

ChIPS WRAPPER



**CHRONIC ILLNESS PEER SUPPORT
EMPOWERING YOUNG PEOPLE**

2020

Awards

Liz Dixon Award



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

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

WINNERS

2020 – Emily Cocks
2019 – Curtis Reeder
2018 – Jade Driscoll
2017 – Emily Wickham
2016 – Jessica Curgenvin
2015 – Tash Payne
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 ChIPS member. He joined ChIPS in 1997, and shortly after it proved impossible to find anybody who didn't know him! Chris was once said to be the heart of ChIPS, attending all the social events and reference committee meetings he could. Yet he always made 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

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

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

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



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Thank yous



Keep an eye out for these sticky notes throughout the wrapper, they have small descriptions about your fellow chippers' illnesses. Make sure you read them as there may be some fun puzzles at the end!

Chairpersons Report

I joined ChIPS 9 years ago, and barely uttered a word for a really long time. I am still a very quiet person, so when I was elected Chairperson, I was surprised. I knew leading a group of people would be a challenge for me, but I could not have asked for a better or more supportive team. I am so grateful to have been elected Chair, as it has given me this incredible opportunity.



Reference Committee (Ref Com) is a vital part of making ChIPS the amazing program it is. It consists of 5 sub-committees: Camp, Socials, Publications, Advocacy, and Fundraising. We as a committee are guided by the program's motto "For ChIPPERS by ChIPPERS".

Ref Com started off like any other year, and then this little thing called a global pandemic hit. Everything had to be moved to an online format very abruptly. It was a struggle at first, but I want to thank each and every one of you for the way in which you embraced Virtual ChIPS, especially everyone on Reference Committee.

My Mum always used to say, *"You need to find the treasure in the trash"*. I think that's true for most of us ChIPPERS, as we're often sick, regularly miss out on significant social or school events, and can sometimes feel alone. Our pile of trash to search through can feel massive. I feel the saying is especially true this year as our lives were shut down, and most of us could rarely leave our homes. Even though this year has been really hard work, I have been so impressed by everyone's ability to come to the meetings every month. Despite piles of restrictions, distance, and virtual trash to search through we have still found treasure. I encourage you to dig through all your trash, there is always treasure, you just need to look for it. Being on Ref Com has given me bits of treasure such as cultural awareness and safety training, developing agendas and inclusively Chairing meetings so that everyone's voice is heard.

Ref Com members have shown great initiative, by wading through the trash and finding treasure. While I don't know everything, the sub-committees have achieved, I know that everyone has been working really hard and have organised some fantastic events. I have been awestruck by the adaptability everyone has shown!

I would like to finish by thanking every member of Ref Com, for consistently showing up. I would like to thank Harry, Meagan, and Bec for their ongoing support. All the volunteer mentors, who helped us achieve our goals. The sub-committee leaders, who kept their committees on track, which was especially hard this year. The secretary Bree, for her dedication to the meetings and her very clear minutes. Vice chair Sharon, and assistant secretary Talicia. I'd also like to thank the previous Chairs, Ayan and Zak for answering all my questions and being so supportive.

Ref Com is a wonderful opportunity for ChIPPERS to give back to the program, learn valuable life skills, like teamwork, communication, and the importance of reliability. I've certainly got a lot of treasure from my year on Ref Com, so I encourage you to join us in 2021! Please talk to a peer leader or staff if you would like to apply.

Sincerely, Bek Goldsmith
Chair of Reference Committee
2020

BEC'S BLOG

You know, if you'd told me 12 months ago that in 2020 I'd be working from home most of the year and wearing a mask in public I would not have believed you! And yet here we are, 2020 has been one of the strangest years that I have ever lived through. It's been tough on everyone, but particularly you guys and I have been so super impressed and proud of your resilience and commitment to the program, and to each other, you guys totally rock!! From a cancelled camp to online socials to Refcomm via zoom, you have all adapted quickly and gracefully. You made it look effortless, although I know there was a LOT of work behind the scenes to make it all happen.

Amongst the masks and mayhem, we actually managed to have a very busy year. Meagan and Jano did an amazing job to get our first ever online camp up and running, and although I missed the first two days I really enjoyed having morning coffees with you all via zoom and loved hearing the stories of all the fun activities.

Our socials committee have also put in an amazing effort this year with so many online socials keeping us all busy and entertained. Massive shout out and thanks to Bek, Niki, Emi, Zoe, Kalysha, Anna and Laura for all your hard work and dedication.

I'd also like to give a massive shout out to the creative crew this year. You guys have been so much fun to work with. We started on such a high, writing an amazing story which we were then unable to film. But you didn't let that stop you, and then produced a super fun and funny film all via zoom. Thank you so much to everyone who was involved from the writers to the actors but particularly to Curtis for all the time and effort you put into that one!! I am really looking forward to filming and producing the first movie when we can all get back together.

And just one last shout out to Meags and Harry, you guys are so super supportive and ace to work with. I wouldn't be able to juggle it all without your help, thank you!

So, while it was a very strange year, with lots of lows, there were also plenty of highlights to get us through, and although at times it was fun, let's hope we never have another year like 2020!



Multi Mini Core Myopathy is a congenital can be caused by mutations in genes. In some cases, it is pin sized holes in muscles.

M.S. Awareness day:

May 30th

Advice: Keep doing what you have to do.



Ornithine Transcarbamalase Deficiency is a rare metabolic disorder, an inherited disorder that causes toxic levels of ammonia to build up in the blood.

Rare Illness Day:

February 29th

Advice: You got this!



Cystic Fibrosis (CF) is a genetic illness that causes an abnormal amount of very thick and sticky mucus in the lungs, airways, and digestive system. This can lead to recurrent infections in the lungs.

Awareness month:

May

Advice: Never stop smiling



Type 1 Diabetes is an illness where the pancreas produces little to no insulin. As a result, the body's blood sugar can't regulate properly. Symptoms can include low blood sugar, sweating, fatigue and trouble talking.

Awareness Week:

July 14 – 20th

Advice: Test your blood sugar!



Wilson's Disease is a type of inherited liver disease that causes excessive copper accumulation in the liver, brain, and other organs. A liver transplant can cure WD.

Awareness Week: 26th of July until the 2nd of August

Advice: Rock your scar



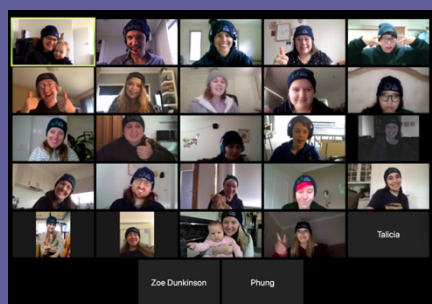
Hepatopulmonary Syndrome is a lung disease of shortness of breath and low oxygen levels in the blood. It can be a side effect of liver failure. Unlike other lung diseases it is easier to breathe while lying down.

Awareness Month:

November

Advice: Stand up for yourself





HARRY'S 2020 HIGHLIGHTS

What a strange year it has been. Remember back in January when we got to have a real in person camp and the world was comparatively normal...? Feels like a lifetime ago. Great camp though, Avengers theme. It was my first Jan Camp being on a team and I immensely enjoyed myself... team Ironman were absolutely robbed, robbed of victory I tell you!!! Well done to the 2019 Camp Committee for making it happen and dealing excellently with some tricky weather conditions, what a blast we all had!

After that the rest of the year is a blur really... we were in the middle of planning our first term social when COVID restrictions hit and then suddenly we were having Ref Comm meetings on Zoom quickly followed by everything else. I've actually seen more of many of you this year than I usually would, albeit virtually. I suppose that has been the silver lining for ChIPS, that through this year we have been able to catch up more and see more of ChIPPERS who live further away from the RCH and can't always make it into the city for events.

A highlight for me this year is that at ChIPS we didn't just go into survival mode... we pushed on and have achieved some great things. Big stand outs for me have been the ChIPS Creative short film, well done to MamaBec and the Creative Crew... special mention to our inhouse director, editor, actor, basically everythingor, Curtis Reeder, who went above and beyond (and probably cross eyed) getting the film ready for screening at CHV online. Speaking of CHV online, wasn't that something. Over the 3 days 70 ChIPPERS turned up for a virtual hangout; from bus rides to Lego masters and our own private concert, it was truly amazing fun. Our long term volunteer Jano truly out did herself on this occasion, well done to all involved!

It's also been great to offer support where we could and our Big Night In wellness check in was a highlight for me. A great chance to share the struggles that 2020 has created and support each other with advice and ideas. Other virtual highlights have been the ChIPS for Lunch sessions that never seemed to happen at lunchtime and the plethora of Social Committee activities like trivia, baking, drawing and lots more, well done team!

I'm also really proud of the Cultural Awareness training that was offered as part of this years' leadership training. Through the organisation and delivery of these sessions we learnt that the ChIPS program has not been culturally safe for people of colour and different cultural and ethnic backgrounds. Discovering that racism and bigotry exists within ChIPS was confronting and disappointing. That it's taken us this long to address is not good enough from a program perspective. This is something the ChIPS staff team has taken seriously, and we are educating ourselves to improve. Our goal is to increase cultural awareness in the ChIPS community and make the program culturally safe.

I just want to give a massive shout out to everyone in the community for continuing to stay connected and supporting each other. The resilience you have shown collectively is an inspiration. We're not quite on the other side of this yet and I am looking forward to continuing to connect virtually until it is safe for all of us to connect again in person.

MEAGAN'S MUSINGS

2020! Where do I start? This has been the most extraordinary year ever. When I reflect on this year I see the challenges of this year but mostly what comes to mind is the successes and inspiring examples of resilience I have witnessed within the ChIPS crew. COVID has challenged, and continues to challenge, the very fabric of how we live and work together as a community. Not being able to be in each other's company has been the number one challenge for us to navigate.

Firstly I would like to acknowledge the passing of two people from our ChIPS Community. Murray Balnaves, who passed away earlier this year, was the father of past ChIPPER Chris Balnaves. Murray and his wife Jenny have been long term ChIPS supporters. Thank you to the Balnaves family for all your support over the years, we will miss seeing Murray each year at our camp. Sadly we also lost ChIPPER Meryn Kapaufs this year. Meryn was a much loved member of the ChIPS Creative team and will be greatly missed. Our love and support goes out to the families and friends of both Murray and Meryn.

Back in March, as we marched into the year (pun intended), having just started to recover from the impact of the bush fires in our rural communities the global pandemic hit us here in Melbourne. Everything shut down, immediately. Suddenly we had to think about how to continue our vibrant program but online.

We immediately switched everything to Zoom and added more chat groups, more socials and more opportunities to talk and connect. To the entire ChIPS community, in particular the Reference Committee and the Peer Leaders, I would like to say congratulations and thank you. The way you took to this challenge was incredible. Once again, you inspired us all with your flexibility, resilience, ideas and commitment to staying connected in any way possible.

A huge shout out to the socials committee. We have had more socials this year than ever and all done online, including Trivia, Bingo, Etching with Emi, Baking with Bek, Would I Lie to You and a Very Zoomy Christmas.

One thing we realized with Zoom was that our programs and meetings became more accessible. We can run intake groups online, have staff and volunteer meetings easily, and throughout winter Reference Committee members got to stay home in their ugg boots and Oodles and still attend. We look forward to incorporating our new learnings to enhance to program even more.

One of the highlights of the year for me was the CHV@home #iso2020 camp. Together with the inspiration and energy of long-term volunteer Jano and a team of ChIPPERS, staff and Volunteers we provided a 3 day zoom extravaganza complete with our own private gig from Bec Sandridge AND the world premiere of the 1st ever ChIPS short film. The film was written by the ChIPS Creative team and edited and produced by ChIPPER Curtis Reeder. What made this camp so special for me was how the ChIPPERS got involved and gave it a go, making it a huge success.

A heart left thank you also to all our volunteers who have put in more hours this year to help us support the ChIPS community. And a massive thank you to my colleagues Harry and Bec. We have really supported each other through out one of the toughest years we've had.

And finally, thank you to the Royal Children's Hospital Foundation. Without their support the ChIPS program would not be able to continue





In Remembrance Of

MURRY BALNAVES

In April 2020 the ChIPS Community was saddened to hear of the passing of long time ChIPS supporter and friend – Murray Balnaves. Murray passed away on 31st March 2020 after a hard fought battle with illness over the past few years.

Murray is the father of Chris Balnaves who became a member of ChIPS during the early years when the program was at a critical point of establishment and development. Chris joined the program in 1997 and was still an active participant when he sadly passed away in 2003 after a courageous battle of his own.

Murray alongside his wife Jenny, have been committed to supporting the ChIPS Program from the day Chris joined and have continued this support to the present day. Whether it was ensuring that Chris was able to attend ChIPS events or participating in and assisting with organisation of fundraising activities, Murray was always ready to lend a hand. One of my fondest memories was a ChIPS Social at Scienceworks where Murray went to great lengths to ensure that Chris could attend and facilitated his participation in this event.

In the time since Chris passed away Murray and Jenny have continued to be loyal supporters of the ChIPS Program. They worked tirelessly to generate awareness about the ChIPS Program and after its establishment joined 'CHIP In' (RCH Auxiliary) to raise vital funds that have been invaluable in the continuation and development of the program. Murray was involved in organising and attending the ChIPS Ball, Movie Fundraising Events, & selling merchandise. Murray and Jenny also engaged a very loyal group of their family and friends that also supported ChIPS and attended the fundraising events.

One of the highlights of January Camp each year is the presentation of the 'Chris Balnaves Award' which is given in honour of Chris. Chris was a part of the reference committee that raised \$5000 to fund the first ever ChIPS Camp. Not only did Chris help make it happen but as a team leader at the first ever camp he displayed exceptional leadership and mateship that led his team to be the first to win the Walsh Perpetual Trophy. In the years since Chris' passing, Murray and Jenny make the journey to the January ChIPS Camp, wherever it may be, to support the program and take part in the presentation of the prestigious 'Chris Balnaves Award' for Most Outstanding Camper. Seeing Murray and Jenny arrive at camp each year was a real highlight for the ChIPPERS as well as the staff/volunteers, in particular the recipient of the Chris Balnaves Award. Murray was devastated that his poor health prevented him from being able to attend the past couple of years but he and Jenny always sent a message to pass on their best wishes and were certainly there in spirit.

On behalf of the ChIPS Community I would like to say a huge thanks to Murray for his tireless efforts, hard work, dedication, and contribution to the ChIPS Program. You were not just a good guy Murray, you were one of the best and a true gentleman. The ChIPS Community remains forever grateful to Murray for his friendship, support and the enormous contributions he made to the program. The ChIPS Community extends its sympathy to Jenny, Merryn, and their extended family. Murray, thanks for everything, we will miss you mate....

Jessica O'Dowd

In Remembrance Of

MERYN KAPAUFS

Not many chippers knew Meryn but she was very popular within the chips creative community. Meryn had a fun sense of humor that made everyone smile and laugh. I had the privilege of getting to know Meryn personally and she had the most amazing personality I wish everyone could have met her, she had such a unique and quirky sense of humor. Meryn was a big fan of many different cartoon shows and video games. But if you knew Meryn you knew she loved The Simpson's. I will personally miss the endless conversations I would have with Meryn conversations about the 'which Simpson's character we would be' and 'which is our favorite cartoon TV show on Wednesday night was'. We'd talk about anything and everything random and I love it because it only made sense to us.



If you didn't get the opportunity to meet Meryn I would like you to know Meryn was an amazing caring person who always cared for her friends she only ever gave love and happiness to people but didn't ask for anything in return. Meryn, you will be dearly missed and I hope wherever you are you're finally at rest.

- Emi C

WITH BITTER ENDS COME NEW BEGINNINGS

Every year we are forced to say goodbye to dear friends this year Aimee and Zoe aged out and Shannon moved interstate



This year, Aimee having been one of the most reliable and organized people to ever be a part of ChIPS, grew out of the program after what was only 3.5 years. She made the time she spent in the program well worth it throughout her dedication to the program primarily through Reference Committee, where she played a key part in organizing fundraisers and camps for the program. She was always willing to give her time for the program to ensure its sustainability.

-Jake Cunningham



Zoe Parry was an extremely valued member of the chips family for 7 years. So was always welcoming and caring to anyone and everyone she spent time with. The chips community will miss her dearly and look forward to hearing about all of her incredible achievements to come!

-Montana Albion



Shannon was a member of chips for many years, she helped behind the scenes in ref; from public speaking to the friends she made; she left an impact on many lives. As Shannon continues her adventures in Queensland we wish her all the best,

THIS YEAR WE ALSO WELCOMED 10 NEW MEMBERS IN OUR ONLINE 8-WEEK GROUP:

- ZAFIRAH
- ISIAH

- TESS
- LAUREN

- JOSIAH
- MUHJAH

- LEXI
- AMBER

- AVA
- ANGEL

Jan Camp 2020



The theme of Jan camp 2020 was Avengers! Every team was named after a different member of the Avengers. With lots of new faces, it was one of the biggest camps yet! It was also a first for a few other people, as each team leader had never led a team before - they all did a great job and it's awesome to see more people taking on that role.



There was a great variety of activities, including canoeing, the giant swing, crafts- creating masks, geolocating, skits, and my personal favourite, the flying fox! The schedule was a bit different, being affected by the weather and a few minor miscommunications with the campsite, but we all had such an amazing time and fit in so many amazing things we had planned!





Camp is always such a great adventure and bonding experience - on the last day, about half of the camp had braids in their hair done by Stella.



The party theme was Fandoms, and there were a ton of great costumes - Disney, Harry Potter, The Queen of England, and someone even came dressed as our very own Jake Cunningham!



Overall, Jan Camp 2020 was a lot of fun and will always be remembered.
ChIPPERS Assemble!
XXX Bek Goldsmith

GET TO KNOW YOUR PUBLICATIONS SUBCOMMITTEE



BREE **Nickname: Cheese / Breeza** **SUBCOMMITTEE / PEER LEADER**

FUNNY OR STRANGE FACT ABOUT YOU?

In the summer of 2019 I finished studying Psychology and Criminal Justice. I'm super interested in international issues (snore) and anything criminal and human rights based.

HOBBIES & SPECIAL SKILLS: I also really love to do yoga. Pilates and meditations, as well as creating face masks, cooking and baking and eating too much candy; *sorry Mum.*



BROOKE **Nickname: Brookie, Brookstar, Bee and Mikayla.** **SUBCOMMITTEE LEADER**

FUNNY/STRANGE FACT ABOUT YOU?

I have a secret talent of naming dog breeds just by looking at them.

FAVOURITE MEMORY OF CHIPS? My most vivid memory was when I was in a team on chips holiday vacation and we did a lip sync battle to a song from kinky boots... and there was three people in my team who could do the splits! The look on every person's face was priceless; especially Anna's!



ROBERT **Nickname: Robbie / Rob**

STRANGE FACT ABOUT YOU?

When I was young and out with my parents, I used to constantly walk off and get lost.

FAVOURITE MEMORY OF CHIPS? My first camp, and being able to meet a lot of chippers and making friends.

HOBBIES & SPECIAL SKILLS: Prior to getting Chronic Fatigue, I played football and did rowing, but now my hobbies are watching too much Youtube and reading.



ZOE

FAVOURITE THING ABOUT CHIPS? My favourite thing about CHIPS is how supportive and inclusive everyone is and we are given so many opportunities to live our best life.

HOBBIES & SPECIAL SKILLS: I like dancing, my favourite styles are Latin and Contemporary, especially floor work because I get to roll around on the floor and feel free.



TALICIA **Nickname: Tesh**

FAVOURITE MEMORY OF CHIPS? My induction is still my favourite part, I met new and exciting people and learnt so much.

HOBBIES & SPECIAL SKILLS: Tenpin Bowling, painting and dogs. I have an amazing skill of forgetting important things and I can also make sausage rolls really fast.



MIKAYLA **Nickname: Mik, Mickey and Brooke.**

FACT ABOUT YOU? I am a registered lifesaver and a very big nerd.

FAVOURITE MEMORY OF CHIPS? Staying up late with friends on a September camp and telling random stories. Also, lip sync battles!

HOBBIES & SPECIAL SKILLS:

When I was in high school I was allowed to leave early due to my chronic illness.



JESSICA

FACT ABOUT YOU?

I'm the first and only second generation chipper; my mum was in CHIPS.

FAVOURITE MEMORY OF CHIPS? Working with everyone on the musical last year.

HOBBIES & SPECIAL SKILLS: Dance and Photography.

Do you know at the start of every great pandemic and apocalyptic movie when the news and media coverage goes haywire and everyone is trying to update the humble citizens all at the same time? Do you know when there is also a handful of people that are just so over-prepared you think they must be the ones who just spend their lives a bit like that?

Well, this year at publications was a mirage of just that. We were the doomsday preppers if you like, the year started with us thinking that we were going to be prepared to report on another day-to-day ChIPS event. We were ready. We had planned and we were focused... and then someone did something *questionable*, everything went up in flames and we were the preppers who didn't bring a fire extinguisher to the bunker.

Publications wants to tell you that year's wrapper is absolutely going to look different than those you have seen before. For the most part, we spent our year immersed in the online world of Zoom and even went as far as to have an online camp (hence all of the screenshots you will see throughout this magazine) but we also were blessed in some ways. For some of us, being able to have some guilt-free time at home to work on the wrapper uninterrupted by the responsibilities of everyday life was a chance we will never take for granted.

This year we hope we've had the opportunity to offer you some new and exciting things in the wrapper and give you insights into the year you haven't seen before. Rather than being another organisation giving you a play-by-play on the emerging pandemic situation, the end of year wrap up has been a collection of entries from our talented pubs team who have been able to sit back and take the time to enjoy, and enjoy creating, *the little things*.

Bree, your Armageddon (2020) concierge.

FUNDRAISING COMMITTEE DURING COVID-19

THE PUBS REPORT

Legend:

Subcommittee leader

Subcommittee & peer leader

Previously also on the fundraising Committee

Subcommittee member

Peer leader

What a year 2020 has been, I think our main claim is to be is that the subcommittee was the shortest in its existence, not only were we the most recently established, we only lasted for one meeting before being shut down. *Was it something, I said?*

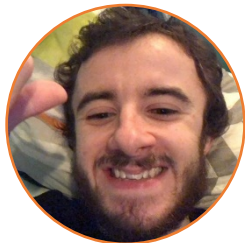
Anyway, all jokes aside, I just wanted to take a moment to thank the original members of the committee, Michael, Zane & Jess, and our mentors, Michelle and Felipe for their support, and a special thanks to Kalysha my co-leader. While we did not get to achieve anything tangible, we did have one excellent meeting, dream up some great ideas and developed some potential plans for 2021.

There are so many people I would like to thank [*please see the thank you page*] but a special thanks goes to Laura Buck & Sue Hunt from the Foundation, for their warmth, friendliness and continued support.

I hope everyone has an enjoyable and relaxed Christmas season and hopefully we can raise some much needed funds in 2021.

Blessings, Zak Hanyn – Co Leader of the shortest ever subcommittee in existence.

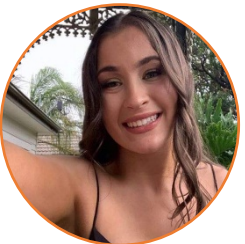
GET TO KNOW YOUR **CAMP** SUBCOMMITTEE



<u>JAKE</u>	<u>SUBCOMMITTEE / PEER LEADER</u>
FUNNY/STRANGE ABOUT YOU?	I have nine beanies, and I'm always stressed as to which one to wear
FAVOURITE MEMORY OF CHIPS?	Flying fox on Jan Camp 2016
HOBBIES & SPECIAL SKILLS	Collecting old retro games and stuff.



<u>AYANA</u>	<u>SUBCOMMITTEE / PEER LEADER</u>
FUNNY/STRANGE ABOUT YOU?	I can't control my facial expressions.
FAVOURITE MEMORY OF CHIPS?	Presenting at the Youth Health Conference last year! It was so great and we had so much fun.
HOBBIES & SPECIAL SKILLS:	I watch a lot of TV shows (Masterchef, Grey's Anatomy etc.) and I love doing puzzles.



<u>JULIA</u>	<u>Nickname: Jules</u>	<u>PEER LEADER</u>
FUNNY/STRANGE ABOUT YOU?	I have a twin brother.	
FAVOURITE MEMORY OF CHIPS?	On my first camp (Pirates Camp), I was in a team with Zak and Curtis and we had to do a rope course together. Working though that with their help was very fun and built us up as a team. Even though we didn't win we were still the BEST team and I couldn't have done that course without them. 'If we don't steal your stuff, Curtis will hurt us". <i>Disclosure: CURTIS DID NOT HURT THEM.</i>	



<u>TAILOR</u>	<u>Nickname: Wingey</u>	<u>PEER LEADER</u>
FUNNY/STRANGE ABOUT YOU?	My organ donor passed on their trait of loving tomatoes and spice.	
FAVOURITE MEMORY OF CHIPS?	My first Jan Camp, I felt at home and that I had found where I belong.	
HOBBIES & SPECIAL SKILLS:	I like to bake.	



<u>EMILY</u>	<u>Nickname: W (pronounced "wuh")</u>
FAVOURITE MEMORY OF CHIPS?	A night of cabin chats on my second Jan Camp. I think it was the first time I really felt that these people (fellow chippers) were a second family. We all connected so much by sharing parts of our stories and could relate to so many different aspects of each other's lives, not just our chronic illnesses.
HOBBIES & SPECIAL SKILLS	I love photography! It's definitely something I can't wait to explore more when I've finished school.



<u>TINA</u>
FUNNY/STRANGE ABOUT YOU?
FAVOURITE MEMORY OF CHIPS?
HOBBIES & SPECIAL SKILLS

Legend

Subcommittee member

Subcommittee leader and peer leader

Peer leader

This year has been incredibly tough to say the least.

The camp committee have worked hard to ensure every detail is planned with a fine toothed comb and what is the reward? *A postponement.*

I mean, no one could really say we could see this coming and just like the threat of a zombie apocalypse nobody really expected that Victoria would be locked inside for most of the year, fighting over basic supplies and scared of entering public places.

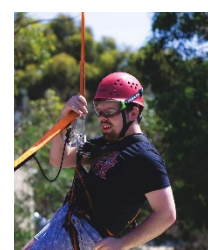
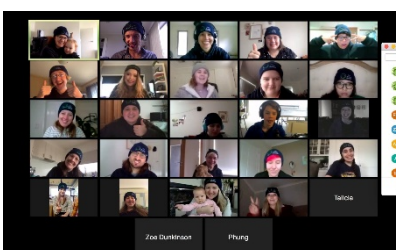
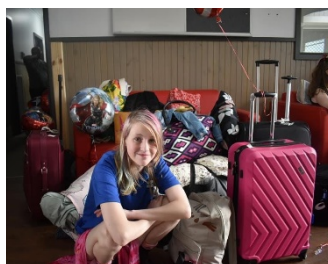
But alas, not all is really lost... the camp committee played a major role in September camp and were able to assist in the first ever online camp where over 100 chippers were in attendance.

Talk about staying together, apart!

Additionally, the camp committee were able to secure the location for the CHIPS 2022 camp and begin to plan for another wicked adventure.

With that said, Camps committee is most likely going to look exactly the same next year with the "old crew" sticking around just a little longer to dish out another ripper theme.

THE CAMP REPORT



GET TO KNOW YOUR **ADVOCACY** SUBCOMMITTEE



CURTIS
Nickname: Creed
SUBCOMMITTEE / PEER LEADER

FUNNY OR STRANGE FACT ABOUT YOU?

When I was a kid my dream was to be a waiter. Needless to say, that dream didn't last long.

FAVOURITE MEMORY OF CHIPS? Presenting the brand new ChIPS promo Video on camp and receiving an overwhelming amount of praise and gratitude for the video.



PATRICK
Nickname: Patty
SUBCOMMITTEE LEADER

FUNNY OR STRANGE FACT ABOUT YOU? I can pop my shoulder In and out at any time.

FAVOURITE MEMORY OF CHIPS? Lip sync battles at camp.

PRO TO HAVING A CHRONIC ILLNESS? The free parking.

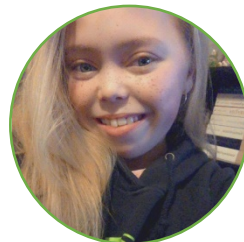


FREYA
Nickname: Fifi

HOBBIES & SPECIAL SKILLS: My hobbies include make up, fashion and jewellery.

PRO TO HAVING A CHRONIC

ILLNESS? My Chronic illness has made me meet everyone at ChIPS and I think they are all so kind and caring. My chronic illness has also helped me to do things that I would have never been able to do without ChIPS.



HAYLEE
Nickname: H
PEER LEADER

FUNNY OR STRANGE FACT ABOUT YOU? I like monster trucks and wrestling.

HOBBIES & SPECIAL SKILLS: I love doing makeup and painting.

FAVOURITE MEMORY OF CHIPS? Party nights at camp.



SHARON
Nickname: Mochi

FACT ABOUT YOU? Mark Gatiss once told me my dress was pretty.

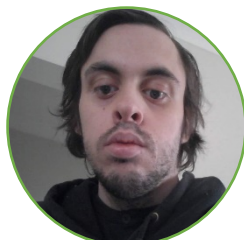
HOBBIES & SPECIAL SKILLS: I'm pretty great at art and design. I'm great at naps as well.

FAVOURITE MEMORY OF CHIPS? Initially, I was thinking about all these incredible ChIPS experiences I've had but truly, the memories I look back on with pride are the ones where things weren't in order. I look back in pride at the efficiency and effectiveness of our problem solving and conflict resolution and I truly believe that's when the ChIPS community is showing its real strength.



ZANE

About Zane: Zane is a kind hearted and genuine person who made his subcommittee members laugh and feel welcome.



JAMES

FUNNY OR STRANGE FACT ABOUT YOU? When I was a kid I ate a whole jar of peanut butter with my hands.

FAVOURITE MEMORY OF CHIPS? It's hard to choose just one but I'd say when I did my first camp, that day, marks a turning point in my life.

HOBBIES & SPECIAL SKILLS: I play video games, watch Youtube and whenever I can, I enjoy a bit of photography.



MICHAEL
Nickname: Mika or Mykale

FUN FACT ABOUT YOU?

I'm a final year nursing student.

FAVOURITE MEMORY OF CHIPS?

The ChIPS musical ACE where I had been practicing for months and getting a standing ovation once we finished our performance.

Legend

Subcommittee leader and peer leader

Subcommittee leader

Subcommittee member

Previously on fundraising

Peer leader

This year on advocacy has been unlike any other; *obviously*. Despite the pandemic, advocacy was able to focus on their online presence and assist lots of current chippers throughout the year with their pandemic blues.

Advocacy aims to not only campaign for the program itself, but to focus on the individual chipper experience from diagnosis through to potential socio-emotional treatment avenues and social integration.

All of the advocacy team members have extraordinary stories to tell about their experiences living with a chronic illness and all of them are happy to share with you how being part of the CHIPS program has changed their life.

In a usual year, the advocacy team would attend the hospital on a monthly basis to make ward rounds with potential new recruits for the program and talk to them and their families about the benefits of joining a program full of likeminded chippers trying to make a difference to the individual diagnosis experience.

No matter the year, the advocacy subcommittee plays an active role in the programs marketing and representation and works on making sure doctors, nurses and allied health team members know just what it's like to be a young person living with chronic illness in this day and age. Advocacy helps to workshop these ideas with the allied health team and engage them further in the idea of a person-centred framework to diagnosing and responding to chronic health issues from the perspective of young people who have truly gone through experiences of indifference and socio-emotional disadvantage.

Despite all of the serious stuff that comes with the name, advocacy also helps to spread the word with other hospitals and organisations looking to start their own Chronic Illness Peer Support programs and has had the opportunity to engage with the Sydney Royal Children's Hospital this year about their program too. One of the best ideas that came up was shared with the program for future investigation.

This year, advocacy has pitched the idea of creating a podcast for years to come... "by chippers for chippers" and has worked hard to develop a template and dummy-cast for what this might look like into the future for chippers, health professionals and disability friendly organisations to learn more about the shared experiences and opinions of those who they work to support... *how exciting does that sound?*

If podcasts, campaigning for the program and personal development is something that interests you, advocacy (and maybe the American political agenda) would love to hear from you!

THE ADVOCACY REPORT

A SPECIAL THANKS TO ONE OF OUR BIGGEST PROGRAM ADVOCATES

On January 22nd 2021 we will be saying a bittersweet farewell to ChIPS manager Meagan Hunt. We feel so honoured that we were able to have you on board for the last 13 years and as a manager since 2016. We wish you all the best of luck for your new adventure as Executive Director of Aardvark Music. We know you will do such a fantastic job helping them to grow their program, just as you have been such an integral part of growing our ChIPS community. From starting ChIPS tunes in 2014, which has now evolved into ChIPS creative to producing 3 CD's, the ChUSICAL and short film project. Your passion for music that you shared through your expertise as a music therapist has helped build the confidence of so many ChIPPERS, and for that we can't thank you enough. You have helped us to grow in a safe and inclusive environment where we are able to draw upon our strengths, as musicians, leaders and unique individuals. Thank you for your involvement in the implementation of the Peer Leader Program and the Leadership Training sessions, these sessions have helped us to reach a broader community and provide a more inclusive atmosphere for ChIPPERS from all walks of life. We really appreciated all the hard work that you and Jano put into the numerous September camps and the energy that you brought to the 20 + camps that you attended. They always left us with fantastic memories and new connections within our ChIPS community. Lastly an extra special thank you for staying with us to help us navigate the tricky period.



GET TO KNOW YOUR **SOCIALS** SUBCOMMITTEE



BEK
Nickname: Bekky
SUBCOMMITTEE / PEER LEADER

FUNNY OR STRANGE FACT ABOUT YOU? I collect lush toys in the shape of organs. Also, I refuse to leave the house without some sort of hair accessory.

FAVOURITE MEMORY OF CHIPS? I loved the massive flying fox and the Lake Dewar (pirates) camp.



EMILY C
Nickname: EMI
SUBCOMMITTEE LEADER

HOBBIES & SPECIAL SKILLS: I love arts so much that I am studying them.

FAVOURITE MEMORY OF CHIPS? My first camp, the whole camp is just such an amazing memory.

PRO TO HAVING A CHRONIC ILLNESS? You get to be in ChIPS which is obviously the best part.



NIKITA
Nickname: Niki or Nikeetz

FACT ABOUT YOU? I absolutely love plain rice; it sounds so boring but I could never get sick of it!

PRO TO HAVING A CHRONIC ILLNESS? Having my condition has taught me so many things about myself and life that without experiencing I would have never known about. It has also given me the opportunity to meet some amazing people and close friends. Also, the *COMPANION CARD* is a huge highlight!



ZOE P
Nickname: Zozo

FUNNY OR STRANGE FACT ABOUT YOU? I can quote Harry Potter... maybe even line for line.

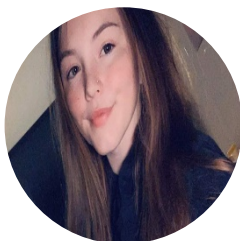
HOBBIES & SPECIAL SKILLS: Anything performing arts related.



ZAK
PEER LEADER
PREVIOUSLY A FUNDRAISING SUBCOMMITTEE LEADER

FACT ABOUT YOU? I hate even numbers.

PRO TO HAVING A CHRONIC ILLNESS? There are many positives to being chronically ill, it has helped me learn invaluable lessons from an early age, taught me who my friends are and given me an increased sense of empathy as I can bond with those who have been through adversity. **FAVOURITE MEMORY OF CHIPS?** Tunnelling at Pirates camp.



KALYSHA
Nickname: Kal
PREVIOUSLY A FUNDRAISING SUBCOMMITTEE LEADER

FUNNY OR STRANGE FACT ABOUT YOU? I can make my eyes shake really fast! (ask me and I'll show you!!)

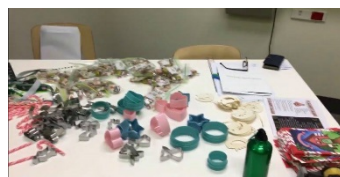
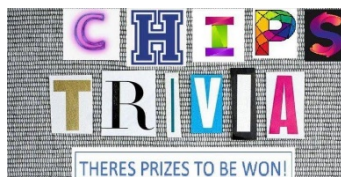
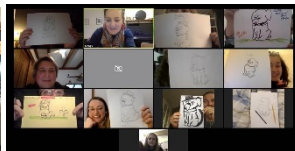
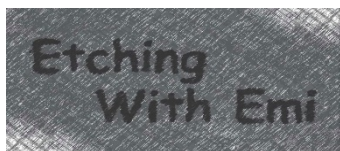
FAVOURITE MEMORY OF CHIPS? My first intensive and camp. **HOBBIES & SPECIAL SKILLS:** I love AFL and football. I also really enjoy drawing and like motorbike riding.

PRO TO HAVING A CHRONIC ILLNESS? A chronic illness pro would have to be that we make the most out of life, we give it our all and have fun celebrating great victories and the smaller wins.

This year the socials subcommittee has been living proof that individuals with chronic illnesses are more than the sum of their parts.

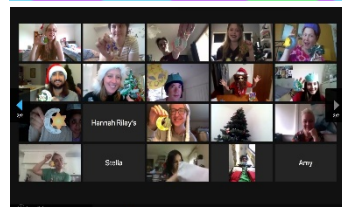
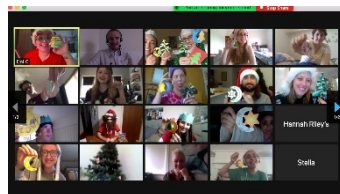
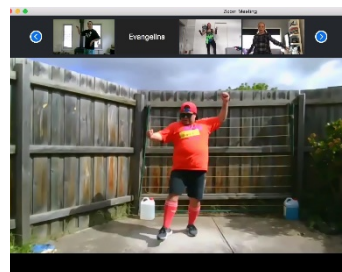
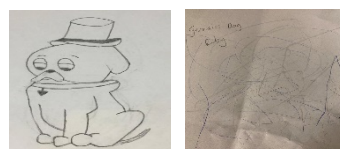
The socials committee has been pivotal in ensuring that the ChIPS value of togetherness was upheld even in the most unlikely of circumstances. Given their proactive thinking and online engagement from the get go, socials were able to pave the way to the possibility of an online camp later in the year (September camp).

Keeping us all sane in isolation the socials committee out-did their own socials again and again setting a record for the **most socials every undertaken in one year...** and personally I would have been a bit of a social hermit without their help. Baking with Bek, Etching with Emi C, the 31 day photo challenge, a movie night, trivia, Would You Lie To Me 2.0, the ChIPS covid construction challenge & the online ChIPS Christmas Party "A Very Zoomy Christmas" were just some of them.



Legend

- Subcommittee leader and peer leader
- Subcommittee leader
- Previously on fundraising
- Peer leader
- Subcommittee member



THE SOCIALS REPORT

Primary Sclerosing Cholangitis is a liver disease of the bile ducts. It creates scarring and blockages that could lead to liver failure. Sometimes, the symptoms can be helped with a liver transplant, in other cases, a transplant is never needed.
Awareness day: October 9th
Advice: Don't Panic

MEET THE PEER LEADERS

What is a Peer Leader?

A peer leader is a CHIPPER who shows exemplary understanding of the ChIPS values. They are often reference committee members who have been elected by their peers to take on peer elected opportunities for personal and program-based growth.

What does a Peer Leader do?

This year, the peer leaders all assisted in helping within the program across different areas such as on-boarding new CHIPPERS, spear-heading some tough discussions, helping to run camp activities online and lots of behind-the-scenes work with program staff to increase the opportunities for new CHIPPERS in the program into the future.

As part of their work in increasing and expanding upon their own knowledge and education in order to better assist their fellow program members, this year, peer leaders were given the opportunity to undertake a certification in Mental Health First Aid training.

The peer leaders would like to take time to thank program staff for giving them the opportunity to undertake this training.

While peer leaders do love to assist where they can, unfortunately times do arise when both peer leaders and the program staff are not available.

If you or anyone you know is experiencing mental health concerns and in need of assistance, the following resources are just some of what are available to you:

Lifeline 13 11 14
Kids Helpline 1800 55 1800
(telephone and online counselling for ages 5-25)
SANE AUSTRALIA 1800 18 7263
(people living with a mental illness and their carers)
eHeadspace To chat online

Always remember to call 000 if you are concerned about someone's safety and their risk to themselves or others.

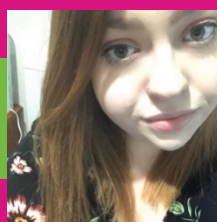
AYAN



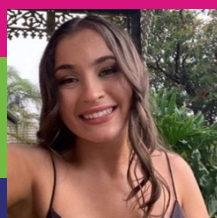
BEK



BROOKE



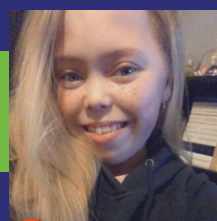
JULIA



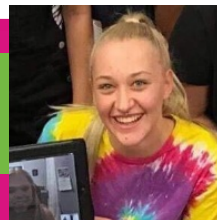
EMILY



HAYLEE



LAURA



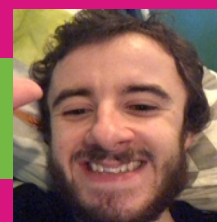
ZAK



BREE



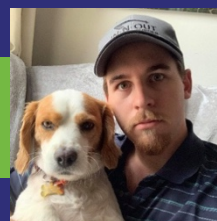
JAKE



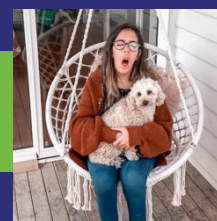
TAILOR



CURTIS



CLAUDIA



Chronic Fatigue, otherwise known as M/E or CFS, is constant exhaustion. The fatigue often worsens after activities.

Awareness Day: May 12th
Advice: Regularly exercise and eat healthy



Multiple Hereditary exostoses is a genetic disorder that causes the development of multiple, cartilage covered tumors on the external surfaces of the bones.

Rare Illness Day: February 29th
Advice: Take care of yourself



2020 SOCIALS

In a world with Corona Virus, ChIPS went Virtual, As did the socials. Check them out:

Trivia was the first online social, held in April. This was a fun, informative, collaborative, and interesting social.

Bingo was a bit of a challenge to do online, but the socials team killed it. Everyone had a fun and amazing time.

Primary Ciliary Dyskinesia is a very rare respiratory illness which effects hair like structures called cilia, that builds up mucus in the lungs, nasal passage, and ears. This can then cause chronic infections in those areas.
Rare Illness Day: Feb 29th
Advice: Learn Autogenic Drainage Technique

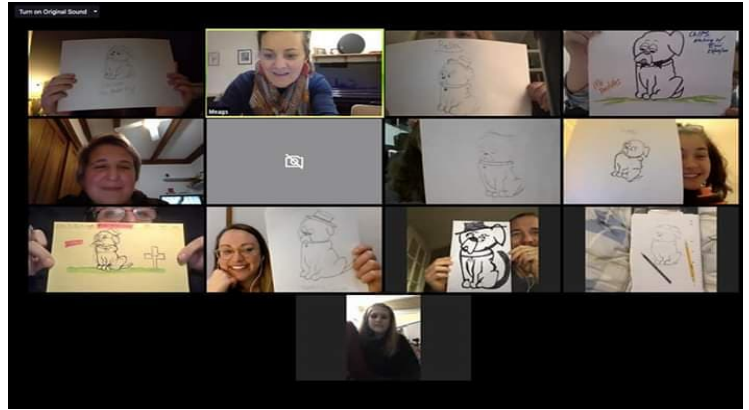


Covid Construction Challenge

was a different kind of social! Chippers had the month of April to construct a recycled theme masterpiece related to Covid. A big congrats to Caitlin R, Haylee L, Brooke H and Fady E for winning with their amazing masterpieces. This social challenged our creativity and it was exciting to see all of the awesome submissions, Well done Chippers!

I would like to extend a HUGE thank you to the 2020 Socials team for putting in so much effort to make our 2020 a little bit better. You are all amazing!!

Etching with Emi was led by Emi C. She taught us how to draw the famous Dog. This was a lovely, creative, and inspiring social!



Baking with Bek was a social led by Bek G where she talked us through how to make cookie monster cupcakes. It was definitely the yummiest social!



Would I Lie to You? Based on the British TV show, the socials team, and Curtis set up an amazing night full of embarrassing, intriguing and creative truths and lies.



THE LIFE OF JESS

I was born with cloaca, a condition that means a girl is born with 1 opening rather than 3. When I was a day old, I had surgery to get a colostomy. At six months, I had a pull-through surgery to correct everything. Under 6 months later my colostomy was closed. From then on, I was as 'normal' as I could be. I went to play group, kinder and school.

I was very bossy and when a teacher aid didn't know what to do for my condition, I would tell them exactly what needed to be done. It was suggested I wore a helmet at school because every day of years prep and one I hit my head on something, or something hit my head. I was probably the clumsiest one in the school...

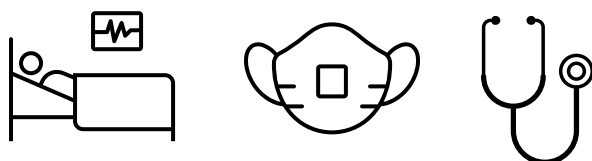
In year three my health was getting really bad leading to me to t new treatment, which worked well for over a year before causing more problems*. So, April first 2015 at 6am (no idea how I remember that) I had surgery to get an appendicostomy. I had to learn how to use it and what to do to clean it. I was still an inpatient when it was good Friday! That was A LOT of fun. I met Jessica Mauboy, Justice Crew, dancers from the Royal Australian Ballet (who gave me free pointe shoes!!!!) And so many others! To this day stoma has been so helpful.

Year six was quite stressful, my mum was diagnosed with cancer and I found out my grandma had terminal cancer, they both had the same type of cancer. Mum had surgery and was ok and still is, but grandma was the same. Near the end of year six, I was starting to get scared, next year I would have to go to a complete different school with new staff and no friends. It turned out to be WAY less scary than I thought. Term one year seven my grandma passed away in a coma, it was really hard to see her in a coma, but I knew she was calm. I spoke at her funeral and the priest actually said I did really well.

June 2018, I went to ER for extremely bad stomach pain, they gave me endone and sent me home. Two days later we ended up going back and I was there for a week. I was unknowingly referred to chips in this visit. About two weeks later Bec calls us about chips, luckily mum knew what chips was, so we had an idea what was happening. We met Bec and I was allowed to join ChIPS. At my intensive I met Harry and Anna as well as fellow chippers. I went to every social and camp. At my first camp, I met so many people that I forgot some people, sorry!

2019 I was diagnosed with CRPS complex regional pain syndrome (over sensitive nerves) which cut out a lot of things I like. But because of this I got much more into photography and writing. I know so many chippers now. I may not know many people with my condition, but I have friends who understand and that's what matters to me.

I'm so thankful for everyone in chips, chippers, staff, volunteers and our med team. You have all helped me so much. I don't know where to put this but my mum and godmother were in chips at the very start of the program. I am as Harry calls me, the second gen chipper. Chop was in chips at the same time, she actually was one of the nurses taking care of me when I was a baby!



Cloaca is a rare congenital anomaly where a girl is only born with one opening rather than three. Some symptoms: lack of core muscles, weakness/lack of bowel and bladder nerves.

Rare Illness day: Feb 29th

Advice: Be comfortable in your own skin



THE LIFE OF MICHAEL

Hi I'm Michael, I'm 23 years old and live in northern Melbourne with my parents, twin brother (Chris) and little brother Johnny!

I was diagnosed with a chronic disease at 5 years old and ever since then I've been in and out of hospital and undergone countless procedures!

My chronic condition is called hydrocephalus which is a condition of cerebral spinal fluid build-up in the head due to a brain tumor on my brain stem. This causes me to experience constant headaches, nausea, dizziness, strokes and potentially seizures.

I also have had dozens of operations to place and maintain a device in my head called a shunt, this device drains fluids from my brain to keep me alive!

This year (2020) I underwent an operation to remove my brain tumor to help relieve some of the pressure on my brain, thankfully this was a success. Throughout my journey I have never come across such an amazing organization that assists young people in facing life's challenge and helps them to proactively work through them like ChIPS has!

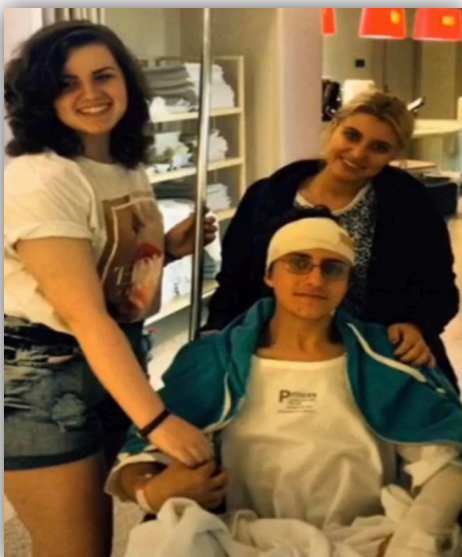
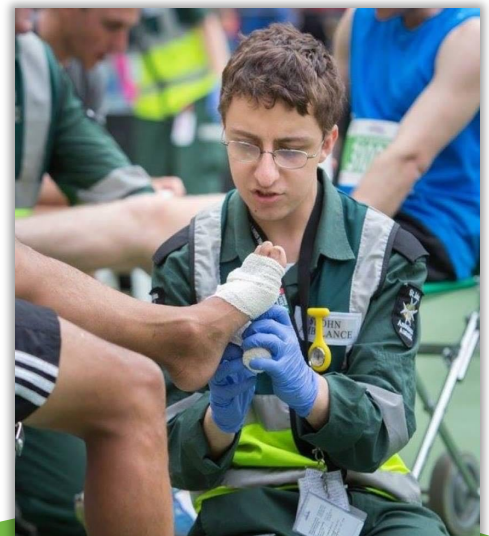
The friendships I have made and the memories I have formed are like none you can get anywhere else ChIPS is my family and I will be forever indebted to them for what they have done for me in helping to build me up even when I thought everything was down.

Hydrocephalus is an abnormal enlargement of the brain cavities caused by a build up of cerebrospinal fluid. This can cause headaches, vomiting, loss of motor function and blindness.

Awareness Month:

September

Advice: Stay Positive!



Cultural Awareness

By Ayan Xuen

This year's leadership training was a little different than the usual format in prior years. It was over two days and run by Chippers, staff, and a guest educator. The idea to have this year's topic revolve around cultural issues and discrimination arose from some clear gaps of knowledge within the ChIPS community. A team of diverse Chippers; Zak, Sharon, and myself, Ayan, as well as Felipe, Jordo, and Harry, spent several months planning and creating a short but succinct introduction into understanding what racism really looks like in this country for BIPOC (Black and/or Indigenous, people of colour).

Day 1: We had Robynne Nelson who ran the training for us. She taught us an immense amount about Indigenous history in Australia including slavery, genocide and the policies implemented by the government to force assimilation of Aboriginal people into Australia including the Stolen Generation and the history of reserves in Victoria. We were educated on the importance and significance of Aboriginality and why asking is important. Nelson instilled in us the need and necessity of creating a culturally safe environment for Indigenous people and what steps we can take to make ChIPS safe for all. Being able to practice one's cultural beliefs, values, and express one's identity in a safe environment is necessary in all institutions, especially in one like ChIPS where we encourage inclusivity and a family atmosphere. Robynne provided us with amazing follow up resources and an insight into her personal belief system that I'm sure was enlightening for all who attended.

Day 2: We had a panel of Sharon, Zak, myself begin the day by briefly talking about who we are, our cultures and our ethnicities. Following this, we ran three important activities which included everyone sharing their family history and culture in breakout rooms, media bias training Sharon ran for us all which helped us explore the techniques used by the media when they report on groups of people in the same predicament, yet their experiences are reported on vastly differently. The last activity we ran was a privilege activity which allowed people to recognise the amount of privilege they have and but also what they don't benefit from.

The last part of the day was a panel discussion run by Felipe, we had asked everyone to submit anonymous questions to us prior to the day and we spent the time answering most of the questions submitted. Taylor, who was part of our panel and couldn't make it, sent in a video answering some questions. An extensive resource pack was also put together and shared in the Facebook group that includes films, articles and many other things in order to further education about the experiences of minority groups and this can still be accessed in the Facebook group.

Neurofibromatosis type 1 (NF-1) is a condition characterized by changes in skin colouring and the growth of tumours along the nerves in the skin, brain, and other parts of the body.

Awareness month: May

Advice: Stay Positive

First off, the publications committee would like to say a huge thankyou to Robynne, she led an amazing day one and gave ChIPS some really great insight into racism how it IS still relevant today as well as greater awareness about aboriginal culture. We would also like to thank the chippers who lead an amazing Q and A session answering many questions (on day 2) and sharing their personal experiences; especially Ayan and Sharon who did a lot of behind-the-scenes work. Thank you for entrusting us with your experience's and stories. And we hope to become more aware and build a safer community for all in the future

Hence below we have included a bunch of resources to help increase your awareness of what many POC experience and how we all can help

RECOMMENDED MUSIC

- Black privilege by Miesha
- Black rage by Lauren Hill

RECOMMENDED EDUCATIONAL READING

- Growing up aboriginal in Australia by Anita Heiss
- White fragility by Robin DiAngelo
- Why are all the black kids sitting together in the cafeteria by Beverly Daniel Tatum
- Fire front by Alison Whittaker

RECOMMENDED CONTEMPORARY READS

These demonstrate many of the hard topics POC face through fictional stories based on real experiences



ChIPS CREATIVE

WHAT IS CHIPS CREATIVE?

Chips creative is a group of chippers who get together every fortnight to do creative things. This year, Creative was run by MamaBec, Felipe and Curtis.

PROJECT ONE

At the start of the year, the creative team embarked on a journey to make a 5-minute film for the 2021 focus on ability film festival. This short film is about a teenage girl trying to manage a chronic illness as well as getting through high school with her dream of becoming a nurse. However, due to Covid-19, we were not able to make it past the writing phase, so once the script was finalised, we put the project on hold.

Crohn's Disease is an autoimmune bowel disease that causes symptoms like, stomach cramps, sore joints, ulcers, chronic fatigue and in some cases, fistulas and strictures.
Awareness Day: May 19th
Advice: Take it easy and always know where the nearest toilet is!



Mast cell activation syndrome is an immunological condition in which mast cells excessively release chemical mediators, resulting in hives, inflammation and sometimes anaphylaxis.
Awareness Day: October 20th
Advice: Check the Ingredients in your food.

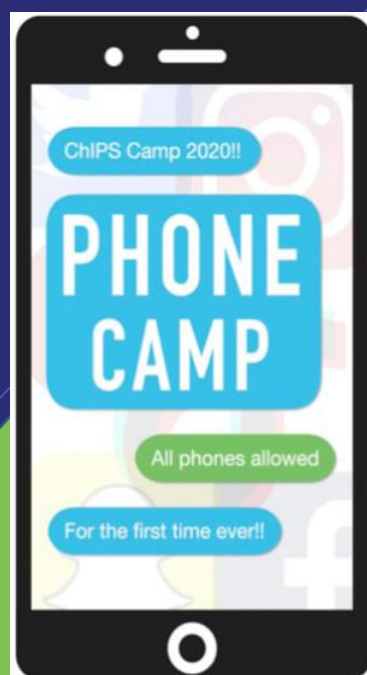


Ehlers-Danlos Syndrome is a group of connective tissue disorders that can be inherited. The joints and skin stretch further than normal causing frequent dislocations, easily damaged skin and tissue fragility.
Awareness Day: May 1st
Advice: Don't push yourself



PROJECT TWO

You will be familiar with the 30-minute short film that premiered at CHV @ home, Phone Camp. Well, the creative team wrote and produced that entire project. While in iso, we got together via zoom calls to plan, write, run lines, and film scenes to create the one and only Phone Camp short film. This was a unique and fun experience, and it was so good to be doing something during the boring lockdown period.



PROJECT THREE

So, Covid is still happening, phone camp is finished, what ever will we do in term 4? The creative team had a brainstorm, and we came up with an exciting new Project, let's write a book! As the brainstorm kept going, we decided this book's aim would be to educate everyone who is associated with chronically ill people. It's so exciting to see where this book will go and how it will turn out. Keep an eye out for updates!

How to join:

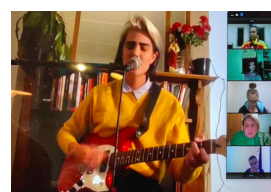
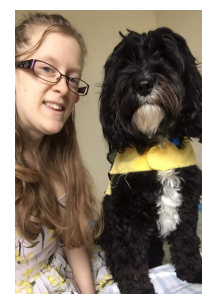
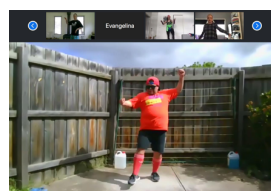
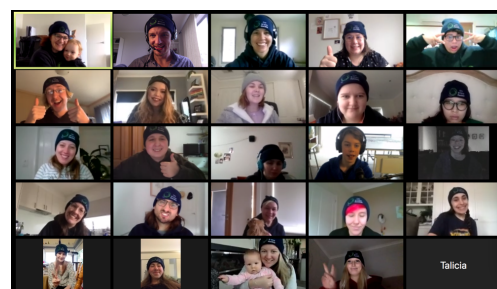
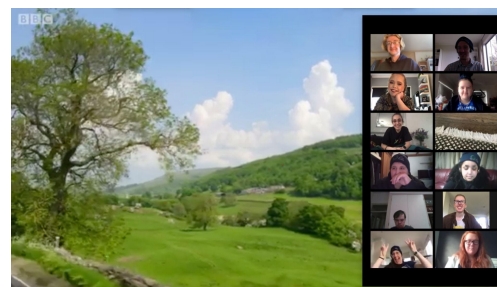
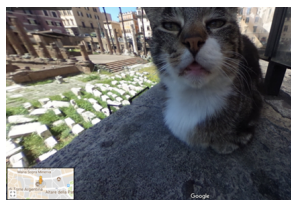
I highly recommend getting involved in ChIPS creative, there are no bad ideas, you create, and form friendships and you get to let your creative side out. In ChIPS creative, no project is too big, all ideas are explored, and everyone has fun. Just contact one of the staff members to let them know you are interested to join.

SEPTEMBER CAMP

Given the circumstances, this year's September camp could not take place in person, and so we had the Zoom-based ChIPS Holiday Vacation instead. At 8:00AM we all received a text message with a ticket to the virtual camp bus, where we played a game of eye spy.

The usual camp activities of high ropes courses and archery were replaced by online ones, and it was great getting to see so many ChIPPERS, ChIPs staff and volunteers working together and having fun after being apart for so long.

On the first day we built LEGO, made spoons and took part in a Google Maps scavenger hunt. Although my team did not win the scavenger hunt, it was fun working with my team mates to find the images and then seeing all the images that everyone collected at the end of the scavenger hunt.



WE LOVE YOU
BEC!



The second day, we got physical with Felipe who led us through a ZUMBA class. This was followed by a song writing session with Harry where we used our collective brain power to write and perform a (nearly) finished song about our experience over the camp. Afterwards, ChIPPERS had an opportunity show off their very cute pets.

The highlight of the camp for me, was definitely the party that took place on the second night. The theme was recycling and although my costume was thrown together at the last minute, some ChIPPERS had put in a lot of effort and it was great to see. One of the most impressive costumes was Haylee's dress made entirely of newspaper. The icing on the cake was the Zoom concert by the talented Bec Sandridge, performing her original music.

On behalf of all the ChIPPERS who attended, I would like to say thank you to all the staff and volunteers who made the camp such a great experience during these challenging times.

- Robert Hinrichsen

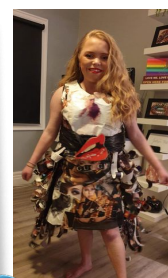
Scoliosis is a medical condition in which the spine has a sideways curve, usually in the shape of an S or C. This can cause chronic back pain.

Awareness Month: June
Advice: You can do this!



Postural Orthostatic Tachycardia Syndrome (POTS), is a condition when a change from lying to standing causes an increase in heart rate, light-headedness, blurred vision, or weakness.

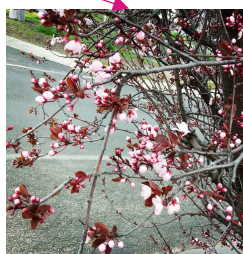
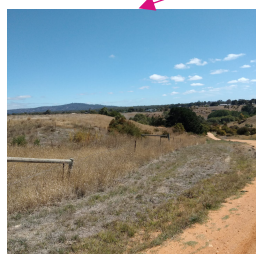
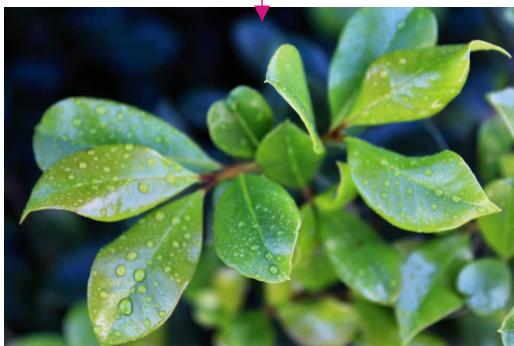
Awareness Day: October 25th
Advice: Take it slow.



CREATIVE SUBMISSIONS

This year was really a year for the history books; from bushfires to pandemics and social injustices. Amongst all the crazy, one thing that I guess we can all be grateful for, is how it brought us together. It highlighted the importance of supporting one another and just being kind; and as a community, I guess that's what we as Chippers did... we came together. We had more socials, check ins and weekly meet ups, and throughout all the ups and downs we all supported each other; emerging more resilient, kind and empathic. For me personally, I guess if there's one thing to take away from this, is that beauty can emerge from even the darkest places, that just because you can't see light, doesn't mean it isn't there.

Creative submissions to the WRAPPER photo competitions.



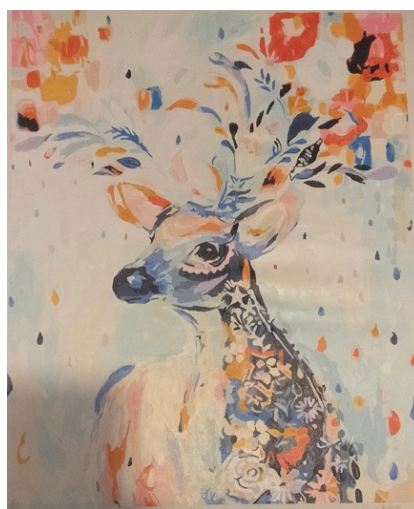
An insanely talented chipper named Kale, made this beautiful short film highlighting the beauty within our world

- *Memories of Green by Mindwood Studios*



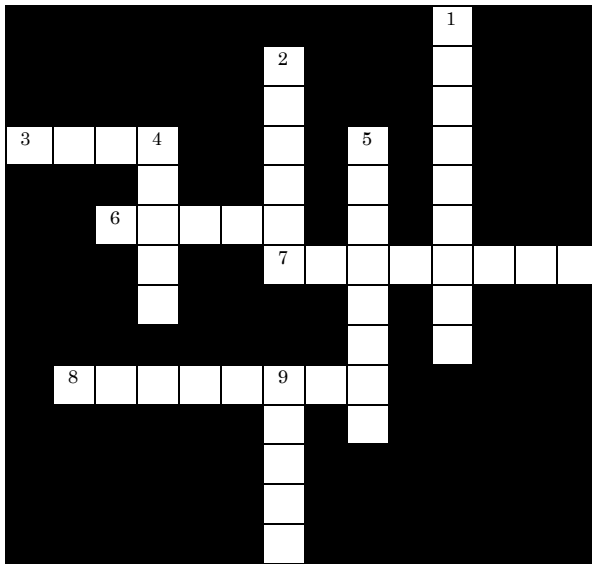
A collection of amazing creations by **Bek G**

A beautiful painting by **Talicia**



Illness Knowledge Puzzles!

Crossword:



WORDSEARCH!!

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

Crossword clues:

1. Ehlers-Danlos Syndrome can be what?
2. This is a symptom of Crohn's Disease.
3. With what illness should you always check the ingredients in your food?
4. What part of the body does scoliosis effect?
5. Hepatopulmonary Syndrome awareness month.
6. Primary Sclerosing Cholangitis Symptoms can be helped with what kind of transplant?
7. Symptom of type 1 diabetes
8. _____ Hereditary exostosis is a genetic disorder.
9. What colour dots does the Cloaca ribbon have?

UNSCRAMBLE

Bowel Disease: HCSRDN _____

Congenital anomaly: CALADC _____

Liver Disease: DIWSSLN _____

Connective Tissue Disorders: EESLHR NODSLA _____

Medical Spine Condition: SOSOSILCI _____

WORDSEARCH CLUES:

- What month is rare illness day in?
- Primary Sclerosing Cholangitis awareness ribbon colour.
- What kind of muscles do people with cloaca experience a lack of?
- Crohns Disease awareness ribbon colour
- What stripes are on the Ehlers-Danlos syndrome awareness ribbon?
- Multiple Hereditary exostosis awareness ribbon colour.
- What month is diabetes type 1 awareness week in?
- What should people with chronic fatigue do regularly?
- Cystic Fibrosis causes abnormal amounts of what?
- Hydrocephalus awareness ribbon colour
- Chronic fatigue causes constant what?
- Type 1 diabetes effects the what?

LINK IT UP!

1. A technique to help PCD patients.
2. Chronic Fatigue often worsens after what?
3. Blurred vision, and weakness are both symptoms of what illness?
4. Cystic Fibrosis awareness month.
5. NF-1 is abbreviated from what illness?
6. Rock your scar from what disease?
7. A symptom of hydrocephalus
8. Multi Mini Core Myopathy awareness ribbon colour.

Activities
Vomiting
Neurofibromatosis
Autogenic Drainage
May
Orange
Wilsons
POTS

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.

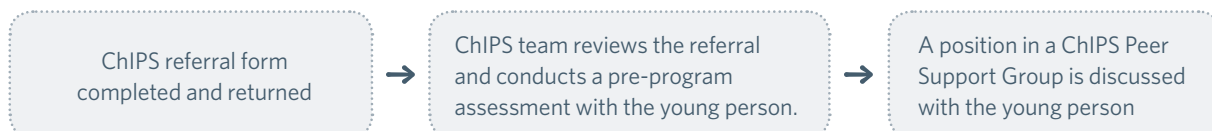
The entry point for the ChIPS program is via the 'Eight Week Group' or the 'ChIPS Intensive' where new participants share experiences of living with chronic illness and learn from each other in a facilitated, semi-formal and safe environment. Once program participants have completed their Eight Week 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: meagan.hunt@rch.org.au Telephone: (03) 9345 6616

Young person's details

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

Nature of illness

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

Referring healthcare professional's details

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

A BIG THANK YOU

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

- ChIPStiliary
- BR Wellington
- CBRE
- Mick Creati
- The Farrelly Family
- Allan and Judy Dixon
- Central Equity Children's fund
- Karl Kutner (ChIPS Ambassador)
- Spotlight foundation
- Kwik Kopy North Melbourne

We would also like to extend a big thank you for the in-kind support of:

- Victoria Police Transport Branch • Southern Cross Trophies

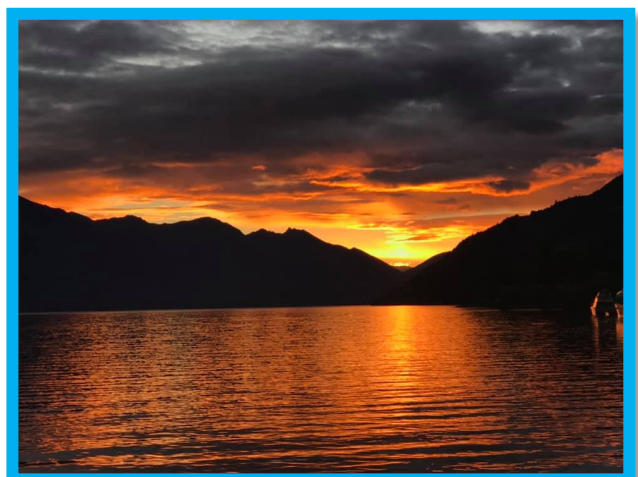
A Message from Zak Hanyn, The fundraising leader:

The fundraising committee would like to say a special thanks to the Farrelly Family for their continued financial support of the program. It is through their generosity of funding 10 ChIPPERS for the annual Run for the Kids, that make it possible for us to attend and it is also a beautiful way to preserve the memory of Rachael.

We thank Mick Creati for his energy and willingness to continue to fundraise for us with his bike rides, and we look forward to supporting him in 2021 as he rides Cape to Cape across Australia. I also wanted to take this opportunity to thank Jackie from Crack a Bonbon who donated free products for the Christmas social.

A note of thanks must also go to the ChIPStiliary members, Terri Ann Seath, Michelle Powell, Jordan Hammond, and Shilpa Prakash, we appreciate the work you do behind the scenes. Finally, another special thanks to the RCH Foundation for their continued and ongoing support of the program, without you we would struggle to exist.

The Publication Committee would like to congratulate Jessica Whytcross for winning the photo competition and getting her photo on the front cover of this very wrapper. A special mention to Curtis Reeder who came in 2nd with his photo of a bird, and Jade Driscoll for coming in 3rd with her photo of a sunset. Also a massive thank you for everyone who submitted photos. All submissions were exquisite!





“ChIPS is family”

- Every chipper ever

This Wrapper brought to
you by the 2020
Publications Committee

Contact ChIPS at:
The Royal Children's Hospital
50 Flemington Road
Parkville, 3052
Ph: (03) 9345 6616
www.rch.org.au/chips