

CLUB CREATE MAG

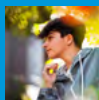
20:21

Reset



Your feed can
impact your mindset

Have you got
Sortli yet?



Clear your head
with journalling



7 chances to WIN inside!





Welcome to clubCREATE Mag!

Hi clubCREATE-ers!

Welcome to the first edition of the clubCREATE magazine for 2021.

We've focused on wellbeing in this edition and you'll see that we're talking about a few things you can do to take time for yourself. Journaling can help you work out your thoughts and feelings, and think about your goals. We also talk about using the Sortli app to set goals and find help, and much more!

We've got lots of awesome prizes for you to win. If you have never entered one of our competitions before, now's a good time to give it a try – and if you're a regular, you'll be pleased to know there are even MORE chances to win in this edition!

Don't forget – you can check out what's coming up near you in your state Round Up. CREATE connection events are a great way to meet up with old and new friends!

Happy reading,

Jacqui Reed

Head Honcho, CREATE Foundation

WE LOVE YOUR FEEDBACK!

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

ISSUE 1, 2021 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.



If you do not want to receive newsletters and program information from CREATE Foundation, please email 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

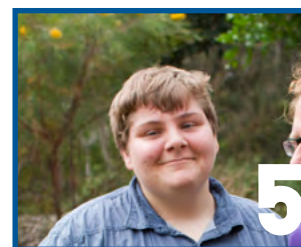


ISSUE 1, MARCH 2021

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Acknowledgment of Country

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

IN THE LOOP

STAYING IN TOUCH WITH BROTHERS AND SISTERS

Many children and young people who don't live with their brothers and sisters have told us that their siblings are often the people that they want to contact the most, and that they want to see them more. At CREATE we think that's important too.

We've put together some information about the benefits for siblings to stay together and, if they can't, why they should be able to stay in contact.

We are urging people in government to make sure that, wherever possible, siblings can stay together or keep in regular contact if that is what they want to do, and if it is safe for everyone involved.

If you want to see more of your brothers or sisters, make sure you talk to your carer or caseworker about it!

NATIONAL YOUTH ADVISORY GROUP

CREATE has received money from the Federal Government to ask young people with an out-of-home care experience what they think about **Opportunity and Security including education and employment**. The government wants young people to tell them what they can do about this and have asked for policy recommendations so they can make it happen. This is an exciting and important opportunity for CREATE members to change things on a national level.

The first stage of the project will be a Youth Advisory Group (YAG) in each state and territory during March and April. Then there will be a national meeting with one person from each state and territory meeting to develop recommendations

that will go into a report to the Federal Government.

Your voice is so important because what young people in out-of-home care have experienced is different to others. If we want the system to get better then politicians and decision makers need to know why and how to do it.

We hope that you can join us at your local YAG. To find out more, contact your State office or take a look at your State Round Up for details.

If you've completed Speak Up (SUP) training, this will be a great opportunity to apply your skills! Find out more about the SUP program on our website.

www.create.org.au/what-we-do/speakup/

MEET CREATE'S NEWEST BOARD MEMBER – ROB RYAN!



Rob has worked and supported young people in foster care for more than 28 years. Rob is a social worker who started out as a Family Services Officer and worked with the Department for almost 20 years. After doing that work, Rob left and became a CEO with Key Assets and worked across Australia and in other countries supporting foster carers, children, young people and families. Rob has been on a few Boards including the ABC and the Forde Foundation which was set up to support Forgotten Australians who had been in care. Rob also got a chance to travel internationally to learn about different approaches to supporting young people in care doing a Fellowship called 'a Churchill Fellowship'.

Rob has a long commitment to finding ways

to make things better in the foster care system across Australia and he used to attend CREATE Conferences and events each year before he joined the CREATE Board. Rob loves spending time with young people and hearing their experiences and enjoys meeting new people. Rob now does part time work for Life Without Barriers and also some work he does for his own business. Rob is really excited to be joining the CREATE Board and looks forward to meeting many of you at the next CREATE Conference or other CREATE events.

Tell us Rob, what do you like to do to reset or recharge? **I like taking the dog for a long walk through the streets or at a local park. I also love going to see live music and watching a new show on Netflix or Stan.**

WHAT ARE PEOPLE SAYING ABOUT...

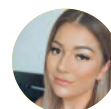
#MAKEIT21 IN VICTORIA



Recently, in a huge win for young people in care in Victoria, the Victorian Government announced it will offer extended care to all young people transitioning from care. This change commenced from January 1st, 2021 and will be on an ongoing basis. The Home Stretch program will provide an

accommodation allowance to all young people in care up until the age of 21, whether they are in foster, kinship or residential care. This is super exciting news, and we are hopeful that one day soon, all other states in Australia will follow suit.

We wanted to know, what are young people saying about it?



Tasha, NSW

What an incredible milestone for the care system, I really hope that this amendment sets the standard for all states and territories Australia wide. Children in out-of-home care deserve this, we all deserve this.



Jake, QLD

About time! When a decision is made for us to go into care, you can't just cut us off at 18. There's a lot of decisions being made at 18. You can do a lot of silly things at that age, so the more support the better. Victoria doing this is a massive step in the right direction – one hurdle in a marathon race. The next generation will be much less disadvantaged.



Tobias, VIC

It's awesome to see such a life changing policy, this will mean so much for a lot of the young people in Victoria and I can't wait for the other states to follow suit and start investing in the lives of young people.



WHAT DO YOU THINK about Victoria's announcement?

What's your top reason to #makeit21? Let us know your thoughts for your chance to win a **\$50 Movie Voucher!** To enter this competition you can:

1. Send your entry via email to clubCREATE@create.org.au
2. Send us a message on Instagram or Facebook @CREATEFnd or /CREATEFnd
3. Enter on our website at www.create.org.au/competitions
4. Post it back to us free of charge! Send to: Reply Paid 87694 (no stamp required) SPRING Hill QLD 4004.

ENTRIES CLOSE 23RD APRIL 2021

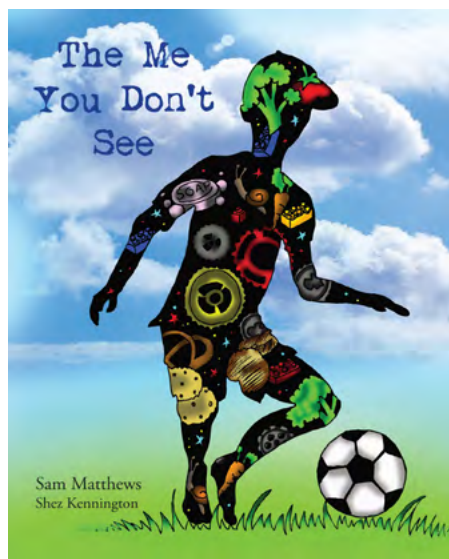
Make sure you include your name and age, and if you know it, your clubCREATE ID number! GOOD LUCK! For more chances to win, check out pages 8 and 9 – or complete the survey on page 14.

COMPETITION TIME

THE ME YOU DON'T SEE



We are constantly amazed and inspired by the children and young people in our community – and this is just another incredible example as to why that is!



Sam Matthews, now 11, has written an amazing book called "The Me You Don't See". Sam is currently living in care, and he has autism. His book is about how he feels on the inside, and how that doesn't always align with the person and actions that you see on the outside. Sam told us this about writing the book:

"I wrote this book when I was having a hard time at school and was doing learning from home. I thought that sharing different experiences about my life would help other children who might be having a hard time.

My favourite page is how I feel after being very active, "my body feels like a Mustang GT on a never-ending highway". I then share what I do to make it slow down. You'll have to buy the book to know what I do to slow my body."



Find out more

Check out his book here and learn more about Sam's story – we are so proud to share this and hope that there are other children in our community who might benefit from hearing this story.

Your Voices Young Consultant Terry from Queensland tells us about his relationship with CREATE

How did you first get involved with CREATE?

I remember sitting on a couch in a residential home playing Modern Warfare on the Xbox 360 with another young person, when one of the workers approached us to see if we would like to be involved with CREATE.

In all honesty it didn't initially appeal to me, what can I say I was 'too cool' to be involved. However, we had a good relationship with the worker and they used the competitive nature of my relationship with the other young person to get me on board.

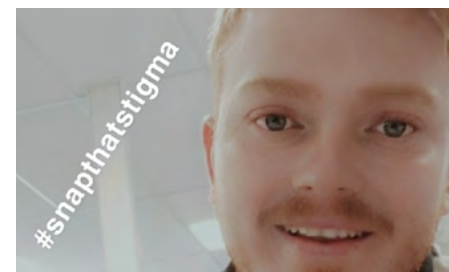
So I went along to a camp and even though I didn't want to admit it out loud, or even to myself for that matter... I LOVED IT!!!

Since then I have had my hand in many projects led by CREATE. I participated in training, which gave me the skills I needed to lobby for change, speak in public, actively participate in meetings, confidently speak about my experiences in the face of adversity, advocate for the voices of children in care and much more.

Tell us about some of the things you are most proud of being involved with at CREATE.

I can say that the opportunities that flowed on from my relationship with CREATE changed my life. From assisting in the development and testing of apps like Sortli, to co-facilitating meetings and forums like CREATE your Future Training and Speak Up. Having the ability to sit in a room of professionals and influence decision makers, working in the T2A space, advocating for support for care leavers to be extended to 21, public speaking events, the list goes on.

At one stage I was employed by CREATE, this gave me so much corporate knowledge and put me in circles with specialists that know the sector – I was able to NETWORK! This led to employment and training/education opportunities that otherwise would not have been available to someone in my position.



I would recommend CREATE to any young person that has any interest in improving the quality of life for children and young people in the child protection system. That's why I stayed. That's what made it 'cool'. I continue to be involved because they are an awesome organisation that opened so many doors for me and other young people alike.

What advice do you have for other young people with a care experience?

Listen to your heart, follow your gut and keep your mind free.

Doubt is the biggest killer of dreams, not failure. People doubt themselves to the point they don't even try, don't be THAT person. You are young, you have been through a lot, so focus on you. Give yourself some time and some self-loving. Build relationships, network, put yourself in places doing things out of your comfort zone.

You are incredibly strong and resilient, your life is a testimony to that, you are loved, you are wanted, you are not alone, you are truly an amazing individual if you can go through the experience of being taken into care and come out on top.

A role model in my life once said:
You can decide whether your trauma transmits or transcends. The choice is yours.

That is my advice to all of you.
Choose wisely and reap the benefits.

Competition Central

Are you ready to WIN! We've got some great prizes up for grabs – check out the competitions below for your chance to win! For a bonus entry and another chance to win, you can enter our clubCREATE survey competition on page 14, or let us know what you think about the #makeit21 campaign on page 5!

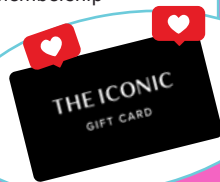
PHOTOGRAPHY COMPETITION! #SHAMELESSSELFIE



Hey y'all! So to kick off 2021 we wanted to put forward a shameless selfie competition! Snap a selfie of yourself doing something authentically YOU, and send it through! Feel that confidence skyrocket!

You can tag us on Instagram @CREATEFnd, send us a message on Facebook or send us an email with your name and membership number! Alternatively, you can enter through the details below!

The winning selfie queen/king will get a \$50 The Iconic voucher to treat yo-self with!



ARE YOU A CLEVER COOKIE? CAN YOU SOLVE THIS RIDDLE?

Solve this riddle for your chance to win a trip to the movies for you and a friend...
\$50 EVENT VOUCHER UP FOR GRABS!

WHAT HAPPENS ONCE IN A LIFETIME, TWICE IN A MOMENT, BUT NEVER IN ONE HUNDRED YEARS?



THERE ARE SOME WILD FACTS IN THE WORLD! DID YOU KNOW...?



There are 31,556,926 seconds in a year.

Anatidaephobia is a fear that somewhere, a duck is watching you.

Cows can walk up stairs, but not down them.

Do you have a fun fact you want to share? Send it to us for your chance to win a 3-month subscription to Spotify premium!



MEME WARS

Send us your favourite meme for your chance to win a \$50 JB Hi-Fi voucher

Tag us on Instagram, send us a Facebook message or enter through the details below! Our favourite meme-warrior wins the prize! (Added bonus – memes are funny and searching for a winning meme is a sure-fire way to brighten up your day – it's a win-win-win really!)



TELL US WHAT YOU THINK!

This magazine is for you so we want it to be centred around content written for YOU. We'd love it if you could tell us what you want to see more of in the magazine! Is there a story you want to see written? Is there an idea you want to share? Let us know!

YOU WILL GO IN THE DRAW TO WIN A \$50 VOUCHER TO REBEL SPORT!



Have you downloaded Sortli yet?

There are heaps of new updates, competitions and more. Find the golden egg on the Sortli app and you could win one of 3 \$100 Visa gift cards to help get you sorted. Download today through the App Store or Google Play Store. Take a screenshot of the egg once you've found it and send to sortli@create.org.au to go in the draw to win.

Entries close 31st March 2021!



To enter any of these competitions you can:

1. Send your entry via email to clubCREATE@create.org.au
2. Send us a message on Instagram or Facebook @CREATEFnd or /CREATEFnd
3. Enter on our website at www.create.org.au/competitions
4. Post it back to us free of charge! Send to: Reply Paid 87694 (no stamp required) SPRING Hill QLD 4004.

ENTRIES CLOSE 23RD APRIL 2021

Make sure you include your name and age, and if you know it, your clubCREATE ID number!
GOOD LUCK!

COMPETITION
TIME

How to get past small talk

*Hey! How are you going?
So, what about that weather, huh?*

Let's face it, conversation can be hard. One of the best ways to start a conversation is through small talk – basic questions that prompt a back and forth and reduce the number of awkward silences... but what if you want to talk about something other than, "It sure would be nice to be in Hawaii right about now!"? What if you want to talk about something real?



Our top 5 tips for getting past small talk:

- 1. Ask what they think.** One of the easiest ways to take a conversation to the next level is to actively bring the other person into the conversation. Asking "What do you think about X?" or "What's your advice on Y?" is a great way to initiate a conversation that goes deeper than "Nice shoes".
- 2. Pretend you're Curious George!** Leading on from Tip 1, it's important to ask questions. It can feel really scary to ask questions sometimes but it is one of the best ways to deepen a conversation. Think of some ice breaker questions or play a "Get to know you" game, that helps spark conversations about deeper topics. "What's something you'd love to do in life?" is an easy one to get the conversation going!
- 3. Offer as much as you're comfortable to offer.** If you're asking questions – you have to be prepared that the other person might ask you some questions back! You should never feel like you have to tell people things about yourself that you don't want to, so only share as much information as you're comfortable with. But trust builds trust, and if you feel safe and secure, talking about things that are important to you can be a great way to build strong relationships and communications.
- 4. Talk about things you are passionate about – and ask them what they are passionate about!** Passion is one of those transferrable emotions. If you're really excited about something and talk about it with passion, the other person is more likely to feel confident to ask you about it! If they are interested in it too, then great, you've made a friend. If they aren't, then they will learn something new. Both great boosts for conversations!
- 5. Put your phone down – and practice ACTIVELY LISTENING! (unless you're texting them. Then ignore this and repeat steps 1-4.)** Active listening is a great skill to learn – it means listening fully to what another person is saying. As people, we often get caught up in our own heads, and forget that conversation is a dialogue – not two people having their own monologue next to each other! Hot tip – you can't be thinking about your response when you're actively listening. If you really engage and listen to the other person, it's a lot easier to ask questions that keep conversations going. So to sum it all up, small talk is a great first step. But if you feel like you've got the conversation starters nailed and want to learn to communicate on a deeper level, try out some of the tips above!

Want to set goals, find help and get sorted? Download the free Sortli app

sortli

Now it's even easier to find all the information you need to support your transition from care to independence with Sortli.

Designed by young people, for young people, Sortli is your guide to navigating some of life's biggest challenges.

From finding a place to live, finding a job, doing some training, looking after your health, managing your money and understanding your legal rights – it's all there on the Sortli app.

Sortli is available in the Northern Territory, Queensland, South Australia, Victoria and Western Australia.

Head to the App Store or Google Play to download Sortli for free today!

Key Features:

- You can set goals and track your progress with the **Goal List**
- Make a budget you can stick to with the **Budget Planner**
- Find contact details for important services with the new **Want to talk to someone?** button



VOICES IN ACTION

CREATE Conference

It's official, CREATE's national conference is locked in for April 2022 in Adelaide!

We were hoping to hold it later this year however we had to postpone it due to travel restrictions. The new dates are 28th, 29th and 30th April – put it in your calendar.

Keep your eyes peeled for more information! We hope to see you there.



Connecting on social media



CONNECTING ONLINE SAFELY

If the past year taught us anything, it's the value of connecting with the people who are important to us. With border restrictions and social distancing, digital mediums have been more essential than ever – which brings with it a whole new world of opportunities – but also some things to be aware of! Using Zoom, Facebook, Instagram and other social media platforms is a great way to meet people who have similar interests.

Podcasts have discussion groups, there's groups for dog watching, bird watching and funny cat memes – which are all great sources of humour, connection and community that can help us to get through tough times.

But what about the risks of these online platforms? What can you do to stay safe while still making the most of these connections?

HERE ARE OUR TOP TIPS

1. Keep your online friends list small – only befriend people you know!

If you don't feel close enough to them to wish them a happy birthday when Facebook reminds you to, then reflect on your friends list!

2. Keep your privacy settings private!

Whether on Facebook or Instagram, you can choose how private you want your profile. Keep your personal information only visible to people you trust.

3. Think before you post.

In the age of social media, it's commonplace to share multiple aspects of our lives, personalities and interests on our profiles. But, something to think about is your digital brand – and things that go up online can hang around! So think carefully about the type of pictures and things that you share online.

4. If you want to join online groups/communities and you're underage, talk about it with your carer.

While Facebook communities are a great way to connect and share common interests with people from afar, you always want to be extra careful if you're interacting online with people you don't know personally.

Ask your carer to go through your privacy settings with you, and look at the group rules and guidelines before joining. If there's anything that doesn't seem appropriate or makes you feel worried, look for a different community group!

5. Be aware of cyber bullying or trolling.

If you feel like you're getting treated unfairly, are being bullied or don't feel comfortable with something happening online, you can report this to the social media platform. You can also report this to eSafety and the police if you feel really unsafe. Reach out to places like Lifeline or Kids Helpline for support if you're feeling upset or worried about something that has happened online.

The most important thing is to make sure you feel comfortable. Online groups and communities are great ways to interact with people, but it is important to be aware that you NEVER have to share information online that you're not comfortable with. If you're ever unsure, act on the side of caution and ask someone else – an adult or a friend, or check out the eSafety government website.

For more information on online safety, head to the eSafety website! www.esafety.gov.au

JOURNALLING PROMPTS WITH LILLY



Feelings are like waves, and you don't have to surf them all! Pick your waves and ride the good feeling ones often!

How often these days do you hear about “Journaling” and “practicing gratitude”? It can seem a bit woowoo, or maybe a bit intimidating! Sitting down to a blank page and writing about your thoughts? Ummm that sounds hard. But thinking about your thoughts, reflecting and getting it all out of your head can be so helpful in shifting your mindset! So we are here to assist!

Below are our favourite journaling prompts – you can use these to start journaling your thoughts – Start with five minutes per day and build up to however long you want!

1. Right now I feel _____

because _____

2. However I know this is probably because _____

which I learned _____

3. What are the little things nagging you today? _____

4. Even though I believe (negative thinking) _____

The reality is (healthy view) _____

The evidence in my life supporting this healthy view

includes _____

5. My favourite space is _____

because _____

6. I want to learn _____

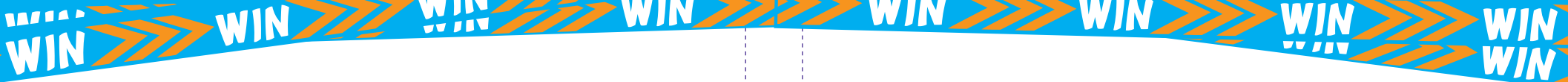
7. I haven't learnt to _____ yet.

But if I _____ I will!

8. I have dreams of _____

9. My super powers are _____

10. Today I am grateful for _____



CC
2021

WINNER!



YOU ROCK!

**EDITION 4, 2020
COMP WINNERS**

**FIND - A - WORD
COMPETITION**

Olivia, VIC



**DO YOU WANT
A HARD COPY
OF THE MAG?**

clubCREATE sends out our magazines digitally for members over 12. If you would prefer to receive hard copies of our mags you can contact us by phoning **1800 655 105**, email **clubcreate@create.org.au** or get in touch with us online at **www.create.org.au/update**



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

Don't forget to enter the comps in this edition.
Entries close 23 April 2021



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