

Annual 2021

# CHIPS WRAPPER

Chronic  
Illness  
Peer  
Support



Empowering Young People

# Awards

## *Liz Dixon Award*



Liz Dixon was an inspiring participant of the ChIPS program. Liz's courage, positive attitude, joyous spirit and commitment to those she cared about

will be forever remembered. To keep her memory and her love of the ChIPS Wrapper and the arts alive, the Liz Dixon award was created. This honour is awarded to a chipper with the best creative submission in the wrapper.

### WINNERS

2021 – Sarah Gill  
2020 – Emily Cocks  
2019 – Curtis Reeder  
2018 – Jade Driscoll  
2017 – Emily Wickam  
2016 – Jessica Curgenven  
2015 – Tash Pagne  
2014 – Beth Sleeman  
2013 – Sarah Menta  
2012 – Jemma Young  
2011/2010 – Jessica Marshall  
2009 – Geri Herd  
2008 – Scott Campbell  
2007 – Karen Lay  
2006 – Louise Pellegrino  
2005 – Elisha Mont

## *Chris Balnaves Award*



Chris Balnaves (Bellsy) was an amazing chipper. He joined ChIPS in 1997, and it soon proved impossible to find anybody who didn't know him! Chris was once said to be the heart of ChIPS. Attending as many socials and reference meetings as possible. Yet he always made time to introduce himself and befriend as many CHIPPERS as he

could. A highlight for Chris was always the annual ChIPS camp, both organizing and participating in it. Chris won the first ever Walsh Perpetual Trophy and continued to defend his title in the following years. Unfortunately, we had to say goodbye to Chris as he passed away in 2003. To honour his memory, the Chris Balnaves award was created. It's given to a chipper who embodies his spirit. It allows us to always remember his dedication to ChIPS and the contribution he made. Chris was an amazing and inspiring person who will always be remembered and truly missed.

### WINNERS

2020 – Kale Mcade  
2019 – Jake Cunningham  
2018 – Zoe Perry  
2017 – Natasha Payne  
2016 – Emily Ryan  
2015 – Laura Gysslink  
2014 – Tyrone Kelly  
2013 – Eliza Masterson  
2012 – Jemma Young  
2011 – James Williams  
2010 – Jordan Hammond  
2009 – Scott Campbell  
2008 – Stacy Cumming  
2007 – Louise Pellegrino  
2006 – Bree Regester  
2005 – Andrew Selvaggi



# Contents

4 Chairperson's report	5-6 Staff Pages	7 Meet your Peer Leaders	8-9 Socials and events
10-11 Hello & goodbyes	12-13 Recipes	14-15 Meet the refcommers	16-17 Ref reports
18-19 Photos	20-21 Staycation	22-23 Meet the volunteers	24-25 Puzzles
26-28 Socials and events	29 Tributes	30-32 Personal stories	35 Thank you



## Acknowledgement of Country

In the spirit of reconciliation the ChIPS Program acknowledges the traditional custodians of the country throughout Australia and their connections to land, sea, and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people today.



## A message from the Diversity Committee

ChIPS prides itself on our core value of inclusivity and is a diverse community that celebrates and welcomes people of different cultural backgrounds, abilities, religions, ethnicities, and members of the LGBTQI+ community.





# Chairperson's report



*"Without community, there is no liberation." — Audre Lorde.*

And there's another year gone!

I cannot genuinely say this year was the best way to spend my final year in ChIPS. I think I can speak for all of us when I say we're tired of Zoom and would much rather be holding these events in person. We'd much rather be galivanting on a camp instead of on our iPads for hours in our

PJs (although, I really do love how comfortable I've been all year). Despite that, I'm really grateful to have been a part of this era of ChIPS. We've had a massive cultural shift within our family and being exclusively online has meant we've been able to engage and connect with so many ChIPPERS we wouldn't have otherwise been able to. We've run such incredible events (that you'll hear about in this year's Wrapper!) that wouldn't have been possible any other time, so today I'm choosing to see the glass half full and refillable.

Reference committee, AKA the life force of ChIPS has been an absolute privilege to lead. The enthusiasm I see every meeting, the engagement, the numbers, and all the events we've held this year is proof of how strong we are as a community. The support we've given each other over these times has made lockdown all the more tolerable and I'm so unbelievably proud of all the things that the Reference Committee has been able to achieve online. Every single sub-committee achieved incredible things this year. You should all be proud.

To the wider ChIPS community, I genuinely want to thank you. You've made these tumultuous times into something more than tolerable, and I don't think a lot of us would be in as good of a place if it weren't for ChIPS continuing to be the family we've come to know and love so deeply. You've all inadvertently set me on my career path and I'm so thankful to have been part of the beginning of the journey to make ChIPS a more inclusive place. The way everyone has come together, wanting to learn and make everyone feel welcome has given me more hope for humanity than I have had in a long time. You're all incredible people and this new era of ChIPS is going to create some amazing leaders at the end of it.

I suppose this is my Ode to ChIPS. I have such a deep and genuine connection with this group. I've seen and felt first-hand what a family like this can do for young people. The friends I've made, the skills I've acquired, even the person I am today wouldn't have been possible if I didn't take that leap to join back when I was merely a stubborn 14-year-old who was far too jaded against the world. I have such hope and dreams for this group- and I hope one day in the future, I can check in on you all so I can see the well-rounded, and genuinely exceptional people you're all destined to become. I believe in you all completely and knowing I had a chance to be a leader within this group of talented individuals makes me feel so humbled. Thank you, ChIPPERS, staff, mentors, volunteers, doctors, nurses, and every single person involved with ChIPS. I'm the person I am because of this group, and I wish you all nothing but the best in your life. I hope your ChIPS journey will inspire you the same way it did for me.

Sincerely,

Sharon Domingue

AKA Enkfi (he/they)

Isotip #1  
Don't dye your  
own hair.



# Bec's Blog



Another strange and bizarre year has passed us by and the resilience and bravery from you all has been inspirational! With half the year in lockdown but all of it online for the CHIPS community we have still managed to have an amazing amount of fun thanks to the enthusiasm and commitment from the fab CHIPPERS!! So rather than focus on the things that we missed out on (and I know there were lots) I think it's important to celebrate the things that we did do this year.

Our collaborations with Sydney have really taken off this year and it's been so fun working with and getting to know them all better. We enjoyed a great murder mystery at the start of the year and then in November we worked together on a presentation at the IAAH world congress in Peru. Of course if it wasn't for COVID we may have gone to Peru to present in person but, in celebration of the positives, we had a fantastic time working with the Sydney crew.

Our socials committee have once again achieved amazing things working tirelessly to entertain us with loads of online socials throughout the year, keeping us all busy and entertained. And our usual Holiday Vacation became a Holiday Staycation this year with lots of fun online activities spread over the course of a week and finishing with our second amazing online performance by Bec Sandridge.

Once again, I feel the need to give a massive shout out to the Refcomm members who have put in an amazing effort to keep the program running. When everyone was suffering from a bit of zoom fatigue, they stayed strong and kept turning up monthly for our zoom meetings. You should all be really proud of your efforts throughout the year, and I can't thank you enough for all you do for the program.

2021 saw a few staff changes with our final farewell to Meagan who bowed out in January, and Harry stepping up into the Program Manager role, congratulations Harry! And of course, we welcomed our new facilitator Asher, who slipped into the team seamlessly, welcome aboard Asher! And while I'm at it, I'd like to express a big thank you to Harry and Asher, thanks for all your support and help throughout the year. And a huge thank you to all our super amazing volunteers, you guys are all wonderful and ace and fun to work with, and the effort you put into helping with the program is so greatly appreciated. We wouldn't be able to do it without your help, thank you!

I know these last two years have been hard but the optimist in me can see a light at the end of the tunnel. Here's to a bigger and better (and hopefully face to face) 2022!!

**Isotip #2**  
Get up and get dressed in the morning.



**Isotip #3**  
Take a 10-minute drive or walk.



# Harry's Highlights



What a year! I always enjoy the opportunity to look back and think about everything we've achieved as a community for the Wrapper. Through all the challenges that 2021 has brought us, an absolute positive of being forced online has been the collaborations with Sydney CHIPS. Early in the year the Camp Committee led a google scavenger hunt and more recently we had the vampire murder mystery facilitated by the Socials Committee. It's been a real highlight to see the CHIPPERS from Sydney and Melbourne work together to organise and run these events. Sharing their skills and knowledge with a real passion of giving back to their fellow CHIPPERS. Lots of fun was had by all. I've been blown away by the commitment and dedication of all members of the Reference Committee this year. It hasn't been easy, Zoom fatigue is real. But every month I looked forward to seeing everyone's faces, hearing what the committees have been up to, having a laugh and being witness to all the amazing work being done. Shout out to the Fundraising Committee who did some really outstanding work recently to present at the RCH Foundation Corporate Breakfast. Sharing their stories and creative skills in a video to encourage financial support for CHIPS. It was a highlight seeing the reaction of the Foundation team, you knocked their socks off.

It's been a highlight and honour to take on the CHIPS manager role this year. In August we were joined by our new staff member Asher, who already feels like part of the family. Overall, the CHIPS community has been my highlight. Seeing and hearing of the many small and large acts of kindness and support CHIPPERS have given each other during the last two years has shown me the strength of this community. Knowing that the next meeting, catchup or event was just around the corner helped me stay balanced during the year as well. Let's see what 2022 brings, with the knowledge that whatever happens, we're in it together.

## Welcome Asher



As you may know, we have a new staff member, Asher! We decided to ask Asher some questions and put together a piece so you all can get to know him.

Asher (also known as Ash) is a loyal, compassionate, and empathetic extrovert known for his sense of humour and attention to detail. Ash loves getting up daily at 5 am to go for a run in his neighbourhood. One of Ash's biggest hobbies is being in nature and loves going to waterfalls, creeks, dams, mountains, rainforests (*especially* after it has rained), and being by the ocean. Ash also loves

loves AFL, basketball, exercise, and meditation. Ash is a poker player and has been playing poker for about 15 ½ years, even playing in some tournaments around the country. A fun fact about Ash is that he loves job interviews. For some reason, ever since he can remember, whenever he had a job interview, Ash would get excited like he's at a theme park on a rollercoaster. When Ash was in his teens, he wanted to work in human services with vulnerable people. So far in his career, he has worked in Homelessness, Drug and Alcohol, Mental Health, Child Protection, Youth Services and has also done lots of public speaking. Before coming to CHIPS, Asher worked with people with disabilities in conjunction with NDIS, and with Child Protection as a Therapeutic Crisis Intervention Trainer and ITC Youth Worker. Due to his passion for working with young people and his connection to his own chronic illness, Ash felt inspired to apply for a role in CHIPS. He hopes to be able to use his experience and skill-set to add value to the program and help CHIPPERS in the best way he can.



# Meet your peer leaders

## What is a peer leader?

A peer leader is a CHIPPER that has a strong understanding of the program structure, and they most importantly uphold the ChIPS values of Inclusivity, Participation, Peer Support, Understanding & Respect. A peer leader is selected by current peer leaders and staff who believe that they have the necessary qualities to take on the role. CHIPPERS can also volunteer to become a peer leader by talking to staff.

## What do Peer Leaders do?

Peer leaders contribute to maintaining a positive, stimulating, and supportive environment in ChIPS. Peer leaders work in conjunction with ChIPS staff and fellow peer leaders to facilitate 8 Week and 2-day intensive intake groups, assisting during camps and socials, supporting the online ChIPS Facebook group and acting as role models in the program. Peer leaders also provide much-needed support to fellow CHIPPERS who may be doing it tough and may be uncomfortable going to the staff or volunteers. They provide a friendly ear to those in need, and where appropriate, offer help to someone going through a personal issue.

Emi



Emi is weird, strange, and loud. Has been in ChIPS for 5 years and a peer leader for 9 months.

Ayan



Ayan is funny, super awkward and a homebody. Has been in ChIPS for 5 years and a peer leader for 3 years.

Tailor



Tailor is kind, honest and reliable. Has been in ChIPS for 5 years and a peer leader for 2 years.

Haylee



Haylee is friendly, creative and bubbly. Has been in ChIPS for 7 years and a peer leader for 1 year.

Julia



Julia is resilient, bubbly and adventurous. Has been in ChIPS for 6 years and a peer leader for 5 years.

Sharon



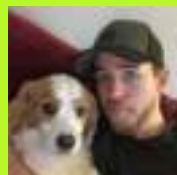
Sharon is tired, stressed and better on Swisse. Has been in ChIPS for 10 years and a peer leader for 1 year.

Bek



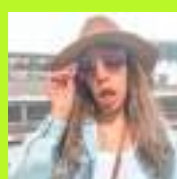
Bek is kind, positive, and committed. Has been in ChIPS for 10 years and a peer leader for 2 years.

Curtis



Curtis is creative, ambitious, and a people pleaser. Has been a peer leader for 6 years.

Claudia



Claudia is optimistic, extroverted, and empathetic. Has been in ChIPS for 8 years and a peer leader for 3 years.

Kale



Kale is creative, passionate, and driven. Has been in ChIPS for 3 years and a peer leader for 1 year.

Zak



Zak is hospitable, has integrity and is generous. Has been in ChIPS for 11 years and a peer leader for 7 years.

Jake



Jake is forgetful, energetic, and optimistic. Has been in ChIPS for 7 years and a peer leader for 3 years.

The Publication committee would like to say a big thank you to all the peer leaders for their hard work and support they give to the program. It's always a sad time saying goodbye to our CHIPPERS that are leaving and so we would like to say a special goodbye and thanks to the peer leaders who are aging out: Sharon, Jake, Brooke D, Em R and Bree.



# Socials and Events



Due to the COVID-19 pandemic, ChIPS has not been able to meet up as regularly as we usually would, much to the disappointment of our members. Due to this, Mama Bec and Harry have periodically hosted a ChIPS for lunch (or afternoon tea!). These meetups are done over zoom and give ChIPPERS a chance to talk about how we are feeling about the current COVID situation and about how it is affecting us. Once, Harry took us to travel across the countryside by train in Sweden. We also went from California to New York via plane with Mama Bec. How did we do this? Well, a magician never tells their secrets. They definitely were not live streams on YouTube... We have also played games of Kahoot and spent many hours sharing what we have been doing to keep ourselves busy during lockdowns. We have even had some heated debates about our go-to 'zooper-dooper' flavours and the best ice-creams. I have personally found these little sessions to be invaluable as they are a nice space to chill out and relax after all that is going on in the world. They have also allowed our more rural-based ChIPPERS and those in the hospital to join in and connect with other ChIPPERS more easily. As much as we have all loved these sessions, I cannot wait until we can meet up in person again. -Emi C



The Awards Night was an event organised by the 2020 Pubs and Camp committees because Jan camp was unfortunately cancelled. On the final day of camp, there is usually a few awards given out along with the Liz Dixon and the Chris Balnaves award being presented. So the two committees worked tirelessly (not really) to bring together one very big awards night that included the Liz Dixon award, 24 other meaningful and fun awards. This was the first official ChIPS meet up in 2021, it was so great to get together again and just be there for each other. -Talia

## 2020 Awards Ceremony

Awards to be given out:

Liz Dixon	Go getter
Eye opener	Most accomplished
Happy Camper	Committed
Stepping up	Selfless
Bravery	Star on the screen
Zoom Tech Aficionado	You're on mute
Call Centre	ISO hairdresser
Up and Comer	'One more thing'
Most achieved	Refcom unofficial leader
Best online camper	Best lunch mate
The 7th chicken nug-get	Brainiac
Turtle	Distributor of smiles

Come along and find out if you've won!

Wednesday 24th of February @ 6pm





Early in the year, the socials committee held a Trivia night like no other. This Trivia night consisted of 4 rounds; with each round having a different theme that the questions were based around. Round 1 was Disney, then it went Marvel, Nostalgia/Classics and ended on a bang with Musicals! Some questions were relatively easy; like naming the 7 dwarves from snow white. Some, however, were impossible! For example, we were asked what Mia's full name was in The Princess Diaries 2. The answer to that being (stay with me here) *Amelia Mignonette Grimaldi Thermopolis Renaldo* (I totally googled it after the round was over!). In between rounds, the amazing Caitlin quizzed us on some tv show theme songs. The first one was easy, who doesn't recognise the Friends TV show introduction song? But it only got harder from there! Overall, the night was such a success, everyone was so determined to win but that didn't stop all the laughter and teamwork that was happening. The themes were so well thought out and interesting, and the questions were challenging. Even though my team didn't win (sad face); I still had an awesome night spending time with humans, even if it was through the computer screen. -Talia

On Thursday the 8th of April, the Social Committee hosted their first social of the year, Online Origami. People split into two groups to learn easy and hard Origami. It was a great experience since I've personally never really done Origami before. We made things such as a cat, fox, butterfly, crane and ninja star. We also had origami trivia when we all came back together at the end. It was a great craft afternoon and a lot of fun. - Haylee L



You may ask "How can an escape room be done over zoom?" Well, the amazing socials team found some escape rooms that were set up on google docs, so all they had to do was share screen and voila! How awesome!! We all worked really well together and bounced ideas off one another to solve the puzzles. The socials team had also organised some fun mazes for us. This became a bit hectic as everyone was drawing on the same screen and by the end of it, the maze walls were nowhere to be seen, but we all had some laughs and enjoyed solving puzzles together. -Talia



Iso tip #4  
Set small goals for the day.



# A Warm Welcome

Throughout July, ChIPS had an online intake of new participants. We started on July 6th-7th with full-day activities, followed by weekly sessions. Day one we played some name games and icebreakers to get to know each other. After this, we went into breakout rooms to talk about how our chronic illness has affected us and what could help us. Then in the main group, we put together all our ideas and after some brainstorming, we came up with 3 themes for our following sessions: mental health, friendships and keeping up with school/work/uni. After a short break, we created some 'support trees' to finish off the day. Day two, we started our first topic, friendships. We started the day with more icebreakers then moved into our first activity; Navigating Friendship Continuum. Here we asked questions then we placed ourselves on either a 'totally agree' or 'totally disagree' end. This activity created lots of conversations. After a break, we did some song writing using the song 'Crazy' by Gnarles Barkley and changing the lyrics to express how we felt about our illnesses. We finished the day with 'bear cards'. The next few weeks each followed a new theme. In our third session, we spoke about mental health, and our fourth touched on school/university/work. In this session, we also had Refcom Takeover, where members from our reference committee came and introduced themselves. This gave the new ChIPPERS the opportunity to ask older ChIPPERS questions about the program. In our final session, we had an official welcoming party where we read over the ChIPS Agreement. Overall, this was a successful online intake and I hope the new chippers continue to enjoy the program. -Emi

## Welcome to our new ChIPS Family Members:

Bella Bellato

Tahlia Rendell

Beyza Koc

Paris Ingham

Kenan Hasimbegovic

Jane Tam

Sarah Wehbe

Chelsey Oliphant

Chayse Petrie



Iso tip #5  
Don't watch the news excessively.



Iso tip #6  
Take a break from Facebook.



Iso tip #7  
Don't compare yourself to others in ISO.



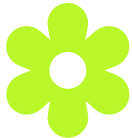
Iso tip #8  
Check in on your friends.





# A Sad Goodbye

Every year, we sadly say goodbye to a handful of CHIPPERS who turn 25 and age out of the program. This is one of the sadder traditions that ChIPS has, because some of us have to say goodbye to our closest friends, people we have gotten to know on a deeper level, people who have been there to support us and people who have made chips a welcoming and safe environment. This year we are saying goodbye to:



- Peter Vu
- William Alexander
- Bree Worden
- Emily Ryan
- Laura Cartledge
- Brooke Dance
- Sharon Domingue
- Sarah Carrivale
- Shaelee Preston
- Zoe Dunkinson
- Jake Cunningham



The Pubs team asked these CHIPPERS to describe their ChIPS experience with 1-3 words. We have used their answers to create the below word cloud. On behalf of the pubs team and all of ChIPS, we wish you all the best of luck out there in the real world and look forward to hearing from you all again someday soon.





# Recipes

## Chocolate & hazelnut torte (gluten free & coeliac friendly)

### Ingredients

4 large eggs	85 grams blanched hazelnuts
1 ¼ cup of sugar	300 grams of fresh mixed berries
185 grams of unsalted butter	185 grams of dark chocolate
1/3 cup of gluten free plain flour or coconut flour	2 cups of whipped cream



### Method

1. Grease a 20cm round cake tin and line with baking paper.
2. Then, if you have a spare oven tray, pop this under the cake tin.
3. Preheat your conventional oven to 170 degrees.
4. Using a blender, magic bullet or the more traditional bag and baton method, crush your hazelnuts and chocolate as finely as you can. The closer the mixture gets to looking powdery, the better.
5. In a separate bowl, cream the butter and once it is smooth, add the blanched hazelnut and dark chocolate mixture and fold together.
6. Next, add in your eggs and sugar and whisk all ingredients into a smooth paste.
7. Finally, add in your sifted flour of choice and ensure all of the ingredients are combined before proceeding to the next step.
8. Pour mixture into the cake tin sitting on the oven tray and transfer the cake tin and tray into the oven. Please note, the mixture can sometime leak through the cake tin before it starts to cook so the oven tray stops this from making a mess in your oven.
9. Bake for 35-40 minutes until you can stick a skewer in the side and feel it firmly go through the outside and stick a skewer in the middle and have it come out without gooey residue. When pulling the torte out of the oven it is normal to see it jiggle a little.
10. Allow the torte to cool completely before removing it from the tin as it is very delicate when it is warm.
11. Once cooled, whip cream and place in a big blob in the middle of the torte and smooth in an outward directing until the cream is approximately 5mm from the edge. Arrange your fresh berries as you please on top.

# Hearty Meatloaf (FODMAP friendly, gluten and lactose free)

## Ingredients

### Sauce:

½ cup (123g) no salt added 100% tomato sauce

¼ cup (60ml) Rice wine vinegar

3 tbsp (45g) Brown Sugar

½ tsp Kosher salt

### Meatloaf:

680g lean ground beef

½ cup quick cooking oats,  
quinoa flakes or gluten free  
breadcrumbs

1 large egg

½ cup lactose free milk

½ cup sliced scallions (Green  
parts only)

1 tsp kosher salt

½ tsp ground black pepper



## Method

1. To make the sauce: combine the tomato sauce, rice wine vinegar, brown sugar, and kosher salt in a medium saucepan. Bring to a simmer and then reduce the heat to low and simmer, stirring occasionally, until thickened and reduced, about 20 minutes.
2. Meanwhile, preheat the oven to 180 degrees C.
3. Spray a 5 by 9 inch loaf pan with cooking spray.
4. Using a stand mixer, blend together the ground beef, oats, egg, scallions, kosher salt, and black pepper. Spread the meat mixture into the prepared pan. At this point, the sauce may be poured over the top of the loaf, or it can be set aside to serve alongside the meatloaf.
5. Bake for 1 hour to 1 hour and 15 minutes until the internal temperature reaches 71 degrees C.
6. Slice and serve hot.

There are a number of different dietary requirements out there, such as:

**Food allergies and intolerances** – Dairy free, fish and shellfish allergies, nut free and gluten free.

**Special Dietary requirements** – Vegetarian, Vegan, FODMAP friendly, Coeliac.

**Religious/ cultural reasons** – Halal, Kosher.

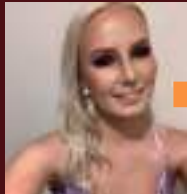
A lot of our CHIPS family members have some or a lot of dietary requirements. Having an allergy or intolerance can make it very hard to enjoy yummy meals and involves searching the aisles at the supermarket for the appropriate foods. So, the Pubs team have found 2 allergy friendly recipes for everyone to experiment with and enjoy.

iso tip #9  
Let your phone  
die sometimes.



# Meet your 2021 Reference

Bree



## Publications Committee

Some of my hobbies include yoga, Pilates, arguing, binge eating and spending time with friends and family. I am a proud non pet owner.

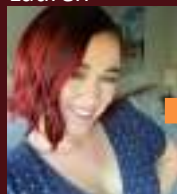
Emi



## Fundraising Committee

I joined CHIPS in March 2017. I enjoy digital drawing and playing my Nintendo Switch. My favourite TV show is The Office.

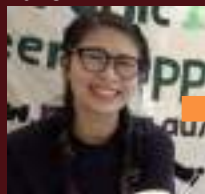
Lauren



## Publications Committee

I have two labradoodles aged 12 months and 10 years. My hobbies are makeup, baking and binging TV. I am a giant Potter head!!

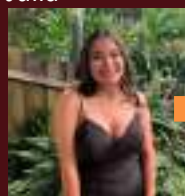
Tailor



## Camp Committee

I have two labradoodles, George, and Coco. I am currently obsessed with macaron baking and jewellery making.

Julia



## Camp Committee

I have a cat named Fred and a dog named Jaxy. I enjoy hanging out with friends and swimming. I have a twin brother.

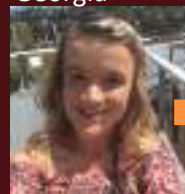
Haylee



## Socials Committee

Fav CHIPS memory would be the party nights and flying foxes. My hobbies are makeup, art, books/movies. My favourite TV show is Charmed.

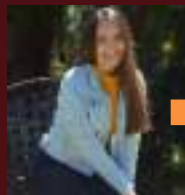
Georgia



## Fundraising Committee

My hobbies include baking, the gym and spending time with family and friends. I did nannying in Canberra for 18 months.

Zoe



## Advocacy Committee

My main hobby is performing, anything that gets me on a stage. I love Harry potter! I have 2 chocolate Border Collies named Bella and Rambo.

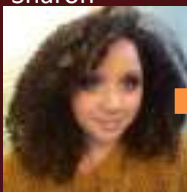
Brooke



## Advocacy Committee

I do sport aerobics, swimming, and netball. I also binge Netflix. My top TV shows would be Greys Anatomy, The Good Place, Brooklyn 99, and Offspring.

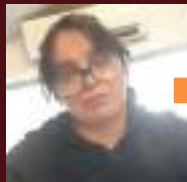
Sharon



## Advocacy Committee

Some of my hobbies are video gaming, writing, art and making things (props, costumes, etc). I've just adopted a Staff X, his name is Jimmy.

Tina



## Camp Committee

I have 3 cats and 3 birds. I enjoy looking after my nephew and going out with friends. My favourite TV show would have to be Home & Away.

Caitlin



## Socials Committee

I really enjoy building IKEA furniture I have also been into cosplay recently. I have 4 cats, a German Shepherd and a golden retriever.

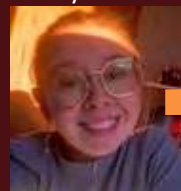
Talicia



## Publications Committee

I love my arts and crafts. I do tenpin bowling and I love board and card games. I absolutely adore animals. I have 2 dogs, a turtle and 3 birds.

Mikayla



## Socials Committee

My hobbies are aerobics, reading, bingeing and trying to draw/paint. My favourite TV show right now would have to be skate infinity OR Yuri on ice.



# Committee Members

Amy



## Publications Committee

I enjoy cooking, music, yoga and being around friends.

I could fit inside an empty locker when I was in school.

I have a dog named Kelly.

Patty



## Socials Committee

I enjoy photography and listening to music.

I joined ChIPS in 2014.

I have 3 cats and a dog.

I was meant to be a twin.

Michael



## Publications Committee

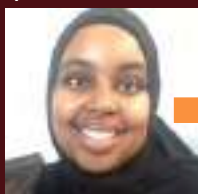
I love anything on Netflix!

I really enjoyed the archery on the Olympics camp.

I volunteer with SES.

I am an identical twin.

Ayan

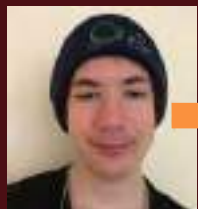


## Camp Committee

My fav movie is Matilda and fav TV show at the moment is Rizzoli & Isles.

I enjoy going on trips with family and having brunch with friends.

Willow



## Socials Committee

I play the piano, drums, and bass guitar. I also love to skate.

Fav TV show would have to be Rick and Morty.

I have a cat called Starlight.

Jake

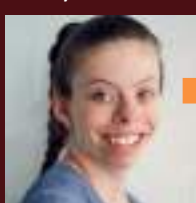


## Camp Committee

I play video games and have started collecting sports trading cards.

My birthday falls on the shortest day of the year!

Freya



## Socials Committee

My interests are, makeup, fashion and looking at shoes.

My fav TV show is

The Big Bang Theory.

Fav chips moment: my first camp.

Fady



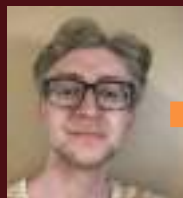
## Fundraising Committee

I admire construction, in particular, train construction.

I think of myself as an artist.

Fav TV show is Octonauts and fav movie is rush hour 1, 2 & 3.

Kale



## Fundraising Committee

I have been pursuing filmmaking for the past 5 years.

I have 2 cats, Azza and Smudge and 1 dog called Millie.

Fav film is the Truman Show.

Jess



## Fundraising Committee

My mum is a past chipper!

Fav TV show is 100% The Big Bang Theory.

I enjoy anything creative, writing, Photography, drawing, etc.

Elise

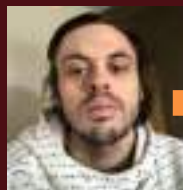


## Advocacy Committee

I participate in wheelchair racing, I have gotten to a national level.

My eyes blink at different rates and sometimes I sleep with them open!

James



## Advocacy Committee

Some of my hobbies are playing video games, watching YouTube, and photography.

My arms are so long that I'm able to scratch my back without help.

Zane



## Advocacy Committee

I enjoy playing the PlayStation and reading.

Fav movie is Happy Gilmore.

I have a dog called Alfie.

I've been stung by a bee, twice.

Zak



## Camp Committee

I enjoy cooking and baking, theatre, socializing, bike riding, games, theology and camping.

I used to have a bread business called dough for dough.

# Sub-Committee Reports

## Pubs



I have to admit, making an entire wrapper through phone calls, Zoom meetings and texting isn't an easy thing to do. But my amazing Pubs crew really pulled through and were able to make it happen. To Amy, Lauren, Bree, and Michael, thank you so much for your effort, time and commitment to the wrapper this year, none of this would've happened without you guys. Pubs was run a bit differently than previous years. This time we all had assigned roles, writer, photographer, editor, and designer, just like how the pros do it. This made it so easy, everyone knew exactly what they had to do and got it done. Of course at this time of year (September) we all start to get a bit stressed about getting everything done, but we all work amazingly together.

We communicated, talked about what needed to happen, offered support to one another, and had a few extra catch ups for reassurance. I would like to say a massive thank you to Felipe and Allen, our volunteers. You guys were always there for us and to make us feel less crazy. You helped us wherever you could and for that we are so grateful. Now to MamaBec, you are a pro with all this! You helped us to understand the colourings and what would look good, you gave us tips and guidance and without you, the Wrapper wouldn't look half as good as it does. Thank you so much for your support. The pubs team has gone through so many ups and downs this year and I honestly think it has brought us all closer together. It was such a fun year getting to work closely with new people and being able to let out my creative side to bring you this wrapper. - Talicia

## Camp



From the moment Camp Committee 2020 heard that Jan Camp 2021 would be postponed, Camp Committee 2020.5 knew that Jan Camp 2022 had to be BIGGER and BETTER than ever before! With elements of the previous year's camp ready to go for 2022, Camp Committee got stuck right in at the start of 2021 preparing for Jan Camp 2022! Somehow, each meeting throughout 2021 we found ourselves in the middle of another lockdown which had us worried about another postponement. But even with this looming over our heads we knew we had no choice; it was Camp 2022 or bust. And so, we worked, preparing logo after logo, t-shirt design after t-shirt design, food menu after food menu until we reached September (which is when I'm writing this). If Camp 2022 did indeed go

ahead, on behalf of the Camp Committee we truly hope it was good as we built it up to be. For those that made it, we hope you had the best time at Camp and we're hopeful that whoever's in charge of Camp 2023 makes it even better! To the Camp Committee; Ayan, Taylor, Tina, Julia and Zak. We planned, promoted (and hopefully ran), the camp that we always wanted. I cannot express in words how grateful I am for you guys sticking with me and my awfully unreliable responses throughout the planning cycle. Even if camp didn't go ahead, I could not have asked for a better team to work with. Thank you so much for all your dedication and patience throughout the years. To Harry, Stacey and Jess (Chop); On behalf of the entire team, thank you so much for sticking with us throughout our entire journey and dedicating so much of your spare time to us. Those meetings where we ended up just chatting for the whole two hours about how we were coping were equally as important (if not more so) as those where we got plenty of camp work done. Your wisdom and commitment to our camp were second to none and without it, we wouldn't have achieved as much as we did. An extra special mention goes to Chop for being our ears on the ground during the lockdown and keeping us up to date with the current info from the hospital. It gave us that little glimmer of hope we valued so greatly during those trickier times.

Finally, thank you campers. Without you, there would be no camp. Whether we made it or not, as I said before, our dream throughout our camp planning was to make this camp the best comeback to face-to-face CHIPS as possible. Hopefully, we can make that dream a reality together. - Jake

## Socials



It has been an honour to be the leader of our Socials Committee this year and fantastic working with my team (Mikayla, Caitlin, Willow, Freya, Patrick). Due to COVID and lockdown, our socials had to be online. This was a challenge and made us think outside of the box and brainstorm lots of ideas. We had a very successful trivia night, lots of chippers showed up and the theme was tv/movies. Some categories/ rounds included Marvel, Disney, and a bonus round of "guess the theme song". Throughout the rest of the year, we had our very first origami and escape room socials which were both quite successful. We are also in the works at the moment to collaborate with Sydney Chips to do a murder mystery night as well as planning our end of year social event which we are very excited to see coming together. We would also like to say a big thank you to our mentors Laura and Jimmy, who have been so amazingly supportive of us.

- Haylee

2021 has been a great year for Advocacy. Between online presentations, updating current resources, and the musical sing-a-longs, this has been one the most productive and tight-knit teams we've ever had the pleasure of working with. Whilst online presentations will always have their audio issues and conveniently timed glitches that completely disrupt the flow of our panels, we're so grateful to be able to have an online platform in which we, the chronically ill and disabled community, can directly speak to medical professionals and hopefully, improve young people's experiences in the hospital. The passion and commitment we've seen from our members has been so inspiring and we can only hope that this loud voice we've found will persevere throughout ChIPS and maybe even the wider chronically ill/disabled community. We sincerely hope the updated ChIPS flyer will inspire more young people to link up with ChIPS and reach an entirely new generation with fresh ideas. We'd especially like to thank our mentors Jano and Andy for their support and vibrant enthusiasm in every meeting. We couldn't have had a successful year without them and we're exceedingly grateful for their efforts.

- Sharon

## Advocacy



## Fundraising



This year, the fundraising committee was run by Kale and I, along with members Fady, Georgia G, and Jess. This was supported with help from our volunteers Jordo and Michelle and staff members Harry and Asher. This year has been a difficult one for fundraising due to the uncertainty of covid and not being able to meet up in person. We brainstormed many ideas, most of which unfortunately had to be put on the cutting room floor due to the pandemic. We were, however, finally able to plan a Bunnings BBQ for November, as well as an online formal fundraising dinner.

- Emi









**Chips isn't about chronic illness it's about being an adolescent and coping with life.**

#### **ChIPS aims:**

- To provide ChIPPERS with opportunities to interact with peers sharing a similar understanding about life with a chronic illness.
- To provide ChIPPERS with the skills and confidence necessary to deal with life and a chronic illness.
- To provide ChIPPERS with opportunities to develop and utilise skills, such as leadership and peer support, and raise self-confidence through opportunities provided within the program.
- To provide ChIPPERS with the opportunity to actively raise awareness in our community, not just about ChIPS but about living with a chronic illness.





# CHIPS Holiday

Due to Covid this year, our annual September camp was replaced with our first ChIPS Holiday Staycation! Consisting of 11 zoom events over two weeks which ChIPPERS could choose to partake in.

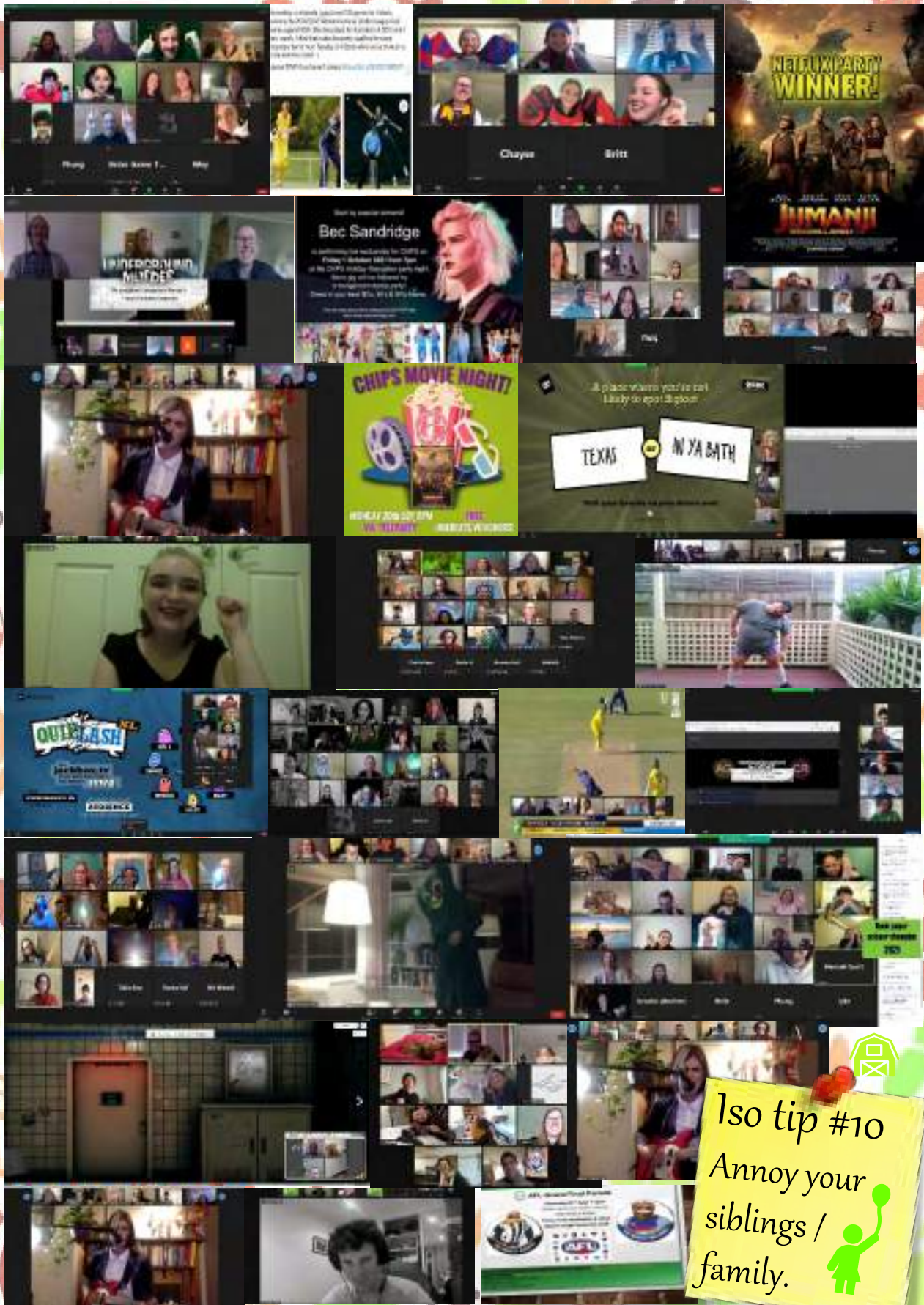
**WEEK ONE:** We had a movie night to kick off the staycation. Everyone was sent a voucher for Netflix, Uber Eats, and we watched the 2017 remake of the classic Jumanji! Using TeleParty we were able to chat and laugh together as we watched, almost as if we were in person together. On day two, we met nice and early for a cuppa and a chin wag. Most people looked like they had just rolled out of bed. It was great to see everyone's smiling faces and a fab way to start the day. Later that day we caught up to chat all things cricket. Jano very generously talked through the rules and discussed the tips, and tricks she learned when she played cricket herself. Day 3 included a meet and greet with the Vollys. Not relying on a polar bear to break the ice, volunteers, staff, and ChIPPERS got together and shared fun facts about each other. There were some goldies as we played 2 lies and 1 truth. Congrats to Hannah Scott for becoming the 2021 rock, paper, scissors champion. To finish week 1, we had an AFL grand final footy parade and ChIPPERS, Peer Leaders, staff, and volunteers dressed up in their team colours. We had many cheering on the mighty Dees and Dogs! Andy took us through an AFL trivia quiz, and I must say that the ChIPPERS were amazing in their knowledge of all things footy. We were treated to a movie of the top 50 greatest marks of all time, and by the end of that, I wanted to join my local footy club again. The feedback from week 1 was extraordinary and we were all excited to see what week 2 would bring.

**WEEK TWO:** On Monday, we experienced a frustrating but ultimately fun virtual escape room. Some teams had to get hints along the way as the puzzles weren't all easy. It was really fun and definitely challenging! On Tuesday we had a gaming sesh. James and Jake flexed their hosting prowess, during a series of games with the group. We all had an amazing time playing Jackbox.tv, voting on some borderline "PG" stories we all created. Ranging from pop culture references to choosing whether you'd find Bigfoot in ya bath. Thanks James and Jake for a fun night of figuring out each other's sense of humours. On Wednesday morning Felipe very generously gave us a free Zumba lesson. Thankfully Felipe went easy on us as it was a lot to do first thing in the morning, but it was a great way to start the day. Hopefully next time we can get through the whole hour! On Wednesday night, ChIPPERS from both Victoria and Sydney got to dress up in their ghoulish costumes for an incredible VAMPIRE MURDER MYSTERY to help solve the murder of Frederick Antonov! There were some brilliant costumes and people really got into their characters, with different accents and props! ChIPPERS had the opportunity to be a vampire or a detective. In the end there were 14 vampires and close to 15 detectives. The murder mystery ran really smoothly over Zoom, there was lots of sleuthing, deceit, and twists. It was wonderful to get to meet some of the ChIPPERS from Sydney as everybody was super friendly and were really invested in their characters. In the end, the mystery was solved, and the murderer(s) were revealed!!! We got to flaunt our pets on Thursday afternoon. We met everyone's pets, admired some matching pet/human outfits (we're looking at you Amelia!), heard some funny stories about the cute and fun things that our pets get up to, and then had some fun with dog trivia. Congratulations to Bella who was both the answer to the question "What was the most popular dog name in 2020?" and our trivia winner! To close off the 2021 StayCation, we all dressed up in 80's and 90's costumes. With some amazing live music by Bec Sandridge who even took requests, and some funky dance moves by Harry, we all got to hang out. There was a bit of a costume runway and a virtual dance floor. Shout out to everyone's amazing costumes with a surprise appearance from the Y2K bug to close off the 20<sup>th</sup> century.





# staycation



Iso tip #10  
Annoy your  
siblings /  
family.

# 2021 Volunteers!

Without our amazing volunteers and med staff, ChIPS just wouldn't be the same. So here is a shout out to them all for everything and anything they do for not just the program, but everyone involved.

Volunteers not featured on this page but definitely deserve recognition include Laura H, Amelia, Anna, Charlie, Clare, Ed, Elle, Michelle P, Cash, Dash, Dr Em, Hannah, Juzzy, Kent, Lisa, Meegan Megan, Patricia and Pete. You are all amazing. On behalf of the ChIPS community, we thank you for all your hard work.

The Pubs team would like to especially Mention Dr Em and Michelle P who are both on maternity leave this year, we all hope you both are staying safe and healthy, and we look forward to meeting your brand-new bubbas.

## MEET ANDY!

Started volunteering in 2019.  
I Love AFL and everything about the sport. I also like fishing and golf.

**All-time favourite food:**  
Chicken Parma (Yes, it is Parma not Parmy).

**Favourite ChIPS memory:** Being a part of my first ChIPS Bohemian Rhapsody circle.



## MEET STACEY!

Started Volunteering in 2016  
I have 2 German Shepherds, Cruz, and Ryder

**Interesting Fact:** I can use Auslan (Sign language).  
My favourite ChIPS memory would be the recent online September camp.

**All-time favourite food:** Pasta!



## MEET JIMMY!

Started Volunteering in 2020.  
I have lots of house plants including a 7-year-old Devils Ivy that reaches the floor from the ceiling.

**All-time favourite food:**  
Fish and chips!

I play the guitar (I own three guitars) and I like cycling on my single speed bike.



## MEET CHOP!

Started Volunteering in 2002

**Interesting fact:** I have been to 17 Pink concerts.

**Some of my hobbies**  
Playing & listening to watching sport (particularly AFL watching my Blues), going to concerts & musicals, walking, bike riding, cooking.





## MEET FELIPE!

Started Volunteering in 2018

**Interesting fact:** I don't wear pants; I am forever in shorts. Has 2 kittens, Gypsy and Autumn, and a pup called Ralphy. Some of my hobbies include DANCING and watching movies (horror is my jam, especially dodgy 70's and 80's).



## MEET LAURA!

Started Volunteering in 2019.

I love to cook and also love to travel. I have an 11yr old Labrador called Ariel. My partner and I also raised a puppy for Guide dogs Victoria in 2020/2021. I am excellent at parallel parking.



## MEET JANO!

Started Volunteering in 2006

Has two German Shepherd's, Ruby and Lotte. Also have loads of wildlife where I live. One of my favourite CHIPS memories is on camp at Mt Eliza one year where Meagan & Harry coordinated us all singing "In the Jungle" .....OMG it was amazing!



## MEET ALLEN!

Started Volunteering in 2021.

**All-time favourite food:** Burgers and Korean fried chicken.

**Interesting fact:** I've spent over \$330 on burgers in two weeks before. I'm aiming to get to 40 countries before I'm 40.



## MEET JORDO!

Started Volunteering in 2012

**Interesting fact:** I really like pigs, they're my favourite animal. Intelligent and get to relax in a mud bath all day.

**All-time favourite food:** Anything but carrots. Some of my hobbies include sewing, knitting, singing, and eating.



## MEET LESH!

Started Volunteering in 2011

**Interesting fact:** I own a peacock leotard and my best talent is reverse parking.

**All-time favourite food:** LOLasagna, because it's funny and delicious. I have a grumpy cat called Schmitt.



## MEET ANNA!

Started Volunteering in 2019

I love ballroom and Latin dancing, any excuse to shake it on the dance floor. I also love baking weird and wonderful cakes. My favourite CHIPS memory would be at September camp 2018 – screaming my head off on the giant swing!



*iso tip #11  
It's ok to miss your close ones, they miss you too.*







# P U Z Z L E S



This year's puzzle page comes with a twist: PRIZES!! We have a number of Prezzy Vouchers up for grabs. For your chance of winning, email through your puzzle answers to [bec.powers@rch.org.au](mailto:bec.powers@rch.org.au) by the 1<sup>st</sup> of March 2022 in this format:

- NAME
- Sudoku: ANSWER
- ChIPS Farm: ANSWER
- Crossword: ANSWER

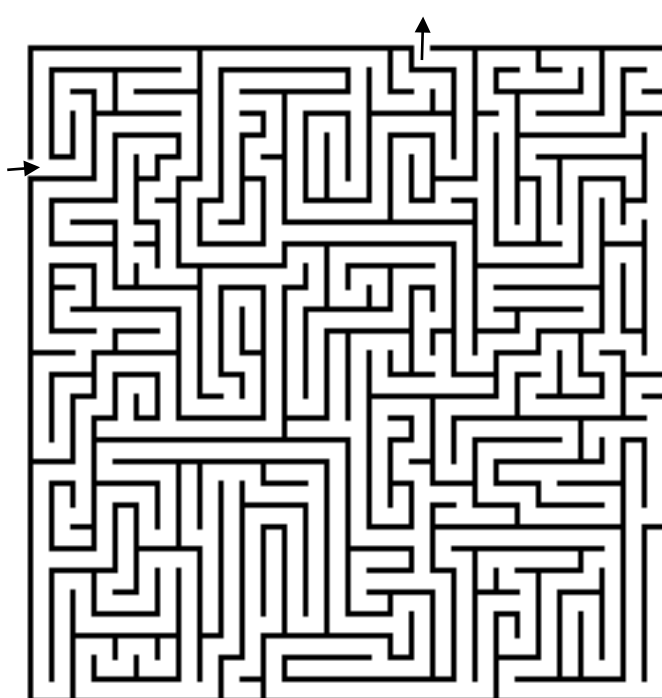
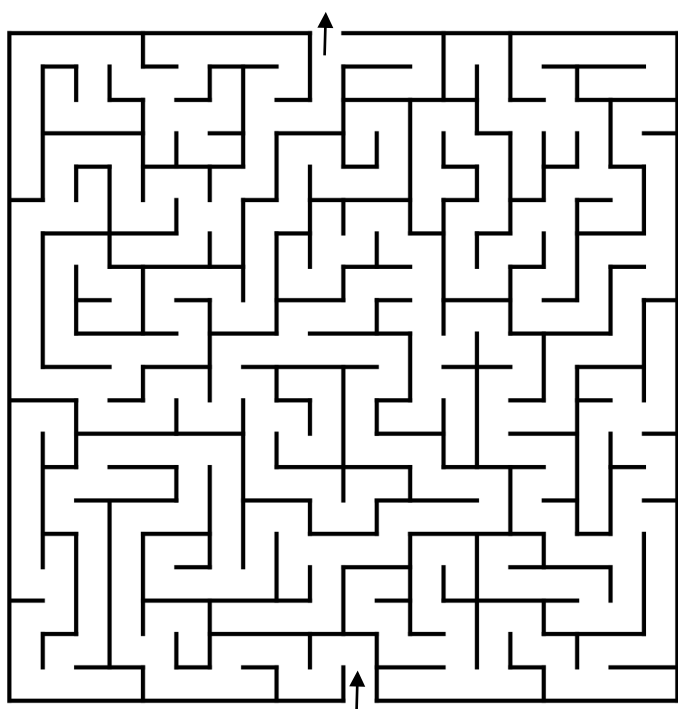
**GOODLUCK!!**

	8		7		3		9	
		6		1	8		4	
1	5	7			6	8		
	7		5		1			4
8	3	1		4		2		
5			8				1	
		5	9	6	2		7	8
						4	2	9
9	2	8		7				

## SUDOKU

Each row, column and square needs to be filled out with the numbers 1-9, without repeating any numbers in the same row, column or square.

The winning number is the total of the numbers in the yellow squares.



# CHIPS FARM

Scattered across this Wrapper are a number of farm related icons. Find out which page these particular icons are on and write the number of the page next to the corresponding icon. The icons can be any size but must be the same colour as shown to the right. The winning number is the total of all the page numbers.



Barn Pg No. \_\_\_\_



Peacock Pg No. \_\_\_\_



Penguin Pg No. \_\_\_\_



Unicorn Pg No. \_\_\_\_



Kangaroo Pg No. \_\_\_\_

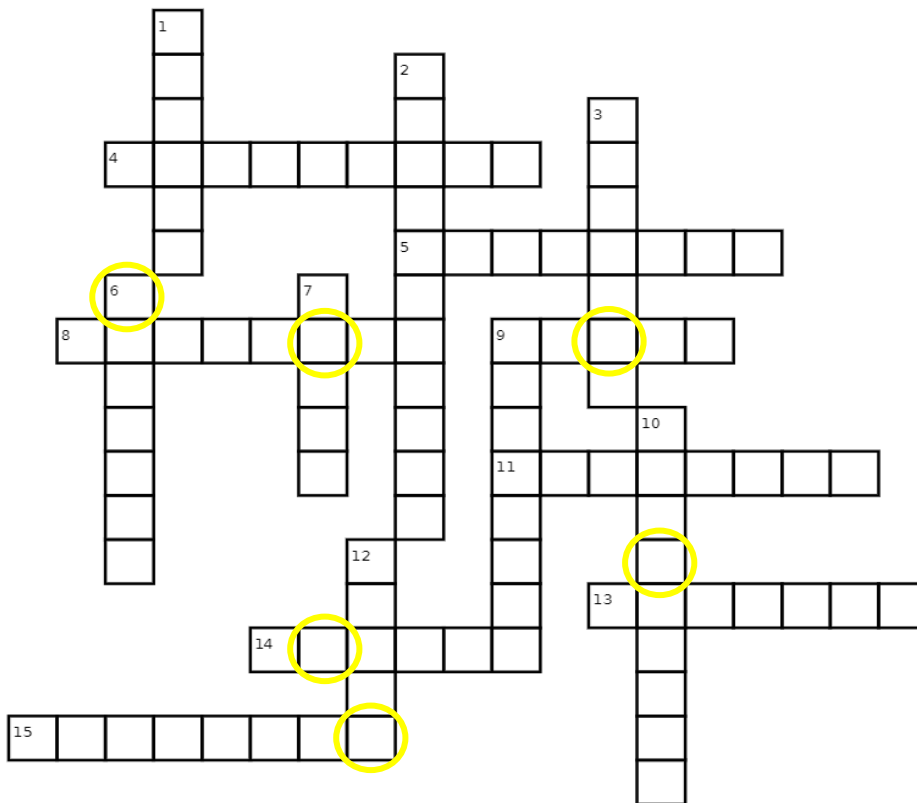


Koala Pg No. \_\_\_\_

## CROSSWORD

The answers to the questions are within articles in this wrapper. Figure out the answers to questions and place them in correct spaces.

Read the letters in the yellow circles from top to bottom, this will spell out the winning word.



Down:

1. What trading cards has Jake started collecting?
2. What was the first topic on day 2 of the intake sessions?
3. What does Jimmy own three of?
6. What movie did we watch during the staycation movie night?
7. what article of clothing does Felipe never wear?
9. what is iso tip #15
10. what day of the week was the awards ceremony held on?
12. What was the most popular dog name in 2020?

Across:

4. We solved \_\_\_\_\_ Antonov's murder during the staycation murder mystery night
5. What iso tip number says, dont eat chocolate as a meal?
8. Which topic did the trivia night end on at the start of the year?
9. Who submitted this years front cover photo?
11. Iso tip #6 is, take a break from what?
13. What kind of leotard does Lesh own?
14. What is Kale's dog's name?
15. Where did Georgia nanny for 18 months?

# Murder Mystery

The murder mystery was a fun-filled zoom event where we collaboratively chose a theme of the roaring 1920s!! We had a lot of preparation for the big event! This included choosing the theme, assigning characters, and organising our incredible costumes... it was all pretty exciting! All ChIPPERS and staff involved wore fun 20s themed costumes, logged onto zoom and read out our character profiles!

At this point, everybody was a suspect!! We listened to a recording describing the victim and the murder to kick off the event. The Zoom call was set up to have a bunch of breakout rooms that we could move in between so we could question (interrogate) people however we liked! After a few Zoom calls of accusing and questioning, we gave our accusations of who we thought was the murderer... We then listened to a recording and found out who it was!! Safe to say we were all shocked! Nobody saw it coming! It was such a fun experience with a lot of laughs - so much so, that we even did a second event with the Sydney ChIPS crew! A big thank you to everyone who organised it! - Brooke H

ChIPS first ever virtual murder mystery was full of learning, investigations, manipulation, deceit and exactly one murder: the murder of Fanny Birchwood. Everyone involved got into their amazing costumes and had some inspired props ready to go back in time to a speakeasy in the 1920s. Some ChIPPERS had to play some interesting characters, a detective, a gangster snitch, a famous film star and there were two different mafia heads! What a list.

The night ran smoothly, everyone was able to jump between different breakout rooms that were named after a section of the club where the murder happened, to mingle and investigate. But there was no place to hide from all the questions and eventually everyone's secrets got spilled. It felt like we were in a drama movie with the costumes, accents, and all the juicy secrets that were being told. Everyone was so invested in solving the mystery that we added two extra meetings and ran the meetings longer for more meaningful interactions. In the end, I think we all came up with some amazing solutions to the murder but there was only one answer.

To say we were all shocked when we found out who the murderer was would be an understatement, but we all agreed that we liked our own theories better anyways. Would 100% recommend being a part of a murder mystery. - Talicia B



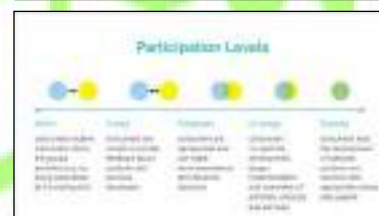


# Socials and Events



Three things are certain in a lockdown: 1 - being locked down, 2 - tuning into Dan Andrew's daily press conference, and 3 - A ChIPS GOOGLE MAPS SCAVENGER HUNT! So that's just what we did! After the booming success of the first one, the Camp Committee organized yet *another* Scavenger Hunt on the 19th of March for ChIPPERS to take part in, and boy was it a hit! Another fantastic turnout! Buuuuuuuut... There was a HUUUGE twist this time that made this event bigger and better than the last! The twist? For the first time, ChIPS **SYDNEY** joined ChIPS Melbourne in a social event! A monumental event that will forever go down in the history books! I'm sure for some, meeting new people again might have been quite daunting, but all those that came absolutely smashed it, and the camp committee is incredibly grateful for those that turned up! We hope you had a great time! Could there be more ChIPS Syd x Melb crossover events on the horizon? – Jake C

On Friday 19 November 2021 a small team of Melbourne and Sydney ChIPPERS presented a workshop to the world at the IAAH World Congress in Peru. Unfortunately due to COVID we couldn't be there in person but once again zoom came to the rescue. Also unfortunately due to the time differences we had to get up super early as the presentation started at 6:30am our time, which was actually 2:30 on Thursday afternoon in Peru. The presentation was fantastic, Melbourne ChIPPERS Freya and Lauren presented along with Sydney chippers Sky, Jess, Lily and Oscar, and were supported by the Sydney staff Mel, Jourdan and Abi, and Bec representing Melbourne. The presentation topic was co-design and collaboration with young people, something that ChIPS does really well, you might even say we're experts at. We taught people from all over the world all about incorporating young people in the design and implementation of their programs and the importance of giving young people a voice. And we were all done and dusted by 9am, ready to start our work and school days! A big shout out to Emi and Caitlin for your help in the early days with planning and designing the presentation, and a HUGE thank you to everyone who contributed on the day, there was a lot of work in the weeks and months prior but it was all worth it. I was one very proud Mama Bec!



The black-tie trivia that was held on November 27<sup>th</sup> was an event organised by the fundraising committee that was basically four different rounds of trivia, but there was also a silent auction, a dice roll and a raffle where the first prize was an overnight stay at the Melbourne Zoo! It was a massive event with a lot of ChIPPER friends and families coming to support and fundraise the ChIPS program. The first trivia round was all about sports, second round was medical questions, the third round was focused on movie/TV show facts and the fourth round was a lightning round of random questions. It was so good to see the ChIPPERS, past ChIPPERS, volunteers, and everyone else come along to show love and support towards the ChIPS program. We got to meet and chat to different people, family members, friends and best of all, it was covid safe. We were all behind a computer screen but still able to socialise and have fun. The scores were all so close with third place only being a few points behind 1<sup>st</sup> place. Overall it was a very successful night and I have no doubt that we raised enough money to keep ChIPS the amazing program it already is. – Talicia B

# Hue Training Day

On the 18th of August, volunteers, mentors, peer leaders, medical team members and staff were invited to partake in an online workshop: "What do you know about race & racism?", facilitated by HUE Training.

HUE is a social justice organisation run by two women of colour - Elsa Tuet-Rosenberg and Sonia Sofat.

The 3 ½ hour session was kept engaging and nuanced, through its interactive design, creating a safe environment for us to discuss race-related issues and identities.

Structured on a peer-to-peer learning framework, in breakout rooms via Zoom, groups discussed and examined certain vocabulary relating to race and racism, such as cultural appropriation and racial microaggression. These terms then acted as leaping off points, initiating further meaningful conversations about the impacts of racism, what certain terms mean to us, and contextual examples of them.

The session was kept engaging all the way through since our own opinions were able to be heard and shared and we weren't simply being spoken to by the facilitator for 3 hours. The peer-to-peer learning structure was important in breaking the ice on topics that often otherwise remain unspoken about in the workplace.

By discussing these topics ourselves, it opened the floor to a pathway of potential future group discussions surrounding race and racism. With the safe environment created during the session, it was a comfortable space to take guesses.

Everybody was able to take something unique and beneficial out of the experience. Importantly, the session gave us the means to have sincere self-reflection on topics that we previously may not have chosen to consider.


At the end of the night, we were asked to think of a tangible example of something we were going to change or act upon, based upon the knowledge we'd learnt here tonight. Many of us identified areas where there was room for growth.

The HUE Training night was an important step in strengthening ChIP's value of inclusivity as well as our commitment to safety and equity within the ChIP's community. It's opened a pathway for future discussions, allowing us to continue in our journey of understanding racism and identity.

Written by Kale

Isotip #12  
Learn a new  
tiktok dance  
every week. 

Isotip #13  
Try doing  
something you  
love. 

Isotip #14  
Learn a new  
hobby. 

# Gone... but not forgotten

## Chloe Downs

This year the ChIPS community was saddened to hear about the passing of Chloe Downs. Chloe will always be remembered for her fun energy and quirky sense of humour. Chloe joined ChIPS in 2018, she was quick to laugh, with a warm and honest personality. Chloe was involved in many ChIPS activities, most recently our 1920's Murder Mystery where she really enjoyed getting into character. Chloe passed away peacefully surrounded by family. Our thoughts and warmest wishes are with her family and friends.



## Colin Stephenson

**Colin was a very generous man who left a sum of money in his will for ChIPS to inherit. We are forever grateful to Colin and are very sorry for his passing.**

### About Colin:

Colin was 88 years old when he died in September 2020. Colin was married to his wife, Joan, for over 50 years. The pair lived on a farm near Kyabram. Sadly Joan passed about 17 years ago. Colin and Joan loved kids, but their only child sadly died 72 hours after being born. Colin loved when his family members would visit his farm. He enjoyed teaching the kids to ride a motorbike and tractor.

Colin loved animals, his Labrador, and the cows on his farm. Colin was such a country boy and enjoyed the outdoors. Some of Colin's hobbies were fishing, camping, picnics, yabbing, and history. Colin especially enjoyed visiting Rushworth and walking through the bush and finding old gold mines and old houses. Colin was a big fan of cheese. He lived near a milk factory where he got to try lots of products.

When Colin's wife passed away, Colin sold his farm and moved to Pakenham to be closer to his family.

In Colin's final years, his niece Leanne sat with him to update his will. Colin stated "Give it to the kids, so it can help them" when reviewing the money he was leaving to the RCH.





# Personal stories

## Meet Sharon

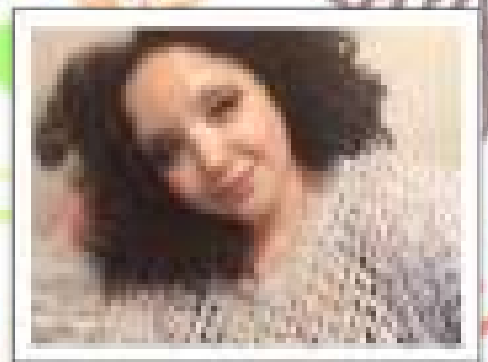
My health journey has been somewhat difficult. When I was 14 months old, I was diagnosed with brittle asthma and experienced my first of 11 ICU admissions. Primary school was filled with constant trips in and out of the hospital at least four to five times a year because of my asthma. This continued into high school and as my condition continued to worsen and I was put onto a fairly strong medication to try to stabilise myself. This medication didn't work and I ended up on a lot of oral steroids to avoid hospital trips. When I was about 13, during one of my two-week stays, I encountered the beloved Meagan. She encouraged me to join ChIPS and gave me the flyer. I politely took it but behind closed doors, immediately said no and told my mom I wanted nothing to do with a support group. About a year later, during another hospital stay (in the newly built hospital this time), I saw Meagan again. I distinctly remember telling my mum I was going to hide. My mother, as usual knowing best, didn't listen to me and encouraged me to speak to Meagan. It was the best decision I ever made. ChIPS is the reason I have my dream job today and I truly wouldn't be the person I am without this group.

The rest of my high school years went on much the same, with frequent hospitalisations and additional chronic pain I couldn't yet identify. Year 12 was particularly difficult for me, but I pushed through even with an approximately 60% attendance rate.

I ended up going to RMIT for engineering which was good for a while, but my condition continued to deteriorate, and physical attendance became more and more difficult. I took a leave of absence and talked to my specialist about getting better treatment. I ended up going onto biologics which is a particular group of injections that treat you from the inside out as opposed to just the symptoms. I went through two separate biologics that made my situation worse. I was barely able to walk up the stairs and I was struggling to keep food down. After a while, I started getting uncontrollable hives. No amount of antihistamine was keeping it away and it finally ended up with me getting anaphylaxis. Naturally, we eventually switched injections and I ended up finding something that works.

I suppose how I got from there to having a completely different diagnosis is still somewhat of a mystery to me. Turns out I have EDS (Ehlers Danlos Syndrome) which explains my subluxations and my chronic pain as well as MCAS (Mast cell activation syndrome) which in turn explains the hives, inflammation in my lungs, and my food allergies. Since getting a proper diagnosis, my life has changed for the better. With proper medication and treatment, I can do so much more and be involved in ChIPS in a greater capacity, particularly in leadership and diversity work, which has opened a lot of doors for me. Thanks to the connections I've made within ChIPS as well as the anti-discrimination work, I was encouraged and supported in doing, I was able to apply for a job at an incredible consulting agency which I'm now working at doing the things I love. I get to do anti-discrimination work for a living and I have ChIPS (particularly the staff) to thank for it.

Iso tip #15  
Selfcare (shower,  
wash your face,  
dance with  
Felipe).



# Meet Zak

"Who am I?", I asked myself as I prepared this story. I think our identity is often caught up in our name or in what we do. However, I believe that identity is in our creation and being, after all we are human-beings and not human-doings. I see my identity as a loved and valued child of God. Yes, I have a couple of chronic health conditions, study Theology and work for the Church among many other hobbies and passions. Yes, my conditions, vocation and hobbies are of course a part of me, but they do not define who I am at my core, they are simply a part of my story.

I am honoured to be writing my personal story to share with the wider ChIPS community. ChIPS has been the longest continuous commitment in my life, playing a central role since I joined the program in 2010. What I love most about the program is that I know very little about other people's medical conditions, as the focus is on the individual as a whole, not just the medical. Writing this personal story provides me a rare opportunity to share my medical journey.

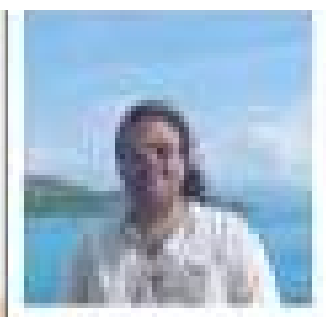
I was born with a primary condition of Peutz Jeghers Syndrome, and when I was a kid, I thought all it meant was monthly blood tests involving covering my arms in Emla cream, then being jabbed with a needle, followed by a treat of fish and chips for afternoon tea. Little did I know that there was a world of pain and hospitalisation sitting behind this monthly practice of phlebotomy and fish. When I was 9, I had my first emergency admission to hospital due to transient intussusceptions, which required multiple operations and lengthy admissions. Life went back to relative normalcy after this, until 2011, where I had 36 life altering admissions to hospital, multiple operations, liver/bowel resections and missing out on most of years 9-12 at school, along with having to give up extra-curricular activities and hobbies.

My life through these times of ill health became a cycle of home, hospital and school. Even with this, I was still not able to finish school & my academic prospects were limited. For the longest of times not finishing school often made me feel guilty and anxious. I thought that somehow not having a piece of paper that everyone else had, defined me and determined my worth. It has taken me much time to realise that I am not defined by my schooling or lack thereof, or by conditions or time spent in hospital but in my creation. The 3 reasons I survived these times of adversity in hospital and at school were; Firstly, my parents and friends who regularly visited & made care packages, their support was crucial. Secondly, ChIPS who were essential to me when I was constantly in & out of hospital, providing a space where I could just be. ChIPS also gave me unique and invaluable opportunities in and out of the hospital. Thirdly, faith which was hugely important to me in my darkest days. Even when it felt like everything else had slipped away, I knew God was still with me. God was with me when I had a visitor in hospital, got to spend time in nature or listen to hymns and worship.

There came a point where I was not so often in hospital and was able to successfully study a certificate IV in Christian Ministry, land an internship at the Melbourne Welsh Church and I have progressed from there. I am now finishing my second degree in Theology, and work at the Uniting Church as a pastor for children and families. While I have not been able to achieve these things in the conventional way, I still have done so.

With the benefit of time, I now realise there are many paths to get to where we need or want to go, even if we can't always see them in the difficult times. While it was so tough to not finish school or to miss out on key moments in life due to my health, my chronic conditions have given me a suite of unique opportunities that I would never have experienced any other way. When asked by others what I would change about my health, my answer is "not a thing" as my conditions are a part of my created identity and being. As I age out of ChIPS and reflect on my memories, I am reminded that ChIPS has given me skills and experiences that I will take with me, even after I have left the program. I hope ChIPS continues to provide the same vital and positive opportunities to many others for years to come.

Isa tip #16  
Join in on social  
activities.





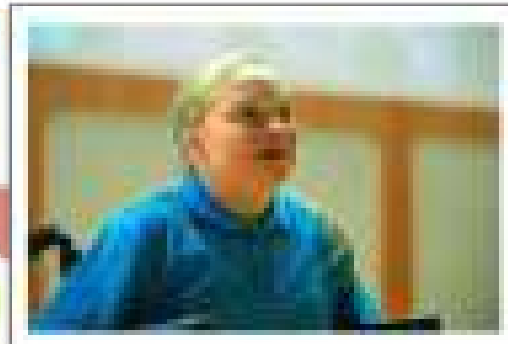
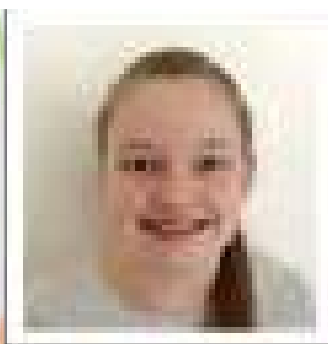
# Meet Amy

Hey everyone, my name is Amy (also known as Midget). I would say that I am a friendly, outgoing, fun, open, honest, and understanding person. I love going out for walks with my dog Kelly, music, sleeping, cooking, hanging out with friends and movies/ tv-shows (I am obsessed with Grey's Anatomy and anything medical/science fiction). This year I'm so excited to become a peer leader in the ChIPS program. I am looking forward to the opportunity to give back to the program and to assist other ChIPPPERS to bring out the best version of themselves. I also wish to see and help others grow into amazing young adults despite their illnesses and be there for support when they need it. I feel so privileged to have this opportunity, specifically for the chance to gain more skills in leadership, public speaking and supporting others.

When I was 9 years old, I was diagnosed with Ewings Sarcoma (Bone cancer) of the right superior pubic ramus, with left lower lobe pulmonary metastases. About a week later I was admitted to the RCH cancer ward (Kookaburra ward) to start my chemo and have a Bone Marrow Aspirate test to make sure it hadn't spread to my bone marrow. Before I could start chemotherapy, I had a central line placed because I would somehow crash all my IVs overnight. All up, I had 12 rounds of chemo that I was admitted for, each 10 days apart. After several chemo rounds to shrink my tumour, I went for surgery to remove the tumours in my right superior pubic ramus and bladder. This took 11 ½ hours and 3 separate surgical teams to remove the tumours, reconstruct my pelvis using the fibular bone from my right leg, and repair my bladder. When I came out of surgery, I was put into a room that was 26° to help with the healing process of my bone graft. At this point I wasn't allowed to sit up or move much, I needed to stay flat for my pelvis to heal. Soon after I was placed in a Hip Spica, which is a plaster cast from the bottom of my ribs down to my toes on my right leg and down to just above my knee on my left leg to keep things still. I stayed in the hip spica for 6 weeks and continued my last few rounds of chemo. After chemo had finished, I had my hip spica removed and started 31 days of radiation therapy at Peter MacCallum Cancer Centre in the city, for which I required a patient transport there and back, as I wasn't allowed to sit up or walk yet. All up I stay flat on my back in bed for 6 months. 2 years later, after lots of physiotherapies, patience, and time, I was finally able to walk without support. I am so grateful for all the great care that I had when I was in the hospital and the amazing work the surgeons did so I can walk today. Fast forward to today, I have lots of ongoing issues and problems due to my treatments that need constant monitoring with scans, tests, and lots more. I also have lots of conditions that are unrelated to my treatment which can be challenging at times. Last year I was hit with another challenge. I started to develop more pain, feeling more fatigued and experiencing symptoms I had never felt before. Tests suggest I have an autoimmune disease but I'm waiting for a specialist appointment to confirm what I have and how to treat it. I joined ChIPS when I was 12 at the start of 2015 and wasn't very active in the ChIPS community for the first year and a half. But when I went to my first camp, everyone was so friendly and nice. I had so much fun doing the activities and meeting new people. After this experience, I knew this group was right for me and I haven't turned away since. When I joined ChIPS, I was very shy, nervous and quiet, but thanks to ChIPS I have come out of my shell, gained confidence. I now have a place where I feel I belong and most importantly. A place to have fun! I would also like to say I have made some lifelong friends that I would never have made if not for ChIPS. My favourite memories so far would be playing the card game 'spoons' on camp, the late-night chats with the girls in our cabin, camps, doing ACE the musical and being a part of the Publications sub-committee designing this wrapper, which has been fun and challenging at times.

ChIPS is an amazing organisation for young people with chronic illnesses to have somewhere they feel supported and can interact with like-minded people that have been through similar life experiences. I am forever grateful to all the staff/volunteers, med staff and peer leaders at ChIPS for what they have done and continue to do to help support me.

iso tip #17  
Learn useless  
party tricks.



## Chronic Illness Peer Support (ChIPS)

Adolescent Medicine  
The Royal Children's Hospital Melbourne  
50 Flemington Road  
Parkville Victoria 3052 Australia  
TELEPHONE +613 9345 6616  
FACSIMILE +613 9345 5034  
www.rch.org.au/chips



## Chronic Illness Peer Support (ChIPS) Referral information

The Chronic Illness Peer Support program (ChIPS) is a vibrant adolescent peer support program that has operated for over 20 years providing critical psychosocial and peer support for 12-25 year-olds living with a chronic illness.

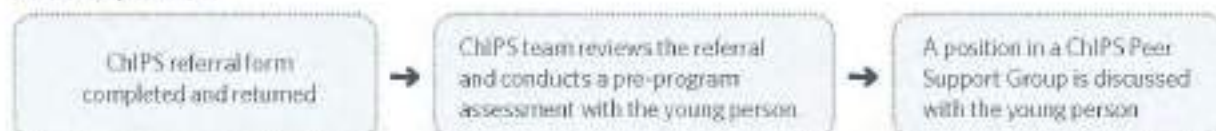
The entry point for the ChIPS program is via the 'Eight Week Group' or the 'ChIPS Intensive' where new participants share experiences of living with chronic illness and learn from each other in a facilitated, semi-formal and safe environment. Once program participants have completed their Eight Week Group or ChIPS Intensive they can take advantage of year-round recreational, social and leadership activities.

### Qualifying criteria

ChIPS is available to young people who are:

- 12-25 years of age with a primary diagnosis of chronic illness.
- living with a chronic illness or condition that affects their daily life.
- able to attend an eight- week peer support group or a two-day intensive group
- ready and able to participate/ function well in a group setting

### Referral process



### FAQs

Q. Who can refer a young person?

A. ChIPS takes referrals from health professionals including, but not limited to: doctors, nurses, psychologists, school counsellors, social workers, youth workers. Parents/guardians and individuals may fill out the referral form and have it endorsed by their healthcare professional.

Q. When does ChIPS accept referrals?

A. ChIPS is accepting referrals year round on a rolling basis and will do its best to place those who are referred in a peer support group as soon as possible.

Q. Does the young person need to be a patient of The Royal Children's Hospital?

A. No, ChIPS is run at The Royal Children's Hospital, Melbourne but it engages young people from throughout Victoria.

Q. Is there anyone the young person can talk to if they are not sure about ChIPS?

A. Yes, ChIPS staff are available to speak with the young person or referring health professional, or if the young person would prefer, they can talk with a current ChIPS participant from the ChIPS Reference Committee. Telephone (03) 9345 6916.



# Chronic Illness Peer Support (ChIPS) Referral

This form is to be endorsed by a relevant healthcare professional.

Mail to: ChIPS program, Adolescent Medicine, The Royal Children's Hospital, 50 Flemington Road, Parkville Victoria 3052 Facsimile: (03) 9345 5034 Email: meagan.hunt@rch.org.au Telephone: (03) 9345 6616

## Young person's details

Date of referral: / /	RCH UR (if applicable):	
First name:	Surname:	
Age:	Date of birth: / /	
Address:		
Email:		
Home telephone:	Mobile:	
School:	School year level:	
Parent/guardian name:	Telephone:	
Parent/guardian name:	Telephone:	

## Nature of illness

Current medical condition/s:
Symptoms and how the young person is affected (incl. phys/psych/socially/family/school):
Hospital/Health Care system linked with:
Other information:

## Referring healthcare professional's details

First name:	
Surname:	
Occupation:	
Organisation/department name:	
Organisation/department address:	
Telephone:	Email:
Other healthcare professional (if applicable):	Telephone:
a) Please initial if you give consent to be contacted prior to, during and/or post this young person's involvement in the ChIPS program if the program staff should need your assistance, guidance or support.	Initials:
b) Please initial if the young person and their parent/guardian are aware that you are referring the young person to the ChIPS program.	Initials:
c) Please initial if you believe the young person you are referring wants to be involved in and would benefit from the ChIPS program.	Initials:

# Thank You

Before we go into the formalities, thank you to absolutely everyone who is involved in ChIPS. Everyone makes an impact, big or small. Keep being you.

The ChIPS Program is proudly supported by the Royal Children's Hospital (RCH) Foundation. It is through community generosity that our wonderful programme is able to continue every year, and in particular we are incredibly grateful to the continued support, passion, and generosity of the following:

- ChIPStiliary
- Mick Creati
- HLM Investments
- Allan and Judy Dixon
- Estate of Colin Stephenson
- The Farrelly Family

We would also like to extend a big thank you for the in-kind support of :  
Victoria Police & Southern Cross trophies

The Publications Committee would like to congratulate Sarah Gill for winning the 2021 photo competition and getting her photo of the mushroom on the front cover of this very wrapper. We would like to make a special mention to Jade Driscoll and Zak Hanyn who also submitted amazing photos that are featured on the back cover. Thank you to everyone who participated in this year's photo competition, all photos were amazing and unique.







This Wrapper brought to  
you by the 2021  
Publications Committee

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50 Flemington Road  
Parkville, 3052  
Ph: (03) 9345 6616  
[www.rch.org.au/chips](http://www.rch.org.au/chips)