

Edition 4 2022

club

# create

magazine

NSW made  
it 21!

#raisetheage  
Campaign

**YOUR VOICE,  
YOUR FUTURE  
EDITION**

Mental health  
tips for the  
holidays

Art competition  
& more!

Games, competitions and MORE!

# WELCOME TO THE club create magazine



Hi clubCREATE-ers!

Well, it's almost a wrap on 2022 and what a year it has been! Life has returned to somewhat 'normal' but not without its challenges. As we move into the holiday period, we know this can be tough for some. We hope you find the article by Psychologist Gregory Nicolau on his '5 Tips to get your holidays off to a good start' helpful.

Also, in this edition we give you #snapthatstigma with Jessica, meet Stef from our Leadership Committee team, and so much more. Don't forget to enter the awesome competitions for your chance to win some vouchers (perfect timing for Christmas!).

We hope you take some value from this edition, and feel positively about the year ahead. Every day I am amazed by your strength, resilience and passion to advocate for change. We can't wait to see you in the new year and continue to create a better life for kids in care - together.

Happy reading,

*Jacqui Reed*

Head Honcho

## Acknowledgement 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.



EDITION 4 2022

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## 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. 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 that if these young people are not reflective of the story or blurred it is for safety and legal reasons. All contributions to be considered for the magazine can be submitted by email: clubcreate@create.org.au or post: Reply Paid 87694, Spring Hill QLD 4004.

If you do not want to receive newsletter 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.

# IN THE LOOP



## World Care Day

World Care Day on the 17th February is the world's biggest celebration of children who grow up in care.

The theme for 2023 is 'Don't Judge a Book by Its Cover, Embrace our Stories Instead!' Children and young people are strong, resilient and more than just their care experience! This Care Day, everyone has the chance to get vocal, get social, or to get together in celebration of your story. [#worldcareday2023](#)



## Make it 21!

CREATE have been fiercely advocating for years to [#makeit21](#) to ensure all young people have extended support beyond 18. This is such an important time in a young person's life and having those extra few years of support to help young people learn to 'adult' is critical. We are so pleased that your voices were finally heard and on Sunday 6th November the NSW government officially announced that they are committing to this support!

## Child Protection Week Wrap up

Each year National Child Protection Week aims to engage, educate and empower Australians to understand the complexity of child abuse and neglect and work together to prevent it. CREATE had an action packed week across Australia in honor of National Child Protection Week.

Congratulations to CREATE's own Fabian, who won the Voice of Children and Young People Award at the South Australian Child Protection Awards and to the CREATE led Minister Youth Advisory Group (MYAG) for winning the Children and Youth Empowerment Award from the Victorian Commission for Children and Young People. Check out the wrap up blog on our website for all the details.



## SAY HELLO TO STEF!

Hey to all you rad club-CREATE members! My name is Stef and I live in Sydney on the land of the Eora Nation. I am a proud mumma of two wild and super cute little boys who keep me very busy but bring me so much joy.

## What do you do at CREATE?

I lead the Marketing and Communications team here at CREATE. I have the best job ever as I get to do so much cool creative stuff every day and get to shine a light on all you amazing children and young people. My job is varied and I get to oversee our websites, social media and all of our marketing materials such as flyers, posters and invites. I also get to work on our Voices in Action conferences which happen every 2 years. Fun fact - I have been a part of organising and

attending every single one of our conferences since the first one in Canberra back in 2013! The Voices in Action conferences are a highlight for me so I recommend you apply for a grant to attend our next one in Adelaide in 2024 if you haven't been yet!

## What do you love about working for CREATE

Where do I start?! I think having worked at CREATE for 10 years this year demonstrates my passion and commitment to this organisation. I absolutely love working here and I am just so amazed every day by all your wonderful stories, and love showcasing them to our audience, supporters, the media and general public. I also love the CREATE Team - we are all so passionate about the work that we do and in particular our Head Honcho Jacqui Reed - she is a true leader and I am inspired by her commitment to you all!

## What do you like doing when you are not at work?

I love spending time with my family and friends as they make my heart happy. We live by the beach so we love to ride our bikes to the beach as a family and spend time in the ocean. We are also a camping family so we love nothing more than heading to our favourite camping spots with a big group of mates to spend time in nature relaxing. We love going on hikes also and our dream is to take our boys to Tasmania when they are old enough to do the Overland Track all together.

## RAISE THE AGE

Children do their best when they are loved and supported, not when they are locked away in prison cells. CREATE believes children as young as 10 years old should not be arrested or put in prison. First Nations children and young people are disproportionately impacted by the current law. Children should be given the support they need to heal, grow and thrive. Recently, Young Consultant Leilani participated on the panel about 'Raising the age: transforming youth justice' at the

QCOSS Conference. We are so proud of you, Leilani, for using your voice and lived experience to help change the system!



## SNAP THAT STIGMA

CREATE Young Consultant Jessica is one of our biggest supporters in the Northern Territory! You will always find a huge smile on her face and a "can do attitude" driving her to step out of her comfort zone to come along to our YAG's, Speak Up and CREATE Your Future workshops.

Jessica is a young Gurindji woman who was born deaf and came into care when she was very young. She is the oldest of 6 siblings and takes her role as big sister seriously, always looking out for her brothers and sisters as well as her little nephew. Even breaking her leg earlier this year didn't stop Jess from attending CREATE activities as it is often a chance for

her to catch up with family. When we asked Jess about how she felt about her time with CREATE she said; "CREATE is good fun. Meet new friends. Teach me how to live independent skills. Thank you. Lots of fun years"



## FROM BAD TO GOOD HOLIDAY TIMES



I bet you would like to have lots of holidays 'cause they are fun, or are they? Not everybody thinks holidays are fun, and that's OK.

Having time away from school can be cool, but for some it's not, because being at school means things to do and catching up with your friends.

### My 5 Tips to get your holidays off to a good start.

**Tip 1:** There is no right or wrong way to have a holiday, whatever you do is OK.

**Tip 2:** Best not to think too hard about your holidays and how to spend them.

**Tip 3:** If you enjoy routines, knowing what's going to happen each day, then have a yarn or chat with someone you trust to work out what you want to do each day.

**Tip 4:** If you are not into routines, ignore Tip 3, and relax. It is OK to do nothing, or just make it up as you go.

**Tip 5:** Always return to Tip 1, if you are feeling a bit lost, and don't know what to do.

**Bonus Tip:** *We can have mixed feelings about families and friends, in fact some feelings we might not like. The thing with feelings they will move on, they come and go, and make way for new feelings in time. And of course, reach out to people who make you feel good, and have a yarn or a chat when you need to.*

That's it, they're my tips, get out there and holiday well, whatever that means to you.

**Gregory Nicolau  
Consultant Psychologist (means  
I talk to people about what's on  
their minds and in their hearts)**



# THE FUN ZONE!

WIN!

Summer is upon us, let's think of all the fun things we can do while the weather is hot!

D	O	S	B	L	K	P	J	H	O	T	W	U	Q	Y
F	F	L	S	P	G	I	I	X	O	V	S	M	X	
S	C	U	V	L	L	T	T	C	H	P	P	Y	S	V
U	K	W	I	Y	I	E	N	E	N	U	Y	Z	U	O
N	S	N	Y	S	Q	P	M	R	C	I	A	K	N	L
G	X	W	C	Z	W	I	S	O	Y	Y	C	K	S	H
L	F	B	E	A	Q	I	A	L	N	V	I	U	C	A
A	I	E	O	A	M	I	M	I	O	A	P	Y	R	U
S	S	A	H	C	T	P	I	M	Z	P	D	E	E	A
S	H	C	A	D	K	Y	I	E	I	H	S	E	E	C
E	I	H	T	S	G	L	L	N	L	N	L	L	N	X
S	N	O	D	L	Q	O	D	L	G	P	G	I	A	I
Q	G	O	T	F	Z	I	C	E	C	R	E	A	M	P
X	L	T	N	L	U	C	R	I	C	K	E	T	Z	U
V	S	L	K	J	J	W	H	W	E	F	Z	P	N	L

- |           |          |        |          |              |
|-----------|----------|--------|----------|--------------|
| Beach     | Icecream | Sweaty | Camping  | Hat          |
| Swimming  | Cricket  | Kite   | Fishing  | Sunglasses   |
| Sunscreen | Hot      | Picnic | Lemonade | Slipslopslap |

To enter this competition:

1. Send your entry via email to clubCREATE@create.org.au
2. Send us a message on Instagram @CREATEfnd or Facebook /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 SPRING HILL QLD 4004

Entries close 27th January 2023. Make sure you include your name and age, and if you know it your clubCREATE ID number. GOOD LUCK!



# RIDDLES!

WIN!

Q. What has hands but can't clap?

Q. What has to be broken before you can use it?

## FUTURE DREAMS

Draw, write, paint - just create the future of your dreams. It's so important to set goals for the year ahead. Visualise what you want to achieve and work out the steps to take to make it happen.

Send a picture of your creation along with your age by email! Details below on how to enter.

To enter this competition:

1. Send your entry via email to clubCREATE@create.org.au
2. Send us a message on Instagram @CREATEfnd or Facebook /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 SPRING HILL QLD 4004

Entries close 27th January 2023. Make sure you include your name and age, and if you know it your clubCREATE ID number. GOOD LUCK!

# ACT ROUND UP

What's been happening?

## Hello ACT members!

CREATE recently spent time with some great Young Consultants in the ACT talking about important things happening for them at the moment. We also went bowling and had some laughs and great food. We have lots of fun events coming up (see below) RSVP to linda.james@create.org.au to secure your spot!

## Craft with CREATE

All through the month of December we are holding the craft with CREATE competition. Show us your creative side and tell us through your art who your family is. There will be prizes for most artistic and lots of other things.



Date	Information
8th December	SUP 1 and Christmas Lunch - Theatre workshop.
9th December	Kidzplore and young parents YAG - Let's go go-karting.
10th December	Connection Event (Let's go to the beach trip & learn to surf & YAG on the bus home.
5th January	CREATE Your Future workshop 11am - 4pm You and your Peeps
6th January	CREATE Your Future workshop 11am - 4pm Legit Well Being plus YAG
7th January	SUP 2 and Paddleboarding.
16th February	CREATE Your Future - Learn to Earn
17th February	CREATE Your Future - Rolla Cashola plus YAG
18th February	Fun activity

# NSW ROUND UP

What's been happening?

## Make it 21

The New South Wales Government has agreed to #makeit21! Here in New South Wales we have been working tirelessly to achieve this and have been pushing hard our #itsyourturnNSW #makeit21 campaign. Our Young Consultants did a brilliant job advocating for this by attending meetings with Minister Natasha MacLaren-Jones and other key decision makers in the department and doing media articles to make this happen. Congratulations to everyone involved, a great example of #yousaiditwedidit

We wouldn't be able to do any of this if it wasn't for your powerful voices so a big THANK YOU and like Dr Seuss says 'let's open our mouths, for every voice counts!'



## Connection Events

We headed to Port Macquarie and it was an absolute delight getting to explore Billabong zoo with our members there and we are hoping to do this more often, so watch this space for where we'll be next. We also got a chance to bring back one of our most popular events - cruising around Sydney Harbour and what a turnout! It is always such a highlight when we get to connect and have fun in person and we're planning something extra special for Christmas.

## Staff Update

Brianna, one of our Community Facilitators, has moved on to a different role. We wish her all the best in her new endeavours and we are on the lookout for someone to join the CREATE team.

# NT ROUND UP

What's been happening?

## Territory Families Housing and Communities Annual Round Table

This year we had 14 amazing Young Consultants attend our annual Round Table lending their voices and experiences to the discussions around Leaving Care and Youth Mental Health. They met with Executives and decision makers from TFHC and James from The Office of the Children's Commissioner. There was a beautiful Welcome to Country from Larrakia woman Mary Williams followed by our own CEO Jacqui Reed who highlighted the importance of hearing the wisdom of young people when developing policies and finding solutions to issues facing them. Here is what the young people said around what do you need to best support your mental and being supported to leaving care.

*"I was worried, but I've been with my carer for 11 years she's like my second mum, and she said I can stay with her" Female, 17*

*"I have had so many carers and case workers I'm confused who to talk to?" Male, 16*

*"Case workers shouldn't just 'book-read' and make assumptions about me" Female, 16*

We're looking forward to hearing back from TFHC with the outcomes of the recommendations that were raised by all the young people that attended. Well done YC's on another successful Round Table!!!

## CREATE in Mparntwe (Alice Springs)

We've been busy with fun YAG's at Alice Springs Desert Song Festival, 'Paint the Gap' community mural where we got creative as well as having the opportunity for CREATE Young Consultants to advocate for young people at the Alice Springs Youth Summit. One comment a young person made that really made an impact on all was "I deserve the same chance to succeed as anyone else. I know if I had the same opportunities I would thrive" CREATE Member 17yrs



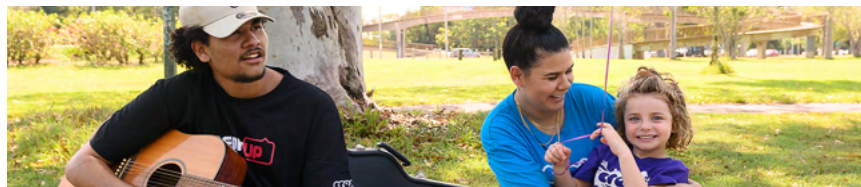
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# QLD ROUND UP

What's been happening?

## Child Protection Week

It has been an extremely crazy time up North, Child Protection week wrapped up with three massive events; Fancy dinner in Cairns featuring the Honorable MP Leanne Linnard, Fancy Masquerade ball in Brisbane and an exciting escape room virtually for all regions of Queensland. The most important part of this week was the CREATE young people (you!) that took part in our events. We had over 60 young people attend our events which was an amazing achievement so thank you very much.



## Support to 21 Consultation

Queensland has been working hard on the support to 21 consultation, trying to get in touch with as many young people aged 18-25 so you can have your say on how young people in care would be best supported during that transitional phase of their lives. So far our face-to-face component has wrapped up featuring two think-tanks and four YAGs in the month of September alone. Thanks to all those young people who showed up and made their voice heard. Also special thank you to all those who did online surveys and interviews - no voice or idea is ever too much so please get in contact at our events to have your voices heard!

## Meet Kristy!

We would like to introduce our newest Community Facilitator, Kristy Cope, bulking up the team in Brisbane. Kristy's first event will be the Sails event in Brisbane. So if sailing is for you as well as meeting awesome CREATE people get in touch with the Brisbane team and set SAILS for new adventures!



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WANT TO KNOW WHAT EVENTS ARE ON NEAR YOU?

CALL YOUR LOCAL STATE TEAM ON 1800 655 105.

# SA ROUND UP

What's been happening?

## What we've been up to

We've had a few of our brilliant Young Consultants working with April Lawrie (Commissioner for Aboriginal and Torres Strait Islander Children and Young People) on her inquiry into the Child Placement Principle. We also managed to gain some new Young Consultants who finished their Speak Up Training and got to enjoy a day at Holey Moley to celebrate.

One of our previous Young Consultants opened up her own organisation, is now a CEO and an author. We're so proud of all the achievements that each young person makes and are so glad we get to watch you smash your goals!

We had a fun Youth Advisory Group where we did a cooking class together and got to share some delicious food.

We attended the Child Protection Awards and one of our Community Facilitators Fabian McPhee received an award for promoting the voice of children and young people in out-of-home care! Well done Fabian. The Children and Young People Safety Act (2017) is under review and we shared some of the feedback we've received from you all in hopes that the new Act will better reflect your wants and needs.

## Meet Shona - the new Guardian for Children and Young People

Shona Reid is South Australia's new Guardian for Children and Young People. Shona and her team promote and advocate for the rights and best interests of children and young people in care throughout the state.

It is important to note that Shona is not your legal guardian while you are in care but is here to 'champion' your rights, to hear what you have to say and follow up on things that worry you about your time in care. For more information about us visit our website: [www.gcyp.sa.gov.au](http://www.gcyp.sa.gov.au)



## Our Team

A big welcome to Lucy, our newest team member! "If you change the way you look at things, the things you look at change" - Wayne Dyer

# TAS ROUND UP

What's been happening?

## Connection Event: Child Protection Week 2023

Young people in care around Tasmania were invited to get creative and send us an artwork that represented what a healthy and thriving community looks like to them. We received a lot of amazing images. We sent the images to a graphic designer, who worked some magic and put all the images together in one colourful artwork. The artwork was then placed at the entrance to Child Safety in Hobart, bringing some much needed vibrancy and colour! Out-of-home care agencies, Child Protection Workers and the Minister Roger Jaensch came together to launch the artwork and Young Consultant Nikita spoke about what it means for her to have a healthy and thriving community. Well done to all the young people who contributed!

## Young Person quote

Check out the CREATE website for upcoming programs in Tasmania. Here is what one young person recently said about our programs:

*"Whenever I come to these things, I know everyone has had a similar experience, so I feel a sense of familiarity"*



## Youth Advisory Groups

At YAGs we have been talking about education, Child and Youth Safe Organisation Standards, and carers permissions. There has been some great movement in all of these areas. We utilised the info gathered in the YAG to write a submission for a new bill to parliament to make sure organisations are keeping children safe. Here is an awesome quote from a young person about making sure they are listened to:

*"You can't ever know the full story without talking to all parties involved. I think regardless of if they're a young person or the overseeing body or the person who's reporting or whatever, everyone needs to be talked to if there's an issue. A lot of time you only ever really get the full story if you talk to that last person, especially young people, because young people already are struggling to have that much of a voice." Female, 18*



## VIC ROUND UP

What's been happening?

### MYAG wins Child Protection Week award!

CREATE's Ministerial Youth Advisory Group (MYAG) won the Commission for Children and Young People's Child Protection Week Child and Youth Empowerment award. Since 2019, a group of young people aged 14 to 22 from the CREATE Foundation meet bi-monthly with the Minister for Child Protection and Family Services and senior DFFH representatives to provide advice on improvements to the out-of-home care system. Their expertise has been recognised for influencing policy makers and can shape the legislation, policies and programs that affect them. Congratulations team - Bree, Ben, Karen, Danni, Cat, Marcelle, Jacob, Dakota, Kiara, Harper, Jesse, Dee Dee, Alex, Tash, Hayley, Ella and Emily.

### Hour Of Power ( HOP)

In October, CREATE hosted the State election HOP. CREATE Young Consultants interviewed Politicians about what is important to them this election. Topics included; supporting young people to the age of 25, raising the age of criminality to 14 and improved mental health and wellbeing for children and young people in care.

### CREATE at the ZONE

CREATE celebrated child protection week at the Zone in Bendigo. Our first face-to-face big event since 2020! It was awesome fun, racing the go-karts, roller-skating and laser tag. A big shout out to Rapid Relief for cooking us a delicious BBQ. Our next big event is the end of year celebration at Gumbyre World.

### Shout out CREATE award winner

CREATE would like to congratulate Kellie Addicoat from Mackillop Family Services for winning the CREATE Positive Impacts Award at the 2022 Protecting Children Awards. A young person nominated this award and a panel of young consultants selected the deserving winner. Part of Kellie's nomination read "I know that all the other kids who are or have been in her care and I have gotten the love of an exceptional woman". Keep up the great work Kellie!



## WA ROUND UP

What's been happening?

### Connection events

CREATE in WA recently had our Aboriginal and Torres Strait Islander Connection at the beautiful Herdsman Lake Discovery Centre in Wembley. The weather and venue could not have been better if we tried! Neville Collard and his team facilitated a range of cultural events including a smoking ceremony, cultural talk, rock painting and mia mia building. We had Yorganop attend and facilitate a scavenger hunt of noongar animals. The Foster Carer Association also attended to volunteer on the day. A great day was had by all!



### Youth Advisory Groups

CREATE ran a successful youth led YAG, run by YC Kathleen. We had a games night and discussed the young people's experience with their case worker. We ran this YAG at our newly painted CREATE office. We also had an Aboriginal Art YAG where we discussed cultural plans. Participants made beautiful shadow boxes to take home.



### Engagement

CREATE in WA has been busy with engagement events lately. CREATE with YC Chris went to the University of Western Australia and did a presentation to social work students. YC Chris was able to speak about his experience being a child in state care. Chris and the CREATE team also ran a workshop with the students and explored a case study. CREATE and YC Kathleen attended the Department of Communities (Child Protection) Fremantle office for Child Protection week. Kathleen was able to speak about her experience in care and discuss her work with CREATE. State Manager Deb also spoke about CREATE's goals and purpose. Kathleen's speech was extremely powerful and had a lasting impact on the whole audience. Kathleen had a long line of Departmental staff lining up to thank her and ask her to speak at future conferences. Go Kathleen!


## 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

#### 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?**

.....

#### Submit your answers to win a gift card!

Your name: ..... Membership number: .....

If you identify with a particular cultural group, please state it here: .....

Age: ..... State/Territory: .....

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

You can also scan or type your answers and send them over email to clubcreate@create.org.au with your name, age and membership number. **Entries close 27th January 2023**



# YOU ROCK!

## EDITION 3 2022 WINNERS

OUR COMP WINNERS FROM LAST  
MAG ARE (DRUMROLL PLEASE!):

**THE FUN ZONE**  
Shilayne, NT

**RIDDLES**  
Liam, QLD

**SURVEY**  
Alyvia, SA

CONGRATULATIONS!  
WE HOPE YOU ENJOY  
YOUR PRIZES!



**create**  
FOUNDATION

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ABN 69 088 075 058

If you do not wish to receive newsletters and program information from CREATE Foundation please email [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or phone CREATE on (07) 3062 4860 to have your address removed from the mailing list.

### HOW TO STAY CONNECTED WITH CREATE

If you want to attend awesome events with CREATE make sure you are a clubCREATE member so you can automatically receive invitations and information. Other ways to contact CREATE:

1. Become a clubCREATE member and join up at [www.create.org.au](http://www.create.org.au)
2. Call your local CREATE office on 1800 655 105 and talk to one of the team about what's coming up.
3. If you are already a clubCREATE member – make sure your clubCREATE membership details are up-to-date.
4. Visit [www.create.org.au](http://www.create.org.au) to find out more about how we can support you.