

Edition 4 2023

club

# create

magazine



Make your own  
holiday puppets

Taking care of  
yourself during the  
holidays

**WIN LOTS OF PRIZES!**



Hi clubCREATE-ers,

I hope you are all enjoying a relaxing break over the holidays and having fun.

In this edition we'll show you how to practice mindfulness, which is like a superpower that helps you stay calm and enjoy every moment. It's as simple as taking a few deep breaths and feeling grateful for the good things in your life.

We've also got some fun creative craft for you including creating your very own holiday puppets. Then you can put on a show for your family and friends, and watch them be amazed by your creativity!

You can win some cool prizes by joining our exciting competitions. Whether you love drawing, writing, or making things, there's something for everyone. We can't wait to see your awesome entries – they always bring big smiles to our faces! So, let your imagination run wild and show the world how talented you are.

We hope you're having a wonderful holiday, full of happiness, fun, and exciting adventures. Have a fantastic time, and we can't wait to see what you come up with!

*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 2023

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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 1800 655 105 to have your address removed from our mailing list.



## A photograph of four men standing on a red carpet. From left to right: a man in a blue blazer and khaki pants, a man in a black suit, a man in a black suit and a blue patterned scarf, and a man in a black suit. All four men are smiling and giving a thumbs-up gesture. The background is a solid red wall.

- CREATE's Sortli app
- [www.lifeline.org.au](http://www.lifeline.org.au) 13 11 14
- [www.kidshelpline.com.au](http://www.kidshelpline.com.au) 1800 551 800
- [www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 224 636

I have loved it. I had a great time with other young people and have really loved being with CREATE. I love everything, everything has been really enjoyable. I can't pick a favourite cause they are all great.

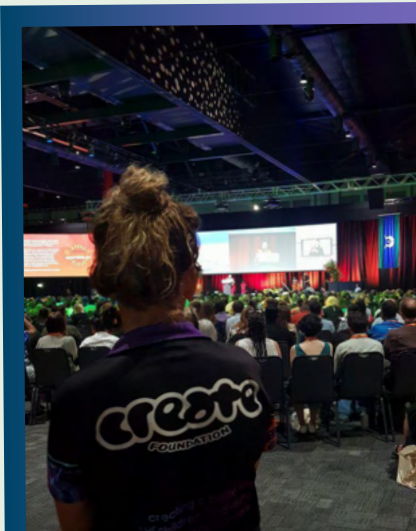
# SNAICC CONFERENCE WRAP UP:

## IT'S GOTTA GO BACK TO COMMUNITY

CREATE recently went to the **SNAICC conference** on Larrakia Country in Darwin. The conference is all about working together with Aboriginal and Torres Strait Islander children, families and communities. Brooke Oliver, a proud Kurna woman and CREATE Young Consultant, was there with her powerful voice. She talked about a special project she did in South Australia, all about helping First Nations kids.

At the conference, Brooke had to talk in front of over 1000 people and she was amazing! She was brave, honest, and really passionate about helping kids. By the end of her speech, everyone was clapping, cheering, and saying thank you. Brooke also shared her own story about growing up in the out-of-home care system in South Australia.

She didn't just talk about problems; she told everyone what they need to do to make things better for kids. Brooke was a shining example for other young people. She showed that our voices matter, and we can make a big difference when we speak up. Her voice was strong and important, just like yours can be!



SNAICC is the national voice for Aboriginal and Torres Strait Islander children.

They want to see Aboriginal and Torres Strait Islander children grow up healthy, happy and safe.





# MINDFULNESS

THANKS TO ANNIE HARVEY FROM THE STILL EFFECT FOR THESE MINDFULNESS TIPS FOR THE HOLIDAYS.

*"Mindfulness is all about paying really, really close attention to what's happening, right here and now. It's like being a detective for your own thoughts and feelings! You just watch them and see what's going on. It's like your brain's way of taking a break from all the rushing around and just enjoying the special moments."*

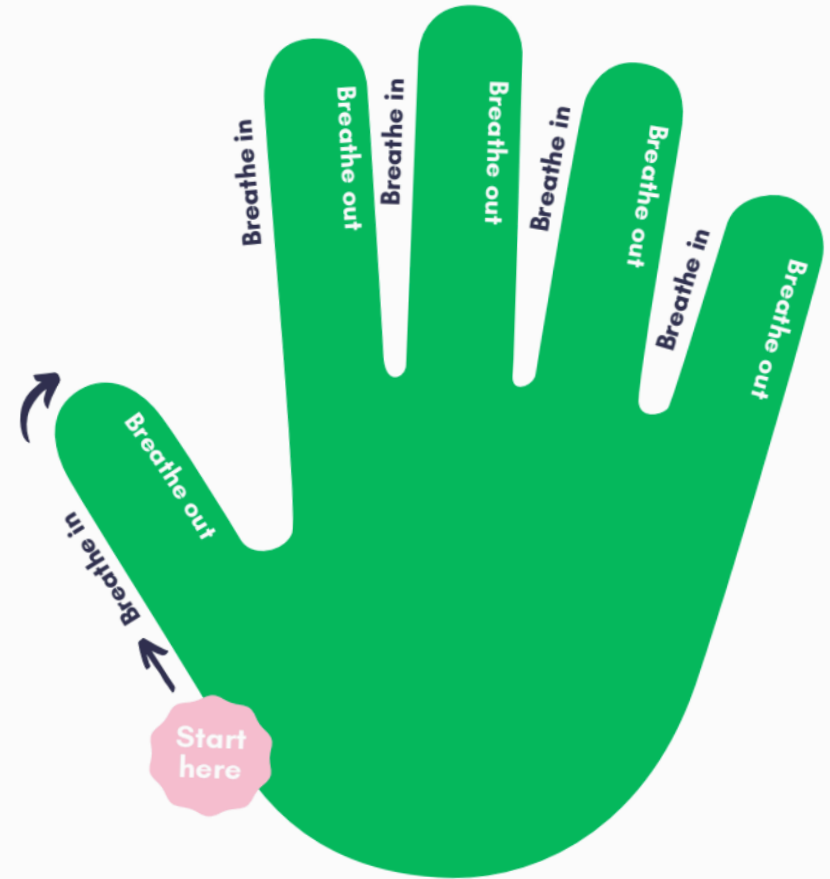
## CALMING STRATEGIES

When I feel upset, I can choose to..



[www.thestilleffect.com.au](http://www.thestilleffect.com.au)

## CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

[www.thestilleffect.com.au](http://www.thestilleffect.com.au)

# MEET HASH



This is Hash! Hash grew up in the Logan area (south of Brisbane) and has been involved with the Department of Child Safety since the day he was born.

Hash has experienced kinship care, foster care, residential care and youth justice. At school, Hash faced a lot of stigma. Teachers often treated him differently from his peers. Hash's teachers thought he was 'disruptive' and he was even expelled from school!

Hash reconnected with his old CSO, who later became his natural mentor. Hash was connected with services that supported his transition out of care. He learned how to drive, enrolled in a distance education school and worked with his natural mentor to ensure he had all the supports in place to succeed.

Hash has snapped that stigma by working hard and graduating from high school. He got his driver's license, bought a car and got a job in transportation and warehousing. Hash is also a Young Consultant with CREATE and recently attended the Ministerial Round Table for the Residential Care Review.

**Well done Hash!**

If you have a #SnapthatStigma story to share, please email [marketing@create.org.au](mailto:marketing@create.org.au)



# MEET TARA



**Meet one of our current Influencing Committee Young Person Representatives, Tara.**

**About me:**

I'm the Young Person Representative on CREATE's Influencing Committee, I also regularly do Youth Advisory Groups and CREATE Your Future as well as helping CREATE on interview panels to recruit new staff. Recently, I was on a Share and Learn Panel for the new Department for Education Children and Young People with the help of CREATE.

**What do I do:**

I am a 19 year old Tasmanian TAFE student who loves the

marine environment and advocacy. I am currently studying for my Certificate II in Marine Studies.

**I love working with CREATE because:**

I love working with CREATE because it gives me the amazing opportunity to advocate for change in the care sector, and also allows me to meet so many other incredible young people who have also had a care experience.

**What do I do in my own time:**

In my free time I like to do pretty much anything that involves the water, such as scuba diving, snorkeling or freediving (I especially like it when I get to see sharks!).

**Something wacky about myself:**

A wacky fact about me is that I think sharks are one of the cutest animals.





# MAKE YOUR OWN HOLIDAY PUPPETS

Cut these out. Colour them in. Sticky tape a paddle pop stick or some stiff cardboard to the back. Put on a Christmas puppet show! Maybe you could design some of your own characters?



## CREATE-MATES

**CREATE Mate: Nicole Hucks,  
Northern Territory Children's  
Commissioner**

**Tell us about yourself! What's  
your role?**

As Children's Commissioner for the Northern Territory, my job is to listen to young people in the Territory and make sure they have everything they need to grow up healthy and happy. Young people have rights and their voices should be heard!

**Why are you a CREATE Mate?**

I love the way CREATE works with young people to make sure their needs and voices are at the centre of all the work it does.

**What's something you're  
passionate about in the care  
sector? What's something  
you're proud of?**

Siblings being placed together is something I focus on in the work I do. Where siblings can't be placed together I take an interest in the care planning for them to ensure that they can see, connect and maintain contact with each other.

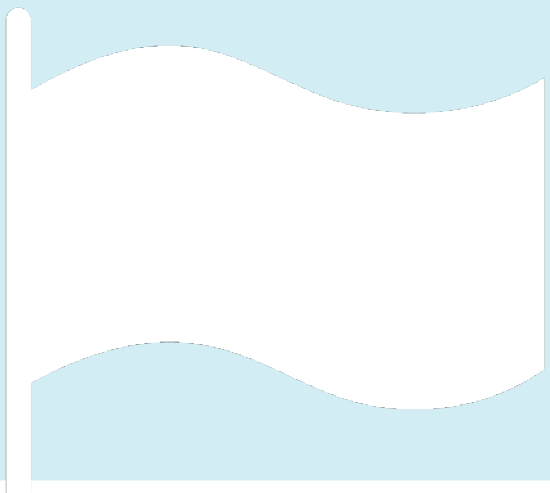
**Everyone's a bit wacky in their  
own way? What's a fun fact  
about you?**

I have a crazy busy life juggling a demanding job, being a mum to my 3 and 5 year old daughters and meeting my broader family and community responsibilities. For my self-care, I take time out and make resin earrings!

# WIN! THE FUN ZONE

## CHALLENGE

1. Write or draw your own Christmas story.
2. Design a flag that represents you!



## SMILEY SURVEY



Fill in this survey to go  
in the draw for prizes



All challenge and competition entries go in the draw to WIN!

To enter this competition:

1. Send your entry via email to [clubCREATE@create.org.au](mailto: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](http://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 24 January 2024. Make sure you include your name and age, and if you know it your clubCREATE ID number. GOOD LUCK!

## COMPETITION

Write or draw the fun things you have done in the holidays.

## COLOURING COMPETITION



In each section draw/colour something  
that helps you.

www.thestilleffect.com.au

All challenge and competition entries go in the draw to WIN!

To enter this competition:

1. Send your entry via email to [clubCREATE@create.org.au](mailto: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](http://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 24 January 2024. 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?

The CREATE in ACT team have had a great time with current and new clubCREATE members. We had some new members embark on their Speak Up journey showing what passionate and determined Young Consultants they are going to become. Our clubCREATE members have also been 'Creating their Crib' as part of our CREATE Your Future program.

At caseworker training sessions we have been able to pass on feedback from YAGs and discussions with young people about what makes a great caseworker and we have also had some great insight from our members for our Health and Wellbeing consultations.



We have been busy planning a heap of fun, including some exciting Christmas parties. Keep an eye out for what's coming up!

# NSW ROUND UP

What's been happening?

The CREATE in NSW Community have had a wicked few months packed with YAGs, Speak Ups, Young Consultant opportunities, and a bunch of fun in between. We had some Young Consultants advocating across all levels including a meeting with NSW's Minister for Families and Communities, Minister Kate Washington, sitting on Domestic Violence Panels, and two guest lectures at University of NSW, and University of Wollongong. Our Young Consultants provided the Minister and students with perspective and insight from lived experience. An adventure they will never forget!

At our YAGs, you spoke and we heard you! We heard about what makes a great caseworker, the importance of identifying positive relationships and the impact of "where we start" for Child Protection Week. Oh, did we mention that we did all of this whilst enjoying Timezone, go-karting and pizza! The next few months are packed with programs and events so get in touch.



## NT ROUND UP

What's been happening?

CREATE in the NT have been busy over the last few months of the beautiful dry season with lots of outdoor YAGs, Connection Events and engagement activities. We got to play mini golf and watch the sunset from the top of the ferris wheel on Fisherman's Wharf. We held a Connection Event with the Office of the Children's Commissioner, Larrakia Nation, Hoops 4 Health, NAPCAN (and too many others to mention!) for Aboriginal & Torres Strait Islander Children's Day. Larrakia Elder Auntie June performed her story Witladla with her handmade puppet. There was basketball, face painting and children even got to decorate biscuits to celebrate the day. Sam and Young Consultant Alicia attended the Youth Concert organised by our friend DJ Charly's Dream Impact Inspire. Cali Swag District from the US performed their hit "Teach me how to Dougie" but local talent Riley P was definitely the crowd favourite!!

No need to have FOMO cause we have plenty more coming up. Call 08 8945 993 or email [nt@create.org.au](mailto:nt@create.org.au) if you are keen to come along.



### Meet Tenneil

Hello! My name is Tenneil, I'm the new Engagement and Administration Facilitator here in Darwin! I bring my own lived experience of growing up in care. Some of you may even recognise me from YAGs, SUPs, and Connection Events or from the CREATE Conference at the Melbourne Zoo! I am passionate about making sure the voices of children and young people with a care experience are represented and their voices heard! Outside of CREATE I like spending time with my 4 year old Aliyah. We love going to dance class, riding our bikes and visiting the park or beach! I can't wait to meet you all!

## QLD ROUND UP

What's been happening?

We held a Cultural Connection Event at Jellurgal Aboriginal Cultural Centre. Everyone was treated to a Walkabout and a picnic at the beach. We built sandcastles, played soccer and swam. We held a Connection Event at Caboolture Mini Golf and Bowling and had a fantastic time with 50 carers, children and young people.



For QLD Child Protection Week, we held a Winter Wonderland Themed Fancy-Dress party in Brisbane. We also held an online games night that included trivia, games, meme creating and more! In Cairns, we hosted a wonderful Sunset Celebration at Wharf One café. Polly dressed up like a banana and facilitated several activities including bingo and trivia. Minister Craig Crawford and the Principal Commissioner attended both events and presented inspiring speeches, promising to listen and to make themselves available to hear the voices of young people.

In Cairns we have Senior Program Facilitator Lisa Gibson and Program Facilitator Polly Phillips on the team. They have come with a wealth of experience in facilitating programs for young people, as well as organising fun events. They are keen to meet you!





# SA ROUND UP

What's been happening?

Welcoming our newest Program Facilitator, Angela, who has joined us with years of experience in the social and community sector over in Sydney.

CREATE partnered with Kindred Australia, Adelaide Festival Centre and Junction Australia for the 2023 Child and Youth Arts and Culture Forum. A room full of enthusiastic and engaged participants from the social and arts sector coming together. Our Young Consultants shone on stage, bravely sharing their stories of living in out-of-home care and how arts and culture was, at times, a saving grace for them when facing the challenges of instable living.



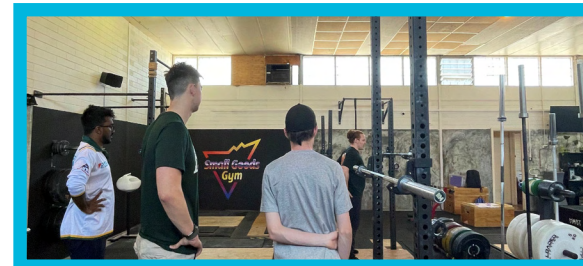
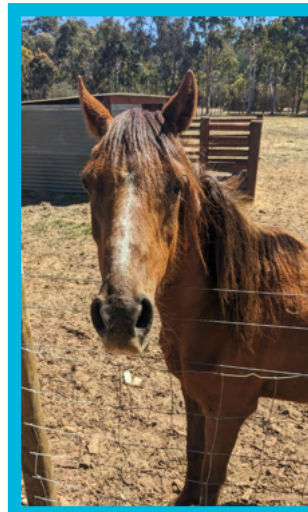
The SA team and our CEO, Jacqui, attended the SA Child Protection Awards at the Adelaide Oval. What an engaging and heart warming event which acknowledged the tireless work of sector workers, foster carers and our incredible CYP which make our jobs all worthwhile. CREATE sponsored the Positive Impact Award which was won by some well deserving carers.

CREATE in SA were grateful to be able to visit our beautiful Limestone Coast. After back-to-back meetings with the wonderful providers in the OOHc sector for the region, we held a sports themed Connection Event at the newly built Wulanda Recreation Centre. Over 20 children, young people and carers attended the event and participated in futsal, badminton, volleyball, and a variety of giant board games! We had the opportunity to talk to a few of the youth of Mount Gambier about all things regional - and we received a large amount of feedback! This thriving conversation ended with some delicious lunch and a good hour at FlipOut to bounce out all the energy!

# WA ROUND UP

What's been happening?

In the last few months, CREATE in WA has been all about fun, growth, and making connections that matter! We went down to Bunbury and connected with awesome young people as we pat some cute baby animals! Our online Speak Up events gave us the chance to connect and talk all about advocacy in the out-of-home care space. We also pumped up the energy with our CREATE Your Future Legit Wellbeing workshop hosted at Small Goods Gym.



And guess what? We ended the year with a splash at our Christmas event at Perth Aqua Park. It was a total blast to see so many smiling faces having fun together and celebrating the awesome community we have in WA. Stay tuned because CREATE in WA has a bunch of fun stuff planned to welcome in 2024 including Connection Events, regional trips, and more!

## VIC ROUND UP

What's been happening?

We certainly got spoiled with the weather for our Zoo Connection Event! Young people, their families and carers gathered at Melbourne Zoo along with CREATE staff on a day that was sunny and bright. After a long cold winter we all enjoyed the warm spell and being outside. Snacks were enjoyed under the pergola, the colouring-in activities were fun, and the post-it feedback wall gave everyone a chance to let us know what they liked the most. All the comments pointed to people having a great time, and enjoying meeting and making connections with others. The lions were also a hit! No photos though because they were very shy lions when the photographer was there. The elephants and meerkats though were very active and weren't afraid of the camera!



Other than having fun with the animals, the Victorian team have been super busy with CREATE Your Future, Worker Training, YEAG, RIMAG and attending the OzChild Network event. We also said a sad goodbye to long term staff member Pat, who we farewelled with an afternoon tea at our North Melbourne office with staff and young people in attendance. Good luck Pat!

## TAS ROUND UP

What's been happening?

During Child Protection Week we attended a morning tea at Child Safety with YC Lara. Our presentation was a highlight of the morning, thank you to all of the young people who were involved. We held Speak Up in Hobart, with a great turnout of young people. We now have some new Young Consultants ready to start helping us out at events and advocating for positive change within the care system.



Our team headed to the North West of TAS to hold a Connection Event at Tazmazia and CREATE Your Future workshop in Devonport. Over the past couple of months YC Tara has been involved in a live panel discussion about Education and also attended a National Youth Engagement Strategy Meeting with YC Ray. Recently Ray has also been accepted into the Children and Young Persons Advisory Panel with the Department of Health. We are very proud of these young people and thank them for their amazing efforts to ensure young people with a care experience have their voices heard. Recently we welcomed a new staff member to our TAS team, Paula. Paula comes to us with lots of experience working with young people and has settled into our team wonderfully, we are so excited to have her onboard.



# YOU ROCK!

## EDITION 3 2023 WINNERS

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

### SPOT GUS

Vahn QLD  
Eli QLD

### FIND-A-WORD

Malakai QLD

### CHALLENGE

Adahlia-Rose QLD

CONGRATULATIONS! WE HOPE YOU ENJOY YOUR VOUCHERS!



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## 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.