

# CLUB CREATE *mag*



# THE GROWTH EDITION





## Welcome to clubCREATE Mag!

Hi clubCREATE-ers,

2019 has been such a busy year for CREATE! In March we launched our Out-of-Home Care in Australia report, a report based on the experiences of 1275 children and young people with a care experience. In September we held birthday party connection events across Australia celebrating CREATE's 20th Birthday! In November we held our 2019 Voices in Action conference at the Melbourne Zoo, where 500 young people, carers and sector professionals came together to improve the care system.

If you didn't make it to any CREATE events this year, don't worry! There are plenty of ways you can get involved with CREATE in 2020. You can collaborate with other clubCREATE members to create our magazines through our editorial committee, become a Young Consultant with our Speak Up training, talk about important issues and share your experiences at our Youth Advisory Groups, or have a blast connecting to others with a care experience at one of our connection events. Call CREATE on 1800 655 105 to find out more!

In this Growth Edition of our mag, we have clubCREATE member Rex explaining how he used sports to break out of his comfort zone, Jasmine tells us about her graduation, and Lucas talks about a hard time in his life. We also have articles on cool skills you can learn, like coding, writing and yoga.

Wishing you a safe and happy holiday season.

Happy reading,

**Jacqui Reed**

Head Honcho, CREATE Foundation

**WE LOVE YOUR FEEDBACK!**  
Send us comments and suggestions to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

# CLUB CREATE mag



## ISSUE 4, DEC 2019

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### ISSUE 4, 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](mailto:clubcreate@create.org.au) or post: Reply Paid 87694, CREATE Foundation,



SPRING HILL QLD 4004.

If you do not want to receive newsletters and program information from CREATE Foundation, please email [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or phone CREATE on 02 9267 1999 or 1800 655 105 to have your address removed from our mailing list.

# BREAKING BARRIERS AND KICKING GOALS

**BREAKING OUT OF YOUR COMFORT ZONE CAN BE TERRIFYING, BUT IT CAN LEAD TO GREAT THINGS. WE ASKED CLUBCREATE MEMBER REX TO TELL US ABOUT HOW SPORT HELPED HIM BREAK OUT OF HIS COMFORT ZONE.**



Getting out of my comfort zone was hard for me when I first started to attend a new school. I didn't know anyone, had no friends and didn't play any sports. Eventually, I signed up to play hockey/football and basketball for the local clubs, with no idea what I was signing myself up for. During the first year or two, I was still learning and not the best player. After sticking with it through those tough couple of years, it did lead me to the state tryouts for hockey, where one of my dreams almost come true!

I had to compete and try harder to make the selection for the Hockey squad. Although I didn't make the team, as there were so many

good players, I was just happy to make it that far and to try out for the state squad! It showed me anyone is capable of doing anything with or without any experience; you just have to have fun and enjoy yourself!

After being unsuccessful at the tryouts, I didn't let that bug me. I continued onto many games/carnivals and I kept playing hockey, but I made many mates and great memories along the way. It was great fun. I wish I still played!

# CRACK INTO CODING

Coding is how we tell computers what to do. It's coding that makes a character run forward if you push a joystick on a PlayStation controller, and coding that sets a background colour on a website.



While there are thousands of programming languages to code in, a few of the most popular are Javascript, HTML and CSS. Which programming language you choose will depend on what you want to do. If you want to make a video game, you'll choose a different language than someone who wants to make a mobile app.

## WHY LEARN TO CODE?

Learning to code can lead to a really good programming career. It's also a great skill to have for other jobs, like engineering, science and even art. But the best thing about learning to code is that you get to make something as you learn! You can learn at the same time as building your own website, app or video game!

## WHERE DO I START?

A great place to start for beginners is with the Hour of Code at Code ([code.org/learn](https://code.org/learn)). Here you'll find heaps of fun tutorials, like Minecraft Voyage Aquatic, where you build an underwater Minecraft world, or CodeCombat, where you play as you learn and build a game from scratch.

If you like the idea of playing while learning but want something more advanced, check out CodinGame ([codingame.com](https://codingame.com)). This turns coding challenges into a game, where you can see your code change what's happening on screen.

If you're looking for something in-depth, Free Code Camp ([www.freecodecamp.org](https://www.freecodecamp.org)) not only has 5000+ coding tutorials, but it offers certifications that can help you land a coding job!

# MENTAL HEALTH MATTERS

## WE TALKED TO CLUBCREATE MEMBER LUCAS ABOUT HIS STRUGGLE WITH DEPRESSION AND WHAT HELPS HIM THROUGH IT.

My depression started in 2016. I was going to church non-stop but then I started dating someone and got dragged away from church. The relationship was good, but then it got very abusive towards me and very controlling for two and a half years. I went from 75 kg up to 146 kg. All I would do was eat non-stop, sit on the couch and play video games. I did get a degree but then being legally blind no one would hire me. I wouldn't even see my family because I was getting controlled. It got to the point in my life which I didn't know what I wanted to do, didn't have any friends, didn't have family and didn't have Jesus. My mental health started getting bad and I was not myself anymore.

I didn't realise I was depressed until I started seeing mum, dad, brothers and sisters and they kept on saying you were depressed. I said no I'm not, I'm in love. They kept saying this to me for a year. I prayed "Jesus I need you right now am I depressed?" and two weeks later I got a phone call from a mate I hadn't seen in two and a half years. I was arguing with my girlfriend at the time, but I managed to get away and go

up and see him. I was so happy, I said I think my family might be right I haven't felt this happy in two and a half years. He said "this is not right; you don't deserve this. The person that I used to know loved his family, smiled and wouldn't go a day without seeing his mum and dad". The next day I rang up my girlfriend and said I'm staying another week. There was a lot of arguing over the phone. Even her mum and dad started calling me to argue with me. I still remember I had 150 missed calls from all three of them. I couldn't leave my phone on it without going off, so I did it [broke up with her] over the phone.

It's been nine months. I've joined so many teams, I've made so many new friends, I have the connection and family back with me, and I started going back to the gym. I'm now down to 109 kg. I met a lovely lady who is a Christian also who loves my family and who loves me for who I am. The best way I deal with my depression is talk to my best friends. They help me through everything. It was very hard to admit that I was depressed and talk to someone.



### REACHING OUT

It's good to reach out to someone when you aren't okay. For Lucas, it was his friends, family and religion that helped him. But sometimes the idea of reaching out to the people you know seems overwhelming. If you need mental health support, but don't feel comfortable talking to those around you, there are other options you can choose.

### BEYOND BLUE

Beyond Blue offer information about a range of mental health problems as well as mental health support through a phone line, email, and an online chat service. These services can give you information, support and advice. They also have an online forum where you can talk to other people who have experienced mental health issues.

[beyondblue.org.au](http://beyondblue.org.au)

### KIDS HELPLINE

Kids Helpline gives support to anyone up to 25 on any kind of problem that you need to talk about. They have a 24/7 phone line, email and online chat service for you to talk one on one with someone about what you're struggling with. They also have an app called niggles, which is a feeling that you just can't seem to get rid of. The niggles app can help identify those niggles, track them, and do something about them.

[kidshelpline.com.au](http://kidshelpline.com.au)

### THE MIGHTY

The Mighty is an online support community for people with, or people who support others with, health issues. It has a website and an iOS app, where you can share what's on your mind, ask questions or for advice, follow health topics and connect with people with similar experiences to you.

[themighty.com](http://themighty.com)

# WRITING PROMPTS

*Creative writing can be fun, help you work through feelings, and improves your communication skills, but creative writing is also harder than it seems.*

For some people, the hardest part of creative writing is knowing where to start. Beginners often get told to improve by writing every day, but how do you start writing when you don't have an idea for your story? This is where writing prompts can help.

A writing prompt is a jumping off point for a story. They're great for when you need inspiration or when you want to push

yourself out of your comfort zone and write something different. They also show how people can interpret the same thing in unique ways. If you give two people the same writing prompt, they'll probably write two totally different stories. One person might write a romance novel using the same prompt as someone else who writes a sci-fi short story.

WIN WIN WIN WIN WIN WIN

## Competition time!

We want to see what you write using the writing prompt:

*The plan was to have a quiet day at home, but that's not what happened.*

Your story can be any genre, but must be 2000 words or less and begin with the prompt above. Winners will receive a Coles/Myer gift card and will have their stories published on the CREATE blog!



Send your entry, along with your name, age and membership number, by email to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or by post to: Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004

Entries close January 24th 2020.

# GRADUATING THE END OF AN ERA

My name is Jasmine, and as of the release of this article, I'll have graduated. School has been a bit of a rollercoaster for me, challenging in so many ways, but fun and interesting too. I've already decided what I want to do next year; I want to study a Diploma in Theology at the Brisbane School of Theology, and I've already been accepted! Now, I feel a mixture of sadness, nervousness, and excitement. I'm sad because I know I'll be moving away from my friends and family when I go to Brisbane, and I'm nervous because I've never lived on my own before. The doubts are all worth it, though, because I'm so eager for all that I'll be doing and learning next year!

Graduating is like jumping headfirst into cold water – it's surprising and scary at first, but if you're persistent you'll get used to it and start to enjoy yourself. And if you don't, then it's ok to try a different pool. There's no right or wrong way to transition to adulthood. Don't let your fears hold you back!



**NO MATTER WHAT YOUR NEXT STEP IS AFTER GRADUATING, WHETHER YOU'RE THINKING OF STUDYING AT TAFE OR UNI, OR WHETHER YOU'RE LOOKING AT FULL TIME WORK, THERE ARE RESOURCES THAT CAN HELP YOU MAKE THE RIGHT STEP FOR YOU. HEAD TO [CREATEYOURFUTURE.ORG.AU](http://CREATEYOURFUTURE.ORG.AU) OR DOWNLOAD THE SORTLI APP TO LEARN MORE ABOUT YOUR OPTIONS.**



# Yoga

## Skills for Life

Yoga originates from India, and means "Union". It is the union of the mind, body and spirit.

There are many skills to be learnt in yoga practice such as self-care, self-regulation, confidence, patience, deep breathing and the ability to deal with change.

You can think of yoga as a dance, with many moves! These moves are pulled together by your breath, in and out of your body, and are called sequences.

All you need:

- A yoga mat, or towel.
- A quiet place. Water.
- Comfortable Clothes.
- A Kind Mind!



### Forward Bend & Halfway Lift

Lengthen your spine  
(Loosen your neck)  
Relax your Shoulders  
Away from your ears



### Standing Poses

Spread your toes out, and  
imagine they are all roots  
(feet sprout roots so you feel  
secure and grounded)



### Upward-Facing Dog

Lead with your chin  
to the sky  
Drop the shoulders  
away from your ears

# Planting the Seeds

Indoor plants have more benefits than just adding a bit of greenery to a room. Plants improve our air quality, help us get better sleep, and studies have shown that they can lower anxiety and stress. Herbs are fairly easy to grow indoors, make everything more delicious and don't need a lot of space, so we're going to give you a quick guide to growing herbs inside.



## WHAT DO I PLANT?

Most herbs are good to plant indoors. Herbs like basil, parsley and coriander can be grown from seeds.

## WHAT WILL I NEED?

What you'll need to start is potting mix and pots to plant them in. A 15cm to 20cm pot should work for herbs, though some herbs, like basil, can outgrow these pots so be sure to harvest your basil often to stop it from getting too big. You'll need a way for your plants to drain too, so get a pot that allows for drainage and put a saucer underneath.

## PLANTING YOUR HERBS

Seeds need to be planted twice as deep as their width. So if you have seeds that are half a centimetre wide, plant them one centimetre deep. Water them enough to make the soil damp, but not soaking wet.

## KEEPING YOUR HERBS HEALTHY

Place your herbs somewhere near a window to get the most light and take them outside from time to time for a little bit of extra sun. Harvest them often, as harvesting often will make them grow thicker and healthier, and water them every day!

# VEGAN-FRIENDLY BANANA BREAD!

## INGREDIENTS

- 3 large overripe bananas
- 75g vegetable oil
- 100g brown sugar
- 225g plain flour
- 3 tsp baking powder
- 2 tsp cinnamon

## STEPS

1. Heat oven to 200C or 180C fan forced and line a loaf tin with baking paper
2. Mash the bananas with a fork and mix with the oil and brown sugar
3. Add flour, baking powder and cinnamon, and mix well
4. Pour into the loaf tin for 40 minutes or until you can poke it with a skewer and the skewer comes out clean
5. Allow it to cool before serving



**OVERRIPE BANANAS ARE BANANAS THAT ARE SPOTTED OR DARK, LIKE THESE!**

**YOU CAN MAKE YOUR BANANA BREAD EVEN MORE SPECIAL WITH MIX INS!**

### NUTELLA BANANA BREAD

Follow the recipe above, but add 1/2 cup of Nutella after you pour the banana bread mixture into the loaf tin, and then swirl it through the mixture with a skewer. Bake as normal!

### CHOC CHIP BANANA BREAD

Add 1/2 cup of choc chips to the banana bread mixture after everything else is mixed in and stir it through. Then pour it into the loaf tin and bake!

### BLUEBERRY BANANA BREAD

Before adding the dry ingredients (like the flour) add 125g of blueberries. Then follow steps 3 to 5 as normal.

\*Please note Nutella is not suitable for vegans

# KEEPING RESOLUTIONS

New Year's resolutions are goals we set ourselves so that we start the new year being the best version of ourselves. It's pretty common for people to give up on their resolutions, especially when they've set themselves a big goal. One way to help you stick to your New Year's resolutions is to break your goal down into smaller goals that you can create a habit out of doing every day.

Tell us your New Year's resolutions and you could win a planner!

Send your name, age, membership number and your resolutions to clubcreate@create.org.au or by post to: Reply Paid 87694 SPRING HILL, QLD, 4004

Entries close January 24th 2020



# BOOK REVIEW

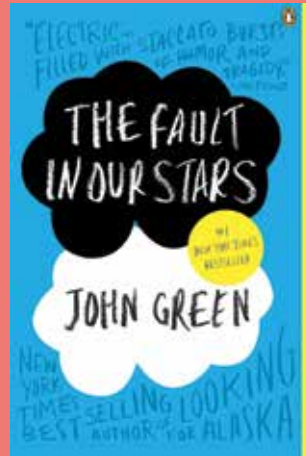
## The Fault in Our Stars John Green

This book review was submitted by clubCREATE member Danielle!

The Fault in Our Stars is about two teenagers with different types of cancer. John Green has written this story well. The first main character (written in her point of view) is a girl named Hazel Lancaster. Hazel goes to a cancer support group, where she met a teenage boy named Augustus Waters. Augustus has been NEC (no evidence of cancer) for two years but paid the price of losing his leg.

Their story comes together as they fall in love, the way we fall asleep; slowly but then all at once. Hazel reads a book called An Imperial Affliction by Peter Van Houton. However, that story finishes at a cliff-hanger and the two of them want to find the answers to their questions about what happens to the characters.

Hazel and Augustus end up travelling to Amsterdam to where Peter Van Houton lives to get their answers. Their journey continues into a lovely, but very sad novel. So if you enjoy love stories of books about people with cancer, then this book is for you.



### Do you want to write our next book review?

Send in your review, along with your name, age and membership number, to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

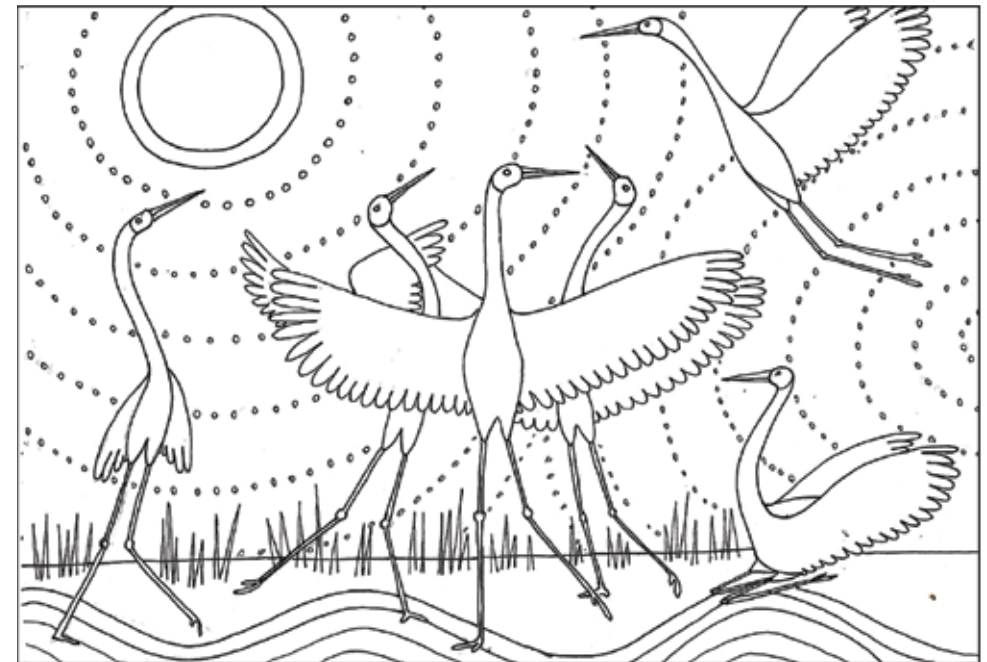
Or mail them to

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Entries close  
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# CULTURAL COLOURING

This amazing colouring in design comes from Michelle Tyhuis, an extremely talented artist and proud Torres Strait Islander. Michelle's also the author of *My Deadly Book About Me*, a workbook about cultural connection and identity.



### Want a chance to win your own copy of My Deadly Book About Me?

Send in your colouring page, along with your name, age and membership number, to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

Or mail them to

Reply Paid 87694 (means you don't need a stamp)  
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CC  
2019

**WINNER!**



**YOU ROCK!**

**EDITION 3, 2019  
COMP WINNERS**

**Song competition**  
Alyson, 12

**Book Review**  
Danielle, 14

**clubCREATE survey**  
Noah, 13

# ARE YOU TURNING 18 SOON?

clubCREATE sends out our magazines digitally for members over 18. If you would prefer to receive hard copies of our mags still, you can contact us on our 1800 655 105, email [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or get in touch with us online at [www.create.org.au/update](http://www.create.org.au/update)

 **CREATE  
YOUR  
FUTURE**



### CREATE WEBSITES

You can jump online and find out about CREATE Foundation at [www.create.org.au](http://www.create.org.au). You can also visit [createyourfuture.org.au](http://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!**

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