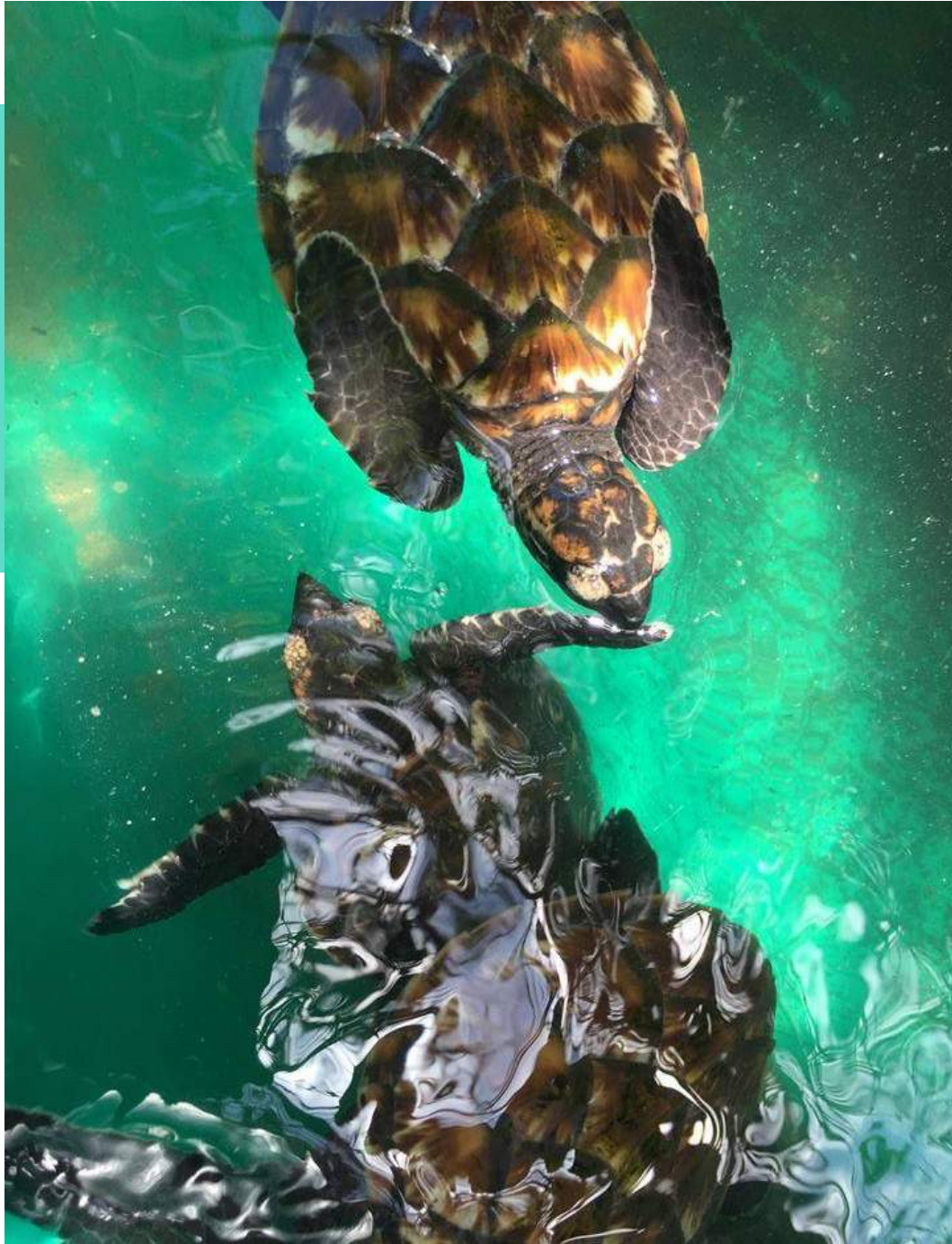


Wrapper

# CHIPS WRAPPER

— 2018



EMPOWERING YOUNG PEOPLE

CHRONIC  
ILLNESS  
PEER  
SUPPORT

INCLUDING

Run 4 The Kids  
Sub-committee reports  
Awards  
and much more...

# Awards

## LIZ DIXON AWARD



Liz Dixon was an inspiring participant of the ChIPS Program. Liz's courage, positive attitude to life, joyous spirit and commitment to those she cared about will be forever remembered by the ChIPS community. To keep her memory and love of the ChIPS Wrapper and arts alive, we created The Liz Dixon Wrapper Award for Creative Arts. This is awarded to the ChIPS member with the best creative submission into the magazine.

### WINNERS:

- 2018 Winner - Jade Driscoll
- 2017 Winner - Emily Wickham
- 2016 Winner - Jessica Curgenvan
- 2015 Winner - Tash Payne
- 2014 Winner - Beth Sleeman
- 2013 Winner - Sarah Menta
- 2012 Winner - Jemma Young
- 2010/2011 Winner - Jessica Marshall
- 2009 Winner - Geri Herd
- 2008 Winner - Scott Campbell
- 2007 Winner - Karen Lay
- 2006 Winner - Louise Pellegrino
- 2005 Winner - Elisha Mont



**ChIPS isn't just about chronic illness.  
It's about being an adolescent and getting on with life.**

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

## CHRIS BALNAVES AWARD



Chris Balnaves (Bellsy) was an amazing ChIPS member. He joined ChIPS in 1997, and shortly after it proved impossible to find anybody who didn't know him, or at least know of him! Chris was once said to be the heart of the ChIPS community, attending all the social events and reference committee meetings he could, whilst always making the effort to introduce himself to new people and befriend as many Chippers as possible.

One of the highlights for Chris was the annual ChIPS camp, which he took delight in organizing and participating in. Chris won the first ever Walsh Perpetual Trophy and proved to be a very competitive team leader, trying his hardest at every camp to win it back. Unfortunately, we had to say goodbye to Chris as he passed away in 2003.

The Chris Balnaves Award for Most Outstanding Camper was created to honour and remember Chris for who he was, and his dedicated contribution to ChIPS and the spirit of the program. Chris was an amazing and inspiring person who will always be remembered and truly missed.

### WINNERS:

- 2018 Winner - Zoe Parry
- 2017 Winner - Natasha Payne
- 2016 Winner - Emily Ryan
- 2015 Winner - Laura Gyslink
- 2014 Winner - Tyrone Kelly
- 2013 Winner - Eliza Masterson
- 2012 Winner - Jemma Young
- 2011 Winner - James Williams
- 2010 Winner - Jordan Hammond
- 2009 Winner - Scott Campbell
- 2008 Winner - Stacy Cumming
- 2007 Winner - Louise Pellegrino
- 2006 Winner - Bree Register
- 2005 Winner - Andrew Selvaggi

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# Welcome!

And what a year it was!

The beginning of 2018 started pretty awesomely for me. Pretty early on, I got a phone call from Meagan not only welcoming me into RefCom in my first choice of sub-committee but offered me a position as team leader. I may have kept my calm during the phone call but honestly? I was pretty terrified. I knew I had an action packed year ahead of me anyway with my health being so temperamental and a big trip to Europe in June but I still said yes. And I'm so glad I did.

This year has been a struggle but being part of the Publications committee has been so rewarding. I've had a chance to improve my communication skills, my leadership and management skills, improved on my own time management, I learnt a new program (I cannot tell you how many hours of trial and error there was...so many cans of V), but the best part of it? Being in the background of ChIPS. Seeing all the hard work and the passion in every meeting was so inspiring. You wouldn't believe how much time goes into organising all the fun stuff that happens in ChIPS and it's all done by Chippers like you and me. RefCom is truly the engine of ChIPS and I don't think I would've ever understood that until I joined.

Thank you to everyone who contributed this year with your wonderful pieces of writing. We have a really fleshed out edition this year and it wouldn't be possible without such enthusiastic ChIPpers. I'd also like to personally thank my team and mentors for always being there for me, especially with my health being so volatile this year. There wouldn't be a Wrapper published this year without them.

I hope this year has been as filled with as much growth and fun for you as it was for me. See you next year! And stay safe.

Sharon Domingue

## A BIG WARM WELCOME TO:-

Munyra Allouche  
Holly Cunningham  
Chloe Downs  
Cosmin Engelsman  
Stella Hemingway  
Robert Hinrichsen  
Dylan Jones  
Blake Kerton  
Justin Liddy  
Kale McQuade  
Zoe Petropoulos  
Amelia Porter  
Elise Richards  
Sofia Ruggiero  
Adam Sleman  
Thalia Spinello  
Belle Stobie  
Emmanuel Turlejski  
Georgia Walter  
Jessica Whytcross

We hope ChIPS is the family  
you've been looking for. ♥



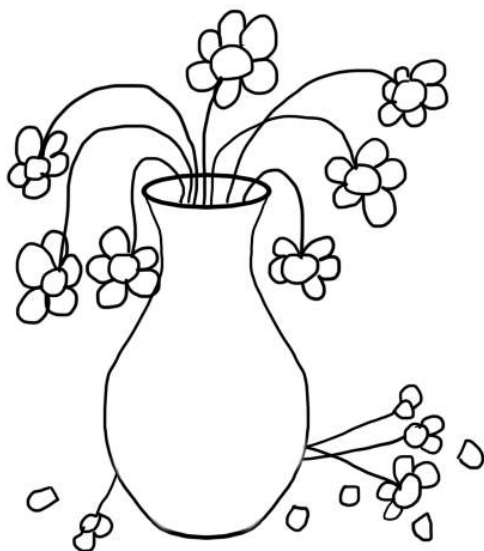


# CHAIRPERSON'S REPORT

A key component of the ChIPS Program is youth participation, which is strikingly noticeable in the program's philosophy; for ChIPpers by ChIPpers. Reference committee provides ChIPpers with the opportunity to actively contribute to the program throughout the year, while building new skills, which can be transferred to life, school, or the workplace. Reference Committee meets once a month and consists of five sub-committees - Socials, Camp, Publications, Fundraising, and Advocacy.

If someone had of told me when I first joined ChIPS back in 2011 as a cautious 15-year-old that in only a few short years, I would be leading the program's Reference Committee, I would not have believed them.

This year, I had the pleasure of being elected Chairperson for the entirety of the 2018 meetings. It was only through my time in ChIPS, that I slowly built my confidence to be myself. I found it only fitting in my final year at ChIPS to raise my hand and elect myself for this job, as I felt I had the skills and experience necessary.



However, Reference Committee would not have been half of the delight it was without the loving staff. On behalf of Reference Committee, I would love to thank Meagan, Bec, and Harry, for contributing massive amounts of their time and energy into working along side the Reference Committee to achieve great things. Thank you to Anna, who seemed to transition into both Reference Committee and ChIPS in general so smoothly, pulling

off an awesome social with the Socials Committee. I extend gratitude to all of the Reference Committee members who showed up month after month regardless of how busy, tired, or sick you were. Your dedication to ChIPS shows through all of the awesome events, advocating, and publishing you do! I extend my thanks to

the mentors, who volunteer their time to guide and support us. Finally, to the sub-committee leaders, thank you for keeping your team on track. I know how hard it can be some months!

As I sign off, not only as the Chairperson of the 2018 Reference Committee, but also from ChIPS in general, I would love to share my hopes for the future of Reference Committee. I hope that Reference Committee will continue to flourish. That ChIPpers dare to take risks and not take no for an answer. That they continue to powerfully advocates, and inspire others. Finally, that another cautious 15-year-old may take the risk, sign up for Reference Committee, grow, and become someone powerful, who is willing to push the boundaries.

Good luck in 2019!  
Regards,

Natasha Payne

# Harry's Highlights

*harry's highlights*

Here we are, the end of another year at ChIPS and a chance to reflect on all the brilliant things that have happened in the 2018 calendar. The year started with a bang... Bandcamp style in Anglesea, congratulations to the 2017 Camp Committee on a massive success and to everyone surviving the 40+ degrees on day 2. There were a few tearful farewells for some older ChIPPERS moving on from the program but lots of belly laughs as well, overall a wonderful way to start the year.

This year we wanted to try something different and after some brainstorming with ChIPPERS, instead of ChIPS-Tunes we decided we'd attempt to write a musical and 'ACE' the musical (ChUSICAL) was born. Around 15 dedicated ChIPPERS met weekly and over the year wrote an entire musical from scratch, including scripts, songs, choreography and set making... no easy feat. Our debut performance at the ChIPS Holiday Vacation in October was a wonderful experience and definitely my number one highlight of the year. Special mention to our core group of ChUSICAL ChIPPERS - Bek Goldsmith, Jake Cunningham, Brooke Dance, Caitlin Rohr and Amy Fransen for all your hard work over the year, as well as our resident musician Hannah who helped run the sessions and get those songs down. We have plans to perform the musical a few times in 2019, keep an eye out for your chance to get involved as a performer or audience member.

Some of the biggest 'behind the scenes' news this year has been Meagan going on maternity leave in April and giving birth to beautiful baby Geordie. Meagan and Geordie made a special guest appearance at the ChIPS Holiday Vacation, as well as a few lovely ChOFFICE visits here and there. Congratulations Meagan, we all miss you and look forward to having you back in 2019. It's been an absolute pleasure to manage the program in Meagan's absence alongside Bec and Anna (who joined the team in May), I'm very proud of everything we've achieved as a team in 2018.



Another highlight for me was organising and running the ChIPS Holiday Vacation with Jano. I learnt so much through the process and had lots of laughs with lots of ChIPPERS over the three days of camp. Thanks to our amazing volunteers and medical team for all your hard work and commitment to make the camp such a success.

It's been a pleasure working closely with the Reference Committee over the year. The standard of ChIPS events and activities has been exceptional, thanks to everyone on the committee for all the work you've done for your fellow ChIPPERS.

A final highlight I'd like to mention has been the successful re-launch of the ChIPS Auxiliary, now known as the ChIPStXiliary. Through the passion and hard work of our ChIPStXiliary President Michelle Powell and Secretary Jordan Hammond, they had immediate success hosting a Ride to the Rock Trivia Night in September. This fundraiser linked in with Dr Mick Creati's 2500km bike ride from Geraldton WA to Uluru NT, amazing stuff and best of all, all funds raised through ChIPStXiliary go directly to the ChIPS program! Looking forward to more great ChIPStXiliary events in 2019.

What a great year, can't wait for 2019!

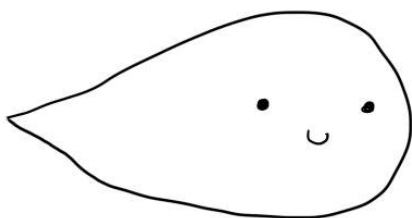
Harry

# Anna's Angle

*anna's angle*

Hello! I'm a new recruit to the ChIPS staff team, filling in while Meaghan is on maternity leave. In a previous life I was a professional jazz singer and a high school classroom music and singing teacher, but I have just finished my Master of Counselling, and these days I'm a ChIPS facilitator and also work in a community setting with people living with cancer.

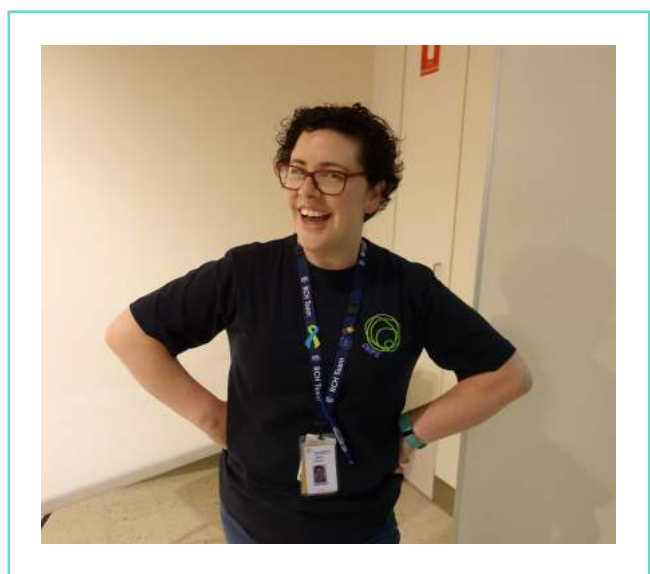
I joined the ChIPS team in July 2018 where I was thrown in the deep end with a two-day intensive followed immediately by a Reference Committee meeting and I quickly realised the sheer amount of work that goes on behind the scenes by the members of RefComm, the staff, and the volunteers. It seemed like I barely popped my head into a Chusical rehearsal and then we were off and racing into August. I had a crash course in cooking hundreds of sausages at Bunnings and working with the Socials committee before the September 5 week group and another two-day intensive, with a bumper group of brand-new ChIPPERS who were ably supported by some of the fabulous Peer Leaders. September was also my first ChIPS camp and all the secrecy was worth it as it was certainly a highlight of my year so far – special shout out to all the lovely people who wrote in my warm and fuzzy book! So spesh!



Continuing my work with the socials committee, a bumper Crafternoon was held and saw a keen group of ChIPPERS make some amazing arts and crafts in support of the ChIPStiliary stall in November. I was also kept busy helping out with the end of year Murder Mystery social which we can all agree put our investigative skills to the test and was a whole lot of fun!

Time is ticking down on my time here in the ChOffice, but I can say without hesitation it has been one of the best jobs I've ever had. Big thanks to Harry and Bec for helping me when I didn't know where things were and when I forgot people's names. I love meeting new people, having a chat, and helping them feel included and valued – so thank you to all the friendly ChIPPERS, peer leaders, RefCommers, and volunteers for making me feel the same way.

Anna



# Bec's Blog

*bec's blog*

Whilst it wasn't without its ups and downs, on reflection I feel really positive about 2018. We saw a lot of changes in the Choffice with Mama Meags welcoming little Geordie, Anna joining the fam, and Harry moving into the big boss chair! But outside of the Choffice it's been business as usual with camps, socials and other opportunities to catch up with you all.

We started the year with a massive (and very hot) January Camp where we said farewell to Ty and J-Rock. Then at October Camp we saw the debut performance of the Chusical, which would have to be the highlight of my year! It was amazing to see all the hard work that was put into creating, writing, directing and performing this awesome show. Everyone who was involved should be very proud! I'm so excited to see where it goes in 2019, look out Hollywood!!

And, speaking of big effort, how awesome is Mick Creati! He rode all the way from Geraldton to Uluru to raise money for us. It was fantastic to see everyone supporting him with donations and well wishes. Thank you Mick!

I'd also like to say a big welcome to all our new chippers. Although we didn't run any 8 week groups this year we did have three intensives, all with good attendance and we have welcomed 24 new chippers, with about 16 already becoming actively involved in the program. Thank you to everyone for making them all feel welcome and to our Peer Leaders for helping to run the intensive programs.

And lastly I'd just like to make a special mention and say a big thank you to our Reference Committee. Without RefComm none of the fun stuff would happen so thanks to you all!

Mama Bec

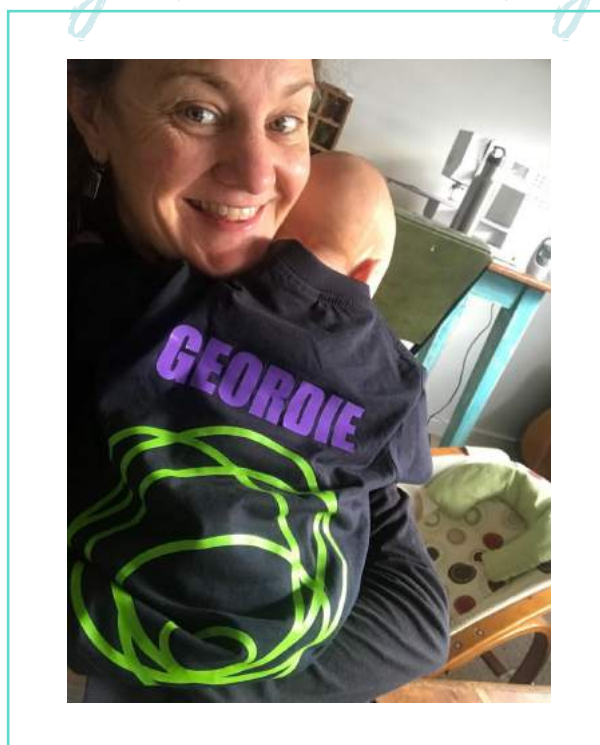
# Meagan's Musings

*meagan's musings*

This year our amazing Program Manager Meagan left us to go on a journey of her own away from ChIPS!

Bringing a new life into this world and going on Maternity leave! On the 18th of May 2018 she welcomed a beautiful little man into the world named Geordie!

We would just like to congratulate you and welcome our newest CHIPPER into the family!





# 2018 *at a glance*

## JANUARY CAMP

January camp 2018 was one of the most fun and memorable time that I remember having on any camp ever!! I will remember it for years and years to come! From getting up early in the morning to meet at the children's hospital to get on the bus, to Jano's awesome speech on how awesome camp is going to be it's always a great time!



This year we went to Anglesea for January camp at camp Wilkin, the theme was Band camp. As always we were split into groups for camp activities and pinned up against each other for the battle for points and the chance to win a spot on the January camp trophie. the groups this year were Jazz, pop, rock, disco, hip hop, and they all had props to show what group they are in which were Saxophones, guitars, microphones, disco ball Sippy cups and boom boxes. I was in the Rock group. We also all got cool camp Polo tops with the logo of camp on it.

The camp activities were also great fun as they always are, and I pushed myself to do things I never thought I would be able to do an example of this was being able to jump off the ladder on the leap of faith even though I was terrified. There were some awesome other activities also, from music group, archery, flying fox to trivia night and a massive game of group T-ball!! It was great to see everyone getting involved no matter their ability!!

The final night we had the party night! This year's theme for the party night was time travellers, there were some great costumes from this year's party night but my favourite would have to be Harry's homemade robot costume! We finished the night by all coming together to sing bohemian rhapsody as a group!!! Was a great night! I had a really, really great time on this year's CHiPs January camp I would like to say thank you to all the staff Volunteers and medical staff who always put in 110% to help us have the best time possible you are all amazing!!



MICHAEL ARKALIS



# 2018 *at a glance*

## INTENSIVE 1

Wow what a blast, on the 10th and 11th of April I got to run my FIRST 2 day intensive with Laura C and Zak. We had the chance to widen the ChIPS community, with these six new keen Chippers ready to join. This group was very passionate and enthusiastic in the discussions that we had about dealing with everyday life and strategies to overcome it and build bonds. To have helped peer-lead these six amazing people was an absolute privilege, can't wait to see what the future holds for them in the ChIPS community and to see there smiley faces around :))

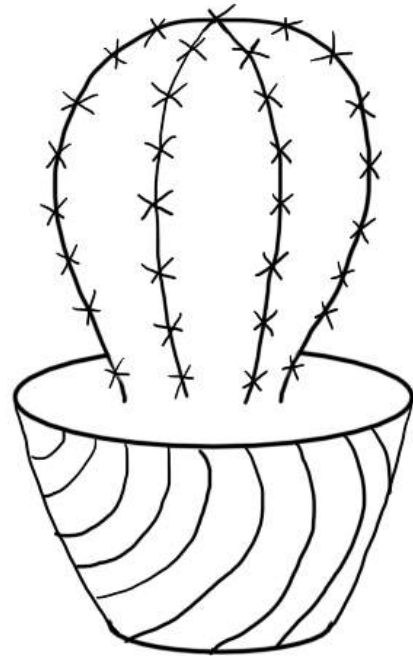
JULIA LUDBROOK

## INTENSIVE 2

I was particularly excited as it was very first intensive as a peer leader. While I was almost as nervous as the new chippers would have been, I am pleased to report that things turned out great and the July intensive was an overall success.

As new Chippers arrived, games were being pulled out and people began to settle in nicely, some faster than others. There was much chatter and even the quiet ones seemed to be smiling mostly.

We had many big and meaningful discussions at this intensive and we did activities where we opened up about what life was like in school, how people treated us as chronically ill young people as well as brainstorming ideas on how we would like to be treated. We did a fun art project where we got to decorate a magnificent puzzle that represented ChIPS and who we are.



I would say many discussions were very intense, but this is not necessarily a bad thing. I think its wonderful that ChIPS is a safe space for us to talk about the difficulties we face in day to day life and hopefully gain some insight from the lives of our peers who might be going through similar experiences. What we've learned (or least what I've learnt) is that while all our journeys are different, we also have much in common and it is a comforting notion to know that we are not alone in our struggles. The most important thing to take away from the intensive is that here at ChIPS everyone is welcome and accepted for who they are.

I feel like as a result of this intensive, I personally have gained a lot of insight and experience and my hope is that as a peer leader I can continue to help and encourage new chippers to join in, have fun and be themselves here.

CLAUDIA FORSBERG

# 2018 *at a glance*

## MUMPS

On Tuesday the 24th of July, Jake and I were given the opportunity to speak to about 30 medical students at Melbourne University about our personal stories, what we liked about how our doctors treated us, what we didn't like and any tips/advice to the future doctors on how to be a good doctor.



The presentation was split into two parts – the first half of the night, Jake and I spoke for about 10-15mins each about our chronic illnesses and our stories. It was really fun and less nerve-racking than I thought it would be and I pretty much spoke about everything from not taking my meds for 7ish years to my favourite thing to eat at Nando's ((Cheesy garlic mini pitas which are THE BESTTTT)) all while telling the med students 379404x not to be awkward people. I was also able to share a list of things the students should do to become better doctors – some of which was shared by Chippers beforehand.

The second half was a Q&A session where we answered a bunch of pre-prepared questions about how doctors informed us about our diagnosis, how we were treated by them, how or if our chronic illness has ever limited or defined us and just overall tips on how to be great doctors. It was nice to say some things out loud and put into words how I thought about how my doctors treated me, talk about things that happened to me, but I hadn't spoken about and things that my doctors and other doctors could've done to make things much easier to deal with.

Overall it was a really great night and we were given some chocolates + awards for presenting and it was a rewarding experience to share our stories and to be heard by future docs!!

AYAN XUSEN

## TRIVIA NIGHT

Trivia night was hosted by Anthony Koutoufides, the trivia started at about 7:30. In-between the rounds we had games to win prizes. We played a balloon game, a paper airplane game and the minty wrapper game. We had free pizza and drinks, krispy kreme donuts and a silent auction. The night was extremely fun, and we managed to raise \$3825 for the program.

BROOKE DANCE

## WHEELCHAIR BASKETBALL

On the 13th of July a group of Chippers went to North Melbourne recreation centre to do wheelchair basketball. We had pizza for lunch. It was great seeing all the Chippers having a go. It was a great day out and everyone enjoyed the day as well.

TINA NELSON



# 2018 *at a glance*

## ARTVO

On the 8th of April, ChIPPERS took to the streets and went to visit the Artvo exhibition in Melbourne's Docklands. I had absolutely no idea what to expect, I'd never even heard of Artvo, but what an unexpectedly fun day it was!

the area where the museum was located (Star Crescent) itself was actually quite a nice spot with many shops and food courts to spend a good afternoon/evening at.



Upon entering the gallery, we were immediately launched into a series of mazes of walls with beautifully clever paintings. Each room introduced a new set of paintings with a different theme, each painting more elaborate than the next. But this wasn't just any old art gallery. No, no, no, at Artvo, we don't just admire the paintings, we become part of them!

Let me explain...



Stand in front of the picture, act out whatever scene you have now become a part of. Embrace your character. Sometimes there are clues as to where you might stand or put your hands, and other times it's up to your imagination to become the painting. Then simply give your friend your camera, show them the marked area for them to stand and let them snap away. Now take a look at those awesome shots. Voila! You are a masterpiece.

We had so much fun with all the paintings. It was simply impossible to get into every painting there was because otherwise we would have been there for hours longer than we had time for. I never thought taking photos with art could be this much fun but damn, our Instagram's were blowing up with all that content the next day.

It is also impossible not to acknowledge the fantastic and exciting artwork created by the artists. It's amazing what is possible with that kind of skill and talent.

The evening ended with dinner at the outdoor food court. All the ChIPPERS gathered at picnic tables and conversations were loud and excited and we reminisced about the fun day we had just had. I personally enjoyed that as much as the rest of the day because it's the moment where we can all come together as a group and really connect and reflect on the close bonds we had formed or strengthened over the course of the day.

CLAUDIA FORSBERG



# 2018 *at a glance*

## CHUSICAL

This year, ChIPS started the new project of writing our very own show - ACE The Musical. I've been lucky enough to be very involved, so here's a rundown on what's been going on every Thursday since the beginning of the year.

Our first session was playing fun theatre games, and brainstorming ideas on what our musical could be about. There was so many amazing ideas, but everyone decided on writing something we all knew a lot about - being a teenager with a chronic illness. We started playing around with music and characters, but after a few weeks realised that without a rough script, writing the songs was near impossible! So we got to work, with plenty of red skins and fantales to help us along, making a storyboard, which is a rough outline of the story but with no dialogue. It took a lot of work and time, but by the end of term 1 we had a plot line that we all loved, with a few lines of dialogue as ideas. A few weeks later almost every scene had been written! I was given everything everyone had done, and spent the next few weeks at home combining, adding, and editing, and made our first draft script! Meanwhile in our sessions, we were experimenting with music, and playing more theatre games.

After many more edits (there's been dozens of various versions of the script!), by the end of term 2 we had a finished script, and the beginnings of our three songs. Finally at term 3, it's time to cast our show! We had auditions, where everyone did amazing, and we started choosing who should play which character. As we started rehearsing scenes, some ChIPPERS split off to finish the songs. Next comes.. performing! If you were at September camp you'll know we performed for the first time there. We didn't have quite enough people for the dozens of characters, so all the regulars had multiple roles and we were lucky that a few ref-com members jumped in last minute to help. Everyone was very nervous, but once we got into it we had a lot of fun! The performance was absolutely amazing, and I'm very proud of what everyone's accomplished this year in ChUSICAL.

And who knows what next year will bring.... #chusical2019

BEK GOLDSMITH



# 2018 *at a glance*

## OCTOBER CAMP

Hi, I'm Mitchell and I recently went on the ChIPS October camp. Camp was a lot of fun. We spent about an hour on the bus but the destination was worth it. We met the camp staff, then unpacked and went straight to the activities.

My first one was the giant swing which was fun, then we had afternoon tea where everyone shared a Tim Tam and talked. We had free time where I played a friendly game of basketball and some footy. Later we were called in for dinner and then after that there was the musical.



Yes I performed and yes it was embarrassing, but it was good performing with other Chippers. Then there was the movie and everyone got there PJs on, sat on the bean bags and watched the movie. The next day was the biggest day on camp we had four more activities which included archery, high ropes, chill out time and lip sync.



After dinner we were told to go put our costumes on and get ready for the party. I went as Pricilla, Queen of the desert. I had some help with the makeup side of things but all in all it was a great night and a great camp.

MITCHELL SEATH



# 2018 *at a glance*



## CRAFTAFTERNOON

The 3rd social of the year was a craft afternoon held at the RCH foundation space on Friday the 26th of October, the social was made to help out the ChIPSxiliary who had a stall on main st on Tuesday the 27th of November, selling most of what we made during the craft afternoon. There were many different activities for everyone to do such as pom-pom making, decorate cards for the

holidays as well as creating tote bags and using fruit as stamps, some people decided to make friendship bracelets too. A big thankyou to ChIPSxiliary who helped out on the afternoon as well as providing the calico bags to decorate. The craft afternoon was a great turn out and very relaxed many people went from activity to activity but most stuck to the same activity for the whole social a lot was trial and error not all the crafts worked out, DIY's isn't easy XD XD. Overall everyone had a lot of fun chatting away whilst making crafts and eating snacks. A huge thankyou to everyone that came and chose to donate their finished crafts to ChIPSxiliary.



## EMILY COX



## RUN FOR THE KIDS

During March of 2018 a bunch of Chippers, staff and volunteers got together to participate in the annual run 4 kids. This event raises money for the Good Friday appeal which then goes towards the wonderful RCH. This year we ran with support from B. R. Wellington. Their support towards ChIPS allows us to have events and programs become a reality. Even Arnold Schwarzenegger was there to host the event. There are 2 types of running events you can do a 15k or 5k one. Majority of us participated in the 5k event. This was my first year doing the amazing run for the kids and the whole vibe was amazing. You get to 'stroll' along roads that are usually bustling with traffic and you get to go in the tunnel. Overall the run for kids was an amazing experience and I recommend everyone try it at least once.

## TAILOR NGUYEN

# 2018 *at a glance*

## CHIPSXILIARY

ChIPSXiliary was established in early 2018, with the aim of raising funds to provide ongoing financial support to the ChIPS Program. ChIPSXiliary, short for Chronic Illness Peer Support Auxiliary, is an auxiliary of the Royal Children's Hospital Foundation and raises funds specifically for ChIPS.

Our kick-off event was a trivia night, Rock Trivia, to raise funds in support of Dr Mick Creati who rode over 2000km from Geraldton to Uluru. The night was a huge success, with tickets selling out. We were even joined by Carlton FC legend, Anthony Koutoufides, who shared a few jokes, called out the questions and even kept us updated on the footy scores throughout the evening. We had a range of great donations which we were able to offer in a silent auction, mystery bags and prizes thanks to a range of brilliant businesses that offered their support. ChIPSXiliary is fortunate to work closely with the RefCom Fundraising Committee who helped run some ripper games and kept us organised on the evening. In total we raised over \$4825.

ChIPSXiliary wouldn't have had such a successful year without the support of many people, including ChIPPERS, ChIPS staff and volunteers, donors and the wider ChIPS community. We can't thank you strongly enough. We're looking forward to offering a range of fundraising opportunities in 2019.

MICHELLE POWELL, PRESIDENT

JORDAN HAMMOND, VICE-PRESIDENT

CHIPXILIARY@GMAIL.COM | @CHIPSXILIARY



# Sub-Committee Reports

## ADVOCACY

Hi everyone!! I hope you're all most well. This year I had the privilege of being Advocacy leader and although I was initially super nervous about it all, we achieved a lot and enjoyed ourselves. We managed to do:

- 7 ward visits; we saw 17 people
- 9 presentations: including presentations with 3 departments, a nurse education and Wadja presentation

One event we worked all year round to bring to life was the ChIPS vs Livewire Olympics. There were 6 Chippers vs some Livewire representatives. Some of the 'Olympics' that happened included wheelchair racing in the Kelpie corridor, sprinting in the basketball court and longest spin with a fidget spinner ((of course Em W won!!)). Hopefully you will have seen the video already and if not will soon. A huge thank you to Livewire for all your help with this video and in general throughout the year - we have loved having you and enjoyed your company immensely.

## CAMP

The CAMP committee had a very successful year, planning and organising all of the exiting things for camp, we've definitely had our set backs, wouldn't have been able to get through them without our mentors, Bec, Stacey and Jess (Chop).

We would like to say a big thank to our mentors for being with us this year! Thank you so much for all your amazing help and your guidance in making us work hard to get our outcomes.

We have been so grateful to have you a part of our committee this year, as you are always encouraging our ideas on and making us smile.

Thank you, Emily, Laura, Montana and Tailor, for being THE dream team, so great to be in a subcommittee with, to lead and for also showing//explaining to me how advocacy works ((because I had no idea)). Thank you Jordo + Juzzy - for being so encouraging and supportive about everything and for making our meetings so fun + filled with laughter!!

Emily W, Montana, Tailor,  
Laura C and Ayan

It has truly been a pleasure to work with you guys this year and we hope we all get the pleasure again.

Here's to a great camp!!!

Many thanks the camp committee,

Patrick, Tasha, Laura G,  
Shaellee and Julia

# Sub-Committee Reports

## SOCIALS

The socials committee this year has been hard at work. With so many great ideas pitched we managed to organize four socials this year, one more than usual and all of which were great successes!

Our first social to start the year off was a visit to ARTVO the trick art museum in Docklands, everyone had loads of fun posing and taking photos with the interactive art exhibits. It was a social that started later than usual in a bold move to try something new in response to chipper feedback. Ending in dinner afterwards to wind down from an exciting day.

The second social was a game of wheelchair basketball in North Melbourne, the cold weather didn't deter anyone and everyone quickly warmed up, getting a hang of the chairs and having a fun filled energetic day of friendly competition and pizza!

A collaboration with the fundraising committee the third social was a chilled-out craft day, where everyone could relax, chat and make some art for themselves and/or the upcoming fundraising stall. Everyone's amazing artist talent shone through and there was an overwhelming number of items made for stall ranging from cards to tote bags.

## PUBLICATIONS

The Publications sub-committee has been hard at work in 2018! Sharon, Claudia, Michael and I decided to break the tradition of covers in recent years and give the Wrapper a new look. As well as designing this new cover, we have worked all year to build this Wrapper! Hours have been spent designing layouts, collecting articles from Chippers, choosing photographs, selecting the winner of the Liz Dixon award, designing crosswords, writing horoscopes and more! We also brought back the ChIPS blog after a lengthy hiatus. We're really happy with the outcome and hope you enjoy the 2018 Wrapper :)

And lastly the end of year Christmas social has been organized which is going to be a very exciting murder mystery lunch, with a Hollywood Christmas theme! It will also include the usual Kris Kringle gift exchange and lots of yummy food!

The Socials committee worked hard to take great care in trying to meet everyone's needs this year, we hope everyone had great fun and felt welcome at all the socials!

We couldn't have achieved half of what we did without the help of all the wonderful ChIPS mentors, especially Anna, Harry, Jano and Sim! You were all an amazing help in organizing our ideas to become a reality and encouraging us to do our best!

So, we just wanted to say a big THANK YOU!! For all your hard work.

Bridget, Zak, Cassidy,  
Tina, Emily C and  
Mitchell

We couldn't have done it without our mentors Bec, Anna and Emily. Thank you for guiding us through every step of the way, encouraging us to make the Wrapper our own, and sharing your wisdom and creativity with us. Reference Committee meetings were always enjoyable and you have always been available to support us, especially at times when deadlines were approaching and things became slightly overwhelming! You have made this process so incredibly easy and we have really appreciated your support this year. We have been so lucky to have you as our mentors. Thank you so much!

Michael, Sharon, Claudia,  
and Shannon

## FUNDRAISING

Throughout 2018 the fundraising team were hard at work creating all sorts of opportunities to raise money for the ChIPS program that we all know and love. This year we've run four fundraising events, raising over \$5500 for the program!

Early in the year we sold chocolate boxes, which ref commers, helped sell and make a solid return on! Huge thanks to all who sold a box, and a HUGER thanks for those who sold multiple boxes!

Next we ran a Sausage Sizzle at Bun-nings in Maribyrnong, which was a personal favourite for me! On a rather overcast and miserable day, a few members from the fundraising team, along with support from volunteers and others, helped sizzle over 70kgs of sausages, to raise just over \$2000 for the program! A massive amount of money for the program. Thank you to the ChIPSxillary for helping source the necessary things for the sausage sizzle, we really appreciate the help!

Throughout the middle of the year, Mick Creati got on his bike once again, completed his "ride to the rock" for the program, raising over \$12000! From there we had the big trivia night, to honour his hard work! Working alongside the newly created ChIPSxillary, the night was a HUGE success, raising over \$3800. A massive thank you again to the ChIPSxillary for working with us to organize and run such a fantastic event and raise heaps of money for the program!



Finally, right at the end of the year, we ran a stall at the hospital selling donated items, and items created at the October social. Huge thank you to those who donated to their time and products to the stall!

Overall a massively successful year from the fundraising team, raising so much money! We'd like to thank those who supported us throughout the year, and all those who donated to the different fundraising events, we really couldn't have done it without you!

A final thank you to our Mentors this year, Lisa and Emily, they've worked so hard to help source resources and donations for a number of events, as well as committing so much of their spare time working with us at meetings and at events. Without their help we wouldn't have been able to complete what we did, so thank you!!!

Brooke D, Brooke H, Aimee  
and Jake

# Personal Stories

## BROOKE HALL

Hey everyone!

My name is Brooke, and you all probably know me as the weird and loud one.

So, I guess I'll start with all the boring stuff and then get to the fun stuff.

I was born with a genetic metabolic disorder called Ornithine Transcarbamalase Deficiency, sounds like a mouthful huh? Well.

1. Its more likely known as OTC Deficiency.

2. Its not really known at all, quite frankly.

Just imagine my dog Loki, turning his head when you mention the word 'walk' or spell it out.- that's how every doctor looks at me

when I mention my condition.

To break it down, it's a genetic disorder which means its not contagious. My mums a carrier, and my sister didn't inherit the condition.... So rude!

This condition pretty much means, I'm missing an enzyme in my urea cycle that gets rid of this toxin called Ammonia. When you eat any food with protein in it, it breaks down into ammonia which is a toxin that is harmful if you have to much of it. It goes through your urea cycle and you get rid of it, but I'm missing just one enzyme that completes that process.

So! What do I do for it? I eat a low protein diet and I take medications to replace that missing enzyme! I have some times where my ammonia sky rockets and I have to go into hospital, but hey! We deal with that when it comes around!

Now! Lets skip to the fun stuff! When I was 17 I got asked by the social worker on my Metabolic team in the children's if I'd heard of ChIPS and whether I wanted to give it a go. To put it short, I was terrified. When I was told about ChIPS my instant thoughts were a support group out of the fault in our stars or something, didn't sound like my thing. But I decided to jump head first in after some encouragement from my team! I went in, and I was amazed at how open and honest everyone was about their conditions, and how everyone had the same thoughts that none of us were able to share with people who weren't in the same boat as us. - It was such a relief!

I quickly became a regular and started attending socials, and camps! I joined Ref Com, and my confidence soared! When I first started in ChIPS, I didn't say 2 words to anyone, because I was scared of judgement, but with help of some pretty amazing people, I slowly became more confident and brang out my super weird personality to everyone.

I made such a solid group of friends, who quickly became my besffriends and we became known for costumes at camp. (Bek, Haylee, Mikayla - you know im talking about you :P)

My favourite memory is always dressing up with my girls on camp, and seeing everyone always give it their all when it comes to anything in ChIPS! Overcoming all their own challenges is so inspiring and beautiful, seeing people soar and open up to challenges they never though possible amazes me every single time.



So! What do I do outside of ChIPS? I work at an indoor trampoline and laser tag park, which requires my full energy!! Also over Christmas you can see me in shopping centres dressed as an elf making kids smile with santa! I'm a super sporty person doing competitive sport

aerobics 3 times a week, netball and a coach for a highschool aerobics team.

I'm studying to be a youth worker next year, hopefully to move into social work after that! I absolutely love reality TV, and spend a lot of time outside walking my dog, Loki! I love talking (especially about my dog and musicals), so if you ever wanna have a a chat, hit me up - I promise I'm friendly!

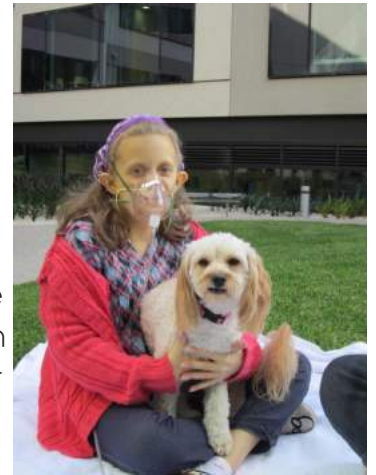


## **BEK GOLDSMITH**

Hi, I'm Bek (or Rebekah according to doctors), and I've been a part of ChIPS for 7 years! I love baking, my dog Lilly, and musical theatre. Here's my story. I first got sick when I was 5 months old, with a liver disease called Primary Sclerosing Cholangitis. I led a relatively normal life, bar medications, fatigue, and doctors for a few years. I got quite sick when I was 8 with Ulcerative Colitis, and that's when I became connected to the hospital with a rubber band. I missed a lot of school, gave up all my extra-curricular activities, and lost friends. I had an ileostomy formed, was 100% tube-fed, and had a lot of other complications. In this time, I spent a lot of time online, usually on Livewire, but also just browsing the starlight and hospital websites, and that's how I came across ChIPS. I decided to give it a go, because I had nothing to lose. I went to my intensive, and being very shy, I barely spoke. Yet I still remember it being a lot of fun.



Unfortunately, my health continued to deteriorate and it was a few years (and a liver transplant) before I had the energy to join in any activities or camp. But I haven't looked back since. I've been on many camps, even though I've had to take my tube feeding along. As long as I was medically stable the team of nurses and doctors were happy for me to go. I also go to many of the school holiday socials and usually come out of my shell when there's karaoke or some kind of acting or music involved.



I've made some great friends along the way too, but even if they're not at the social, everyone is so friendly, and the activities are fun, that it doesn't really matter.

This year I've been helping with the ChIPS musical "ACE" - from concepts, to writing, prop and set design, costumes, everything, and we'll soon be ready to perform. I'm so grateful for ChIPS, the people who run it and volunteers who make it possible for every ChIPPER to have the amazing opportunities it's given me.



# Horoscopes

## AQUARIUS JAN 20 - FEB 18

Falls asleep in the car.  
Great sense of humour.  
Super creative and inventive. Under-appreciated and curious.  
Often bottles up feelings for too long.

Element: Air  
Ruler: Uranus, saturn  
Colours: Light-blue, silver  
Day/Season: Saturday, Winter  
Lucky Numbers: 4, 7, 11, 22, 29

## TAURUS APR 20 - MAY 20

Scared of the dark.  
Calm and chill.  
Absorbs information like a sponge, great listeners.  
Stubborn but generous.

Element: Earth  
Ruler: Venus  
Colours: Green, pink  
Day/Season: Friday/Monday, Spring  
Lucky Numbers: 2, 6, 9, 12, 24

## LEO JUL 23 - AUG 22

Very loyal but stands up for oneself.  
Curious and knows how to get people to open up.  
Too stubborn to wear sun-screen then gets burnt.

Element: Fire  
Ruler: Sun  
Colours: Gold, yellow, orange  
Day/Season: Sunday, Summer  
Lucky Numbers: 1, 3, 10, 19

## SCORPIO OCT 23 - NOV 21

Commits to learning the entire rap of a song.  
Fearless and loyal.  
Generous and kind with a huge heart.

Element: Water  
Ruler: Pluto, mars  
Colours: Scarlet, red, rust  
Day/Season: Tuesday, Autumn  
Lucky Numbers: 8, 11, 18, 22

## PISCES FEB 19 - MAR 20

Highly empathetic and non-judgmental.  
Sleepy and dreamy.  
Keeps sentimental photos

Element: Water  
Ruler: Neptune, jupiter  
Colours: Mauve, Violet, sea green  
Day/Season: Thursday, Spring  
Lucky Numbers: 3, 9, 12, 15, 18

## GEMINI MAY 21 - JUN 20

Hums to self a lot.  
Understanding and adventurous.  
Often busy but supportive.  
Will always brighten up your day.

Element: Air  
Ruler: Mercury  
Colours: Light-green, yellow  
Day/Season: Wednesday, Summer  
Lucky Numbers: 5, 7, 14, 23

## VIRGO AUG 23 - SEPT 22

Googles things just in case.  
Modest and gracious.  
The sweetest people you'll meet.  
Loves to make everyone happy.

Element: Earth  
Ruler: Mercury  
Colours: Grey, beige, pale-yellow  
Day/Season: Wednesday, Autumn  
Lucky Numbers: 5, 14, 23, 32

## SAGITTARIUS NOV 22 - DEC 21

Adorably clumsy.  
Happy and optimistic.  
Will laugh in the middle of a serious discussion.  
Very understanding.

Element: Fire  
Ruler: Jupiter  
Colours: Blue, white, orange  
Day/Season: Thursday, Winter  
Lucky Numbers: 3, 7, 9, 12, 21

## ARIES MAR 21 - APR 19

Huge heart, will help everyone.  
Restless and courageous  
Shouts at the TV.  
Loves completely and fully.

Element: Fire  
Ruler: Mars  
Colours: Red, scarlet  
Day/Season: Tuesday, Spring  
Lucky Numbers: 1, 8, 17

## CANCER JUN 21 - JUL 22

Quirky sense of humour.  
Often awkward but cute.  
Sentimental and family orientated.  
Will always tell you the truth.

Element: Water  
Ruler: Moon  
Colours: White, blue, silver  
Day/Season: Monday/Thursday, Summer  
Lucky Numbers: 2, 3, 15, 20

## LIBRA SEPT 23 - OCT 22

Bit of a sore loser at board games.  
Super smart and charming  
Amazing listener and always seems happy.

Element: Air  
Ruler: Venus  
Colours: Pink, green  
Day/Season: Friday, Autumn  
Lucky Numbers: 4, 6, 13, 15, 24

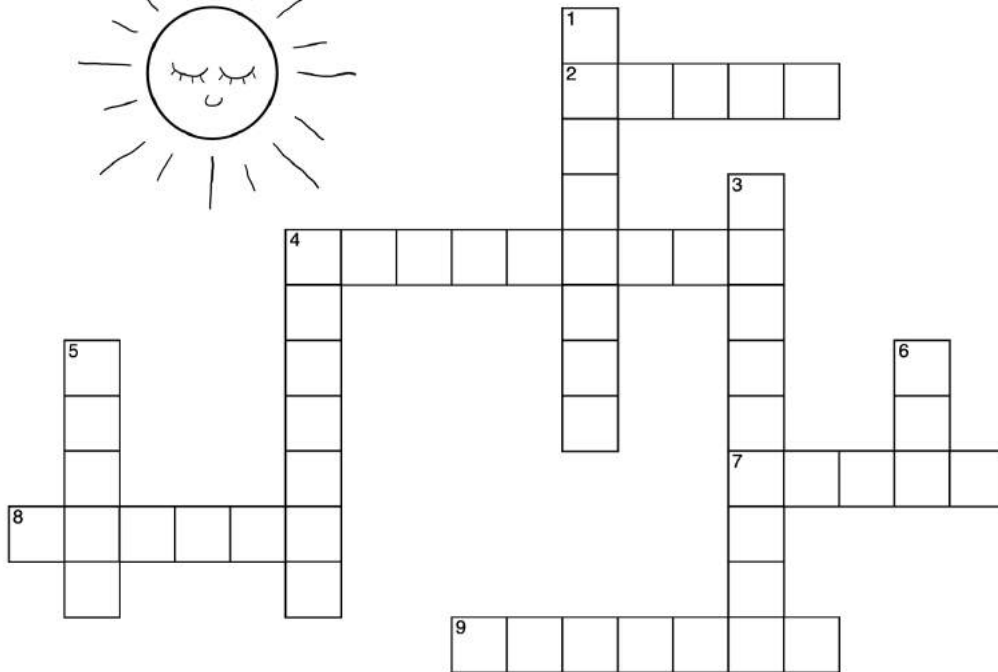
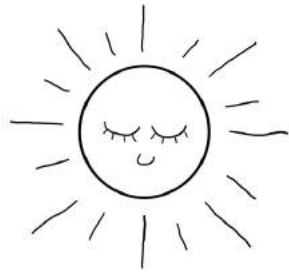
## CAPRICORN DEC 22 - JAN 19

Always cold.  
Knows what they want.  
Articulate and a mum friend.  
Cares a lot about everything but pretends not to.

Element: Earth  
Ruler: Saturn  
Colours: Brown, black, indigo  
Day/Season: Saturday, Winter  
Lucky Numbers: 4, 8, 13, 22

# ChIPSWORD

*the ultimate chips crossword*



## ACROSS

2. Who was the robot at September Camp?
4. What suburb is the RCH in?
7. What is the award for most creative submission? Liz \_\_\_\_
8. What ward is named after a dog?
9. What theme is level 3 of the RCH?

## DOWN

1. What group meets on Thursday afternoon?
3. Where did Mick start his bike ride in 2018?
4. What theme was Jan Camp in 2016?
5. How many facilitators are there?
6. What level is the ChOffice on?

# EASY BLUEBERRY BUTTERMILK MUFFINS

RECIPE BY: AUNTLYNNIE <http://allrecipes.com.au/recipe/16384/easy-blueberry-buttermilk-muffins.aspx>

**Ingredients** SERVES: 12

- 1/2 cup unsalted butter
- 1 1/4 cups (315g) white sugar
- 1/2 teaspoon salt
- 2 eggs
- 2 cups (250g) plain flour, divided
- 2 teaspoons baking powder
- 1/2 cup (125ml) buttermilk
- 500g fresh blueberries - rinsed, drained and patted dry
- 2 tablespoons white sugar

## Method

1. Position rack in the middle of oven. Preheat oven to 190 degrees C. Spray the top of a muffin pan with cooking spray and line with paper liners.
2. In a large bowl, cream together the butter, 1 1/4 cups sugar and salt until light and fluffy. Beat in the eggs one at a time. Mix together 1 3/4 cup of the flour and baking powder. Beat in the flour mixture alternately with the buttermilk,

**READY IN 45 MINS!**

3. Crush 1/4 of the blueberries and stir into the batter. Mix the rest of the whole blueberries with the remaining 1/4 cup of the flour and fold into the batter. Scoop into muffin cups. Sprinkle tops lightly with sugar.
4. Bake in preheated oven for 30 minutes, or until golden brown and tops spring back when lightly tapped.

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# Goodbyes



Every January Camp, there's always that bittersweet moment when we say goodbye to friends who have seemingly been part of ChIPS forever. This year we say goodbye to two of our most inspiring and passionate Chippers; Laura Glysslink and Natasha Payne. I know my journey in ChIPS has been permanently changed because I knew both of them. Both are as I would say, model Chippers and their dedication to this group has inspired me to take on more responsibilities and leadership positions. Thank you both for being a friend to myself and so many other people over the years. Thank you for your impact as Peer Leaders and always being a passionate participant. You will be deeply missed but the ChIPS family is unanimous in well wishes for the future. You'll always have a family in

## 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.

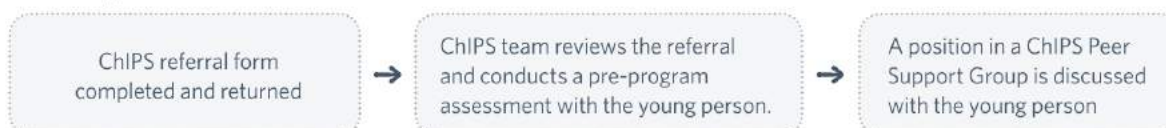
The entry point for the ChIPS program is via the 'Eight Week Group' or the 'ChIPS Intensive' where new participants share experiences of living with chronic illness and learn from each other in a facilitated, semi-formal and safe environment. Once program participants have completed their Eight Week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



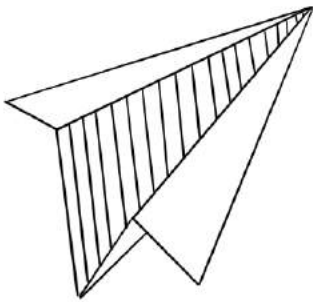


# THANK YOU!

A special thanks to all those who supported us this year. Our incredible (and fun!) opportunities wouldn't be possible without you.

## Donors who supported ChIPS in 2018:

Karl Kutner  
STAF - Central Equity Children's Fund  
Mick Creati  
BR Wellington  
ExxonMobil  
CBRE  
ChIPStiliary  
Allan and Judy Dixon  
Spotlight Foundation  
Shirley Redder  
Intimo  
Greediebird  
Kate Hamlet  
Tasman Meats  
Heinz



## Donors who donated via the everyday hero fundraising page:

The Lean Lab  
Brendan Hosking  
Lisa Griffiths  
Robyn Scanlan  
Amber Dance  
Zoe Parry  
Val Lynch  
Chiara Ze  
Terianne Seath

## Thank you to all who donated prizes to the trivia night

Thank you for the in-kind support of:  
Victoria Police Transport Branch  
Southern Cross Trophies

### Chopsword Answers:

Across:	Down:
1. Chusical	2. Harry
3. Geraldton	4. Parkville
4. Pirates	7. Dixon
5. Three	8. Kelpie
6. Two	9. Skyline



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