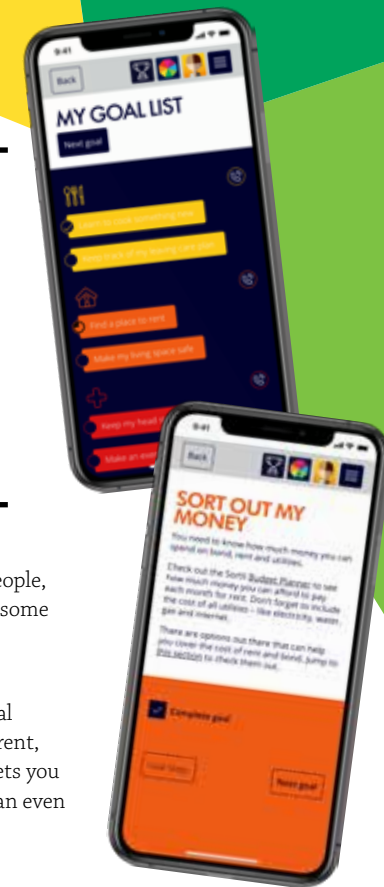
Web headspace.org.au



SET GOALS. FIND HELP. GET SORTED.

Sortli is the ultimate guide to becoming an adult, designed by young people, for young people. Sortli is a free mobile app that can help you navigate some of life's biggest challenges, like finding a job, managing your money, or getting mental health support.

Now it's even easier to get these things sorted with Sortli's new My Goal List! My Goal List helps you set important goals like finding a place to rent, preparing for a job interview, and starting your leaving care plan, and lets you easily keep track of your progress. Once you've completed a goal, you can even share your achievements!



Sortli is available in the Northern Territory, Queensland, Victoria, South Australia and Western Australia. Check it out today on Google Play or the App Store!

MEET THE CREATE BOARD MEMBER CATHERINE!



There are a lot of people who work at CREATE and some of these people sit on our Board. A Board is a bunch of people who basically do all the behind the scenes stuff to keep our organisation running. This means making sure CREATE follows all the different laws across state and territories and that we stick to a budget. They also listen to feedback from children and young people about what the goals for CREATE should be. We had a chat with Board member Catherine Moynihan.

TELL US ABOUT YOURSELF AND WHY YOU WANTED TO BE ON THE CREATE BOARD?

I feel very privileged to have worked with children and young people with care experiences for most of my time as a lawyer. Since 2004 I have had a passionate interest in child protection law. I strongly believe in the child protection sector honouring the Charter of Rights and affording those with a care experience basic human rights. Over my time doing casework with children and young people in care what impressed me the most was their resilience, their patience, their ability to forgive but ultimately their sense of humour even in the face of really difficult personal circumstances.

I was lucky enough to attend the 2017 CREATE Voices in Action conference. I was impressed by the young people who attended and participated in the program itself. The young people's determination and strength gave me a much

needed boost and a reminder of why we need to stay committed to reform for the long term.

I am really interested in promoting and supporting the Speak Up Program. The Speak Up Program gives young people an opportunity to become aware of their rights, learn the techniques to advocate for them and have the confidence to speak up for their own individual needs and for the issues they see as important.

It's really important to CREATE that we have people on the Board who know what it is like being in care. So if you're over 18 and interested being on the CREATE Board please call 1800 655 105 or email create@create.org.au

BUDGET TIPS

Our clubCREATE members have told us in YAGs that they need help with managing money. We thought we would show you how to stay on top on your finances by giving you some quick money tips!



1. TRACK YOUR EXPENSES

Whether your goal is something big, like buying a car, or something smaller, like saving up for a new game, tracking how much you're making and spending can keep you on track and reach those goals quicker. Our Sortli App has a budget planner that lets you easily track your income versus your expenses. You can download the app from Google Play or the App store.

2. AVOID PAYDAY LOANS

You might have seen ads for these type of loans. They're loans for smaller amounts that can get approved quickly. These loans often end up costing a lot more than the loan is worth. The average repayment on a payday loan is more than 1.5x the loan's worth. In some cases, payday loans have cost 5x the amount of the loan after fees and interest! They can also make it harder to get other loans, like housing loans, later on.

3. BE VERY CAREFUL OF AFTERPAY

Buy now, pay later services like Afterpay are pretty popular with young Australians, but there are a lot of risks using these services. Around 25% of Afterpay's money is made from people missing a repayment. If you have an unexpected bill you need to pay and can't afford to pay a repayment, you may end up being charged a lot more money than what you've bought is worth!

4. CHECK OUT ELIGIBLE GRANTS IN YOUR STATE TERRITORY

There are grants that young people from out-of-home care can apply for to help with their expenses. One example is the Transition to Independent Living Allowance (TILA), which helps care leavers cover some basic costs when transitioning from care, or the CREATE Your Future Grants we offer each year which can help with things like education, IT equipment and driving lessons.

PLEASE DON'T STOP THE MUSIC!



Hi, I'm Lilly, I'm new to the CREATE team. I love to listen to all sorts of music while I'm working, driving, walking; it is my go-to companion! Some recent research has shown music can improve mood, self-esteem, and quality of life and it's hardly surprising when you consider how great music can make you feel.

Lately my mornings have been starting with some Lizzo, as she has many tracks that are absolute bangers! She has also written her own lyrics that are also focused on self-love and respect. Sometimes I like exploring my moods with music to try figure out how I'm feeling too. Do you ever do that?

My three songs to explore the feels...

- "Dog Days Are Over" by Florence + The Machine
- "Unbreakable" by Birds of Tokyo
- "Fight Song" by Rachael Platten

These songs have been a reminder to me, that I am not alone in my troubles. My favourite way to listen to music is to find my song on YouTube or Spotify. I look up my songs or search a genre (Pop, RnB, Hip Hop) with the lyrics displayed. Signing along with the words means I can just sing loudly, and then I tend to remember the words when these tunes come on the radio. And singing along, no matter how badly, is the best part of listening to your favourite songs.

WIN WIN WIN WIN WIN WIN

COMPETITION

What song or lyrics have touched your soul? We would love to hear them! Please send me through the song, artist and highlight your favourite lyrics for a chance to win a \$50 Gift Card. And of course we will add them to the CREATE playlist, for my daily listening.



Submit your entry, along with your name, age and membership number, by email to create@create.org.au or by post to: **Reply Paid 87694** (means you don't need a stamp) SPRING HILL, QLD, 4004 Entries close October 18th, 2019.

HEALTHY CHICKEN WRAPS!



These wraps are packed with vegetables and flavour. Plus, they're super easy to make! Are you a vegetarian? Try using some roasted chickpeas in place of the chicken! Serves 4.

INGREDIENTS

- 1 handful of fresh mint
- 170g plain Greek yoghurt
- 1 lemon
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ginger
- 4 skinless chicken breasts (cut into bite sized cubes)
- 4 wholemeal wraps
- ½ small head iceberg lettuce (shredded)
- ½ small head red cabbage (shredded)
- 1 small red onion (sliced)
- 250g cherry tomatoes (cut in half)
- Olive oil spray

STEPS

1. Chop half the mint and mix it with half of the Greek yoghurt
2. Zest the lemon and juice half of the lemon
3. Add the lemon juice, zest, cumin, coriander and ginger to the yoghurt and mix it together
4. Add the chicken to the yoghurt mix and stir to coat the chicken. Put this in the fridge for half an hour
5. Spray a grill pan or barbecue with olive oil and put it on medium heat. When the grill is hot, add the chicken and cook until the chicken is cooked through and not at all pink inside (about 15 minutes)
6. Mix the remaining yoghurt and lemon juice and spread it over the base of the wraps
7. Top with the remaining mint, the lettuce, cabbage, tomatoes, onion and chicken and serve



THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

Book Review by clubCREATE member Jasmine



The Curious Incident of the Dog in the Night-Time is a fantastic novel written by Mark Haddon about a teenage boy with Asperger's Syndrome, which is a form of autism. The boy, Christopher, tells the heart-warming story of his investigation to try to find out who killed Wellington, the neighbour's dog. Haddon does an extraordinary job of writing the book in such an immersive and interesting way, even going so far as to number the chapters with only prime numbers, because Christopher likes prime numbers. So, if you don't mind occasional swearing and some mature

themes and would like to read an emotional yet funny story with an interesting mystery and a unique perspective, then I can't recommend *The Curious Incident of the Dog in the Night-Time* enough.

There is a controversy I feel that I should address on whether Christopher is an accurate representation of someone with Asperger's Syndrome, so I think it's important to emphasise that each person with any form of Autism is very different. Please keep that in mind if you decide to read this book.



Wanna do a book review for CREATE? All book reviews go into the draw to win a \$50 Coles/Myer Gift Card! Submit your entry, along with your name, age and membership number, by email to create@create.org.au or by post to: **Reply Paid 87694** (means you don't need a stamp) SPRING HILL, QLD, 4004 Entries close October 18th, 2019

WIN WIN

CC
2019

WINNER!



YOU ROCK!

**EDITION 2, 2019
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ARE YOU TURNING 18 SOON?

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CYF **CREATE
YOUR
FUTURE**



CREATE WEBSITES

You can jump online and find out about CREATE Foundation at www.create.org.au. You can also visit createyourfuture.org.au. There is heaps of information, stuff to do and more!



**THANKS EVERYONE FOR
SENDING YOUR ENTRIES
IN. WE HOPE YOU LIKE
THE PRIZES!**



CREATE Foundation Limited

National Office | 12 Union Street PARRAMATTA NSW 2150

Tel 1800 655 105 or 02 9267 1999 | ABN: 69 088 075 058

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