



ChILL

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Editor's Crunch

By Luke Tipping

Hi everyone. Welcome to a brand new year and decade of ChIPS (studio audience starts clapping). Let me start with how excited I am to be leader for the Publications Subcommittee and to have such a great team to keep this ship afloat. Eliza Masterson, Abbie Kinnibrugh, Vassi Danandis, Sharlene Sturk and I are your publications team for 2010.

Thanks to everyone who put in articles for the ChILL and to my team that helped put it together, also to those that have helped guide

me seeing as I'm a new leader and new to being on Reference Committee. It's been really interesting and great having support from everyone around me and quite funny especially when one of my friend's found out I was editing and said he wants to buy me a cigar so I can look the same as Jonas J. Jameson (the editor of the Daily Bugle in Spiderman).

Planning for the Wrapper has begun and planning for the ChILLS has also been made. There have been alot of great ideas that we are working into

the next ChILL and we want to put into the Wrapper.

This year has been really good so far. I've finally finished high school, not at uni yet but still loving music studies at TAFE, working on a comic with a friend and all the crazy conversations you can have with friends. I can definitely say that I have high expectations for the rest of the year.

That's all from me for now and I hope you enjoy the first issue of ChILL this year and you are enjoying what you are doing.

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ChIPS — Chronic Illness Peer Support

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Andy's Angle

Well I have been working for ChIPS for 4 months or 72 working days so far and in many ways it seems like such a short space of time, but then I think about everyone that I have meet and all the ChIPS events I have been a part of and I get the feeling like I have been around for a while ... but its only been 72 working days!

From being a part of the ChIPS Camp, to my first 8 week group with Meagan and Jordo, an awesome intensive with Felipe as the peer leader once again, to helping out with the Wrapper (which you will all be receiving very soon), to working with Ref-Com and our wonderful mentors, to day to day life in the office with John and Meagan. It has been a whirlwind induction into ChIPS, the Centre for Adolescent Health and the Royal Children's Hospital.

I have been most impressed with the energy, initiative, ownership and commitment to the program that I have seen in every ChIPER and the Reference Committee as a whole.

I am motivated by you all to see the program reach its full potential and regard myself very fortunate to have this opportunity to work with you all and the ChIPS program.

To those of you who I have not yet met - I very much look forward to meeting you at the next social, camp, leadership training or workshop.

To those of you who have taken the time to welcome me and get to know me... thank you, the pleasure has been all mine 😊

Til next time take care of yourself and each other!
Andrew "Belly" Bell
ChIPS Team Leader



PS. We have decided to use the mail out of Chill to send out other resources and information, about ChIPS activities and other stuff that we think is good to have around. So take the time and look through everything we mailed to you.
Thanks Andy Bell

Committee Updates

Camp

Camp committee has been busy beavering away on organising camp 2011. So far we have come up with a theme... but shh we aren't saying anything about it yet... and we have also been looking at campsites, and have narrowed it down to two. There isn't much else that we can update you on as of yet, but trust me, camp 2011 is going to be one you wont forget!

Jordan



Socials

We have a great group of people on Socials this year setting the bar high, with many great and exciting ideas for up coming socials. We started of the year with an eye opening tour of the MCG and the National Sports Museum at the MCG. We had a great turn out with many dressing up in their team colours.

We now have our eyes set on another great social for term 2. I hope to see you there. we have a great day planned with much laughs and smiles in store.

Yours in socials

Karen





Committee Updates Continued.....

ChIPS Connect

This year started off with two good things, First was our third intensive which has brought in Faith, Jess, Brodie, Brett, Adam, and Jesse WELCOME guys!!!

The intensive was lead by me, and on the second day the newbies got to meet Luke and Dan, thanks guys ;-).

The other piece of news was our first ward visit, myself, Sarah, Luke, Jemma and Kris (who was in at the time) Thanks mate.

We saw about six youngsters and i think that it all went well we were all so nervous, and somewhat on some type of a high (a good one and not drug induced folks, were not that kind of show) LOL, I think that it for the moment and will be around if any of ya'll need a little pick me up were good at that.

Quote of the term:

'Whats free, contagious, and available to everyone on the planet...A smile.'

So guys here is what I want from you smile at someone and see how it feels, it's never bad and will brighten up their day as well as yours...

Catch. Felipe.



Camp

Caitlin Martin

On the first day Myself and other adolescents involved with the ChIPS program went to camp from the 20th till the 23rd of January we all met at the center of adolescent health once everyone was there and all our luggage had been loaded on the bus we got on and drove out to the Lady Northcote Recreation Camp and were placed into teams straight away and got to go to our first activity which was to make our team sashes then went to lunch, afterwards we went in our groups to our second & third activities, had dinner and watch the movie "Billy Madison" or went to bed after the movie everyone went to bed.

Second day we got up early had morning medications and had breakfast went to our first activity had lunch then went to our second one and then got to choose between swimming in the pool or the dam, yabbing or free time when we all got back inside we had dinner afterwards we weren't allowed to go in the dining/middle room because a few ChIPS people were setting up for the big 10th birthday celebration, after we all got in our costumes the room was opened and we had a awesome party it was loads of fun we played music chairs a balloon game and a few others, afterwards we cleaned up and went to bed.

Third and last day we got up early had morning medications and had breakfast went to our first activity showed off what we made in our creative activity had a BBQ lunch then we did magic moments got on the bus, while on the bus we got giving our warm and fuzzie books and a bag with snacks for the bus ride back to the center of adolescent health.

Camp was the best thing ever, I personally made tonnes of new friends friends which I try to catch up with everytime I come back to Melbourne, Friends that if they find out I'm in hospital will try their hardest to make time to come and see me, Friends that get random gifts just because they felt like it, All honest true friends.

We all had so much fun, there was a lot of emotions going around at camp there was fear, sadness (magic moments), shocked and mainly Happiness, There was a massive feel of confidence, support and achievement.

I believe everyone of us at camp even had fun random moments, like during the movie night, after and during the party while waiting for our turn at a activity or even during our turn.

Having loads of photos and memories will be a very good thing to keep safe because no-one that went to this camp will ever want to forget.



Run 4 the Kids

By Sharlene Sturk

On Sunday the 14th of March myself and some other ChIPPERS participated in the Run for Kids 2010, as it was my first run for the kids I didn't know quite what to expect but I quickly became aware the run for the kids would feel like the run of my life a symbol to regain my freedom as just over two years ago I had extensive surgery to help me walk eight months ago I regained a lot of my movement. The run for the kids became my primary motivation for achieving milestones in my therapy- with my previous personal best just over 100m, I was yet to break this personal record on the day of the run when I ran 3km out of the 5kms.

However I would not have considered in doing this run if I had not been a part of ChIPS, in the six months or so ChIPS has taught me a lot about myself, my abilities and what I am capable of because of this I was able to achieve something I never thought possible, I had all the ChIPPERS with me in spirit and many of them walking along side-showing just how amazing they really are. I'll remember this day forever not only because the ChIPPERS were apart of me achieving such a milestone but also because it proved to me and many others no matter what your disability or illness you can still achieve something as big as the run for the kids.

By Sharlene 'Shaz' Sturk.



Livewire

By Jess Marshall

As amazing as they are, Starlight Captains have a tendency to be easily excitable and overly enthusiastic. You could tell them you ate four weetbix for breakfast, and they would award you with a brass band and a fireworks show. So two years ago, when some Starlight captains told me about an “amazing website for sick teens” I was somewhat suspicious. The way they spoke of the website, I was quite certain that it had unicorns, fairy dust and was anti prednisolone. And I was right to have my doubts. The starlight captains had lied. It was even better than they had described.

According to the website, Livewire is “a free, safe and fun online community for young people aged over 10 and under 21 living with a serious illness, chronic health condition or disability.” The website is separated into two groups; One for the younger members and another for the older members. You can write blogs, participate in forums, read the articles, play games, and go into the chatroom.

When I first saw the forms which needed to be filled in order for me to join Livewire, I was certain they stacked into the air like Mount Everest, complete with dramatic baroque music. And so I gave up before I had begun. Fast forward four months, and I found myself at home one day watching Dr Phil repeats. I realised I couldn't sink much lower, and instead I finally decided to fill out and post the forms. And I haven't looked back since.

People aren't quick to describe me as sappy and open to sharing feelings. You are more likely to find me racing a billy kart down a dirt road wearing a hunting hat, rather than watching the Notebook. But I can honestly say that Livewire has changed my life. I have been Chronically Ill for four years and in that time I have been in and out of wheelchairs, re learnt the basics, seen every tube and swallowed every tablet. I have lost most of my friends, and the majority of my confidence.

The friends I have made on Livewire I will treasure for the rest of my life. People ask me how I can become friends with someone I have never met. But they don't understand. The fact that we have never met is irrelevant. We share highs and lows together that most people could only dream of. We talk about anything from school, parties and sport to hospital and McDonalds. We bitch about prednisolone, cry when a member relapses, and cheer when someone's lung function or count improves.

While I am not sure what the future holds for me in terms of health, I do know that whether I am a member or a Volunteer, Livewire will forever be a part of my life. It will be my way of thanking them for giving me the greatest gift; to be a teenager, billy kart racing and all.



Aardvark

By Luke Tipping

Last year I was in a program called aardvark. Aardvark is a program that combines music with therapy.

Through Aardvark I learnt so much about how to write and record music as well as working with others when writing music. We also spent time working with and getting opinions what we had written from famous musicians, such as: Missy Higgins, Wayne Sheehy, Cam from Bourne and David Bridie. The workshops, jamming sessions and insightful critique was extremely helpful and gave us a broader idea on how the music industry can work.

Each week myself, seven other people who were in the program (two of them ChIPpers!!), a music therapist and Sarah and Bel (the two who run the show), would meet up at Aesthetic Studios and rehearse, but warm up by playing some really zany and awesome music games that ended in hilarity and someone winning a vinyl with the oddest sounding title for a party compilation.

After we were all happy with what we had written, we went to 30 Mill Studios to record the songs. The recording studio was really cool, it looked like a normal house but had a room for recording and nice places to hang out and chat while you waited for your turn to record. Once the songs had been put on cd and ready to release we had a cd launch at Allan's music store on Bourke St.

It was truly an amazing experience,
Luke Tipping.



Message from Smentie

Hey guys,

Smentie here. Just letting people know that this year for the reference committee I will be making a scrap book with the help from a few other chippers, to show all the awesome things we do at ref. If anyone has any suggestions as to how to design it or would like to help please email me at sarah.menta@hotmail.com.

Thanks Smentie



8 Week Group

By Jordan Hammond

Term 1, 8 Week Group, 2010

Please make welcome your newest ChIPERS; Deanna, Jayden, Grant, Jess, Sam and Clare.

Wow, what can I say, as my first Peer Leader role for an 8 week group I've found it to be fun as well as intense.

It is an experience I recommend everyone have a go at, there is nothing more rewarding than encouraging young people to be able to express themselves and get their feelings out there. I really enjoyed learning more about each and every member of the 8 week group as they grew and challenged themselves over the 7 weeks we had together. I also enjoyed being able to share my own experiences and providing some tips as to what I've found out over my years with a chronic illness.

Although I missed the first session, thanks Monash First Aid course, the members discussed issues that they wanted to talk about in the upcoming weeks. These issues were things such as missing out, hospitalisation, emotions, friendships and more. We engaged in some games and got creative with some artworks such as mask making and shield creating. We also wrote a song, in 45 minutes that reflected on our time over the weeks, it even included some humour!

There were times of laughter and times when I was very saddened to hear about other people's experiences living with a chronic illness. That made me happy to know that they were now embarking on a ChIPS journey, a journey of love and friendship and encouragement. There were also a lot of times of randomness where we talked about things irrelevant to illnesses. By the end we had a close bond and a shared understanding of each other, I will enjoy the time spent with these new ChIPERS very much. I wish them all the best for the future, even if we aren't sure of what that will be, and of course I want them to have the most rocking time in ChIPS ever!

Poem: Different

By Vassi Danandis

Being different from the masses

Growing but don't know where to turn

Kids won't come easy for me nor will driving

Feel like a freak at times

Feel like people are judging me

What to believe?

I stick with ChIPERS new and old

Be inspired.

Term 1 Social

Rohan, Lisanne, Anouk & Michelle

Chips @ the MCG

On a beautiful Wednesday morning (07-04) the Chippers went to the MCG for a tour and to have a look through the museum of sports. The Chippers arrived in sporting clothing and everyone looked very excited to start the tour at the MCG.

First we went down to the museum of sports. We looked at all our sporting heroes and we played some football and other sports ourselves. Then we went up and had morning tea in front of the MCG, followed by a tour through the stadium. We saw the field, the footy benches, the tour guide explained how the grass grows and how they use the lights/heaters from the Netherlands to make the grass grow faster. We went pass the cricket training nets and then went down to the parking lot and change rooms.

After that we went up to the Long Room, which was very fancy and had a very strict dress code. We also learned that the MCG has a very long waiting list for about 17 years, and that parents subscribe their newborn children for a membership!

After the tour we went outside and had a good lunch to end a very nice social.

