



WHAT'S BEEN HAPPENING?

Hello everyone! We hope this newsletter finds you well and for those of you who have started or returned to school - we hope that the first weeks have been good ones.

We finished 2019 and started 2020 with loads of events, BIG and small, which reminded us of how lucky we are to do what we do. We watched our Young Consultants shine at the CREATE National Conference in Melbourne in November, then followed this up with

youth leadership workshops, Xmas parties, CREATE Your Future workshops and more!! So - thank you to all the wonderful children and young people who took part in these events, who shared their thoughts and time with us - and to their caregivers who supported both them and us. We also remembered how many other partners we have who helped us out in different ways, creating even more opportunities for children and young people. So - a big thank you :)

XMAS PARTY!

In early December we enjoyed a very special Xmas dinner for a small group of children and caregivers, which was also an opportunity for siblings to come together.

On this occasion we also celebrated CREATE's 20th Birthday. We had a number of other special guests join us including the Minister for Children and Young People Rachel Stephen-Smith, our friends from ACTTogether, YMCA and CYPS. Wonderful food, games and activities, and of course birthday cake, was enjoyed by all. Then Santa appeared (thanks to Jordan) and a mass of presents were delivered.



Thank you again to Pete, staff from the YMCA Bush Capital Lodge and from across all YMCA services for another wonderful event for our children and young people, including handpicked gifts!

YOU ROCK JACOB

HELLO



Our awesome Young Consultant Jacob Norris has been dependable, and has grown from strength to strength, stepping up to a number of challenges and finding a strong voice for himself and for other children and young people with a care experience.

Jacob takes his Young Consultant role very seriously. In this role he has supported and encouraged children and young people at our different events. He has also spoken and shared his story at a number of events, including our national conference and most recently to child protection workers. We were invited to take part in this and were honoured to sit alongside Jacob as he spoke about the experience of learning of his in-care life story. Thanks to his supporters, Jacob is able to talk about this experience as being a positive one. We also hope that Jacob will be involved in the sessions we have been running for new child protection (CYPS) workers about what makes a good caseworker, what life can be like in care and the things that CREATE can offer children and young people. Thanks for being part of our team Jacob!

YAGS AND SUP - WHAT?!

At our December Youth Advisory Group (YAG) we took time to ask young people about YAGs over the last year about what they enjoyed and what they would change. We got some great ideas from the group for topics to talk about as well as activities for our upcoming monthly YAGs. We finished our conversation with lunch and a trip to see the new Star Wars movie.

If you are interested in coming along to a YAG- we usually have about 12 people at the most, so it can be a good way to get to know people and have a say, though we don't make people speak if they do not feel comfortable.

In the holidays we also ran the first 2 parts of our youth leadership-young consultant training, Speak UP (SUP) 1 and 2. Thanks to a grant from the Moore family we were able to run SUP 2 over 2 days with a mix of activities.

This is the training that our Young Consultants, such as Jacob, have taken part in. A great way to connect with others, grow your skills and have a say!



STAFF PROFILE



Hey, I'm Cindy. I'm a Therapeutic Case Worker in the Safe and Connected Youth Program. I work with young people 8 - 15 who are at risk of homelessness due to family conflict. I help support young people and their family to improve things at home, whilst helping everyone work towards their goals. Support can look like helping to improve relationships, getting a job, support attending school, improving mental and physical health, improving communication skills and increasing independent living skills, just to name a few. I also work in the Youth Engagement Team at Woden Youth Centre where we carry out drop in, case management and host events. I'm really passionate about empowering others to feel confident in the skin they're in and to help them find their spark! Everybody needs someone safe they can talk to, someone who won't judge them and will give them honest support and advice. This is where I come in. If you feel like things could be better at home or you're finding it difficult to navigate through things alone and need someone to talk to please get in touch. I'm always up for a chat!



CREATE YOUR FUTURE



Q: What do race horses eat?

A: Fast food

Fortunately we were not riding race horses when we took our CREATE Your Future graduates on a horse trail ride. This was a real treat for those of us who had never ridden before, and those who had but had not ridden for a long time.

Our horse-ride closed 3 great days of learning, eating good food and having fun together in the January holidays; all made possible by a Genworth Foundation grant. On the first day, we explored healthy relationships, and on the second, people got the chance to learn more about themselves with our workshop on identity. We were lucky to be supported to run the 3 days by Winston, youth worker from Northside Community Services, and 2 of his youth work students, Lisa and Wyne, as well as our Young Consultant, Shelley K.

"I loved all of it....getting to know people and all the activities. I want to do it again." (female, 15years)

Big THANKS to the young people who shared over the 3 day with us. You rock!



If you are still in care you would have received your new copy of the ACT Charter of Rights for Children and Young People in Care. We encourage you to have a read through the factsheets and activities which were put together with input from young people who came along to our Youth Advisory Groups last year. Have a read and you might spot some of your words in print!!



**CREATE YOUR FUTURE DREAM TEAM:
WINSTON, SHELLEY, LISA, NICKY AND WYNE.**

EVENTS CALENDAR *COMING SOON!*

DATE	WHAT	CONTACT
21/3/2020	YAG with kayaking or Stand Up Paddle-boarding YMCA	Susan/Nicky
14/4/2020	Connection event - Easter Party with ACTTogether - TBC	Susan/Nicky
14/4/2020	Come and Play - sibling connection event - TBC	Susan/Nicky
20+21/4/2020	Speak UP 3 - youth leadership - club 1225	Susan/Nicky
April School Holidays TBC	YAG with tenpin bowling - Belconnen	Susan/Nicky
16/5/2020	YAG with Burns Club Buffet Lunch - Kambah	Susan/Nicky
20/6/2020	YAG tenpin bowling or movie (TBC) - Tuggeranong	Susan/Nicky
22/6/2020	Connection event - sibling focus - Tuggeranong	Susan/Nicky

GET IN CONTACT

If you would like to register for any of our events, find out the missing details or get information about CREATE, head to our ACT page at:

www.create.org.au or contact us on **1800 655 105** or **0439 764 163** or **susan.pellegrino@create.org.au**

