

CLUB

# CREATE *mag*

HEAR OUR  
*voices*  
ADVOCACY DURING COVID-19

• *young* •  
**ACHIEVERS**

*the at*  
**HOME**  
*EDITION*

— *Stuck* **IN THE** *middle*

CC  
2020

**ISSUE TWO**





## Welcome to clubCREATE Mag!

Hi clubCREATE-ers,

What a crazy start to the year! I don't think any of us were expecting to face something like we have with the COVID-19 pandemic. It's been a tough time for many, not only because of the virus itself, but because of the impact it's had on things like employment, housing and mental health too. If you're struggling and need support, check out our COVID-19 Update blog post on the CREATE website.

One thing we want you to know is that we are still here for you. We've even started offering online delivery of CREATE programs. We're still listening to you and advocating for you. That won't ever change.

This magazine is the *At Home* edition, full of things you can do without leaving the house. We've got articles on connecting to your important people online, a mind map of things you can do at home, and a recipe for sugar cookies using common pantry and fridge staples. We also have an article on how to look after yourself when you feel stuck in the middle of other people's arguments, and we interview Maryanne, one of the amazing Young Consultants who spoke at the National Indigenous Youth Empowerment Summit in Cairns.

Happy reading,

*Jacquie Reed*

Head Honcho, CREATE Foundation



### WE LOVE YOUR FEEDBACK!

Send us comments and suggestions to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

### ISSUE 2, 2020 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.

# CLUB CREATE mag



## ISSUE 2, JUNE 2020

### In this issue...

- 4 Hear our voices
- 5 Connection issues
- 6 Young achievers
- 7 Meet Young Consultant Maryanne
- 8 Budget friendly eco tips
- 9 First Nation voices
- 10 Boredom busting ideas
- 11 Routine study
- 12 Sugar cookies recipe and comp!
- 13 What drives Peter
- 14 Stuck in the middle
- 15 Caption contest
- 16 You rock

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CREATE would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

GET SOCIAL! /CREATEfnd

@CREATEfnd

@CREATEfnd



# HEAR OUR VOICES

## ADVOCACY DURING COVID-19

This pandemic has meant we've all had to overcome new challenges. From talking to our clubCREATE members, it's clear that coronavirus has caused a lot of uncertainty about the future, but CREATE's been working hard to advocate for governments to protect children and young people in care through this pandemic.

Across the country, we've been holding YAGs and meetings with young people online through Zoom and we've had some great conversations about the things that matter to young people with a care experience. We've talked about things like housing, employment, studying and mental health. These conversations have helped shape our advocacy priorities through this time.

*Extending care for young people transitioning from care during coronavirus for at least six months*

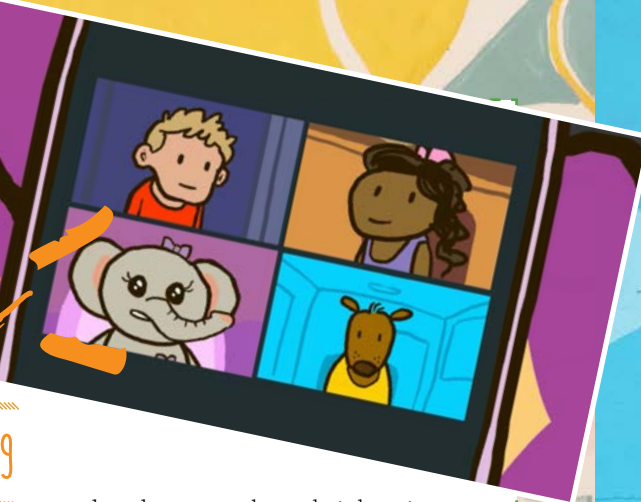
In a time when we're all worried about our health, young people in care shouldn't

need to also worry about their housing. That's why CREATE wrote to all Directors General at the Department in each state and territory to ask that the transition process for leaving care is extended for at least 6 months for all forms of care.

The NSW, QLD, VIC, SA, TAS and NT governments have all told us they're committed to making sure young people transitioning from care get the support they need at this time. Victoria has also committed to funding that young people turning 18 before December 2020 will have the option stay with their carers or to receive an allowance for housing if they wish to transition to independent living.

*Ensuring that young people's opinions are heard on birth family and sibling contact*

Not being able to see your important people face-to-face can be difficult, especially when you aren't sure when you'll be able to again. We've been concentrating on making sure that family contact is maintained through this time. Check out the next page of this mag for Zac's ideas on how to stay connected!



# CONNECTION ISSUES

## YOUNG CONSULTANT ZAC HELPS US STAY CONNECTED TO OUR IMPORTANT PEOPLE

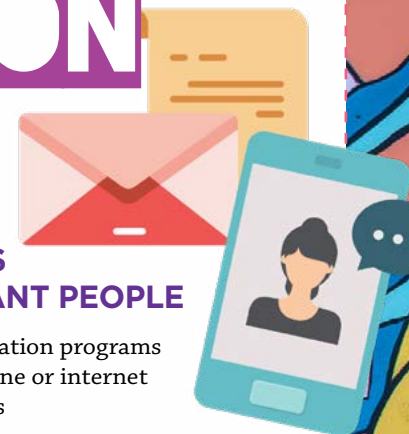
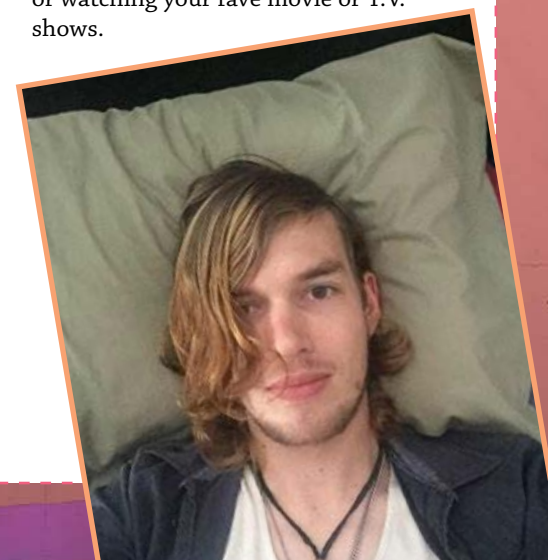
In this time of isolation, new rules and social distancing, Australia and the rest of the world are panicking about staying connected with friends and loved ones. There are now more ways to keep connected with friends and family like FaceTime, Facebook/Messenger, other socials and now new platforms such as Zoom and House Party, but staying connected isn't easy for some as they don't have access to things like smartphones and technology. For children and young people in care, this might mean it's harder to stay in contact with their important people. We've got some suggestions for what you can do if you don't have the resources to stay connected online.

- Ask your department worker (like your Child Safety Officer) if the department can supply smart devices such as phones, tablets or computers during this time
- Ask your carer or department worker if you can use their work phone to video call your important people
- If you have a phone already, ask the department if they can provide you with data so you can make the calls on your device. You can also look into

data donation programs with phone or internet providers

- Ask for one-on-one family visits in an open area, like a park
- Write letters to your family and loved ones

If for some reason you still cannot get contact with friends or family then do not panic! Though it is a stressful and scary time, please remain calm and talk to your carers and keep asking your CSO. You can always talk to those in your household for help, otherwise remain calm and do some activities at home such as reading your fave book or watching your fave movie or T.V. shows.





# young ACHIEVERS

Have you got an idea for how to make the world a better place? You don't need to have a big, world-changing plan to do something good. Take a tip from these young Australians and start making a big difference with small actions.

## ORANGE SKY LAUNDRY

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

Orange Sky was founded by Nic Marchesi and Lucas Patchett, two 20-year-old mates from Brisbane. They started with the vision to help homeless Australians get clean clothes by installing washing machines and dryers in the back of their van and travelling around Brisbane providing free laundry services. As they grew they realised that one of the most valuable things they were providing was

conversation, as sometimes a simple chat can have a huge impact. Now Orange Sky operate across Australia, offering laundry services, hot showers and conversations.

## LITTLE DREAMERS

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

Little Dreamers is an organization supporting young carers. In this case carers isn't a foster carer, it's someone who cares for a person who has a disability, illness or battles addiction. Little Dreamers began when its founder Maddie was nine years old. She grew up caring for her sick mother and young brother and wanted to know who helped young carers like her. She started fundraising events and stalls to raise awareness of young carers and now her idea has grown into an organization with a huge goal – to make sure that by 2030, there's support for every young carer in the world.

Both Orange Sky and Little Dreamers started with a simple idea from passionate young people. If you feel strongly about a social issue, you can start making a difference by doing things like:

ORGANISING  
A BAKE SALE



SET UP A  
FOOD DRIVE



OR SET UP A  
DONATIONS BOX  
FOR A LOCAL  
CHARITY



## Meet Young Consultant Maryanne

**Tell us a bit yourself.**

Hey my name is Maryanne, I am 18. I was born and raised in Ingham, Queensland. I also have a two year old son. My favourite colour is purple and some of my favourite activities are going to the beach for long walks with my son, playing SIMS when my son is having a nap, and going shopping. I am currently going to TAFE, studying a Certificate III in Child Care. I've got my own car and my own house and I live in Townsville at the moment.

I have Aboriginal heritage, the Aboriginal side of family come from Mareeba and Atherton. I am planning to find out more about my culture as I get older.

*"Don't stop striving to become the person you want to be and to do what you want to do."*

– Maryanne

**Tell us about some of the stuff you have done as a CREATE Young Consultant?**

I have gone to Cairns and presented as Young Consultant at the Indigenous Youth Leadership Summit. It was awesome! It was good because I got experience in public speaking, I was very shy and didn't want to come out of my shell before that but from doing the presentation I got more confidence, I learnt how to manage the pressure I felt from being around lots of people – how to speak up and have my voice heard. It was awesome to work on the presentation with Donna from CREATE, we did it together and she was a great support.

**What motivates you to do the work you do representing children and young people in care with CREATE?**

Definitely my son – I want to have the best possible future for him. I want to be a good role model and get somewhere with my life. My son is the biggest motivation I have in life, and wanting to make my family proud.



**What do you think is a big issue for Aboriginal and/or Torres Strait Islander children and young people in care?**

People don't listen to what they say and they are judged on the basis of their skin – racism. Their words don't get heard enough and the younger ones experience prejudice based on who their parents are, not who they are.

**What is your message to all the children and young people who read the CREATE mag?**

Don't stop striving to become the person you want to be and to do what you want to do. If you want to do something with your life – go for it! Never give up and have trust and faith in yourself! Don't listen to other people's negativity.



# BUDGET FRIENDLY ECO TIPS

The idea of being eco-friendly can seem pretty expensive, but it can actually help you save money! We've got some tips to help your wallet and the planet.

## RETHINK WHAT YOU WEAR

Fast fashion may seem like a good option for shoppers on a budget, but it can be more expensive in the long run. Fast fashion isn't made to last and can mean you end up buying clothes more often and sending a lot more to landfill. Try op shopping instead. Op shops can be full of cheap, awesome pieces that would be way above your budget if they were new. If you've got friends who wear the same size as you, you could also create your own op shop by getting everybody to pool clothes they no longer want and swapping pieces.

If that's not an option then why not repurpose your old clothes? If a pair of jeans have a stain, turn them into shorts. Turn a ripped jumper into a beanie, or an old shirt into a scarf.



## CHOOSE YOUR FOOD WISELY

Food is expensive, but you can make choices that are great for the planet and help cut down your food costs. One thing you can do is cook from scratch. Ditch the pre-packaged food where you can and cut down how often you're getting takeaway delivery. You could even go one step further and grow your own food. Ask your carer, family or housemates to help you set up an area outside for a veggie patch. Seeds are cheap and some plants will keep producing for years!



## TRAIN YOURSELF FOR BETTER HOME HABITS

If you leave lights on after you've left the room or keep the tap on while you brush your teeth, stop! Turn things off when they're not being used and save yourself some money. Even if you aren't the one paying the bills now, you'll thank yourself for this habit when it's your turn to pay. You can save even more money if you unplug those appliances. Some things use power even when they're turned off, so unplug them whenever they're not in use.



# BOOK REVIEW

## Becoming Kirrali Lewis By Jane Harrison

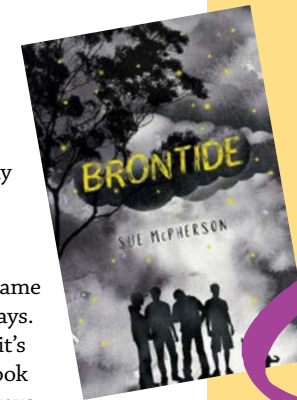
Kirrali is an Aboriginal teenager who was adopted at birth by a white family at birth. She hasn't been interested in finding out about her cultural heritage, but that changes after she moves from her small town to study law in Melbourne and Kirrali decides to seek out her birth parents.

Becoming Kirrali Lewis is all about discovering your identity, racism and family. You get to see Kirrali grow up and better herself as she discovers who she really is.

## Brontide By Sue McPherson

Brontide is the story of four teenage boys, Rob, Pen, Benny Boy and Jack. Told through interviews over five days, the boys share their stories and experiences, recounting the same events in entirely different ways. As the boys tell their stories, it's clear that you can't judge a book by its cover and you don't always know what somebody else is going through.

Brontide covers issues that many young Australians face, like racism, risk-taking, fitting in and peer pressure.



This edition, we're looking at two of our favourite young adult/teen books from Aboriginal authors. PLUS, we're giving you the chance to win a book pack!

## Win a book pack!

For your chance to win, tell us what book you want to reviewed for our next magazine!

Send your entry to:  
Reply Paid Reply Paid  
87694 (means you don't  
need a stamp)  
SPRING HILL, QLD, 4004

Along with your name, age  
and membership number.

Or email your entry  
and details to  
[clubcreate@create.org.au](mailto:clubcreate@create.org.au).

Entries close  
July 24th 2020

# BOREDOM BUSTING IDEAS

Are you running out of ideas for what to do when you're stuck at home? Here's our mind map of things you can do at home!



**COMPETITION TIME**

We want to see what you do with our mind map ideas! Do one of the ideas above, send us a picture of it or tell us about it in 50 words or less and you could win a Coles/Myer gift card!

**Send your entry** (or a picture of it), 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 July 24th 2020



If you're in school or university and have to study online, or if you're now working from home, you might be finding it hard to keep focused when everything's changed so much. Routine is an important part of how we function every day and it's

important to try and keep our routines as normal as we possibly can at this time.

clubCREATE member Christina has shared her schedule with us so we know what keeps her studies on track!

## Study Schedule

### WAKE UP

- Make bed
- Get dressed
- Eat breakfast
- Brush teeth

### SCHOOL SESSION 1

- Complete school work
- Upload school work

### RECESS

- Go outside or somewhere with space
- Exercise/Play for at least 10 min

### SCHOOL SESSION 2

- Complete school work
- Upload school work

### LUNCH

- Eat Lunch
- Exercise for at least 20 mins
- Contact friends and socialise

### SCHOOL SESSION 3

- Complete school work
- Upload school work

### PERSONAL TIME

- Talk with friends
- Read
- Journal your day
- Meditate

### FAMILY TIME

- Play games
- Watch movies together

### DINNER

- Eat dinner with family
- Help pack up dinner

### BEFORE BED TIME

- Watch Movies with family
- Play games together
- Read before Bed

### BED





# SUGAR COOKIES

**MAKES 24 COOKIES**

## INGREDIENTS

2 and 1/4 cups white flour	3/4 cup unsalted butter	2 teaspoons vanilla extract
1/2 teaspoon baking powder	3/4 cup white sugar	Premade royal icing (or create your own with icing sugar, egg white and lemon juice)
1/4 teaspoon salt	1 large egg	

## STEPS

1. In a large bowl, use an electric mixer or whisk to beat the butter and sugar together on high speed for 2 minutes until smooth and creamy
2. Add the egg and vanilla and beat again for a minute
3. Add the flour, baking powder and salt and mix until combined
4. Wrap the dough in cling wrap and put it in the fridge for at least an hour
5. Dust some baking paper and a rolling pin with flour and roll the dough out on the baking paper until it's 5mm thick
6. Preheat the oven to 180 degrees (160 fan-forced) and line baking sheets with baking paper. Use a cookie cutter (or anything that can cut out shapes, even the top of a drinking glass) to cut the dough into shapes. Ball up, re-roll and cut out the off cuts of dough to use it all up
7. Put the cookies on the baking trays, leaving at least 5cm in between each cookie. Bake for 10 minutes or until the edges are golden
8. Cool on the baking sheet for 5 minutes then transfer them to a wire rack to cool before decorating with the icing



## CALLING ALL MASTERCHEFS!

Do you love to cook or bake? We're adding a new recipe section into our Sortli app and we need your help! Sortli is a free app that helps young people like yourself master living on their own, so your recipes will be loved and used for years to come. Send us your favourite recipes that you love to whip up, and we'll add the top ten into Sortli!

You can **win one of three \$50 Coles/Myer Gift Cards** AND if your recipe is one of the ten chosen for Sortli, we'll name it after you! Send in your recipes to [Sortli@create.org.au](mailto:Sortli@create.org.au) before **July 24!**

## What drives Peter



After more than seven years as a Board Member for CREATE, Peter's moving on! Before he goes, we thought we would ask him what made him want to be a part of CREATE.



I sought an opportunity to serve on the CREATE Board so that I could support children in need, children who for no fault of their own faced challenges most kids never have to worry about. My daughters have all been raised in loving and supporting environments and have had amazing opportunities to learn, to grow and to safely experiment and experience the world around them.

For me it's not so much about giving back to society, it's more about providing support to the committed, passionate and talented people within CREATE. To enable them to reach out and make a positive difference to a child's life. When I meet young people in the care system who are working with CREATE, or CREATE Ambassadors, and they share their stories, it is like being given a gift.

Children deserve love, support and an opportunity to enjoy a safe and fulfilling life. At CREATE we help young people in care have a voice, find their potential and become amazing contributors to society. This is what I want for my children and I believe it's what all young people deserve.

That is why I support CREATE as a board member.



## Stuck IN THE middle

What do you do when you feel like you're stuck in the middle of other people's argument? Whether it's your friends, family members, carers or other kids in your resi who are fighting, it can be tough to be surrounded by conflict and you might find yourself wondering how you can solve their problem. While you can't make people stop fighting, you can make sure to take care of yourself.

### IT'S NOT YOUR JOB TO FIX THINGS

You might feel like stepping in and trying to stop the argument, but when people are upset or angry, they might not be in a good headspace to talk things out and it may only make things more stressful for you. Focus on looking after yourself and try to remember that their fighting is not your fault or your responsibility to fix.

### YOU DON'T HAVE TO TAKE SIDES

The people fighting might try to pull you into the argument by asking you to take their side. It's absolutely fine to stay neutral. You can listen to them talk about their problems and

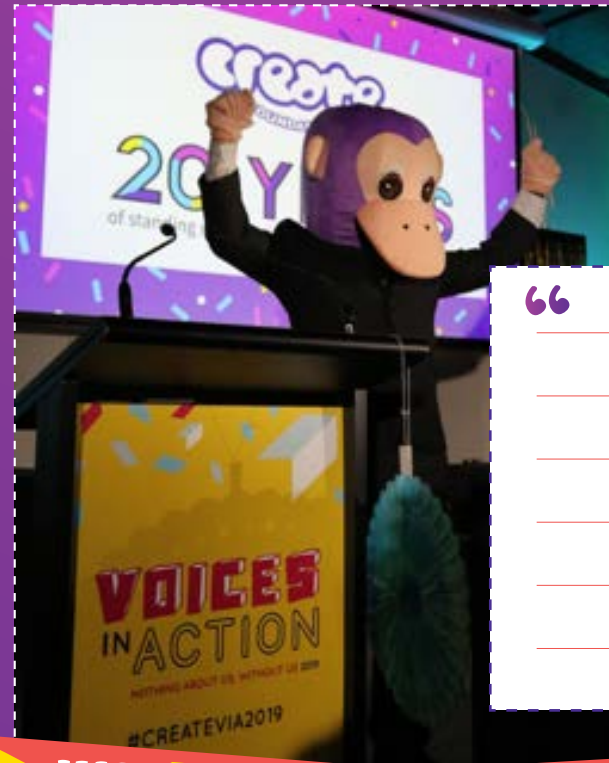
help them through it, but you shouldn't feel pressured to take a stand on who's right and who's wrong.

### CREATE A SAFE SPACE

If the situation is making you anxious then it's best to separate yourself and go somewhere that makes you happy. You could make a comfy spot in your room, put your headphones on and listen to some music. If you don't feel comfortable at home, make plans with a friend to get out of the house or go for a walk.

### TALK TO A PROFESSIONAL

Everybody argues from time to time, but if it's happening all the time, if it's causing you a lot of stress, or if you feel like you're being dragged into it, consider reaching out for support. Anyone up to 25 can call Kids Helpline on 1800 55 1800 at any time to talk through what they're going through.



What's got Gus cheering?

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# Caption Contest

Come up with a funny caption for the picture of Gus above.

Send in your caption for your chance to win a gift card



**Send your entry to:** Reply Paid Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004 along with your name, age and membership number. Or email your entry and details to clubcreate@create.org.au. **Entries close July 24th 2020**



CC  
2020

**WINNER!**



**YOU ROCK!**

**EDITION 1, 2020  
COMP WINNERS**

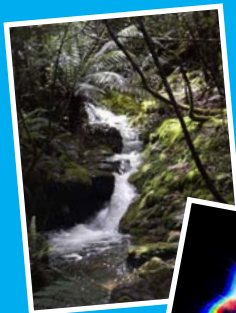
**Crossword**

Danielle, 15

**Photography competition**

Emily

(check out her winning entries below!)



# 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)

**CYF** 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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