



ChIPS WRAPPER 2022

Chronic Illness Peer Support
Empowering Young People

Awards

We would like to congratulate

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.

2022 Winner

Amy Fransen

Previous winners:

2021 – Sarah Gill
2020 – Emily Cocks
2019 – Curtis Reeder
2018 – Jade Driscoll
2017 – Emily Wickam
2016 – Jessica Curgenvin
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.

The last time this was awarded was in 2020 to
Kale McQuade

Previous winners:

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

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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.



Tributes

Gone but not forgotten



Sarah Carrivale

I met Sarah back when ChIPS was writing a musical in 2018. Sarah was an absolute joy to be around. She was always so enthusiastic about things, wanted to give everything a try, not to mention such a talented performer with perfect comedic timing. I'm so grateful I got to know Sarah and her wonderful personality, I'll definitely always remember her for how bright she made every room. Rest in peace Sarah, you will be missed by everyone at ChIPS. – Bek G

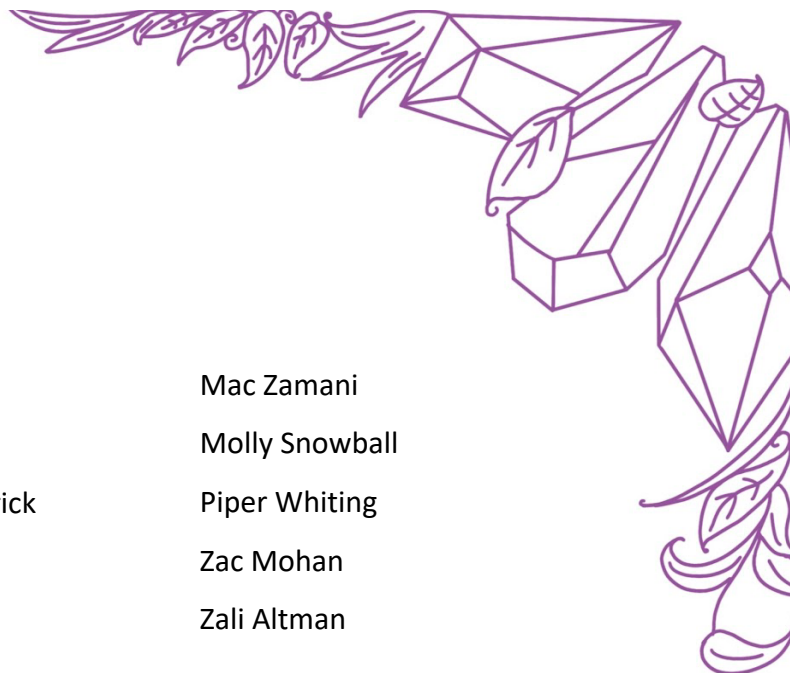


Shaelee Preston

This year ChIPS lost another family member, Shaelee Preston. Shae had been a member of the ChIPS community for a very long time. She was a person who would light up any room she walked into. Shae had the best sense of humour and the biggest, most caring heart. Her crazy can do attitude was inspiring to everyone. You could always rely on her to be there for her friends in the good times and bad. Shae had helped me through a lot of hardship and always managed to get me laughing and smiling. I have never known ChIPS without Shae in it and I think it's very fair to say ChIPS just won't be the same without her. Shaelee your smile and laugh is something everyone is going to miss. Thank you for always being my shoulder to lean on. We all love and miss you dearly. Rest Peacefully Preston! – Montana



Hellos



Please welcome our new CHIPPERS...

Brendon Henry

Ella Bibby

Freya Elliott

Isabella Paz

Jackson Remeysen

Jacqua Ince

Jordan Bruno

Jorja Kirckpatrick

Lachlan Ross

Laura Dador

Mac Zamani

Molly Snowball

Piper Whiting

Zac Mohan

Zali Altman



Goodbyes

We wish these CHIPPERS all the best for the future...

Kate Cindric

Georgia Grigsbey

Brittney Pretty-Mann

Brooke Hall

Bailey Wilson

Cassidy Earl

William Alexander

Michael Arkalis

Zak Hanyin

Tina Nelson

Sarah Gill

Curtis Reeder

James Munro

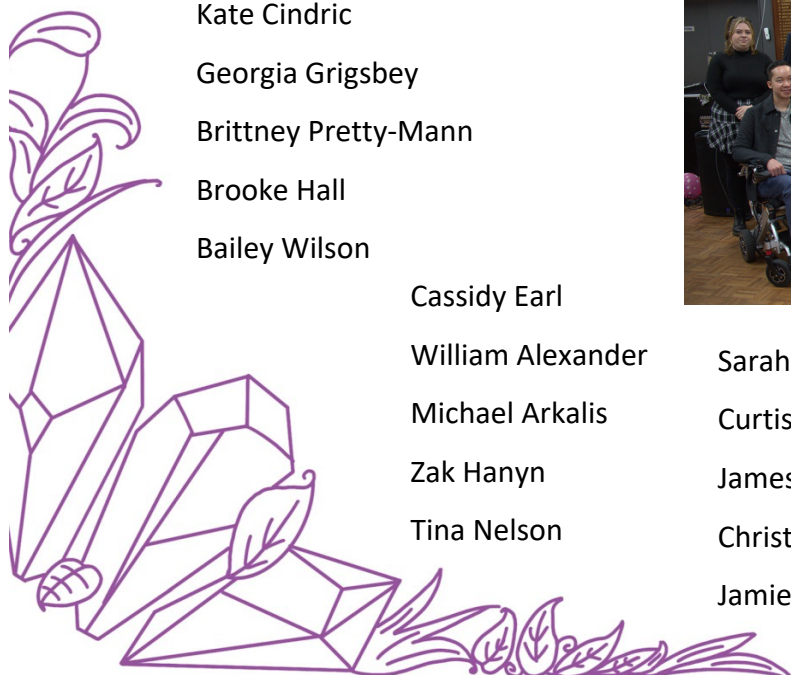
Christina Curkowskyj

Jamie McKie

Mo El Shazly

Bek Goldsmith

Tailor Nguyen





Chairperson's Report

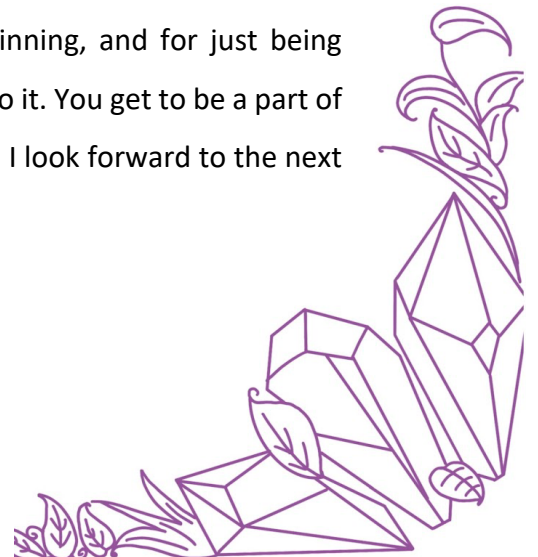
By Talicia (She/Her)

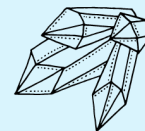
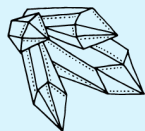
I just wanted to start by introducing myself. Hi, I'm Talicia, I've been in ChIPS since about 2015 but I didn't really get involved until 2020 when I joined Reference Committee for the first time. So, as far as math goes, this is my third year on RefCom.

In my first year, I was very shy and not too sure what I was supposed to be doing. Being part of Reference Committee has really allowed me to grow in confidence, leadership, and social skills. The big group is a little daunting at first, but I found out that we spend most of the time in our little subcommittee and, at some point, the big group is no longer daunting.

Being voted chairperson this year was very heart-warming. I joined RefCom to make some friends and connect with people, and I have achieved just that. Everyone is very friendly and inviting. I look forward to the monthly RefCom catch ups - being able to see everyone's faces and have proper conversations with real human beings. Leading RefCom has been a joy so far. It has allowed me to make even more connections, and to explore my inner leader. Myself and my vice chairperson, Haylee, have kind of shared the role this year. This meant that I didn't get too overwhelmed, but it gave Haylee the opportunity to experience the role as well.

I just want to thank everyone on RefCom this year, ChIPPer's, staff, volunteers, for their time, effort, and love. For being patient with me in the beginning, and for just being amazing humans. To anyone considering joining RefCom, just do it. You get to be a part of what makes the program so great, and that is really rewarding. I look forward to the next year of RefCom and to see what it will bring!





Harry's Highlights

Wow, what a year. My highlight of highlights for 2022 has been the simple fact that we've been able to start hosting in-person ChIPS activities. We've had great turnouts to all of our socials and it's been so nice reconnecting with everyone and meeting new ChIPERS as well. Cruising through the Dandenong Ranges on Puffing Billy was probably my favourite outing for 2022.

There's been a couple of key changes to Reference Committee this year that I've found really exciting. A new ChIPS

Communications Committee has revamped our public Facebook Page. We've had a great response from the wider ChIPS Community and it's been fun to connect with past members of ChIPS and family of current ChIPERS through these posts. The ChIPS Advocacy Committee has taken on the new title of Advocacy and JEDI – Justice, Equity, Diversity and Inclusion. This change has allowed the group to develop new project ideas, including raising awareness of the common issues faced by young people with chronic illness when in school. I'm really excited to see how these ideas develop over the next 12 months. They also just presented at the national AAAH conference, well done Advocacy and JEDI!

Another highlight has been running in-person intake again. It's been a privilege to be part of many amazing discussions as ChIPERS share their experiences and strategies for getting through the tougher times. Lots of new ChIPERS have been jumping straight into our socials as well, which is great to see. It's also been really fun working with the Camp Committee on what will be our first camp in 3 years this coming January, can't wait! As always, big gratitude to all of our amazing Reference Committee members, volunteers, and medical staff for another great year, and finally, thanks to my ChOffice pals, Bec and Asher, for all the laughs and your dedication this year.

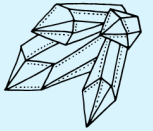
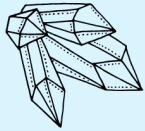


Bec's blog

Wow, what a year! After two years of not seeing anyone IRL it was so nice to reconnect with you this year! And so much has happened I don't know where to start! Although not yet back to pre-pandemic numbers it feels like this year has been jam packed full of fun ChIPS things (it actually feels like life went into overdrive), and on a personal note, I finally finished my studies (woohoo!) and began working full time, which has added to the sense of being super busy.

Our intake numbers we're up this year, we've run three intake groups using a mixture of online and face to face, and it's been so lovely to meet lots of new chippers and see you participating in the program, a big welcome to you all! I think the highlight for me this year though would have to be all the fun face to face activities we have been able to participate in. We've been to the Zoo, on the Geelong Flyer ferry and, my absolute fave for the year, on Buffing Billy! So much fun! Thanks so much to our socials committee working with staff to provide these and many more fun activities.





Of course, at the time of writing this we had not yet gone on Jan camp and hadn't actually had a camp for almost 3 years, but I know the camp committee have been working tirelessly throughout the year to finally organise another amazing Camp for you all and they deserve a special mention. Thanks for hanging in there through so many ups and downs and so much disappointment, I have no doubt camp was amazing.

In fact, I'd like to say a special thanks to all our Refcomm members this year. Numbers were a bit light on compared to past years, but you all put in a huge effort to keep the program running and deserve a massive thank you from us all. Let's hope we get a few more people to bolster the ranks in 2023 and lighten the load.

And while I'm at it, I'd also like to thank Harry and Asher, and give a huge shout out to all our super amazing volunteers, you guys are all so lovely and fun to work with, and the effort you put into helping the Chippers and the program is so greatly appreciated. We wouldn't be able to do it without your help, thank you!

Lastly, as always, I'd like to give a big shout out to all our amazing peer leaders who have helped with so many events this year, you guys play such an important role in the program and you all do it very well, thank you!! It's bittersweet to think we have to say goodbye to many of you this year, and goodbye to a huge number of other Chippers too. I will miss you all greatly but am so proud to see the amazing young adults you have become. Best of luck with everything you do beyond ChIPS.

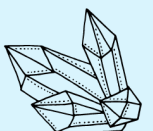


Asher's Adventures

Well, what an amazing year! What can I say about my first year as a facilitator at ChIPS? To start, I am so proud of the way the CHIPER's, staff and Volunteers have come together during what has been a very difficult time for everyone during Covid. When I started this role, it was all online, so I had to get to know everybody via Zoom. This presented its own challenges, but the ChIPS spirit is so amazing, I was able to build rapport and relationships with all the young people. I am so proud of what the Fundraising committee achieved this year, coming up with

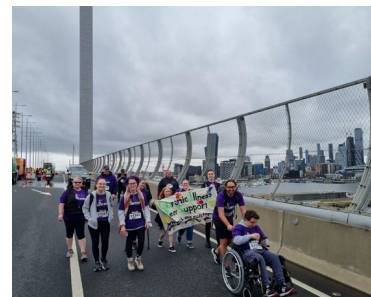
different ideas and ways to keep everybody involved.

Some highlights for me, have been meeting CHIPER's for the first time in person after working with them for close to 8 months online. The Zoo social was my first opportunity to meet everyone, and it was such a fantastic and fun experience. The main point that sticks out to me, after joining ChIPS, is resilience. I am truly humbled so often, by the positive attitude from the young people, and the way in which they never let adversity stop them from being the best version of themselves they can be. Jan Camp 2023 will be my first ChIPS camp, and I am looking forward to it so much! I can't wait to get out there, and spend a few days with the crew.



Run for Rachael

On Sunday 3 April, for the first time in over two years, we were finally able to meet in person again! We had the privilege of taking part in Run For The Kids under team 'Run For Rachael'. Rachael was a well loved and respected member of the program and was a regular participant in the annual ChIPS Run For The Kids event who sadly passed away in 2019. We were absolutely honored to join her family in celebrating her memory again.
Emily W



I joined ChIPS at the start of the covid lockdown and finished my orientation on zoom. So the first time I met some chippers in real life was at the Run for the Kids, walking in memory of Rachael who I had never met. I got to meet so many different people, some I had met on zoom and did activities with and some new people. I learnt about Rachael and what she was like and how many people adored her.

The walk was long and fun. There was always people to talk to and because we all wore the purple t-shirts together, we felt like a real group walking together. At the end we all walked through the line together and did an interview which was really great.

For the first time meeting everyone face to face, it gave me a sense of belonging and I couldn't wait for the next get together with the chips group. I feel very lucky to be a part of it. See you all soon, Bella.

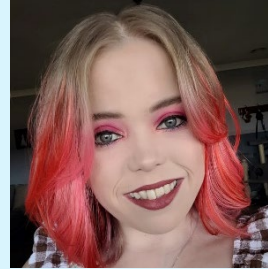
Meet your 2022 Reference

Publications Committee



Committee Leader

Amy is a Virgo, that prefers winter over summer. Amy's fav pastime during covid was watching movies.



Coms Crew Rep

Haylee is a Libra, that prefers Winter over Summer. Haylee would love to have dinner with Game of Thrones cast.



Caitlin H is a Sagittarius, that prefers Summer over Winter. The last book Caitlin read and is her fav is "The Great Gatsby" by F. Scott Fitzgerald.



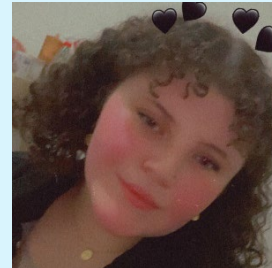
Niki is a Libra, that prefers Summer over Winter. Niki's fav pastime during covid was watching Netflix and pour painting. Niki would love to have dinner with friends from school.

Fundraising Committee



Committee Leader

Georgia is a Scorpio, that prefers Summer over Winter. The last book Georgia read is "Carmen's Legacy" by John J Maher.

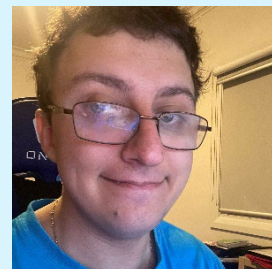


Coms Crew Rep

Emily is a Pisces, that prefers Winter over Summer. Emily would love to have dinner with Harry Styles.



Tahlia is a Scorpio, that prefers Summer over Winter. Tahlia would love to have dinner with Emma Watson and Andrew Garfield



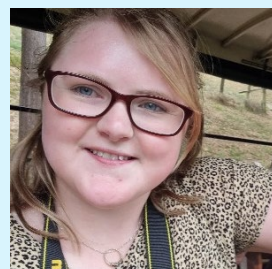
Michael is a Cancer, that prefers Winter over Summer. Michael would love to have dinner with ChIPPERS and his fav thing during covid was Tiktok.

Socials Committee



Committee Leader (1H)

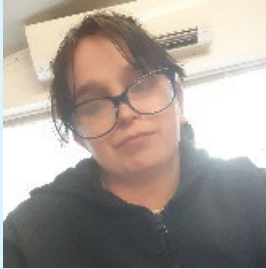
Emi is on the cusp of Sagittarius and Capricorn, that prefers Winter over Summer. Emi's fav pasttime during covid was on her Nintendo switch



Coms crew rep

Talicia is a Virgo, that prefers Summer over Winter. Talicia's fav pasttime during covid was painting and playing Sims.

Committee Members



Tina is an Aquarius, that prefers summer over winter. The last book Tina Read was "Stop surviving and Start fighting" by jazz Thornton.



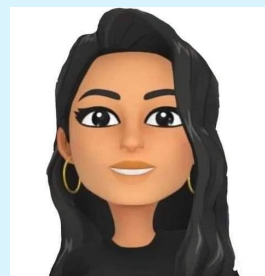
Patty is a Capricorn, that prefers winter over summer. The last book Patty read was "I am number four" by James Frey and Jobie Hughes.

Advocacy/Jedi Committee



Committee Leader

Caitlin R is a Libra, that prefers Summer over Winter. The last book Caitlin read was "Dark Harmony" by Laura Thalassa.

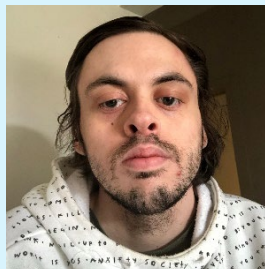


Coms Crew Rep

Sarah is a Sagittarius, that prefers Winter over Summer. Sarah would love to have dinner with Timothée Hal Chalamet.



Brooke is a Libra, that prefers Winter over Summer. Brooke would love to have dinner Rebel Wilson as she thinks she I would laugh a lot.

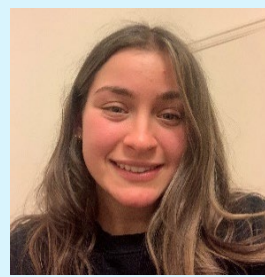


James is an Aries, that prefers Winter over Summer. James's fav pastime during Covid is to playing video games and most recently watching Lucifer.

Camp Committee



Zak prefers Winter over Summer. Zak's fav pastime during covid is baking. The last book Zak read was "Jesus Feminist" by Sarah Bessey.



Julia is a Capricorn, that prefers Summer over Winter. The last book Julia read was "Forever, Interrupted" by Taylor Jenkins Reid.

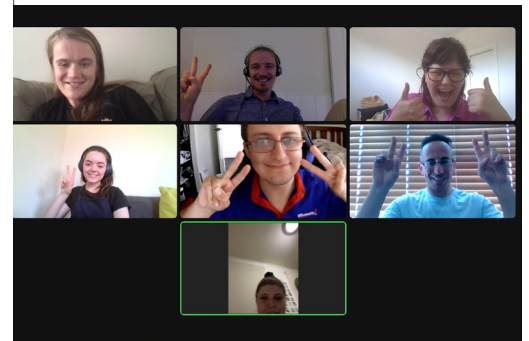


Ayan is a Capricorn, that prefers Summer over Winter. Ayan would love to have dinner with Melissa Leong a MasterChef judge.

Sub-Committee Reports

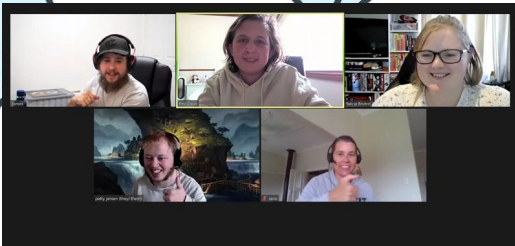
Fundraising

Given all the uncertainty covid brings the fundraising committee has had pretty successful year. We started off unsure if we would be able to hold anything in person this year but that didn't stop our team. Over the year we've managed to raise close to \$4,000! We started off slow with a Cadbury chocolate box fundraiser and then managed to smash out a pretty successful Bunnings BBQ on the 30th September and finished with a grill'd local matters jar. As leader of the fundraising committee I'd just like to say a massive Thankyou to the other committee members, Emily, Tahlia and & Michael for all you have done this year! I'd also like to say an even bigger Thank you to Asher, Harry, Andy & Jordo for all the support you have given to us as a fundraising committee over the year! I wish all the best for the 2023 fundraising Committee! Georgia - Fundraising sub-comm Leader



Socials

I just want to start by thanking Emi C who was our leader for the first half of the year. Thank you Emi, for your help and guidance through the first 2 socials. The socials committee this year consisted of myself, Tina, Patty, and mentors Jano and James along with Harry. Together we bought you 4 socials; online games night, Movie day, puffing Billy, and yet to come: The end of year formal. The socials we've had so far have been amazing! It's been great to be able to plan in person events and be a part of the new and improved CHIPS. At the moment we are in the middle of planning the formal / graduation night where we will acknowledge and farewell about 3 years worth of chippers but also have a lot of fun in our fancy outfits. I'm so excited for our last social and to end the year in style. Until the next time. - Talicia



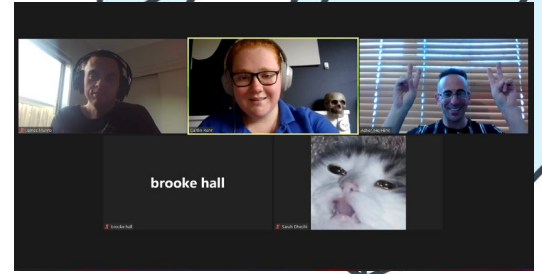
Camp

Hello!! I'm hoping you're reading this post a successful Jan Camp. It has been a very long 3 years planning a camp and COVID-19 was not our friend. We have attempted to do this twice before and there have been heaps of shattered expectations not just for us as a committee but also for chippers. This year has been super busy, trying to make sure our ideas and planning from the last few years were able to work out and if not, trying to work out an alternative. A lot of hard work has been involved trying to plan a successful camp whilst also making sure it's covid-safe and a super enjoyable first camp back. Thank you to Julia, Zak, Jess and Harry for your hard work and dedication over the last few years. It has been very joyful to do this with you all. Special shoutout to Stacey, Jake and Tailor. This camp has involved a LOT of work over the past 3 years, a lot of which involved them – getting this far and our plans coming to fruition is a huge testament to their hard work as well! Thank you, Ayan



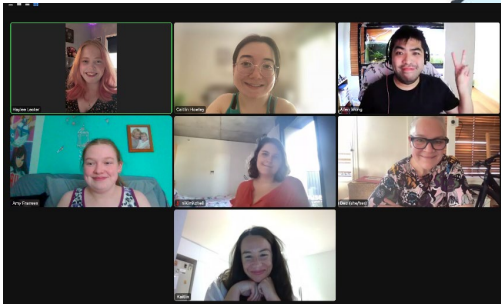
Advocacy/JEDI

This year has been an excellent year for advocacy and the team has been working hard. The year started a bit slow as we weren't entirely sure what our purpose would be with the new role of JEDI (Justice, Equality, Diversity and Inclusion) added to the sub-committee. Still, throughout the year we have found our way and have been able to make some great connections with organisations like YDAS (Youth Disability Advocacy Service) and VICSRC (Victorian Student Representative Council). In November we will also have the opportunity to collaborate with some of the Sydney Chippers to create and present a symposium at the 2022 Australian Association of Adolescent Health Conference (AAAH). Throughout the year we were also able to give a few online presentations to some of the different teams at the RCH, these were always very interesting with a mixture of audio issues, missing pictures and on-the-spot learning. We'd also like to shout out to our mentors Felipe and Jimmy whose support has been fantastic throughout the year. -Caitlin R



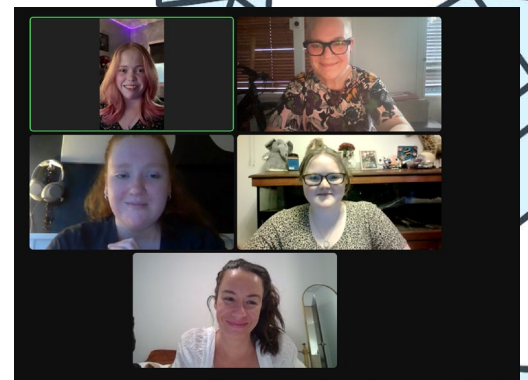
Publications

Being a first-time subcommittee leader, it has been a little bit of a learning curve at times, but with an amazing team (Haylee, Caitlin, Niki) all working together well as a team, having great communication and always working hard has made my job super easy. Although most of our meetings have been still online as we start to slowly come back to face to face. I would say we manage to successfully produce an amazing Wrapper for 2022, that we should all be very proud of. I would like to say a big thank you to our volunteers Allen, Laura, Kaitlin, and our Staff member Mama Bec for all your extra support, tips and guidance you have given us, as well as Haylee, Caitlin and Niki for all the work, time, commitment and dedication you have put into the creation of this year's Wrapper. We couldn't have put the Wrapper together without every single person's help. It has been a fun year working with you all, getting to know you all a little more and having a good laugh. Thanks for an amazing year. – Amy F



Comms Crew

I think it's fair to say that the communications crew have had a very successful first year as a subcommittee! We started the year with a goal of reconnecting with the wider CHIPS community and to keep everyone up to date with what we'd be getting up to this year and are so happy with the results! The public CHIPS facebook page is now being updated regularly with recaps of socials and other events, awareness posts, and we also had the opportunity to introduce our amazing staff and volunteers. It has been such an incredible experience getting to share all of the fun things we did this year. Thank you to the rest of the comms committee (Haylee, Sarah, Caitlin and Talicia) for all of your hard work and dedication, I also want to say massive thank you to Bec for supporting us and making this all possible! - Emily W



Meet your Peer Leaders

What is a Peer Leader?

A Peer Leader is a CHIPPER that upholds 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 within the program.

What do Peer Leaders do?

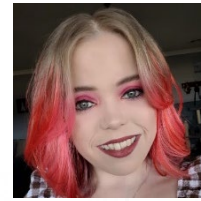
Peer Leaders contribute to maintaining a positive, stimulating, and supportive environment in CHIPS. Peer leaders will work in conjunction with the CHIPS Staff and fellow Peer Leaders to: facilitate 8 week and 2-day intensive intake groups, assisting during camps and socials, and act as role models in the program. Peer Leaders also provide a much-needed support to fellow CHIPPERS who may be doing it tough and for whatever reason are uncomfortable going to the staff. They provide a friendly ear to those in need, or where appropriate, offer help to someone through a personal issue.

Big thank you

The Publication committee would like to say a big thank you to all the Peer Leaders for your hard work and support you give to the program. We would also like to thank Lauren for her contribution to the Peer leader team. 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 Zak, Georgia, Curtis, Ayan, Bek and Tailor.



Amy likes Marvel and her favourite movies are The Divergent series.



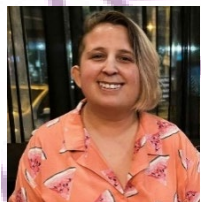
Haylee's funniest chips memory is the bloopers when making Chips Phone Camp



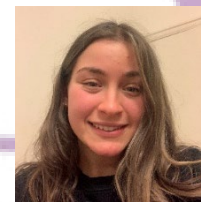
Kale has always wanted to travel to New Zealand, America and Italy.



Caitlin likes DC and her Favourite movie is Revenge of The Sith (2005).



Emi's fav movies are Hereditary (2018) and Mid Sommer (2019)



Julia like marvel and has always wanted to travel the world.



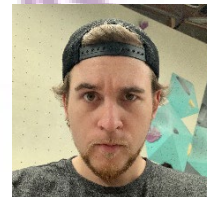
Bek has always wanted to be involved in a professional musical theatre.



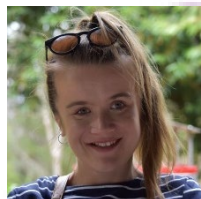
Tailor's funniest CHIPS memory is forgetting to turn off her phone before handing it in



Ayan has always wanted to travel on her own and her fav movie is Matilda (1996).



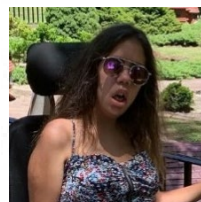
Curtis likes Marvel and his fav movie is The King's Speech (2010).



Georgia's funniest CHIPS memory is having to perform a rap at her first CHIPS Camp.



Zak has always wanted to go to all the countries in the world.



Claudia likes marvel and has always wanted to live in New York city.

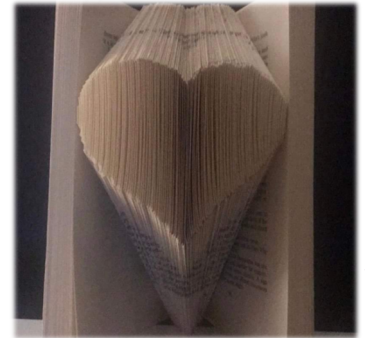
Creative Contributions

We asked ChIPPers to tell us about their hobbies or creative activities that they enjoy...

A couple of years ago I received a large number of romance books that I had no interest in reading. I was bored stupid during the first lockdown in 2020 and decided to try book folding. My first fold was a Batman symbol in a 300-page book and my most recent one was a 360 vase with purple roses made from a James Patterson novel.

Book folding was fun but limiting and led to lots of papercuts. When I eventually ran out of spare books, I decided to try different types of book art. The first thing I tried was bookbinding, which was very tricky, and I still haven't got the handle of it. Next, I tried staining the edges of my reading books starting with the Gone series by Michael Grant. This was a lot harder than I thought it would be, because I had to try lots of different types of paints before I found one that worked. I also had to learn how to mix the paints to match the colours on the cover of my books. Recently I've been experimenting with masking tape and stencils to make patterns and landscapes on the books.

By Caitlin Rohr



Caitlin's first book folding creation

Hi! My name is Michael, I have been part of the ChIPs program since 2015. I suffer from a chronic illness called hydrocephalus (fluid build-up in the brain) as a result of brain cancer.

I have many passions and hobbies that keep me occupied and bring me joy! One of these is being involved with the V8 supercars through my work with the team Tickford Racing and holding their number 1# ticket holder position. As a result of this, I am privileged enough to be able to travel the country with the team assisting with media and PR, which has honestly been one of the best experiences I have had! I am privileged that most recently being able to attend Sandown in Springvale to facilitate an event for 100 guests over the four days. I love it!!

By Michael Arkalis



Michael at Sandown

I learnt how to bake when I was younger by shadowing my mum in the kitchen. As I gained confidence with cooking and baking, I started experimenting with different flavour combinations. I love trying to recreate delicious meals from cafes or restaurants and developing my own recipes. I also love adapting recipes to make them healthier; whether it's including zucchini in brownies (sounds weird but it works!) or adding oats to choc chip cookies for some extra fibre and texture. There is something special about sharing a new recipe with my family and watching their reaction or recreating a recipe that has been passed down through generations, like my Nanna's ravioli.

By Caitlin Howley



Caitlin's zucchini brownies topped with apple slices and cinnamon



ZOO Trip

After two years of chips 2.0 (online chips) on the 11 June the chips family had the opportunity to go to visit the Melbourne Zoo and reunite with one another in person. There was a great sense of excitement of meeting up, but it was also met with some apprehension, as the covid virus is still around. Chippers were in small groups and had the opportunity to wonder around the zoo looking at some amazing animals, whilst catching up and taking things at our own pace. The zoo is a place where you could spend days looking at everything so we tried to see as much as we could. As we wondered around, different chippers in my group requested to look at different things (and we covered a fair bit of ground), We met as a large group for lunch, where we could all sit down and catch up with one another. Chippers at the end had the opportunity to buy a memorable gift at the gift shop. Overall from the vibe on the way out I think everyone had a wonderful day! - Niki



On April 20th the 2022 Socials team ran our first social, an online games night! We streamed a number of different games through 'Jackbox games.' Including, Quiplash, poll

Games Night

mine and the wheel of enormous proportions. Chippers competed against each other during a series of games to become the one true champion. We also had a bit of surprise, some Sydney chippers joined for the fun! Overall, the games were fun, there were lots of laughs and it was great to chat to human beings! - Talicia

Sausage Sizzle Fundraiser

Bunnings Collingwood to raise money for our amazing ChIPS program! Fighting the Melbourne winter and recent Bunnings sausage sizzle price increases, we sold a variety of drinks and hundreds of snags to lucky passersby. Raising an amazing \$1095! A huge thank you to everyone who helped bring the BBQ to life and a special thanks to Georgia, Talicia, Bec, Harry, Jordo, Allen and Andy for giving their time to help out on the day! - Tahlia

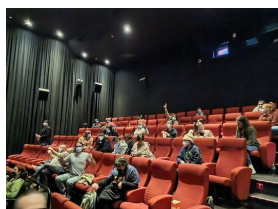
On Saturday, 30th June, the Fundraising Committee fired up the barbeques at



Movie Day

To infinity, and beyond!!!! For our 2nd social, on July 22nd, CHIPPERS headed to Hoyts in Melbourne Central to watch none other than.....

Lightyear!! It was such an amazing catch-up. ChIPPERS were able to reconnect, and socialise all while being covid safe with masks, hand sanitizer and social distancing. The ChIPS program funded the entire event, including snacks, which was amazing! And we had the entire cinema to ourselves! We all sat back and enjoyed our time out in the world. - Talicia



Grief and Loss Workshop

Chippers were able to attend the grief and loss workshop held on 30th June. We had the opportunity for this to be facilitated by Carolann, an expressive arts therapist.

I was able to attend for the later half. As chippers it was really valuable to have this opportunity as we have sadly experienced the loss of two valued friends Sarah Carrivale and Shaelee Preston in the last twelve months. As well as this, we were able to reflect on grief experienced in our own lives and participate in exercises and activities as a way of processing our thoughts. Whether it has been the grief we have experienced through our own illnesses or disability, or in different areas of life. We worked collaboratively and individually on art such as a blank canvas, and creating something positive, meaningful and bright. As well as working on a poster on the wall, that reflected our often complex emotions of grief and loss (it appeared to be lots of lines and shapes and squiggles). This space provided chippers with an opportunity to be with one another, enter discussions surrounding this, lead by Carolann, while sharing the common experiences of grief and loss. The chips community had the opportunity to attend the grief and loss workshop that was held at the RCH. – Harry and Niki



Personal Stories



Meet Georgia

Hey Everyone, My Name is Georgia & I will be turning 25 towards the end of the year. This means that I will be ageing out from ChIPS at the end of 2022. I have been a part of ChIPS for just shy of 10 Years!! I joined the Program in April/May 2013. It's been loads of fun, I've met some great people & taken part in some great experiences.

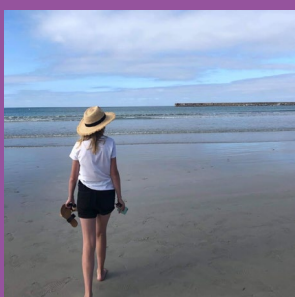
I was diagnosed with Cystic fibrosis when I was just 3 weeks old. Like anyone with a chronic illness I have had setbacks and hard times. I've had to miss out on fun times, the worst being

told two days before a planned holiday that my health had deteriorated and I couldn't fly. This meant missing out on a family trip to Bali and all of the fun my family then had. I also lived interstate for a while and loved the independence, it was such a good time of new experiences, sadly an experience that was cut short due to ill health. All experiences that whilst difficult and upsetting, have seen me grow into an independent and strong human being.

I currently live with my Mum, Dad, 2 brothers Alex and Sam and our 3 dogs Bomber, Frankie and Gizmo. Our home is crazy and loud and full of a whole lot of love. My family are supportive and are there for me through every challenge I face and I can't imagine life without them.

I love being around people, spending time with my family, friends and the dogs. I love creating things, going on adventures, organizing events and baking. I like to be busy and would rather be doing something than doing nothing.

I adore the following quote . "A journey of a thousand miles begins with a single step" I'm so happy that I took the first step into ChIPS. It's a journey I will never forget. ChIPS has helped me to make new friends and helped me find my true self. Through being part of the reference committee I've been able to further develop my confidence and leadership skills and give back just a little bit of what the program has given to me. I look forward to seeing where the future leads me and won't forget the impact ChIPS has had on my life.





Meet Talicia

Wow, how do I start the story of me? At the beginning, I guess. I grew up in a small town called Mooroopna, right next to Shepparton. My dad left when I was four, his loss. So it was just me, my mum, Philippa, and two sisters, Kristy, and Courtney. We were all very close, had lots of family meals, games nights, and just chilled watching tv together. We had a zoo of animals: dogs, cats, rabbits, guinea pigs, budgies and mice. It was bonkers but I loved it. I still kind of have a little zoo going on. 2 dogs, Foxy and Luna, a turtle, Leo, 4 quails, Fish, Chip, Peach and Daisy, and 2 budgies, Wendy and Winston. I love my pets, I can talk about them all day so just be prepared if you get me started. Some other things I love are: Board games, tenpin bowling, painting, quilling, and watching tv. At the moment I am watching all the Simpsons episodes, There's over 30 seasons, pray for me.

I was a very tiny, very sick kid. I couldn't eat much and was very weak. My mum was amazing and wouldn't take no from any doctor. My big sister and mum both had illnesses of some sort as well. Eventually, a doctor actually listened to her and sent us to a Gastroenterologist at the RCH. She immediately knew something was wrong and after blood tests and scopes it was confirmed, I had Crohn's disease. I was 12 and I already had Asperger's, so this made me feel even more like an outsider. I was very secretive and ashamed of my illness to start off with. I wouldn't take my medication and I would refuse to acknowledge I was different. It was only when my doctors talked about possible surgeries that I took it seriously. I have a few other illnesses as well, but Crohn's has always been the major one. Now a days, I love discussing my illnesses, so please, ask me anything, i will talk your ear off!! School was never easy for me. I had a lot of anxiety about being different and what others would be saying or thinking about me. I started studying Childcare in year 11. I pushed myself so hard, that I got so sick once I finished. I barely made it to half my year 12 classes, I was having pseudo seizures fairly regularly. It was exhausting. Thankfully I was just able to graduate at a low VCAL level and that was school done with. I then followed my sister to Geelong where I started working once I was in a better condition.

I met my partner, Michael when I was in year 10 and we started dating in year 11. He was and still is a major support. He helped me through all my seizures. I had to have a bowel resection in 2019. I don't know how I would have gotten through it all without Michael and my family. My mum very suddenly passed away in April 2021. Although having experienced grief from a young age with my dad and my grandparents, it's something unpredictable, and hard to cope with. My sisters and I are there for each other. For a while there, we got together once a week to go through mums' things and that was a great coping tool, we would find old things and be able to reminisce about our childhood and funny memories. But every so often, I get a wave of sadness that cripples me more than any illness could. I'm still learning how to move on and cope.

I joined the ChIPS program in 2015 I think, but I never really took part until 2020. I went on the avengers camp in 2020 and there, I remembered why I actually joined in the first place. I signed up for refcom, and I'm still doing it today. Chips has become a massive part of my life now. In just 2 short years of being involved I have grown so much. I realized I had potential to do so much I never thought possible. I am still a work in progress, but I love how confident I've become, how much I've learnt, and how I've become a leader. I am still anxious around people but I'm taking my time and slowly, I'm making lifelong friends. I constantly rave about chips to whoever will listen. Chips has truly changed my life. To anyone considering joining chips or becoming more involved, just do it. You will have the time of your life.

XoXo Talicia



Recipes

Savoury Muffins

Makes 12 medium-sized muffins.

Ingredients:

- 1 cup milk
- 60mL olive oil + spray can of olive oil
- 1 egg
- 250g self-raising flour
- 1 tbsp dried mixed herbs
- 1 tsp pesto
- 1 tomato
- Optional: feta, kalamata olives, fresh herbs

Method:

1. Preheat your oven to 180°C fan forced.
2. Add the self-raising flour and dried mixed herbs to a bowl. Then add the milk, olive oil, egg and pesto, and stir to combine.
3. Chop the tomato, feta, olives and fresh herbs (if you are using these ingredients). Add them to the muffin mixture and mix everything together.
4. Spray a muffin tray with oil and then spoon the muffin mixture into the tray.
5. Bake for 20 minutes, or until golden. Enjoy! 😊



Choc Chip Oat Cookies

Ingredients:

- | | |
|----------------------------------|-----------------------------|
| ▪ 125g butter (room temperature) | ▪ 1 cup plain flour |
| ▪ 2/3 cup brown sugar | ▪ ½ tsp bicarbonate of soda |
| ▪ 1 tsp vanilla essence | ▪ ¾ cup chocolate chips |
| ▪ 1 egg | ▪ 1¼ cups rolled oats |

Method:

1. Preheat your oven to 180°C fan forced.
2. Line 2 baking trays with baking paper.
3. Beat the butter, sugar and vanilla essence with an electric mixer until pale and creamy. Add the egg and beat until well combined.
4. Sift the flour and bicarbonate of soda together. Add to the butter mixture, with chocolate chips and rolled oats.
5. Roll mixture into cookies, place on baking tray and flatten them.
6. Bake for 15 minutes or until golden. Enjoy! 🍪



ChIPS Creative

Throughout this year Chips creative has been working very hard making a short film about Chronic illness. To begin we had frequent zoom meetings planning and brainstorm idea which would then become the foundation for our script.

This was a lot of fun as we got to dive into how production process works by coming up with costumes, props and casting.

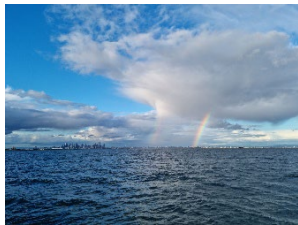
Our team has been working on this short film but due to covid disruptions we haven't been able to put this film into production until this year which has been a lot of fun. We've had a few camera days filming a few scenes and even got council consent to film on location. With 2022 being our first year easing back into normality filming is still ongoing but we plan to continue production into the new year - with the hope to enter it into the Focus On Ability Film Festival later next year. - Haylee



Socials and Events

This year the ChIPS staff decide instead of a camp as we are just transitioning back to in-person they would run 2 ChIPS in-persons events and one online event which were a Geelong Ferry Trip, a Netflix Party and a Puffing Billy ride.

Geelong Ferry Trip



After hunting down the cow in the tree in docklands, we all caught up in the brand-new ferry café. After waiting for the rest to show up, Harry and Pete got all of us onto the ferry to head off at 11am. When we all boarded there were many new faces. Staff, volunteers and peer leaders introduced ourselves before leaving the harbour. The seas were quite smooth for the day, and I'd rate the ferry coffee a 4/10. Once we reached Geelong, we had our (massive) lunch on the RMIT campus. We all powered through our pizzas and celebrated Bailey and Talicia's birthdays which was awesome. After layering our stomachs with pizza and cake, we all went towards the arcade for a few games. Then we split up to do a little exploring around town. My crew went through the mall looking around toys and some technology. Before catching the ferry back to Dockland, we all chilled along the water before heading home. Thanks to everyone that came along, and to Harry and Pete who took the ferry 4 times that day. - Allen

Netflix Party

"Wait a minute Doc, are you telling me you built a time machine out of a DeLorean?!" On the 23rd of September, ChIPS ran another ONLINE MOVIE NIGHT through 'Teleparty', where we watched the original Back to the Future film!! As people are watching, they can also use the chat to talk about the film to each another! As with all of our ChIPS movie nights, the Chippers got to vote for which film they wanted to watch! It was very close and there was much "friendly" discussion in the comments, with people campaigning for which film they wanted to win! Chippers were sent a voucher that they could use on UberEats, for snacks for the night, making it a true movie night in! The event was orchestrated by Caitlin & Tailor. Some behind-the-scenes technical issues happened but they pushed through and were able to make the night run smoothly! It was fantastic to see old and new chippers alike, coming together and thoroughly engaging with the film! Lots of discussion and joking throughout and for some people, it was their first time seeing the movie, so it was fun seeing people's reactions. Teleparty remains an exciting way for the ChIPS community to still stay connected! Offering laughs and most importantly friendly company. It was but another successful event! – Kale

Puffing Billy Ride



Puffing billy was an incredible social for all chippers involved, seeing new and old faces! It was a super sunny day, we all arrived early on to have a chat, catch-up with friends and making sure we didn't miss the train! We all hopped aboard the train, and got given bingo cards made by the socials committee which was an awesome addition looking for all the things to cross off, including a Pokémon card (random!) we rode all the way along the train line, chatting to each other and enjoying the scenery to get some lunch at the Puffing Billy restaurant, which we all highly enjoyed (even though, we almost missed our train due to lunch being delayed!). On the way back, everyone was in a food coma, very tired and happy sitting in the sunshine and again, enjoying the scenery! All in all, it was a beautifully sunny day, lots of laughs and a really nice social to see everyone's faces in person and not on zoom! -Brooke

Socials and Events

Leadership Training

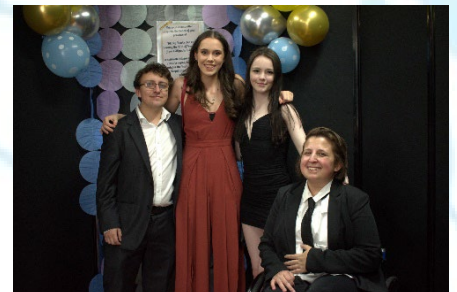
As we arrived at the workshop we were introduced to the two friendly leaders from YMCA who ran the program. Once everyone settled in we started the name game to get to know everyone and warm up. We began by brainstorming what comes to mind when we see the word “advocacy” and the different types. Then we drew what our ideal world would look like. We expanded on our topics and how we would go about setting and executing our goals. We dived into what more we would like to see from advocacy along with some planning and statistics. After lunch the speakers from YDAS encouraged us to write and present a speech in different forms such as a film, poem, cartoon, slide show or dance. Lastly we presented our “speech” to sign off the workshop. - Freya E

Mental Health First Aid

On the 22nd and the 23rd of October, a group of us got the opportunity to participate in a two-day course for Mental Health First Aid. When it began we all felt comfortable sharing our stories and learning together as our instructor. Her name was Fran, she was very inclusive and amazing to work with, she made us feel very welcome and involved throughout the two days. We went over a lot of confronting and intense information but it was made to be a safe space. I would definitely recommend this training to everyone who has the chance, as you could help a friend out or even save a life. - Julia

End of year social

On November 27th after nearly 3 years we finally had our face to face end of year social. The theme was formal/graduation. During this social we had a farewell ceremony to say goodbye to the chippers who have aged out and couldn't have a proper send off during covid/lockdown. Up to 16 Chippers graduated each chipper had the option to do a speech and were given a gift with a picture of their first chips memory. We will miss them all and wish them luck for the future but I'm sure we will still see them around. The other purpose of this theme was to have a formal for people who unfortunately missed their own formal during past lockdowns. The hall was decorated with a red carpet balloons and streamers. Everyone was in their best outfits. The song playlist for the day was also picked by chippers. We had a sign up sheet so we could pick our favorite songs. We also had a photo wall area to take lots of great pictures and had games such a giant jenga and giant connect 4. It was great to finally catch up with everyone and celebrate the end of the year together. - Haylee L



Meet your Volunteers

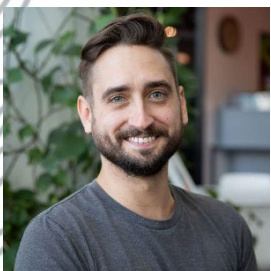
On behalf of the ChIPS community, we would like to say a big thank you to all our amazing Volunteers and Med Staff for all your hard work and support you give the program. Without our amazing Volunteers and Med Staff, ChIPS just wouldn't be the same. Here are just a few of our amazing volunteers that have provided us with some information about themselves for you to get to know them.



Allen's favourite lollies are bananas, and favourite holiday location is Hong Kong. Allen's party trick is he can click his knuckles just by making a fist.



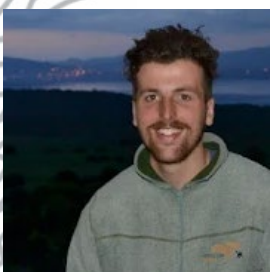
Jessica mostly known as Chop. Chop's favourite lollies are Willy Wonka Gobstoppers, and her favourite holiday location is Darwin.



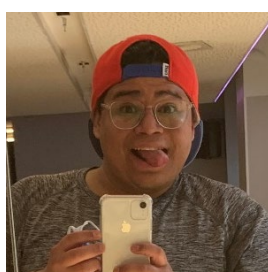
Jimmy wanted to be a rock star when he was a kid, and his favourite holiday location is Italy he has been three times. Jimmy loves gummy bears.



Laura's favourite lolly is red liquorice, and her favourite holiday location is Italy. When Laura was a kid, she wanted to be veterinarian.



Andy's favourite holiday location is Japan. When Andy was a kid, he wanted to an AFL player. His favourite lollies are the mix bag of lollies.



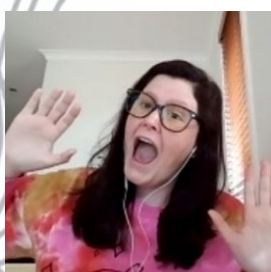
Felipe can speak 2 languages which are Spanish and English, and his favourite lollies are jellybeans. When he was a kid he wanted to be taller.



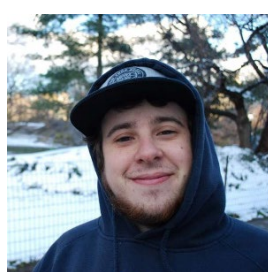
Jano wanted to be a professional athlete when she was a kid. Jano's favourite holiday location is Lake Eildon and lollies are chocolate bullets.



Elle's Party trick is that she can raise one eyebrow at a time and wiggle her ears without touching them. Elle's favourite lollies are the pineapples.



Jordo's Party trick is that she can fold her tongue three times, so it looks like a flower. Jordo's favourite holiday location is King Island.



James wanted to be a cricket player when he was kid, and his favourite holiday location is Rye/ Mornington. James isn't a sweets person.

Welcome to the world

On behalf of the CHIPS community, we would like to congratulate Laura and Stacy on having their babies and say a big thank you for all the hard work and support you have given to the program. We wish you the best with your new bubs and we'll see you both soon.

Alfie Cam Schulz



My partner Mark and I welcomed our son Alfie Cam Schulz into the world at 10:35pm on Sunday 15 May 2022 weighing in at 3.76kgs and 51cm long. He is named after two of his great grandfathers. Alfie was like his mum from the beginning, taking his time to make his arrival late on a Sunday night. He is growing and learning new things every day and is a very happy, chill little dude. Alfie looks just like his dad, although as he gets older, I think I am finally getting a look in and he is looking more like me as he grows. Life is a happy blur at the moment, and we are looking forward to a summer filled with new adventures with our little man.

Archer Richard Morton

Introducing Archer Richard Morton (Archie) born on the 1st of September 2022 weighing in at 3.5Kg. Our beautiful boy Archie is here earth-side and we have been soaking up the newborn journey so far. We are slowly adjusting and enjoying our new life as parents and a family. We have two German Shepherds, and they adore Archie and are at his feet wherever he is feeding or sleeping. Becoming a mum has been a great experience. I have learnt so much in such a short period of time. It's been pretty incredible, and I look forward to many more years of learning and enjoying being a mum.



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

9 Letter box

The aim of this puzzle is to make as many words as you can and make the 9-letter word. The 2 rules are, with every word you make you must use the middle letter and you can't repeat any letters twice in a word you make.

H	E	N
A	S	I
P	S	P

Nanogram

You have a grid of squares, which must be either filled in black or marked with X. Beside each row and above each column of the grid are listed the lengths of the runs that must be filled in black on the row or column. Your aim is to find all black squares. Please use these QR codes for more info on how to solve this puzzle.



Chronic Illness Peer Support (ChIPS)

Adolescent Medicine
The Royal Children's Hospital Melbourne
50 Flemington Road
Parkville Victoria 3052 Australia
TELEPHONE +61 3 9345 6616
FACSIMILE +61 3 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.

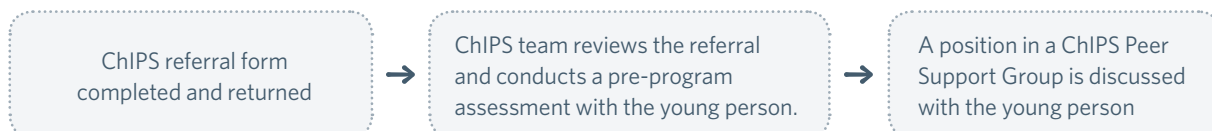
The entry point for the ChIPS program is via the 'Eight Week Group' or the 'ChIPS Intensive' where new participants share experiences of living with chronic illness and learn from each other in a facilitated, semi-formal and safe environment. Once program participants have completed their Eight Week 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: chips.program@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:

We would like
to say **Thank
you**

William Buck

Kmart

ChIPsXiliary

Farrelly Family

Dixon Family

Plus Bailey's cousin Leo who donated the profits
of his school assignment to the ChIPS program, thanks Leo!

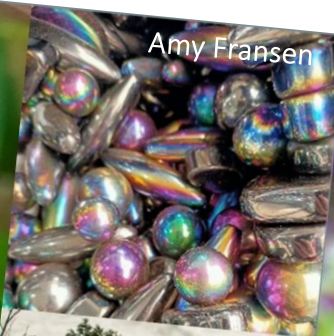
We would also like to extend a big thank you for the in-kind
support of Victoria Police & Southern Cross trophies.

***"I can't change the direction of the wind but I can adjust
my sail to reach my destination" - Jimmy Deans***





Amy Fransen



Amy Fransen



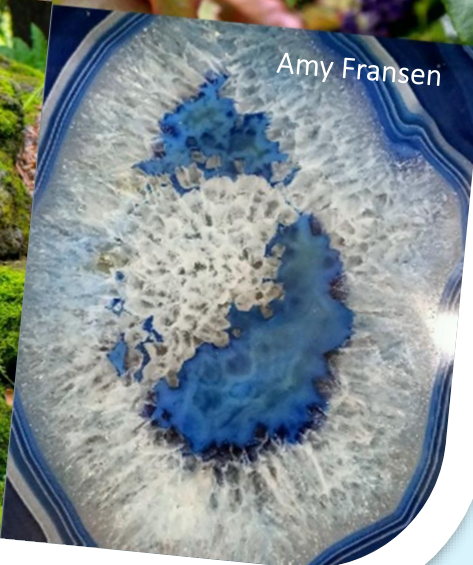
Talicia Bruton



Tahlia Rose



Talicia Bruton



Amy Fransen



chronic illness peer support

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