

WHAT'S BEEN HAPPENING



Hello to all our amazing clubCREATE members! CREATE have been up to lots over the last couple of months and are super excited to share what we have been up to with you all!

We have had to face some big challenges with COVID these last few months, but we have banded together with the young people to support each other and get through it together!

KALGOORLIE!!

On March 13, CREATE ran an awesome Connection event in Kalgoorlie. Phew! We were lucky to squeeze this one in just before events weren't allowed to happen anymore (thanks to COVID-19!)

We had a great crew turn up for a bonanza of Rock Climbing, free reign of the gymnastics equipment, some disco moves and some wicked craft-making of cardboard electric guitars. It was a great happening and a great chance for people to catch up with others who have a care experience. Oh - and we realised - Kalgoorlie peeps are the best peeps!



SKETCHBOOK PROJECT

In February we collaborated with Youth Propel Arts as part of the KickstART Festival and participated in the Sketchbook Project! As part of this project 14 young people received a blank sketchbook, which they decorated with personal designs, stories and drawings. These sketchbooks will soon be sent on a travelling art exhibition and be displayed in art galleries and libraries all over Australia over the next year! A big thankyou to Youth Propel Arts for helping make this happen!



SPEAK UP! AND OUR FIRST EVER ONLINE SUP

We ran our first ever online Speak Up (Level 2) in April! We loved having young people from all over the state being involved in this, which was super exciting! All the young people involved also got pizza delivered to their doorsteps. Just because we can't meet Face to face doesn't mean we can't have snacks!

WENT ONLINE!! VIRTUAL YAGS



As many of you know, in April the COVID situation affected many businesses including CREATE. However, we still thought it was super important to keep the connection with young people going, so we modified all our programs and took them all online! This was an interesting experience for both staff and young people, however we were so glad that we could still see all our young people, and give everyone that was stuck in their homes something to do! A big thankyou to all our members who were so patient while we navigated this new way of running programs!

SELF-CARE STRATEGIES

At our April Online YAG we asked the young people 'What are you doing for self care right now?'

Here are some of the things some ClubCREATE members are doing to self-care right now:

"Going for walks as much as I can" (F, 17)

"Colouring in mandalas" (F, 17)

"Facetime family or friends you can't go and see" (M, 16)

"Knitting and painting" (F, 19)

"Playing SIMS - helps me get a sense of control (F, 19)

"Baking and cooking" (F, 16)

"Reading a book or watching TV" (F, 25)

"Washing hands a lot and sneezing into my elbow" (M, 16)

"Remembering that others are struggling so as not to feel alone "Talking to friends (I have more time for it now)" (F, 17)



PAMPER NIGHT

In February we had a lovely well deserved Pamper Night session. Lush Cosmetics kindly donated a bunch of face scrubs, body washes, face masks and moisturisers so we had a bunch of young people spend the night eating snacks and pampering themselves. Check out our Community Facilitators Kym and Elly in their gorgeous facemasks on the night!

What a lovely evening.



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EVENTS CALENDAR *COMING SOON!*

DATE	WHAT	WHERE	WHEN	CONTACT
11th June	Online YAG	Zoom	TBC	Kym
8-12th June	Virtual Connection event week!	ONLINE! Facebook and Zoom!	TBC	Leigh



COMPETITION TIME...!



We are currently running all our programs **ONLINE** and need to update your details!

Go in the prize draw to **WIN** a prize by either:

1. Adding us on Facebook (Create WA) and joining our Facebook group!
2. Updating your email address by emailing wa@create.org.au
3. Updating your phone number by calling 6336 9726 or texting 0402 888 422

All entries to be in by 15th July.
Winners will be announced on 17th July!



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 WA page on www.create.org.au or contact us at **1800 655 105** or **(08) 6336 9726** or wa@create.org.au



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