

CHIPS 2016 WRAPPER

CHRONIC
ILLNESS
PEER
SUPPORT

E M P O W E R I N G Y O U N G P E O P L E



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Welcome

This year the publications committee felt that the wrapper was missing a vital segment. As the ChIPS community grows each year we feel like the new ChIPPERS need to be welcomed more personally, after all we are a big community and are constantly growing. It's easy to get lost amongst all the new and exciting things that ChIPS has to offer. So I would like to take this moment to extend a hand and give a warm welcome to our newest ChIPPERS. We hope that you all have an amazing time here with us in the community we've created, as we support each other and expand our horizons altogether. After all you know what Troy Bolton always says; we're all in this together! So without further ado, here is a list of our newest friends and members to welcome into our little family:



Cassidy Earl
Michael Arkalis
Tina Nelson
Aimee Scanlan
Jordan Mifsud
Inga Pieniazek
Simone Dreux
Ayan Xusen
Grace Gillam
Tailor Nguyen

Sarah Gill
Sierra Fox
Kalysha Danvers
Jade Driscoll
Marina Nawar
Gabrielle Widdows
Rohan Symonds
Zahra Cameron
Kirrily Heaphy
Emily Wickham
Mitchell Seath



Meagan's Musings

Hello to you all from a different view. Yes, I have moved to the window seat and into the director's chair of ChIPS.....and I have to say like it here. Let me start by saying a huge heartfelt thank you to Jarnia Cameron for her six years of hard work and dedication to the ChIPS program. Together Jarnia and I were the longest running leadership team in the history of ChIPS. Jarnia gave a lot to ChIPS and she leaves the program in a very solid position from which we can grow even more. We wish Jarnia all the best for her future adventures. Thank you to you.

As the year comes very quickly to a close I find myself reflecting on another significant year while looking forward to an exciting future. ChIPS just seems to go from strength to strength and I don't expect that to stop anytime soon. If you have a read of Jano's Jungle Jargon then you can read about some of the amazing stuff we did this year, including the camps, socials, reference committee and more. What I would like to reflect on in this year's musings is the engagement, hard work and passion of all the ChIPPERS involved. Each year there are more ChIPPERS coming into the program and they very quickly get a sense of the importance of the program and what they can get out of it while what they can offer. This all comes from the older ChIPPERS. This is the essence of ChIPS is the ChIPPERS and the dedication, passion, support and inclusiveness that are all strong values in the ChIPS program. Thank you to all the ChIPPERS for making the ChIPS program what it is today.

As we welcome new ChIPPERS to the program, each year we say goodbye to a few ChIPPERS either because they have reached the age limit or their life takes over

and ChIPS is no longer needed or a priority. It is very sad but also very exciting when ChIPPERS fly from the coup and find their wings. We wish all those who are leaving us the very best in everything you do. You are all amazing people and make a significant impact on the world around you. But please stay in touch. I want to hear from you.

Another significant and vital part of the ChIPS program are the volunteers and the camp medical team. This team is becoming stronger and more established as the time goes on and we actually couldn't do all the things we do without them. On behalf of the entire ChIPS program I want to say thank you to all our volunteers and to the camp medical staff for your dedication and time.

Finally I would like to welcome and introduce our two new ChIPS Staff members. I am delighted to have Harry Brown and Bec Powers join the ChIPS Staff team. Both Harry and Bec are well known in the ChIPS program and have been volunteering for several years now. Please come in and say hi to us anytime and meet Bec and Harry if you haven't already.

So, here's to the next year.

Keep connected.

Meagan

(aka Queen B)



Jarnia's Journey

My six year journey with ChIPS has been epic! I have seen so many ChIPPERS come and go. During my time in ChIPS there have been many awesome things happen. Here are a few of my highlights (in no particular order):

January Camps: Cowboys and Indians, Disney, Monopoly, Harry Potter, Simpsons and Pirates

High Challenge Camps run by Jano and the team at Victoria Police and then the launch of the ChIPS Family Vacation

Moving from Number 8 to the new RCH. I spent weeks tidying up Number 8!! The BBQ we had to signify the move provided an opportunity for ChIPPERS to share memories of the building. Building a relationship with the Royal Children's Hospital Foundation (and donors) and to help secure funding and simplify donation management. Also to witness growth and initiatives of the ChIPS Fundraising Committee.

Innovation of Leadership Training. It's been great to witness senior ChIPPERS get involved in content and delivery, which has gone from two days to an action packed one day. Leading 8 Week Group and Intensives, as group facilitation was not something I had previously done.

Peer Leader Program. The brain child of Felipe (an ex-ChIPPER) this has become such a positive part of the program. Big shout out to our current Peer Leaders for your contribution.

Festival of ChIPS and 21st (and a bit) Party. ChIPPERS put a lot of work into this which achieved RCH profile and it was great to reflect on the progress of ChIPS over the years. What a milestone!

Circus Skills and Arts n Craft social – good fun and really well attended.

The Wrappers – 2010/11, 2012, 2013, 2014, 2015...and you are reading the 2016 now - on the global stage! Meagan and the crew that went to Paris (and London) to present, did ChIPS proud!

Much of the above could not happen without our super volunteer and healthcare team. I am very grateful that each of you found ChIPS and for your ongoing contribution and enthusiasm. You rock. Secondly, to Meagan and John - what a great team! Thank you so much for the fun, support and progress. It's been a brilliant ride with you both.

And to you guys, the ChIPPERS. You make this program exactly what it is. I have gained so much from the experience and it has been a privilege to meet, assist and hang out with you all. ChIPS has provided me with very special memories and I wish you all the best as you continue your ChIPS journey and as you take on this big adventure called life. Take care,
Jarnia Cameron



Introducing... Jano's Jungle Jargon

So this amazing adventure I'm so privileged to be a part of began in late 2006.....and it's still going. Yippee. YES, being involved in ChIPS is the adventure of a lifetime. So I must say a BIG THANK YOU to each and every ChIPPER, ChIPS staff member, mentor and volunteer for making it so amazing.....it's worth the long drive every time for anything ChIPS.

This brings me to 2016.....wow how time flies and what an amazing year ChIPS has had. The year began with an awesome camp at Lake Dewar Lodge. Traditional Melbourne weather saw us swimming on day one and then freezing our butts off on the dual flying fox on day two!. Super effort by camp committee, led by Ty.

What a Reference Committee for 2016, a team of many ChIPPERS, a wonderful mix of new, not so new and a few ChIPPERS that have been around for a bit longer. A fab year had already started. Fundraising Committee have risen to a new level with their many ideas turning into events, Publications have been working hard to continue their great work from the previous year, Socials have had enormous turn outs at each of the social events throughout the year, and Advocacy have been banging the drum ensuring that the ChIPS name is out there and continues to grow. Big thanks to our ever committed mentors, Jess, Elle, Lesh, Bec and Jordo for your support of the Reference Committee in your mentor roles.

A year doesn't go by without Eight Week groups and Intensives, run by both Meagan and Jarnia with the assistance of ChIPS peer leaders. Peer leader training ran again and continues to grow and improve thanks to the input from you guys, the

ChIPPERS.

September was highlighted by the BEST EVER ChIPS Holiday Vacation to date (some would say!), which was held at Camp Manyung. The Jungle theme was a hit and without question the inaugural tucker trial, (15 push ups completed by Juzzi with Christina on his back), brought the group together and was celebrated with the singing of "In the Jungle", much to the delight of Meagan and Harry.

We farewelled our leader Jarnia in early October. Jarnia has spent the past 6 years wholly committed to the ChIPS program, tweaking and developing it into the amazing program as it stands today. We ALL thank Jarnia for her time, efforts, enthusiasm and Jarniaism's and wish her all the very best for her new adventure. With Jarnia departing Meagan has taken a step up into the position of "Queen Bee". Congratulations Meagan, we look forward to working with and beside you to continue to grow the ChIPS program. We look forward to welcoming some new staff members to add to our already fab team. It's gonna be amazing. Finally, a massive thanks to Jarnia and Meagan, to all our hard working mentors, volunteers, peer leaders and of course ChIPPERS. It's been an unreal 2016.....let's make it an awesome 2017.

Keep on smiling.

Jano



Chairperson's Report

Wow, what a jam-packed year we've had on reference committee in 2016! From socials to fundraisers, we've done it all. Everyone has been full of creative ideas and it's been awesome seeing them come to life and actually happen! Thanks to all the members of ref comm for being so open, cooperative and most importantly, passionate about helping the ChIPS program thrive. We were sad to farewell Jarnia in October, however we are also excited to see what the future brings for ChIPS in this new chapter.

Thank you to all the sub-committees for all your hard work, and to the mentors for providing us with the guidance and assistance we need to put our ideas into action. Well done to everyone for a fantastic 2016, here's to an even better year next year!

Laura Gysslink



Editor's Crunch

2016 - wow what a year!

This year India and myself have had a blast running the publications team, it has taught us both so much throughout the year. We were so lucky to be able to work alongside a fabulous team to put this wrapper together, our meetings have been filled with laughter and productivity. This group of girls has made us so incredibly proud with all the hard work that we have all put into this year's issue. We've had such fun going through and attending all the socials and events

that put make up the wrapper and how big our community has grown this year alone, it makes us very proud! So, Claudia, Brooke, Sevda and of course our mentor Jordo. Thank you for a fabulous year and all your hard work! You girls are incredible! And to everyone else; we really hope that you enjoy the wrapper! Love, light and happiness.

Kristen Waller & India Murphy-Miller

Reference Committee Introductions

Name: Brooke Hall

1. **Nickname?** Brookles/Brooke-the-Chook
2. **Sub-Committee?** Advocacy
3. **Hobbies?** Dance, Theatre, Aerobics
4. **If you were a youtuber what type of video would you film?**
Some sort of Dance/ Artsy Video like Sia



Name: Georgia Grigsbey

1. **Nickname?** George / G
2. **Sub-Committee?** Advocacy
3. **Hobbies?** Baking, spending time with family and friends
4. **If you were a youtuber what type of video would you film?** Cooking



Name: Zak Hanyan

1. **Nickname?** Zak
2. **Sub-Committee?** Advocacy
3. **Hobbies?** Baking, gardening, cards, board games, hiking & camping in the bush
4. **If you were a youtuber what type of video would you film?**



Name: Zoe Perry

1. **Nickname?** Zo
2. **Sub-Committee?** Advocacy
3. **Hobbies?** Netball, going to concerts and bootcamp
4. **If you were a youtuber what type of video would you film?** Prank Video

Name: Laura Cartlidge

1. **Nickname?** Lulu
2. **Sub-Committee?** Socials
3. **Hobbies?** Driving, adventuring, making fun of reality t.v shows and eating
4. **If you were a youtuber what type of video would you film?**
Funny videos



Reference Committee Introductions



Name: Bridget Wade

- 1. Nickname?** Bridget
- 2. Sub-Committee?** Socials
- 3. Hobbies?** Drawing, Gaming and Embroidery
- 4. If you were a youtuber what type of video would you film?**
DIY How To's Pokémon Gameplay videos

Name: Curtis Reader

- 1. Nickname?** Curtiz
- 2. Sub-Committee?** Socials
- 3. Hobbies?** Film-Maker Musician Mad Hawks Supporter
- 4. If you were a youtuber what type of video would you film?**
Music Videos



Name: Tyrone Kelly

- 1. Nickname?** Tk
- 2. Sub-Committee?** Socials
- 3. Hobbies?** Guitar, Oil Paintings, Drawing, Pen Spinning, Rubik Cube, Digital Art, Cinema 4D, Producing ,Making Beats, Walking Dog.
- 4. If you were a youtuber what type of video would you film?**
Guitar Tutorials

Name: Natasha Payne

- 1. Nickname?** Tash
- 2. Sub-Committee?** Fundraising
- 3. Hobbies?** Shopping
- 4. If you were a youtuber what type of video would you film?**
Dog Videos



Name: Patrick Edwards

- 1. Nickname?** Patty Popcorn
- 2. Sub-Committee?** Fundraising
- 3. Hobbies?** Taking Photos, Parkour
- 4. If you were a youtuber what type of video would you film?**
Parkour



Reference Committee Introductions



Name: Julia Ludbrook

- 1. Nickname?** Jules
- 2. Sub-Committee?** Fundraising
- 3. Hobbies?** Swimming
- 4. If you were a youtuber what type of video would you film?** Adventure/Travelling Videos.

Name: Jake Cunningham

- 1. Nickname?**
- 2. Sub-Committee?** Fundraising
- 3. Hobbies?** Looking At Doggos, Patting Doggos, Sharing Memes Of Doggos
- 4. If you were a youtuber what type of video would you film?** Showing people how to pet doggos correctly



Name: Kristen Waller

- 1. Nickname?** Kip
- 2. Sub-Committee?** Publications
- 3. Hobbies?** Swimming & Going to the beach
- 4. If you were a youtuber what type of video would you film?** Vlogs & Hauls



Name: India Murphy-Miller

- 1. Nickname?** Indi
- 2. Sub-Committee?** Publications
- 3. Hobbies?** Shopping & Decorating Things and watching youtube
- 4. If you were a youtuber what type of video would you film?** Storytime's



Name: Claudia Forsberg

- 1. Nickname?** Claud
- 2. Sub-Committee?** Publications
- 3. Hobbies?** Dancing & Writing
- 4. If you were a youtuber what type of video would you film?** Life Advice or PRANKS!

Reference Committee Introductions

Name: Brooke Dance

1. Nickname? Brooke

2. Sub-Committee? Publications

3. Hobbies? Reading, Gaming, Music & Animals

4. If you were a youtuber what type of video would you film?
Probably a gaming video



Name: Sevda Hasan Yahya

1. Nickname? Sev, Psyduck

2. Sub-Committee? Publications

3. Hobbies? Reading, Gaming & Writing

4. If you were a youtuber what type of video would you film? Gaming, definitely!



Name: James Williams

1. Nickname? Crispy, Jdubs, Dubs, Jemma

2. Sub-Committee? Camp

3. Hobbies? Gaming & Chill

4. If you were a youtuber what type of video would you film?
I would (and have) filmed gaming videos



Name: Laura Gysslink

1. Nickname? Lauz, Lorgy, G-Man

2. Sub-Committee? Camp

3. Hobbies? Finding new cafes to eat brunch at.

4. If you were a youtuber what type of video would you film? Vlogs.



Name: Emily Ryan

1. Nickname? Em, Pocket Rocket.

2. Sub-Committee? Camp

3. Hobbies? Cooking, sport and running

4. If you were a youtuber what type of video would you film?
Pranking Videos



Chips Tunes



Another belter of a year for all of us involved in chips' very own music program. It's been huge! The year started with lots of new faces jumping straight into it and has finished in the same fashion, really relaxed vibes all-round and it's been a pleasure each week to help mentor the sessions. Highlight for the year has to be our performance at the foundation dinner. Huge shout out to all that make it happen, the addition of Melbourne musician Hannah Riley has been absolutely brilliant. Harry as always is there sliced thumb or not. My co peer mentor Dani has been great as usual and of course none of it would be possible without Meagan.

Tyrone Kelly

Craft Social



The craft social was a chilled out, chatty and over all awesome afternoon. It started off playing a few name games to get the day started, where we saw old and new CHIPPERS arrive to get involved with the social. We then were free to begin crafting away with bracelet making, drawing, and getting messy with paint. For the most part it was spent catching up with old friends, and new ones and enjoying the relaxed vibe and music the social team brought. We spent the afternoon getting messy and creating some beautiful art, where we had a pizza lunch following. Overall, this was by far my favorite social of the year.

Brooke Hall

January Camp



This year I was fortunate enough to experience my very first CHIPS camp. I got to meet so many new and wonderful people. I had a great time.

My two favorite activities were the flying fox and tunneling. The flying fox because while you are up in the air you can clear your mind. Tunneling because we had to work as a team and I couldn't have done it without my team, especially my team captain Curtis and team member Zak. Thank you for helping me all the way through the tunneling course.

It was very sad to end the camp seeing those very inspiring people have their very last camp. But I love the activity we all did at the end when we sat in a circle with our eyes shut and shared positive moments with each other; I thought that was so sweet!

Over all I would like to say a big thank you to the camp committee for organizing this amazing camp. I enjoyed it very much! I can't wait until next time, see you all there

Julia Ludbrook

September Camp



The 21st of September has finally arrived! Everyone waited excitedly to board the bus waiting for the camp adventures to begin! Thursday flew by with all activities and the party! Everyone looked fabulous with jungle-themed costumes. I hope everyone has recovered and is ready for the Christmas festivities!

Emily Ryan

Leadership Training



On the 4th of July CHIPS' held its annual Leadership training course, for chippers both young and old. Each Leadership training session has a particular theme to it, which ties into leadership in some way and this year was no different. This year, it was focused on good and effective communication. We learnt a few skills from our fantastic peer leaders, and mentors, supported by some real life examples in which communication has been key to survival in some cases! We were also treated to a visit from member of the company FRANK, a communications and marketing agency, who presented to us a slideshow, which gave us some more information in how to improve both our listening, and speaking when we're communicating.

Overall a fantastic day, for all the CHIPPERS, who went along, learning some invaluable for the future.

A massive thank you to the Staff and peer leaders, for making the day such a fantastic day for all of us! And of course to Madeline from FRANK for taking time out of her day to come speak to us!

Until next year!

Jake Cunningham

Run for the Kids



20th of March brought us a beautiful morning as the ChIPS gang were ready to embark on a journey like no other, except the fact that we've done it before, but a journey so extreme you wouldn't even anticipate the distance, actually not really it's just from one part of Melbourne to another, but ready to be undertaken by fully energised ChIPPERS, aside from us still being half asleep by the time we arrived on location. Anyway my point is, through all those elements, they united together to form a group ChIPS representatives to participate in the Run For The Kids event, where the cause is the most truthful fact among the ones previously mentioned, to raise funds for the Royal Children's Hospital.

Bright and early, ChIPPERS, staff and nurses arrived on site outside Hamer Hall and were ready for the start-line. 3 members, including myself, volunteered to take on the 5km run, where we ran into pros, amateurs (like me), lose units (like me), and those who went all out and dressed up like SpongeBob (wished that was me).

But no matter how you look, or where your physicality level is at, the day was all about recognising how the RCH can provide for children who attain a disability, a chronic illness, an injury, etc. But it was also a reflection upon our own community and how we as ChIPS provide for kids, teenagers, and adults who suffer from, not just a chronic illness alone, but the impact it has on our lives.

Sure once we crossed the line and felt like our heads had been smacked by a piece of IKEA furniture, at least we crossed that line. It was a Sunday morning worth spending, and the truth is you can always run faster and harder, but sometimes the truth hurts.

And my final conclusion is this, buying Ne shoes won't make you a better runner, but running in them will.....ha.....ha.....ha.....sorry.

Curtis Reeder

Recipes

Asparagus and goat's cheese frittata



Method

Step 1

Melt butter in a 22cm (base) heavy-based, flameproof, non-stick frying pan over medium-low heat. Add onion and garlic. Cook, stirring occasionally, for 8 to 10 minutes or until onion is golden.

Step 2

Meanwhile, whisk eggs, cream, chopped herbs and 1/2 cup parmesan in a jug. Season with salt and pepper.

Step 3

Preheat grill on medium-high. Add asparagus to pan. Cook, stirring, for 5 to 6 minutes or until bright green and just tender. Pour egg mixture over asparagus mixture. Lift and tilt pan to distribute egg mixture. Reduce heat to low. Sprinkle goat's cheese and remaining parmesan over top. Cook for 10 minutes or until almost set.

Step 4

Place pan under grill. Grill for 3 minutes or until set and golden. Stand for 3 minutes. Loosen frittata with a spatula. Slide onto a plate. Top with dill. Serve with salad leaves.

Ingredients

- 20g butter
- 1 large brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 8 eggs
- 1/3 cup pure cream
- 1/2 cup chopped fresh herbs (such as parsley, basil and dill)
- 2/3 cup finely grated parmesan cheese
- 2 bunches asparagus, trimmed, cut into 4cm lengths
- 60g goat's cheese, crumbled
- Mixed salad leaves
- Fresh dill sprigs, to serve

Bacon & zucchini linguine with mint & Parmesan

Method

Step 1

Cook the linguine in a large saucepan of lightly salted boiling water, according to packet instructions or until al dente. Drain well and return to pan.

Step 2

Meanwhile, heat 2 tablespoons of the olive oil in a large non-stick frying pan over a medium heat. Add the onion and bacon, cook stirring occasionally, for 5 minutes or until light golden. Add garlic and zest, cook stirring for 30 seconds or until aromatic. Add the zucchini, cook stirring, for 2 minutes or until zucchini is bright green and just tender, do not overcook.

Step 3

Add the zucchini mixture to the hot pasta with the remaining olive oil, parsley, mint, half the Parmesan and lemon juice, toss until well combined. Season with sea salt and freshly ground black pepper. Serve immediately with remaining grated Parmesan.



Ingredients

- 340g Gluten Free Linguine
- 60ml (1/4 cup) extra virgin olive oil
- 1 onion, finely chopped
- 150g gluten free bacon, trimmed, diced
- 2 garlic cloves, crushed
- 1 lemon finely grated, and juiced
- 2 large (400g) zucchini, trimmed, coarsely grated
- 2 tbs chopped fresh flat-leaf parsley



Squad Goals



Horoscopes

Gemini

You have wide-ranging interests, but sometimes you don't delve particularly deeply into the subjects that catch your attention. You enjoy knowing a little about a lot of things. But today, you may be called upon to be more of a perfectionist than you'd like. And having to get all the details just right could really make you irritable! Rely on your flexible nature to help you go with the flow

Aries

It's a good day to organize your thoughts before speaking out, especially at work or with people you'd like to impress. You often speak without thinking, but today, many people are in a more critical frame of mind than usual. When they point out the weak points in your logic, you might feel they are picking on you. There is such a thing as constructive criticism, Aries. You can learn from others' feedback

Taurus

Welcome to a smooth, grounded day. You aren't concerned with your own needs or desires. You feel pretty comfortable, and there isn't much lacking in your life right now. So turn your attention toward other people. Work hard for your clients or employer, or give good advice to a friend who could use your levelheaded perspective. Being in service to the world is virtuous, and it makes you feel good

Capricorn

Your mind is sharp and focused today. You zero in on important details almost effortlessly. Since it's so easy to spot the bottom line, it's easy to make the right plans or take the correct steps toward your goals. If only every day could be this straightforward! Take advantage of this energy. Delve into your list of tasks. Be as detail-oriented as possible. And tie up any and all loose ends.

Virgo

Your natural attention to detail is heightened today -- almost to a fault. Tiny things you wouldn't normally notice suddenly stand out in stark relief. This makes it hard not to make mountains out of molehills. Everything seems important, whether it's major or minor! Try not to worry too much about the small stuff. Maintain an attitude of serenity. This will help you feel healthier, more centered and more in control

Leo

It's a good day to think critically. Whether you're chatting with a friend or working on a professional project, focus on the details. Be analytical as you weigh out your options and form a cohesive picture or plan. Your usual instinct is to view life through an emotional lens. But right now, communicating and operating in a more judicious, levelheaded way will help you make the most of your current energy

Cancer

Sometimes you can be emotionally sensitive, but not today. Now, your mood smoothes out. A grounded, centered feeling is yours if you just tap into it. And that's easy: Simply determine what needs to be done, and get started. It's a great day for any projects involving cleaning, organization or research. Tossing out old clothes or looking into a new career opportunity gives you a solid feeling of personal growth.

Aquarius

Bureaucratic issues are so annoying, aren't they? You don't want to file paperwork or make followup phone calls. You'd so much rather do something more fun, freeform and inventive. But today, tending to those tedious details is a necessary evil. Think of it this way: The sooner you get everything in order and filed away, the sooner you can jump into that creative mind space that you love.

Libra

'Moderation in all things' could be one of your personal mottos. And today, it's an important one. Going overboard in any area isn't a good idea now. Playing by the rules, on the other hand, is good. Stay within the boundaries at work or in social interactions. Being reserved isn't unfriendly or antisocial; it's just prudent, for today. You'll get so much more accomplished if you're both cautious and diligent.

Scorpio

Be thrifty with your money today, and economical with your time, too. Figuring out ways to trim costs or cut corners -- but still do a good, thorough job -- feels like the best kind of mental workout. At the end of the day, you'll know you've done your best. And maybe you even got a little creative as you searched for ways to work within the constraints of a tight budget or a jam-packed agenda.

Sagittarius

People seem a little uptight to you today. They're reserved and focused on work, and their senses of humor are nowhere to be found. Why can't they just loosen and lighten up a little? Of course, there's a time and a place for everything. And today, it's time for a sober approach to your responsibilities. Focus helps you get the details right the first time. That way, you don't have to redo them later.

Pisces

Don't let vague, free-floating anxieties get the best of you today. A nervous feeling could set in, especially if you don't feel physically one hundred percent. In fact, on a day like today, it's easy to make symptoms worse by dwelling on them! Instead, stay calm and practical. Throw yourself into your work. Take care of your health in sensible ways. Before you know it, you've forgotten your worries.



Fundraising Committee

Sub Committee Update

In only its third year of operation, the 2016 Fundraising Committee had their most successful year yet!

With a small committee of dedicated ChIPPERS, including Julia, Jake, Patrick, Emily, myself and Elle as our mentor; we began the year unsure of what we would like to achieve. We started off slow with a few ideas and eventually had the pleasure of running a 'half price' stall inside the foyer of the RCH. We also decided to continue, for the second year running, a Cadbury Chocolate Box drive, and we were able to sell almost double the amount we did last year. While the stall and chocolate boxes are always great, we ultimately decided that we would like to hold an event that brings together not only ChIPPERS, but also the wider ChIPS community in an event that would celebrate the awesomeness of ChIPS. From this, the ChIPS Fundraising Movie Night was born. We worked throughout the entire year to bring together the movie night in what could only be considered a stressful amount of financial calculations and job sorting to make sure we could pull the night off!

With the help of many people, we were able to successfully sell out a 75 seat cinema and enjoyed a night of popcorn and great company. Everyone enjoyed J. K. Rowling's new film 'Fantastic Beasts and Where to find them'. Among the attendees, we hosted ChIPPERS, families, volunteers, staff and friends. We would like to thank everyone who was involved in the movie night planning process, including Kmart Altona Gate, who kindly donated \$100 worth of gift cards. We look forward to a prosperous 2017, with a Bunnings Sausage Sizzle Fundraiser on October 7th!

Tash Payne



Mentor Thanks

The fundraising committee has had a very successful year, but to get there, we had to jump through many hoops and work hard to get people on board. We wouldn't have been able to get through this year without our mentor, Elle. The fundraising committee would like to extend a big thank to Elle for being our mentor this year! Thank you so much for all your help and your guidance in making us work hard, even when you're not there! We have been so grateful to have you apart of our committee this year as you are always cheering our ideas on, being available 24/7 through messenger and always being bright and bubbly, even when things are not going our way! It has truly been our pleasure to work with you this year and we hope we all get the pleasure again next year.

Many Thanks; Jake, Patrick, Tasha and Julia J

Camp Committee

Sub Committee Update

The 2016 Camp Committee, featuring Laura, Emily, Scott, myself and our fantastic mentor Jess 'Chop', have been in heavy preparation throughout the entire year for the 2017 January camp.

After visiting our campsite, Cave Hill Creek in Beaufort, we were able to bring the rest of the planning. This planning involved choosing a camp theme, party theme, activities, meals, timetables, cabin rosters and the list goes on! We would like to thank all of our fantastic medical volunteers and staff for their contributions in the lead up to camp, as well as their hard work on camp. A special mention to Jarnia for her contributions to the camp committee.

James Williams



Mentor Thanks

Dear Jess! AKA chop First of all, you are amazing!!! And secondly your ideas and humour our committee was very valued!! Plastics for life! You were a great support and lots for fun to work with! Thanks again!

Emily, Laura, James & Scott

Advocacy Committee

Sub Committee Update

During the 2016 year advocacy had the experience to participate in a few public talks. These include one at the national youth health week forum, where Georgia spoke beautifully. As a team we have planned and ran a very successful open reference committee meeting. Plans for a successful 2017 are already underway. I'd like to thank Georgia, Zak, Brooke and last but to least Lesh for a wonderful year in advocacy

Zoe Perry



Mentor Thanks

Dearest Allesha,

The Advocacy Sub Committee on Reference Committee has had the extreme pleasure of being mentored by Allesha Fecondo for 2016. It has been a delight to see her each month and work with her throughout the year. She has helped us achieve so much as a committee; she truly embodies all the qualities that ChIPS holds near and dear those of: respect, love, encouragement, support, kindness and acceptance. Most importantly she is bucket loads of fun and is such a joy to be around. She lights up every room she is in, and having her work with us on Advocacy Committee was no exception. It has been an honour to be mentored by someone of Allesha's standing and we would be very grateful to have her as our mentor again and again. Thank you for all that you have helped us achieve this year, simply put Advocacy Committee would not be the same without you. Written by Zak Hany on behalf of: Georgia Grigsbey, Brooke Hall and Zoe Parry.

Socials Committee

Sub Committee Update

Big year at the socials committee. We really tried to focus on the social side of socials this year and getting everyone talking to new people and that really reflected in our first term gathering the arts and craft day. Everyone had an absolute blast and enjoyed meeting all the new chippers for 2016. As soon as that was over we headed to reference committee with ideas flowing and got to work on the Jurassic park exhibit at Melbourne museum. The second half of the year we've encountered some hurdles and the timing of the September holidays threw us off with the grand final holiday so we were unable to have our usual term 3 social. But at the point of writing this we are in full swing for organizing the Christmas party. Hopefully it goes well.

Socials committee for 2016 was Laura C, Curtis, Adam, Bridgette and myself

Tyrone Kelly



Mentor Thanks

Jano;

What an incredible mentor you've been! Not only to our committee but to everyone in the wider chips community, we simply wouldn't be the team we are if it weren't for you! Chips is a brighter, happier and warmer place because of you.

The socials committee would have been lost this year without you and your support and your ideas throughout the year and we could not be more thankful for everything!

So thank you Jano, for everything

Personal Stories...

Meet Kristen

"I'm surrounded by the most incredible support system, and I know I'll make it through, no matter what life brings"

So I guess I should start by saying; hey! My name's Kristen. And I'm your regular 22 year old woman. I love going out with friends, being with my family, sunny days, adventures, animals. And of course snapchatting everything along the way. As I said I'm just a typical 22 year old woman, who just happens to have a condition called Turners syndrome.

Turner's syndrome is a chromosomal abnormality. Meaning basically, a part of my genetic makeup is missing, it's a condition that affects about 1 in every 2,500 live female births. I am one of the incredibly lucky ones. In girls with this condition there is only a two percent chance of us surviving until birth, when my doctor diagnosed me back in 2008, she described my being here as a nothing short of a miracle, not only did I survive till birth, I walked, talked, laughed, looked and behaved just like all the other children my age. Though my condition affects me, I'm slowly learning not to let it define me. It's been a difficult journey, but it's my journey. And I'm proud of it. I still remember a shy, timid and tiny fourteen year old me being escorted to the GP's office with my mother by my side, not really thinking too much about what was happening. My mum then spoke up and questioned if my height (well, lack there of really) was anything to be concerned about, the doctor looked me up and down, looked at a computer screen, then at my hands. No sooner than he had looked at my hands, he turned to my mum and explained that he wanted to send me to the royal children's hospital in Melbourne in a few weeks to run some blood work. Fast forward a few weeks, and there I was, still shy, still timid, still tiny. But this time, not so unaware of what was happening. I was greeted by doctors and nurses in the ambulatory care wing of the old children's hospital where they cannulated me, and proceeded to take blood every half an hour for about three hours. I screamed, cried and even almost kicked my poor mother who was trying to calm down a very needle phobic little me (still sorry about that, mum!) Once that drama was over and done with, I was brought back the very next week for the results, where I was officially diagnosed with Turner's syndrome. The

doctor explained that I would be small, I would need to be placed on hormone replacement therapy, which much to my disgust meant having to inject a needle of growth hormone into myself every single night, which in turn lead to many many arguments, tears, fits, screaming matches and the occasional fainting (again, still sorry mum!) but in hindsight it was totally worth it. I grew fourteen centimetres all up, making me just over five feet tall. I may or may not have screamed when the doctor told me I'd surpassed the five feet mark. Oops. Ha-ha. So I don't regret reluctantly agreeing to the treatment. Little did I know, the toughest part of my journey mentally was yet to come, part of my condition unfortunately leaves me unable to have children naturally. This was a without a doubt the hardest part of the diagnoses, and admittedly I still struggle with to this day. But I'm surrounded by the most incredible support system, and I know I'll make it through, no matter what life brings. So that brings me to day. Since diagnoses, I've graduated high school, got accepted to university, where I'm but months from graduating with a diploma of nursing, which will lead me to my next journey, tackling a double bachelor's degree, in nursing and midwifery. I wholeheartedly believe I am who I am, and where I am because of the indescribable amount of support I have received from friends, family, and doctors along the way. And I am forever thankful. Though I still struggle, and my journey is far from over, I'm so ready to show the world that no goal is unattainable, and everything is possible. Through the bullying, tears, doctors' appointments, tests, and struggles. Nothing can stop me achieving my dreams. No matter how big and scary they are.

Dream big, live bigger.

xx kris.

Personal Stories... Meet India

"The point in this story is to not only share a somewhat humorous side of my medical history but also a real side as to what having a chronic illness is like."

My name is India and my main ambition in life is to be a social worker but that's only a part of me, I like long walks on the beach and watching YouTube videos, flowers and pasta but not bikes and now I will tell you a story about living dangerously.

My medical story begins when I was 8 years old and within a week I could barely walk. The situation deteriorated so quickly that we had stools placed around the house to help me navigate around the spaces I needed to access. This alone was overwhelming and confusing to me.

I remember the pain and the swelling of my joints. We went to the doctors a number of times but were told it was normal and I was just experiencing growing pains. This diagnosis did not sit easily with my family or myself and we then decided we needed our first medical "sit in". We made our way to the emergency department of the royal children's hospital and we said we would not move until we got some answers.

Things progressed from there. I had numerous tests with the results coming back telling us that I had arthritis. My NAN has arthritis I'm 8 this can't be right.

After more test this was confirmed --- so begins my journey into the medical world.

I've been through numerous specialists, many needles and every radiation machine you can think of and believe it or not another diagnosis but there meerkats so it balances out. My family is on a first name basis with the local pharmacist and I can read a medical chart like no one business so I guess you could say my family and I know the medical system pretty well but there's a rainbow to every storm instead of going to school after my appointments we would have a hot chocolate at koko black, and because of my sick days I can quote to you every buffy the vampire slayer episode - I told you I live life on the edge.

I just reach 5 foot and when I was 14 I got put on growth hormone and the doctor felt the need to say that I will not by any means be a tall person. My dreams of being a supermodel were very short lived.

The point in this story is to not only share a somewhat humorous side of my medical history but also a real side as to what having a chronic illness is like. As to where I am now I'm 22 and can pass for 12. This journey I have been given while difficult I have met the most kind hearted and hard working people and while my journey is still ongoing I just want to take this moment to appreciate what I have now and everything I've accomplished.

Thank You.

India Murphy-Miller

Personal Stories...

Meet Brooke

"I have met so many inspiring people in ChIPS and it's helped me realise that I can get anywhere I want too despite all the obstacles along the way"

My name is Brooke and I'm 19 years old. I love gaming, binge watching TV, reading, art, music, going out with friends and animals! I'm slowly getting back into study and am going to start a course in Veterinary Nursing as that's my goal career.

I've been visiting the Royal Children's Hospital since I was little as my older brother has severe asthma but my personal journey didn't start until I was 9, almost 10. I started getting pain in my left hip so I had X-Ray's and it showed that the growth plate in my hip had slipped and they thought the right one would do the same so I got sent straight into the hospital to have pins put in. The problem was known as a Slipped Upper Femoral Epiphysis (SUFE).

After the operation I had regular check ups at the hospital and was still in a lot of pain, I kept getting told the pain was in my head... It wasn't until I was about 14 years old that I got sent to the surgeon I have now. He told me the pain wasn't in my head and he needed to operate on my hips again to fix the problems going on in my left hip. None of this was a chronic illness but he did tell me that by the time I'm 30 I should have arthritis.

While I was on the waiting list for that operation I started experiencing small epileptic fits which I didn't go to the doctor for until I had a full blown Grand Mal seizure when I was 15. I was diagnosed with Photosensitive Epilepsy, which was a wrong diagnoses. I joined ChIPS once diagnosed with Photosensitive Epilepsy and it was at my first January Camp in 2013

that I had a seizure that changed my diagnoses. I ended up having more tests and was diagnosed with Generalized Epilepsy.

Since then I have had 4 operations, one on my hand and 3 on my hips, the last two I ended up stuck in a wheelchair for nearly 12 months.

I'm still recovering from my last operation and have to have another one sometime in 2017 but despite the long recovery process I am finally feeling like myself again and am excited for my future. The past year has been particularly difficult for me but ChIPS has been a big distraction for me and it really helped. I also wouldn't be where I am now without the support from family and friends. I have met so many inspiring people in ChIPS and it's helped me realise that I can get anywhere I want too despite all the obstacles along the way. Anyone can.

Brooke D xx

Personal Stories...

Meet Claudia

"right now you could say that I'm generally doing very well in terms of my health. My disability isn't as serious as it may look sometimes"

I've written a personal story for the ChIPS wrapper before but that was so long ago and a lot has happened since then. I know for a fact, one event that has occurred has changed my life in a big way.

Hello! To all of you who do not know me, (and yes I said you on purpose because come on... lets be real). My name is Claudia but you can call me Clauds. I would say that I am a fairly noticeable character I would hope because of my loud and vibrant personality; but of course there's the obvious fact that I am in this sick, four-wheel-drive of a wheelchair, ("look out for speedy Gonzales over here!"). My friends at school actually gave me the nick name "the terminator" because a. I drive too fast and b. I've run over quite a few toes in my lifetime. Jano always tells me on camp to slow down. You would think that I would listen to the police officer... but I don't. Haha!

I've been in ChIPS for about four years now? And I can honestly say it's been one of the greatest things I've ever done. I know like a lot of you guys, I've never felt like I fit in. I think that's something that's particularly heartbreaking as a teenager in general but in ChIPS it's honestly like all of a sudden people want to hang out with me and I've made so many good friends. It's become like my 'scene' where I can just be myself. The thing that I find is most special about ChIPS is that even when you first start off, you're not expected to explain yourself or tell people about your illness. It's purely just this mutual understanding that we have all been through similar difficult experiences and we just need to have this support network that gives us the opportunities that we could never have in any normal circumstance. Through this we are able to make long lasting friendships and sometimes it means so much more because it's much harder for most of us socially when we're out in 'the real world'.

Of course, I'm somebody who has never really had a problem with sharing stories about her life and her disability. As you can already tell, it's not exactly invisible. I think personally it's more important for me to talk about it because I think it's the one aspect I don't share in common with a lot of other people; having a disability that is so apparent. This means that some of my experiences are much different to many of my peers and sometimes they are completely the opposite. But even with an obvious disability like mine, it still comes with many mis-judgements and assumptions. For example; most people often think that I have a mental disability and I can tell you right now, I absolutely do not! It's just physical. In fact, I consider myself highly intelligent (just so you know). It can be quite challenging going through life with these types of problems occurring, but as I've gotten older, I've learnt to not only accept myself with this disability, but also to speak up for myself. I have nothing to be ashamed of because there are so many positives that arise from being in this position. (My mum taught me that. Thanks mum xx). The way I see it, is that my academic and emotional intelligence makes up for the lack of physical capability I have.

I really enjoy school, more so in early high school years

because this is when I really gained confidence in my academic abilities, I do pretty well to say the least. Although like all students there was one subject I absolutely hated in year 10. It was science. I think it was because I was never able to physically do pracs on my own. But I always just found theory even more complicated and boring. Now to those of you who are thinking; Clauds, why are you talking about science for? Hold on, I have a point. Last year I was studying for my year 10 science exam. My dad walked in and put a letter from the RCH right on top of my

textbook in front of me. I glared at him because of course, why you gotta go interrupt me in the middle of my freaking out over identifying the different structures of a gene or whatever the hell it was, for? But he told me to read it and so I did. I remember going blank for a moment because I soon found out it was from my doctor in the neuromuscular clinics. You see all my life my disability has actually been a mystery to doctors from the day I was born. You may have heard me refer to myself as having congenital myasthenia gravis (CMG) which was what doctors had originally predicted when I was a baby. However misinterpretations such as your daughter will never walk or talk or even breath on her own proved definitely incorrect. This posed the ongoing question of whether the diagnosis was correct in the first place. For many years, through genetic testing, doctors have been searching for a diagnosis more suitable. The 10th of November 2015 (more than 16 years after I was born) was the day I finally got that diagnosis.

Apparently I have Ryanadine Myopathy which is a genetic muscular disorder that effects all the muscles of my body caused by my parents having the same genetic glitch. Now, unfortunately this does not really change any of the symptoms nor does it provide me with a cure. I'm still learning about my disability so there isn't a lot I can explain just yet. I do however, believe that it is still an important milestone because now I no longer have that question hovering over my head. For those of you who are still wondering, I ended up doing alright on my science exam. Much better than I expected, haha! Since then I have graduated year 10 with flying colours and have actually just finished year 11 two days ago.

right now you could say that I'm generally doing very well in terms of my health. My disability isn't as serious as it may look sometimes. Yes I'm in a wheelchair but I've never had any serious internal or long-term health issues. The only reason I appear in and out of hospital is for dental and orthodontic appointments. This is because I will soon be receiving surgery on my jaw to try and align it so that I can speak properly. That'll be my next exciting milestone that I'll hopefully be writing about in my next personal story by this time next year.

Claudia Forsberg

Personal Stories...

Meet Sevda

"so we planned to move back to Australia, the country I was born in. That was the best news I had heard in a year. It has now been 10 years since."

I was 8 and I often came home from school crying with wet pants. My mother didn't understand what was happening. One day she would ask me and I would tell her "the teacher doesn't let me go to the toilet when I ask" which made my mother furious. She marched into school the following morning and pulled my teacher aside to scold her: "Why is my daughter coming home with pants soaked in her own urine?!" To this, my teacher had no reply. Despite my top of the class grades and my well-behaved manor the teacher believed I used the chance to go to the bathroom as an excuse to roam the school and waste time.

Unfortunately, the teacher's behaviour didn't change much after the scolding.

A few weeks passed and after much discussion my parents decided that we were moving to Cyprus, where both my mother and father's families originally came from. So, we packed our bags and left. 8-year-old me felt what I would call sorrow for the first time in my little young life. I left everything behind, my friends, my toys, even part of my family. They planned to join us a few months down the track. Despite that, the pain of separation was still felt.

We started a new life in Cyprus with the intention of living there. However, disaster struck. I was an 8-year-old child that weighed around 60kgs, I was large. Within two months of living there I lost 30kgs. At first everyone was pleased "Sevda is normal sized, this is great!" but the weight loss didn't stop. I lost all muscle, I was unable to carry my own school bag anymore. My mother would carry it for me up the school stairs. I was bullied for being a foreign, English speaker whose mother had to carry her things for her because she's a weakling. Safe to say I got very ill after all of that and hit my first spout of depression shortly after my 9th birthday.

The details from here on out are very fuzzy as I was extremely ill and depressed, so bear with me.

My mother started to get very worried as I started isolating myself from everyone. She also tried feeding me more to stop any more rapid weight loss. It didn't work. I looked like a walking skeleton with eyes. My

mother started drawing attention to my illness and, after many arguments, finally got me an appointment to check up on my health. A blood test was done and a week later I was rushed into the hospital. To this day that is still one of the most traumatic experiences of my life. They took me, as a tiny, fragile, broken 9-year-old and shoved me on a hospital bed and they prodded and poked to find veins to attach all the tubes into. All the while I cry for my mother and they don't let her in to hold my hand and calm me down.

After all the panic and chaos subsided they pulled my mother and father aside and explained to them what I still deem as the worst news I have ever been given in my life. While they spoke, I slept in the last peace and blissful moment of my life. My mother came into the room and woke me up to see if I'd like to eat anything. I turned down the offer, too anxious and scared to eat. I remember she had this sad look on her face, her eyes red from crying. She stopped talking to take a deep breath and gave me the news I will never forget.

She said "Sevda, we spoke to the doctors and we finally know what's wrong. No no, it's okay you don't need to panic. They just explained to us how some of your organs don't work anymore, well one in particular."

She went on to explain to me the fundamentals of diabetes as I sat there shocked and confused. Reality blurred around me, the only clear thing was my mum's voice as she explained to me how my brain attacked my cells.

"The doctors said that it's most likely because you were born with this already in your DNA but the last few months where you got depressed just activated it"

I spent the following week in hospital trying to figure out how I will be 'normal' again. To this day, I still struggle with that concept. After I was released from hospital my family decided that Cyprus didn't contain the necessities for my condition so we planned to move back to Australia, the country I was born in. That was the best news I had heard in a year. It has now been 10 years since.

~ Sevda Yahya

Chronic Illness Peer Support (ChIPS)

Adolescent Medicine
The Royal Children's Hospital Melbourne
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TELEPHONE +61 3 9345 6616
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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.

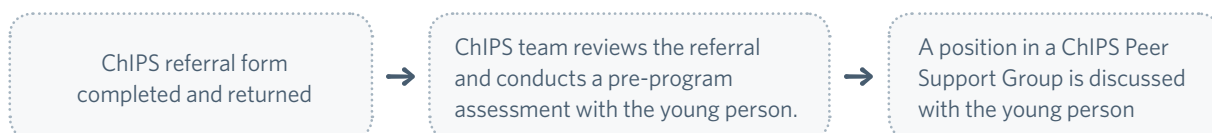
The entry point for the ChIPS program is via the 'Eight Week Group' or the 'ChIPS Intensive' where new participants share experiences of living with chronic illness and learn from each other in a facilitated, semi-formal and safe environment. Once program participants have completed their Eight Week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

