

HERO EDITION

**CLUB**

# CREATE **MAG**

.....  
**OUR NEW  
REPORT  
HAS NOW  
LAUNCHED!**  
.....

.....  
**WHAT'S  
THE GO?  
NEW VIDEO  
RESOURCES  
FROM SOUTH  
AUSTRALIA**  
.....

.....  
**BUDGETING  
HACKS WITH  
SORTLI!**  
.....



CC  
2021

**ISSUE TWO**



**HEAPS OF COMPETITIONS INSIDE!**



## Welcome to clubCREATE Mag!

Hi clubCREATE-ers!

Welcome to the Hero edition of the clubCREATE magazine. In this edition we celebrate our resilient, resourceful and remarkable clubCREATE community – you guys, our HEROS!

We meet our new Influencing Committee members, and hear from Young Consultants about what it was like to take part in filming some videos and our Hour of Power event in South Australia.

We also meet the National Children's Commissioner, Anne Hollonds, and tell you more about our important new report on Transitioning to Adulthood from Out-of-Home Care.

Don't forget to check out what's coming up near you in your State Round Up and on the new Events section on our website. As always, we have heaps of cool prizes to win, so be sure to get your entries in for all the clubCREATE competitions.

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)

### ISSUE 2, 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](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.

### 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.



# CLUB CREATE<sub>MAG</sub>



## ISSUE 1, MARCH 2021

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GET SOCIAL!  /CREATEfnd

 @CREATEfnd

 @CREATEfnd

# IN THE LOOP

## POST CARE REPORT HAS LAUNCHED

In May we launched our report on Transitioning to Adulthood from Out-of-Home Care.

For the report, we spoke to 325 young people across Australia, and asked them about key life areas including their care history and experience, education, health and life skills and their experience of leaving care. The report talks about what has changed, or stayed the same for young people leaving care in the last 10 years.

A big thanks to everyone who made this report happen, especially the clubCREATE members and former members who took part in the survey and those who told us their stories.

You can read the report and watch the video from young people [www.create.org.au/research-and-publications](http://www.create.org.au/research-and-publications).



## INTERVIEW WITH JOSEPH McDOWALL, AUTHOR OF THE REPORT

### What do you do for CREATE?

I oversee the projects CREATE does to collect the views of children and young people about their out-of-home care experience and make sure that what the young people say is brought to the attention of people in power who can take action to improve the system.

### What do you like about CREATE?

Hearing how the children and young people manage to show their resilience in adapting to the difficult situations they can encounter during their journey through care. Learning what they do to cope with their many challenges.

### We heard there is a special report that has just come out – why is it important?

We talked with 325 young people throughout Australia who recently had left the care system to see how they were coping as they became adults. What supports did they need; what challenges did they meet; and how did they manage? With this information, we are able to identify areas where supporters in the care system will need to work extra hard to help young people maximise their potential. We also wanted to begin the process of

re-thinking about the need for young people to have to “leave care.”

### Who is your hero?

Many famous people have advised “Find a cause bigger than yourself and devote your life to it” to achieve personal happiness and satisfaction. In my work, I am fortunate to hear the inspiring stories of many young people describing how they have overcome considerable odds during their care experience to achieve their goals. These young people are my heroes.

### What is your favourite animal?

Having begun my career as a zoologist, a person who studies animals, it's not easy to pick a favourite. I suppose, as an Australian, I can't overlook one of our national mascots, an animal with many special unique features—the koala. These little marsupials seem to demonstrate a personality I can relate to: quiet, reflective, and chilled. We have to do what we can to ensure their survival for the future. Of course, at home, I'm pretty fond of my cat, Sebastian.

## NATIONAL YOUTH ADVISORY GROUP UPDATE

CREATE's National Youth Advisory Group (we call it NYAG for short) is a new project for children and young people in care. NYAG is bringing CREATE members (15 years and over) together to talk about their experiences at school and work. All over the country, these groups have discussed the good stuff: like opportunities at school, supportive

teachers and programs and the not-so-good stuff: like bullying, stigma and lack of opportunities. Young people are taking experiences and ideas for change to the Australian Government, so they can listen to their ideas and make changes to help kids in care feel happy and supported to reach their goals.

### Here is a snapshot from some of our NYAG groups:

"I had to fight for my education and fight for everything and tell myself I am worth so much more than what they can see. We can achieve a lot more if people believe in us and see the potential in all of us." **Female, 23, QLD**

"When I wanted to get a job, my caseworker was really supportive – they printed my resumes." **Female, 20, Regional WA**

"It'd be really good for anyone coming in to out of home care that they have an aide, that can help if they move school." **Young person, VIC**

## VOICES IN ACTION

### Conference Update

You could say we are a tad excited here at CREATE... Conference prep has officially begun! Our first point of action: decide a theme! After many long, hard discussions we finally settled on... drumroll please...

**Resilient,  
Resourceful,  
Remarkable!**

This is to celebrate our amazing clubCREATE community – we are always inspired by your resilience, resourcefulness and remarkability!

**Keep an eye out for more conference updates in months to come – it is being held in Adelaide early 2022! For more info head to [voicesinaction.create.org.au](https://voicesinaction.create.org.au)**



# MEET YOUR NEW INFLUENCING COMMITTEE MEMBERS!

Every 6 months we recruit two new Young Consultants to sit on CREATE's Influencing Committee. This group is the change powerhouse of CREATE! Here we discuss our strategies to make change, and come up with ideas as to how we can best achieve our advocacy goals! Meet your two newest members, Adina and Emily!

**Adina**



## Can you tell us a bit about yourself?

I was in kinship care for 7 years and am now a lawyer and social worker. I live at the beach with my partner and our 2 fur babies and live for coffee.

## What issues are you most passionate about regarding the care system?

I am most passionate about advocating for stability and consistency as well as the empowerment of children and young people, both in care and with a care experience.

## If you could change one thing in the care system, what would it be?

If I had a magic wand, we wouldn't need a "care system". Given the lack of a perfect world, I would change the instability of the current system so that children and young people would be given more of an opportunity to heal and thrive.

## Fun fact about you?

I absolutely adore watching MAFS (Married at First Sight).

**Emily**



## Tell us a bit about yourself!

I am 22 years old from rural NSW living with my partner and five year old son! My ancestors are from Aotearoa (New Zealand) but I have lived in Australia my whole life. I am a community services worker and photographer and I love travelling to all parts of the world exploring different cultures.

## What are you looking forward to about being on the Influencing Committee?

I am excited about having a platform to listen to so many influential young people and taking their voices and stories and putting them into action and policy.

## Fun fact about you?

I have photographed the likes of Mallrat, Allday, Draph, and Manu Crooks and have been at more weddings as a photographer than I have as a guest! I love it though! I started in Year 11 after having my son and haven't looked back from being behind the camera.



# MEET ANNE HOLLAND, THE NATIONAL CHILDREN'S COMMISSIONER

## What does the National Children's commissioner do?

My job is to ensure the rights and wellbeing of children and young people across Australia. Every state and territory has their own Children's Commissioner that you may be more familiar with but I work at the national level making sure our policies and systems are working to support you.

## What do you like about this role?

The best part of my job is getting to talk with children and young people and hearing what matters most to them!

## What is something you'd like to see changed in the system?

We have come a long way in Australia in understanding that we need to listen to children and young people's perspectives and experiences, but we still have a long way to go.

What I am really interested in, is doing more than just listening. We also need to respond to what we hear and act on the things children tell us so that things on the ground change for the better!

## What would you like to tell children and young people with a care experience?

Building on that theme, I would like you to know that what matters to you, is important to adults and decisions makers. Keep speaking up! It's your right to be heard and your family's right to be supported to look after you well, no matter where you are.

## Fun fact about you? (like a hobby/fav music/book/holiday location) any or several.

I'm a big fan of G-Flip! She's my latest music love.

My littlies (Grandchildren) are my hobbies. When you spend time with really little kids you can't really think about anything else. They are a total distraction and I leave feeling exhausted but very positive about life after spending time with them.

## ANNE RECOMMENDS! MIKKI VS THE WORLD!

Yesterday I was invited to speak at the launch of Mikki vs the World on ABC TV.

"The last year has really shown us how important mental health is to each one of us, every single day. Young people have had to deal with a lot like not seeing friends and not going to school - and that can really impact your mental health. This show is a cool and fun way to learn about why you are feeling and behaving the way you are and how to get help."

**Editor:** *It's a new factual series designed to help teens get a grip on what's happening inside their heads. Whether it's crushes, anxiety or depression, it's all pretty full on when you are experiencing it for the first time.*

<https://www.abc.net.au/tveducation/programs/mikki-vs-the-world/13302636>

# WHAT'S THE GO?

Our team in South Australia recently created three awesome videos for young people in care talking about Participation, Feedback and Complaints and Transitioning from Care. Our AMAZING Young Consultants starred in these videos – so we chatted to them about what it was like!



Watch the videos here!



## MEET NICK AND ELLIE!

### 1. What are the videos for (in your own words)? Why did you want to get involved?

**Ellie:** To educate other young people who may not know what's available to them.

**Nick:** I wanted to help young ones in care right now so they'll have it a bit easier.

### 2. Tell us about filming – what was it like?

**Ellie:** It was nervy but fun as well. It was frustrating saying the line 100 times but I'm glad we got it done.

**Nick:** I certainly enjoyed it – it was tiring but at the end it felt good.

### 3. Was anything challenging? If so, how did you overcome it?

**Nick:** Retaking shots.

**Ellie:** Saying the line with the right inflection.

### 4. What did you like about it?

**Nick:** I liked spending time with everyone, seeing what it was like and knowing that the



videos might help someone in care.

**Ellie:** That us young people who have been in care got to speak to other young people, instead of “real adults” telling young people.

### 5. Do you have a message to other children or young people who might want to get involved with CREATE and these sorts of activities?

**Nick:** Get in to it!

**Ellie:** Just go to an event and I suggest if you're over 14 – do the SUP training. You'll make friends for life.

## DID YOU KNOW?

... that we recently held an Hour of Power in South Australia and Victoria too? An Hour of Power is a forum for young people to talk DIRECTLY to decision-makers. Young Consultant Brooke told us all about her experience at the SA HOP – you can read her article at [www.create.org.au/blog](http://www.create.org.au/blog).

**“What I hope that decision-makers took away from the HOP is that we are people – we're not just a case file or statistic.”**

Brooke, Young Consultant South Australia

**Brooke**



## It's cool to be KIND!

Kind Cards is a business that specialises in self-love, empowerment and positive affirmations through beautifully designed cards. We asked Kind Cards founder Zara a few questions about her business and why she has chosen to support CREATE over the years.

### 1. In your own words what is Kind Cards and why is it important?

The Kind Cards story began with kind words and an idea, to educate, support, and empower the community on their self-love journey. I launched the online store specialising in affirmation cards with the vision of making the world a little kinder every day through the power of words.

### 2. Why did you choose to support CREATE with Kind Cards?



I personally believe a little kindness goes a long way which is why at Kind Cards we support amazing organisations making big changes in the community. The CREATE Foundation is an incredible organisation I was involved with when I was younger and I love seeing the big changes the foundation creates in the community for young people.

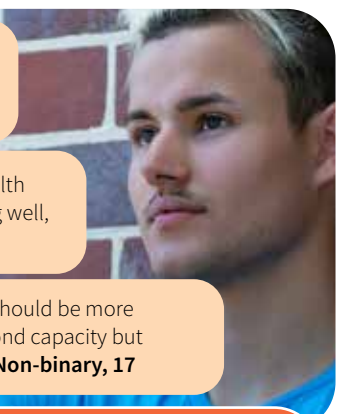
## Emotional and social wellbeing - what young people have told us

Social and emotional wellbeing (or mental health) is linked to our feelings, connections with others, and ability to work and study, or 'bounce back' when life gets a little hard. CREATE believes that better connections with families, access to hobbies like sports or art classes, and access to specialised mental health support services for children in care is needed to help maintain good mental health.

"We need to break down stigma regarding a broader range of mental health problems. Depression and anxiety are more understood, but not more complex things like PTSD." **Female, 19**

"[The Department] would wait until I had a crisis to find mental health support for me, whereas we really need support when we are doing well, so that we don't reach crisis point as readily." **Male, 24**

"Access to mental health support up to the age of 25. I think there should be more organisations like Headspace. At the moment, Headspace are beyond capacity but I think more organisations should assist people to the age of 25." **Non-binary, 17**



### Here are some places you can go to get help – or even just to talk to someone.

- Lifeline: 13 11 14 or text 0477 13 11 14 <https://www.lifeline.org.au/>
- Kids Helpline: 1800 55 1800 <https://kidshelpline.com.au/>
- eheadspace: 1800 650 890 (9am-1am AEST) <https://headspace.org.au/eheadspace>

# GETTING SORTED WITH... **sortli**

## I need to budget better...

One of the hardest, and most important skills to learn as you grow into an independent young person is BUDGETING. Do you have too much week at the end of your money? Are you struggling to balance bills and fun? Whatever your goal, it's important to learn to manage your money!

Building a budget and sticking to it is one of the easiest ways to get started! A budget will allow you to see where your money is going, how much you can save, and where you might be able to cut costs.



**You can find an easy to use budget planner on Sortli! The Sortli App was created by young people, for young people to help you every step of the way as you prepare to leave care!**

### Here are some tips to start:

1. Know your income. Income is the money you receive from work, Centrelink, or other sources.
2. Know your costs. Some costs are essential like food, rent and bills and some of your costs, although important, are not essential like holidays, haircuts and take-away.
3. You don't need to spend everything you earn every week. The goal is to have savings!

### Why do I need savings!?

- Savings help you achieve big goals in life like owning a car or house, traveling or being able to study.
- They keep you safe against unexpected costs, especially when stressful things happen, and
- Give you a sense of security and achievement.

**For more tips and advice on managing your money, download Sortli!**

**Have you got a question about transitioning to independence? Or a topic you'd like us to discuss in the magazine? Let us know for your chance to WIN. To enter this competition:**

Send your entry via email to [clubCREATE@create.org.au](mailto:clubCREATE@create.org.au), send us a message on Instagram @CREATEFnd or Facebook /CREATEFnd or by post to:

**Reply Paid 87694** (means you don't need a stamp)  
**SPRING HILL, QLD, 4004**

Entries close August 20th 2021. Make sure you include your name and age, and if you know it your clubCREATE ID number. GOOD LUCK!

**COMPETITION  
TIME**



# 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!

DESIGN FRONT COVER

COMPETITION

**CALLING ALL  
ARTISTS,  
PHOTOGRAPHERS,  
AND CRAFTERS**

Help us design our next magazine front cover! Your design may be used on the over or under 12 magazine - and if selected you will get a \$50 gift card! Get creating!



**To enter any of these competitions you can:**

1. Send your entry via email to [clubCREATE@create.org.au](mailto: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](http://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.

## FAVOURITE QUOTE COMP

Have you got a favourite quote  
for a boost of inspiration?

Send it to us for your chance to win!

## FUN FACT COMP

Did you know...

Swiss people eat the most chocolate. According to a 2017 study, the average amount of chocolate consumed in a year was 8.8kg per person. That's about 90 blocks of chocolate!

Do you have a fun fact, riddle or joke? Send it through to us!



## TELL US WHAT YOU THINK!

Have you got a suggestion  
for the magazine?

Any topic you want  
us to discuss?

Let us know for your chance to win!



**ENTRIES CLOSE 20TH AUGUST 2021**

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

**COMPETITION  
TIME**



## How do you feel about CREATE and the work we do?

CREATE wants to hear from you! By filling out this survey, you are helping us make sure that the programs and activities that CREATE provides are relevant and useful to children and young people with an out-of-home care experience. Your identity will not be released to anyone outside of CREATE and participation is voluntary.

### Because I am a part of CREATE:

#### 1. I feel more connected to others in the care system



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

#### 2. I know my rights



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

#### 3. I know how to make a complaint or have my say about CREATE



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

#### 4. I feel like I belong



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree



WIN

WIN

WIN

WIN

WIN

### 5. I feel heard



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

### 6. I feel respected



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

### 7. I find the magazines useful



Strongly Agree



Agree



Neither



Disagree



Strongly Disagree

What do you love most about CREATE?

What else would you like CREATE to do?

### Go in the draw to win a \$50 Gift Voucher!

Send a copy of your survey, along with your name and age 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 20th August 2021.**

Want to fill it out online? Head here: [www.surveymonkey.com/r/CREATE\\_Survey](http://www.surveymonkey.com/r/CREATE_Survey)

**GIFT CARD**



CC  
2021

**WINNER!**



**YOU ROCK!**

**EDITION 1, 2021  
COMP WINNERS**

**SELFIE COMP AND  
FAVOURITE MEME**

Tenayah, 20

**SOLVE THE RIDDLE**

Stacie, 25

**DID YOU KNOW**

Karen, 25

**TELL US WHAT  
YOU THINK**

Rose, 13

**SMILEY FACE**

Ebony, 12



**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 20th August 2021**



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