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**INTERVIEW
WITH
OLYMPIAN
JOCELYN**

**HOW TO
BUDGET
FOR A
HOLIDAY**

**D.I.Y
SPEAKER**

MADE JUST FOR TEENAGERS
ART / MUSIC / CRAFT / COMPETITIONS / STUFF

2016 Livewire
Zine Photo Comp
winner - CATE

ISSUE TEN

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HOW TO BUDGET FOR A HOLIDAY

Brought to you by Greater Bank

Travelling can be one of the most exciting and memorable experiences you can do, but saving the money needed to go to that remote island or bustling city can be tough. We spoke to Jye, a Greater Bank Branch Manager for some tips, tricks and advice on saving your Penny's, Yen's or Dollar's to get you exploring sooner and safer.

What is the best way to carry money when overseas? Especially when you need to use a different currency.

I always suggest having a couple of different methods of accessing your money when you go overseas to make sure that you're never prepared and never left high and dry.

It's good to have some foreign cash organised before you leave, so that you can start using it as soon as you land. Overseas ATMs will convert your Australian Dollars into the destination's currency, although you will be charged a premium for doing so.

For larger sums, I would look at taking a Travel Money Card (ask at your local bank). The great thing about these cards is the ability to lock in an exchange rate at the time you load money onto the card. This means you have the ability to wait until currency fluctuations are at their best for you, lock in

planning an overseas trip, you need to take these conversions into account to ensure you have enough money to cover your expenses. It is easy to think something you want to buy is either super cheap or super expensive until you do the conversion to understand the actual cost.

Are there any tips on knowing how much money I will need for a holiday?

Once upon a time, travellers were stuck with only travel agents to access information from around the world when it comes to planning their trip and getting the best value for money. Now times have changed! While it's true travel agents will use their travel knowledge to look for great value, the explosion of the travel industry online means that travellers are now able to get insider information from travel advice sites

Cheap travel isn't necessarily bad travel, so don't be afraid to hunt for bargains.

a set amount, and know exactly how much you have to spend while away. And when you get home after the trip of a lifetime, all you need to do is pop in to see your bank, tell them about the trip, and they'll take care of exchanging any unused foreign cash back into Aussie Dollars.

Why do currencies change value and what does it mean ie. AUD is worth \$0.75 USD?

Currencies change value all over the world many times through the day. This is due to change in the global markets. A high demand for a currency or a shortage in its supply will cause an increase in price. If AUD\$1 = US\$0.75 it would mean that for every dollar Australian Dollar you would get USD 75 cents. For 100 Australian dollars you would get USD75 etc...If you're

like TripAdvisor and others on the reality of each location. Plus, online travel sites frequently offer special deals that only apply online. Staying across these sites could save you serious money.

Any suggestions on how to holiday on a budget? Locations, accommodation, transport etc.?

Once you've got your destination picked, you should start saving, and shouldn't be afraid to do a little bit of creative thinking so you don't end up paying the earth.

Consider things like travelling during off peak periods, giving the hotel food package a miss and opting for more affordable local alternatives, avoiding expensive tourist traps and attractions to better experience the local culture.

You don't always have to go overseas to go on a holiday. Personally, I think we have many beautiful places right in our own backyard; places that don't require a flight. By not just falling into the typical patterns of tourist behaviour, you'll find there are significant savings to be made.

What should I do if my money gets stolen or lost while overseas?

It's essential that you report the theft or loss of your card straight away to the local authorities as well as contacting your bank to notify them of the lost card as soon as possible.

It's important prior to travelling that you also organise travel insurance for your trip. Your travel insurance should to cover medical and hospital expenses, cancellation fees, and cover for lost luggage, travel documents and credit cards.

Are there any tips or tricks to help saving for a holiday?

At times, saving in any case can be hard to do. But when it's for a holiday, it's reward for the hard work you do to earn your money.

First, pick your spot on the map, and start putting together a figure for how much you'll need to get there. Cheap travel isn't necessarily bad travel, so don't be afraid to hunt for bargains. Whether you use a travel agent or go solo, having an idea of how much your holiday will cost will help you develop a new savings goal. Find some photos of where you are going and keep close to you - on your phone screen, in the car or at work or school; to give you the motivation to save.

Take a look at your monthly spending, and if you can identify some extra cash that can be trimmed, this will mean you'll be able to make extra regular contributions towards your holiday savings goal, and you'll be boarding a plane sooner!

Holidays are great fun and as long as you save hard towards any goal - it is very rewarding when you get to enjoy it.

Travel tips

Organise your foreign cash before you leave home, so you know you can only spend a set amount

Consider a multi-currency travel card, and lock in foreign currencies at a lower exchange rate

Know your credit card fees and charges when it comes to international travel

Use online travel comparison websites to look for great deals on accommodation, transport and leisure activities

Prepare a travel budget, and stick to it

Keep track wherever you are - always keep check of your finances with your banking app so you can manage your money anywhere, anytime (just be careful when overseas to only use the app when connected to WiFi - turn your roaming data off to avoid hefty data fees on your next bill).

SPOT THE DIFFERENCE



Created by Lauren_LW and the patients
at John Hunter Children's Hospital



HOW TO PLAY THE DIDGERIDOO

WRITTEN BY BART LW

Hello, and welcome to the first *Livewire Zine Didgeridoo tutorial*. Firstly, if you're having any doubts, let's answer some of your questions first. The didgeridoo is possibly the worlds oldest instrument, originating from the Australian "*Arnhem Land*" Indigenous cultures, dating back over forty thousand years.

What if I don't have a didge? It doesn't matter. You can make a didge with an old vacuum cleaner pipe or a length of PVC tubing, super cheap from your local hardware store. Just grab a length of pvc about 1-1.5 metres long and roughly 4 cm in diameter. You'll need to make a mouthpiece, either out of beeswax or modelling clay to get you started. The size of the mouthpiece will then be more like 3cm. **What if I can't circular breathe?** You don't need to at first. There are many sounds you can play just with one breath. **I don't have a large lung capacity, can I still play?** Absolutely, playing the didgeridoo is actually about using a very small amount of controlled air. It's all about being relaxed and playing gently. **It looks too hard!** You don't need any prior musical ability to play the didgeridoo, and you can get going with minimal practice.

THE DRONE

Let's start out with your posture. It's good to be in a comfortable, upright position, slightly leaning into your didge.

Playing the didge is about controlling a small amount of gentle air through your lips as they vibrate, similar to "blowing a raspberry", but very softly. You may use your tongue to start the raspberry sound, but with practice you should be able to do it just with your lips vibrating. The key is to relax. Try it now without the didge.

Now try and blow gently into the didge, while vibrating your lips with the gentle stream of air. Place your lips inside the mouthpiece to form a gentle but air-tight seal. Blow the same raspberry and you

should feel the didgeridoo vibrate. At first your brain will try to take over and tense your lips up tight. You may hear a spitting/trumpet sound. This is perfectly normal to begin with, you just need to relax as you did without the didgeridoo.

You should hear a drone sound as soon as your lips engage into vibration. If you can't get it, the key is to relax and not try and force it. The more relaxed your lips are, the easier it is. Also, remember to keep an air-tight seal.

Once you have the drone, try to control it and keep one breath going for between 15 and 60 seconds.

SOUNDS

Now you have the drone, it's time to have fun and make your own sounds. While making the drone, try and introduce voice sounds alongside it. Try starting with a simple hum and then progress to other sounds, such as howls and animal noises. From there you can do whatever you like. High pitched screams are particularly interesting, but there are no rules and just go with your imagination.

Now try to move the shape of your mouth and the position of your tongue. You'll

notice the timbre of the drone changing, a little like a synthesiser sound, with different frequencies of sound being emphasised as you do it. Combine these techniques and spend a while improvising and practising. Then you'll be ready to learn how to circular breathe.

For a full tutorial on circular breathing and other Didgeridoo techniques, join Livewire and check out the videos in the articles section.

A GUIDE TO



WRITTEN BY BART LW

I started working with Livewire around the same time that Jocelyn joined, and I've been so lucky to have the opportunity to see her progress over the years. Recently I asked her some questions to help share her experience to help others in similar circumstances.

How old were you when you started having problems with your health? How long did it take to get diagnosed and what were/are you diagnosed with?

I started having major life changes from my health challenges in my early teenage years. It began with an undiagnosed thyroid disease, which was only diagnosed when I was found in a coma, by which point my thyroid levels had gone beyond a toxic point, causing my body to shut down. So that initial diagnosis was achieved relatively quickly at that point. That was just the beginning of my journey into the medical world, with many new diagnoses to occur over the following years - some of which have not come easily, some taking many challenging months on end to come to a conclusion.

Did your health condition affect your ability to go to school? Did having an illness become isolating for you?

Yes it did impact on my ability to go to school. I was not able to return to school, or able to complete school work externally after the initial onset which was really unsettling. I was actually told I would not be capable. Not only was I having to deal with the life changing health challenges I was facing, but the small normality of going to school was also taken away from me. There was no normality in my life.

As I was in hospital in Adelaide, far from home, it meant I became very isolated and withdrawn, feeling misunderstood by those around me. Those that I had considered friends in school never came and visited me

in hospital, and then to top it off, no longer wanted to associate with me anymore as I was 'that sick kid'. I could no longer take part in any of the sports that had also been such a massive part of my life previously as a result of my paralysis.

What more could go wrong? How was I supposed to navigate such a challenging time in my life alone? How was I supposed to get through this?

These were all thoughts that passed through my mind.

The turning point was when I was introduced to Livewire Online during one of my lengthy admissions!

Did Livewire help with the isolation? What else helped and how?

Livewire definitely helped me to combat the isolation by giving me the opportunity to connect with others who truly understood what I was going through. By connecting with others who had been or were in very similar circumstances made me realise that I was actually not alone in my experiences and journey. Being able to chat with people who truly 'got it' was life changing. Over time, I was able to connect with many amazing individuals who had achieved so much in their lives, overcoming many challenges, barriers and expectations to live a very fulfilling life; working, attending and completing university, volunteering within their communities and much, much more, despite their disabilities or illnesses. These individuals encouraged me to explore my interests and passions and find something I would like to pursue in the future.

From here I began by taking an online coding course for my own enjoyment, followed by starting a medical science degree at university and getting involved with my local community through Julia Farr Youth and sailing. This was only the beginning. I began blossoming in life - I formed many great friendships, found a new level of

confidence within myself, discovered new skills and interests, and finally felt as though I was making progress and once again had a purpose in life. Within a year my life no longer revolved around hospitals and appointments, and I was volunteering at my local Sailability Club, mentoring with Julia Farr Youth, making progress at university, had moved out of home and so much more! Without Livewire I don't think I would have got the knowledge or confidence to become so involved with my community, which was a vital part of my journey in getting me to where I am today!

I know you've left one thing out. Can you tell us how this led you to become a Paralympian and what your plans are for the next few years?

Well, I guess my involvement in the community allowed me to get involved with

"THE TURNING POINT WAS WHEN I WAS INTRODUCED TO LIVEWIRE ONLINE DURING ONE OF MY LENGTHY ADMISSIONS"



a number of sports over time, and saw me want to push my capabilities and physical abilities to new limits. To work towards this I spend much time swimming as part of my rehab to improve my function. I was fortunate enough to have been spotted swimming and identified as having the potential to be well suited to Paracanoe. How right they were! Right from the first time I went to try the sport at West Lakes Canoe Club, towards the end of 2015, I fell in love with the sport. The freedom I felt on the water! The independence I had! The ways in which I could push and challenge my own abilities! There are so many reasons I fell in love with the sport and I just could not get enough of it.

When I was identified as having potential for the 2020 Paralympics in Tokyo I was sent to the national championships in Perth in

March 2016, to be classified to get more of an idea of the times I would have to be achieving. Little did I know I would come away with a number of gold medals and be selected to the Australian Paracanoe Team to compete at the 2016 Paracanoe World Championships in Germany. My results earned Australia a quota slot for the 2016 Rio Paralympics. I was selected to the Australian Paralympic Team to compete as the K1 KL1 200M representative! What an honour it was! Less than 12 months after first sitting (well attempting to sit - I actually fell out very quickly) in a boat, I competed at the Paralympics where I placed 5th! What an incredible experience it was! It has left me with a burning desire for more! My eyes are now set on a podium finish at the 2020 Paralympics in Tokyo, while pursuing wheelchair basketball, disability advocacy and university!



MUSIC

- IT'S MORE IMPORTANT
THAN YOU'VE HEARD...

Music is powerful. It taps into our moods, memories and even our behaviours. It has the ability to relax or hype us up, to motivate us and even cause us to work or shop harder. Music is pretty central to our lives. Whether you've noticed it or not, it's pretty much everywhere. You listen to it at home through the radio, on the bus via your ipod, in the waiting room of the doctors or at school through the terrible 'jamming' of your classmates during music. And although that last example might make you cringe, there's plenty of other ways that music can influence our mood and also our behaviours. Let's check some out.

Written by Lauren_LW

Music + advertising

If you've ever seen Zoolander or Josie and the Pussycats, you know full well that music can brainwash you. And retailers use this sneaky weapon all the time – altering the tempo, volume and genre of the music in stores to influence your shopping behaviour. Loud music will make customers move more quickly through a store but still purchase the same amount and if you play low-tempo music, they'll spend more time in the store, but also spend more money! You'll also stay on the line longer when on hold if there's music playing, and if you like that music, you don't feel like you've been waiting as long.

So next time you're in a shop, be wary of the tunes, they might make you do something you'll regret. Although being persuaded to buy another unnecessary pair of shoes is probably not as bad as having to watch Zoolander 2.

Music + meditation

Music reduces the levels of the stress hormone cortisol. This is why some people find music to be relaxing. If you're feeling a bit wired try listening to Classical music (or at least something mellow), it might help to slow your heart rate or deepen your breathing.

Music – mood and memory

Neurons that fire together wire together. If you're happy and just having a rad time while listening to some sweet tunes, then chances are your brain will link those two things together. So when you're down, try playing a song from a happier time. Maybe a song that you sung the wrong lyrics to, which made your friend laugh their heads off. A recent favourite of mine is my friend's version of Selena Gomez's song 'Good for you', in which she sings "I'm farting carrots" instead of "I'm 14 carats" – gets me every time.

WEIRD MUSIC FACTS

Playing an instrument may make you a ninja

Wellllll actually, scientists have found that reaction times of musicians are faster than people who don't play an instrument.

Men should avoid rock music when playing board games

During a game of Operation, men were distracted by rock music and made more mistakes whereas music had little to no effect on women's game performance.

Songs that get stuck in your head are called 'ear-worms' and all share similar properties. When you hear that annoying tune that plays on repeat in your head, just chew some gum – it's thought to interfere with musical recollection so should hopefully stop that continuous loop from starting.

Happy upbeat music makes teams work more cooperatively whereas heavy metal makes people act more selfishly.

Sharks are viewed more negatively when documentaries about them play ominous or threatening music in the background. So that's why Jaws is so scary... da dun.... da dun...

Listening to music before, during or after surgery can reduce pain and anxiety even more than drugs and this was even stronger if patients were allowed to choose the music they listened to.

I'VE NEVER HEARD OF THAT BEFORE

WEIRD AND WACKY INSTRUMENTS YOU MAY NOT HAVE HEARD OF.

Written by Hannah_LW

Are you sick of playing the same boring old instruments?
Wanna test your musical #skillz on something wacky and a
bit bizarre? Well why don't you give these a go!

Go on! Let's get the band back together! You can play
the.....

SUBCONTRABASS FLUTE

This type of flute is one of the largest instruments in the flute family, and can measure over 4.6 meters long! It is sometimes called the gentle giant because of its low and gentle sound. This mammoth flute must be custom ordered and can be made out of PVC or metal.

Melodica

Ok so, if the harmonica and the keyboard had a baby... that would be the Melodica. It is a free-reed instrument, similar to the harmonica, with a musical keyboard on top. These are super cute as they are small, light and portable and come in varying styles and sizes.

Hydraulophone

The hydraulophone is a tonal acoustic instrument played by direct physical contact with water, where sound is generated or affected hydraulically. It almost looks like the musician is just pressing down on water and creating sounds, which is really hard to imagine, but spectacular to watch.

Theremin

This very abstract instrument is one of the few instruments in the world that doesn't actually require physical touch. Instead a player moves their hands along two antennae. Electrical frequencies released from the Theremin react to the hands and makes creepy yet oddly soothing sci-fi music.

Sea Organ

This would have to take the cake as the most unusual, and as there is only one in the world. Found in Croatia, the sea organ is an ambitious project that sought to turn the sea itself into a musician. Pipes are constructed underneath the promenade in the sea front of Zadar, that react to the waves as they roll in, creating whimsical sounds for the tourists and locals.

A Theremin



COOKING IN VIETNAM (NẤU NƯỚNG)

WRITTEN BY BART_LW

This Easter I was lucky enough to spend ten days in Vietnam with my family. We were staying in an organic farming area, just outside the old city of Hoi An, famous for its tailors and amazing food, in an organic farming area. One day we had an amazing experience, learning how to cook three Vietnamese dishes. If you're into cooking I can't recommend it more highly. We had two 11 year old boys, a 9 year old girl, three middle aged, extremely handsome parents

and a couple of 75 year olds celebrating their birthday, and everyone loved the day. It ended up being one of the best experiences of the holiday for everyone.

We started out at 8am, meeting our host, Nguyet (pronounced wheat), who took us to the local market to buy all the ingredients for the meal. As you can see from the photos, the markets were open air, vibrant and had quite interesting smells for some of

the city kids. We passed many sights that you wouldn't ordinarily see at a market in Sydney or London. We picked up calamari, pork, chicken and vegetables that Nguyet didn't grow at her farm.

After returning to Nguyet's home/restaurant/organic farm we were all given a workspace each, with our own knives, ingredients, gas stove and utensils. Luckily we had expert guidance to get us through the dishes. The

kids were given fancy chef's hats and the grandparents were in their element.

Here's the list of what we cooked:

CHÀ GIÒ HỘI AN

(Fried spring roll with vegetables (mushroom, carrot, taro, bean) with shrimps and pork)

GÀ KHO TỘ

(Braised Chicken in clay pot)

MỰC PHI LÊ NƯỚNG SẢ ỚT

(Grilled Calamari with Lemongrass & Chilli Served with Mint Leaves & Home Made Sauce)

While we cooked, Nguyet explained how people live in Vietnam. The government supplies everyone with a place to live, which comes under review say, every 15 years or so. It's dependent on where you grew up and your ties to the area. For example, Nguyet's family have lived in the farm region for many years. They're also given the chance to commercialise their land. The farming lands around Nguyet are run communally, but she's been allowed to set up a restaurant and cooking classes to earn extra money. We went for a walk around the farm and her knowledge of each herb and spice was outstanding, informing us of the health benefit/dangers of each plant. I especially took note of the "Dangerous Lady" chilli. We were told that if we ate one we wouldn't be able to walk back to the house! In general though, the Vietnamese are very healthy, and it's easy to see why, with all their dishes including a variety of fresh vegetables, which are mostly grown seasonally.

Finally, if you feel adventurous and want to try cooking any of these dishes (I'd highly recommend the spring rolls), I've included the recipes on the next page.

RECIPES

(CÔNG THỨC)

CHẢ GIÒ HỘI AN

(Fried spring rolls with shrimp, pork and vegetables)

INGREDIENTS

100 gr chopped shrimps and pork
4 tsp green onion,
¼ tsp salt
½ tsp sugar
2tsp garlic
2tsp shallot
½ tsp pepper
chili
50 gr grated carrot, taro and
Chopped black mushroom
Smashed beans (what kinds of bean do you
have at home)
Rice paper
oil

DIPPING SAUCE

1 portion lime juice
1 portion sugar
2/3 portion of fish sauce
How ever much chopped garlic and chili
you like.
Mixing everything together and finish

METHOD

Fry the taro with 1 tablespoon oil for about
3 minutes. If it's too dry, add a little bit of
water.

Mix all spices (onion, salt, sugar, garlic,
shallot, pepper, chili) with shrimp, pork,

chopped carrot sticks, taro and black
mushrooms.

Roll the mix into the rice paper.

Deep fry rolls with oil on high for 2 minutes
on a high heat)

GÀ KHO TỘ

(Braised Chicken in clay pot)

INGREDIENTS

150 gr chicken
(breast of chicken or leg with skin)
1/2 tsp salt
1/2 tsp sugar
2 tsp garlic, shallot, onion,
1/2 tsp pepper
2 spring onions
2tsp fish sauce
1 tsp chili sauce
Oil
2 tsp soy sauce
Water or stock
A little bit of curry powder

METHOD

Cut chicken into 2cm squares. Marinate
with all spices (salt, sugar, garlic, pepper,
onion, fish sauce, chilli sauce, soy sauce).
Marinate for 30mins.

With two oil, fry chicken for about 2mins. In
a seperate pot bring water or stock to boil,
add chicken cover and keep on the lowest
heat. Cook for another 5mins. Eat with
steamed rice and vegetables.



CHOONS

DIY SPEAKER

Loudly share your favourite CHOONS with this easy made phone speaker.

YOU WILL NEED

2 toilet rolls
2 paper cups
a pair of scissors
a pencil and some tape

HOW TO BUILD IT

Temporarily tape the 2 bog rolls together, and mark out the length of your phone along the length of the rolls – it should be exactly halfway where the two rolls meet.

Untape the rolls and cut out the marked area, which will now be your phone stand.

Trace the end of one of the rolls onto the side of each cup and then cut out. Also cut a circle in the bottom of each of the cups.

Assemble so that each loo roll goes into one cup and retape the rolls together at the middle.

Now slide your phone in and voila! If this super easy DIY still seems a bit complicated, just stick your phone in a glass. Seriously, it works a charm.

Written by Lauren_LW



'FRANKIE' — Drawn by Mackenzie (Vic)

Livewire is designed exclusively for teens and young people experiencing acute and serious illness or disability. Whether they are in hospital or at home, Livewire connects adolescents through creative workshops, an online community, entertainment and a whole lot of laughs.

We aim to offer every adolescent a place that makes them feel safe, included, supported and most importantly, free to be a teenager.

For more information speak to your nearest Livewire Facilitator or jump online to livewire.org.au or livewire.org.nz (if in New Zealand).

SPOT THE DIFFERENCE ANSWERS
1. Star on Captain America's Shield changes colour 2. White stripe appears near bottom of board 3. DC sign moves position 4. Green section changes to teal at top of board 5. Flash lightning bolt rotates 6. Bat in Batman symbol disappears 7. Iron Man's eyes vanish 8. Harley Quinn's hat changes colour 9. ?????? BONUS one

livewire
powered by Starlight

MY FAVOURITE GIG

Livewire Brisbane has been going music-mad this past month and running weekly gigs in the *Starlight Express Room* as a part of their *Friday Night Live* workshop series. Not only have these rockstars performed some of their own material, but various local singer/songwriters have been coming in to perform and run song writing sessions. Since these guys are now qualified music buffs, we thought we'd grill them on their favourite gigs they've been to...

HANNAH

Livewire Chat Host and Facilitator

"I think my favourite one would have to be the latest Coldplay show. I'm not usually a massive Coldplay fan, but the atmosphere was so exciting it was hard not to get caught up in it all. Plus I didn't realise how many songs I knew all the words to! I think the combo of the lights (everyone was given wrist band lights on entrance) the energy from the crowd and the extravagance of it all just made for one heck of a fun show!"

JEREMY

Livewire Facilitator

"I once saw the band Duran Duran (huge in the '80s) doing a greatest hits tour. Their show was amazing but the best thing that happened was their support act - a solo artist from Sydney called SPOD. He was completely unknown to the 10000 person strong crowd at the Brisbane Entertainment Centre and armed with just himself and a backing track - he quickly managed to turn everybody there against him. The booing was fierce but he pushed on like a true champion and continued to antagonise the audience. I cheered as much as I could but I had bad seats and was at the back of the arena. From that day onward though, it completely changed what I valued most in a performance - entertainment above all else."

LARA

Livewire Facilitator

"My most memorable gig was when the 90's bands Bewitched, Atomic Kitten and Scub7 all performed together. They were bands I've idolised since I was about five, and I thought I'd never ever see them, so I was just like so pumped when I saw them all. Like I've never lost my voice before, but I lost my voice after Scub7 played. It was just basically a 90's nostalgia event! But at the end I twisted my ankle doe-see-doe'ing with a stranger to the Steps song '5, 6, 7, 8' and ended up in the Emergency room. So that was fun . . . very memorable."



Livewire
.org.au

left hospital and want to



- left hospital and want to make friends
- left hospital and want to stay in touch with livewire
- left hospital and want to chat about cats
- left hospital and want to share my experience
- left hospital and want to win heaps of cool prizes



Livewire.org.au and livewire.org.nz is a great place for teenagers from around Australia and New Zealand to meet new people, share experiences, find support and keep up to date on the latest news and gossip. It is also an amazing place to get creative and win some awesome prizes! All you need to do is jump online, head to www.livewire.org.au or www.livewire.org.nz (if in New Zealand), create a profile and start exploring.

CREATED BY LAUREN_LW



WRITTEN BY LAUREN_LW

The **Surf Spray Project** was an idea (originally thought to be a brain fart) that was dreamt up by **Livewire Facilitators** at the John Hunter Children's Hospital where we'd get a whole heap of surfboards, help the young'uns in hospital to deck them out, and then have them displayed in a public exhibition at Surfest 2017.

But "what's Surfest?", you may ask – well, it's only the biggest surfing comp in the whole Southern Hemisphere, my friend. It's a month-long series of epic competitions and events held every year here in Newcastle with a host of performances and market stalls that run alongside it.

It was awesome that **Livewire** and **Starlight** could be part of this huge festival. It was unreal to see the generosity of local surfboard riders and makers and The Greater Bank for supporting as well as the **Surfest** organisers.

It was rad that we could give some young people a bit of fun and relief from being in hospital and it was amazing to have the privilege of displaying their wicked artworks and creativity to the public. But by far, the best part of this project was that it really brought out the best in everyone involved, and allowed all of us to become a greater part of this beautiful community we call



HANNAH'S PICK OF THE TOP



MUSIC STREAMING APPS

WRITTEN BY HANNAH LLW

Gone are the days when people used to buy CDs and make mix tapes. These days we live in a far more exciting world of music streaming, playlist curation and apps that somehow know what kind of music you'll like better than you do yourself. But how do you know which music streaming app is best for you? Well, the top players that are currently dominating the market are. . .

SPOTIFY

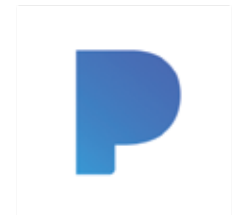
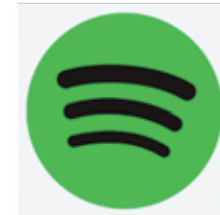
Free with ads/\$14.99 per month no ads

Spotify is currently the undisputed ruler of streaming apps. With over 30 million songs in its library, podcasts and playlists (community made and curated just for you) it's one of the most well-rounded streaming services out there. You can connect with Facebook to let your friends know what you've been listening to, access entire libraries from your favourite musicians, or find playlists based on your mood.

PANDORA

Free with ads/\$7.99 per month no ads

Pandora is great when you want to chuck on a playlist and have the app do all the thinking for you. You can create radio stations by entering in an artist or song title and the app will create a playlist featuring songs of the same genre or style. You can 'like' or 'dislike' songs to let the app learn the kind of music you like and give you more of what you want and less of the songs you'll just end up skipping through.



SOUNDCLOUD

Free with ads/\$14.99 per month no ads

Soundcloud is the lovely little combination of music streaming and social media. You can browse for new and original artists, or simply listen to some of your old faves. You can log-in to follow your favourite artists, 'like' and 'comment' on songs, and have the artists actually interact with you through the app. If you're a keen muso yourself you can even upload music to Soundcloud, which also makes the app a great way to discover smaller, local artists and discover new music you haven't heard before.

IHEARTRADIO

Free with ads

iHeartradio is a favourite for many as it features not only 1500 live radio stations, but you can also listen to custom playlists based on an artist or song title of your choice- similar to Pandora. It doesn't have the individual song control of Spotify, but it has the cool capability to search radio stations by city - meaning if you move or travel, you can still listen in to your favourite radio shows.

LIVEWIRE ONLINE MEMBERSHIP FORM

Livewire.org.au and livewire.org.nz is an online community for young people with chronic health conditions, or disability, and their families. It is a safe, online space where members can connect and share experiences, chat, create blogs, enter competitions and read up on the latest news, reviews, interviews and videos. If you would like to sign-up to be a Livewire member please complete this form and hand it to your closest Livewire Facilitator or if you would prefer simply head to www.livewire.org.au or livewire.org.nz (if in New Zealand) and create your profile.

MEMBERS DETAILS

Full Name:	
D.O.B:	Female / Male / Other
Email:	
Contact Number:	P/C:
How long will your injury, illness or disability last?	
Less than 6 months / More than six months / No illness (I am a sibling)	

PARENT / GUARDIAN DETAILS

Parent / Guardian Name:
Email:
Contact Number:

Parent / Guardian Signature: _____

Date: _____

Once this form has been completed, a Livewire Facilitator will create your membership and make you a temporary Username and Password. This can be changed as soon as you are able to login yourself.

A Livewire official will be in touch to confirm these details.

Please read the terms and conditions online before engaging with livewire.org.au or livewire.org.nz.

LOGIN DETAILS

Create a unique username and a password that contains at least 8 digits, a capital letter, a number and a symbol.

USERNAME: _____

PASSWORD: _____

To login, simply
head to
livewire.org.au
and hit the
'Login' link!

