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**ZENTANGLE
DIY POSTER**

**MOVEMENT
IN COLOUR:
AN EXHIBITION**

**INTERNATIONAL
YEAR OF THE
REEF**

Resin work by Reshmi
*Movement in Colour:
An Exhibition*
Sydney, 2018

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

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ISSUE FOURTEEN

THE LIVEWIRE
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HOW TO • **save money on everyday things**

LIFE IS EXPENSIVE.

When you look at all the little things you spend money on every day, it adds up pretty quickly. Clothes. Food. Make up. Music. Books. Games. The list goes on and on! The good news is, if you can cut your everyday spending down by a few dollars, that adds up pretty quickly too. The best way to save money is by baby steps- one little thing at a time. Thanks to our mates at **Greater Bank**, we asked members of the **livewire.org.au** community to tell us their best tips for saving money on the small things.

— — — — — **ISABELLA P**

Shop at sales or when stores are doing a 'buy one, get one free' deal. Put your loose coinage in a money box or jar — you can do this daily or once a week and by the end of the year you will be surprised at how much money you have! Can't find the movie on the streaming service you chose? Consider renting instead of buying!

VINI

**DON'T SPEND MONEY
ON STUFF UNLESS YOU
NEED IT.**

BROOKIE

With my pay, I usually give myself enough money to spend during the week and the rest goes in savings! I

also don't spend my \$5 notes — they go away into a zip lock bag for the end of the year when I open it and use it on Boxing Day sales.

MACKIE — — — — —

Normally I don't really have any purpose to spend the money until it's like a holiday. I save up for special events, or if I want to buy something I'll ask myself "Do I really need this?" If the answer is no I won't buy the item. Sometimes you just need to resist that half price offer!

MORE TIPS

Use your student card to get discounts on movie tickets and music subscriptions. Op shops can be great if you have the time to look around for cheap, brand name clothes. Join your local library for paper books and e-books, instead of buying them. Join loyalty programs for your favourite store or website to earn free products and sometimes vouchers on your birthday.

SERENA

One of my tips for buying big items is to research, research, research! I know how tempting it is when you've reached a certain amount of money to just run out and buy that computer or camera or phone. However, it's important to research that it **a)** suits your needs, and **b)** is the best deal out there!

— — — — — **PUNK**

Consider buying games pre-owned. Look for the best prices you can find on games and consoles. Keep an eye out for good bundles. Ask bigger chain stores to price match — if you can find the product online or in another store for cheaper, they will often match the competitor's price. ◀



left hospital and want to|

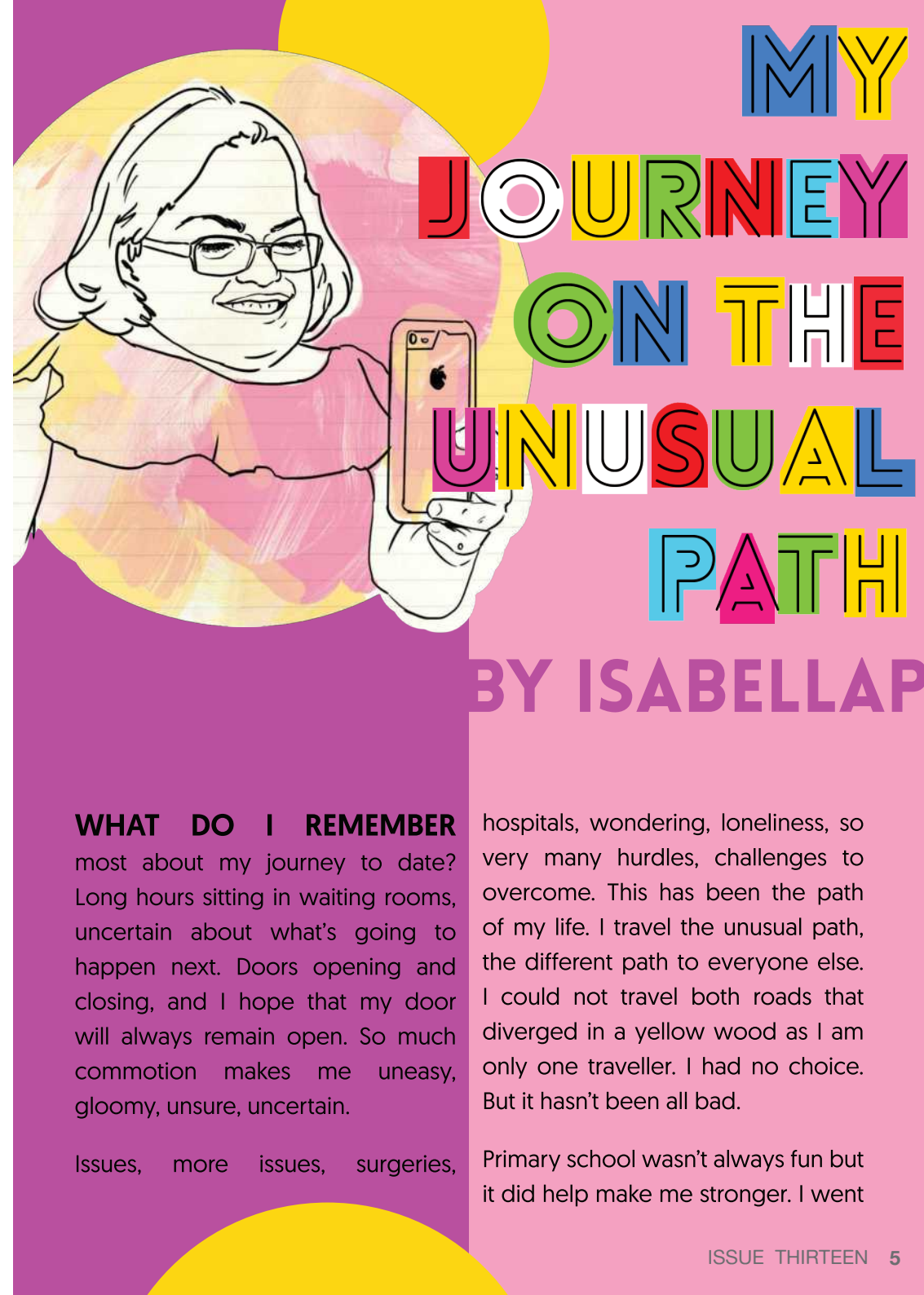
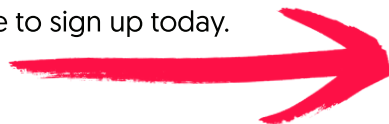
left hospital and want to make new friends
left hospital and want to stay in touch with livewire
left hospital and want to see the latest videos
left hospital and want to share my story
left hospital and want to show off my pics
left hospital and want to win heaps of cool prizes



Livewire is delivered online to people aged 12-21 who have a serious or chronic illness or disability, and is also open to siblings.

It's a safe, fun place where you can be yourself, chat with people who understand where you're at, and be part of the broader Livewire community.

Joining is super easy, visit **Livewire.org.au** or scan the QR code to sign up today.



WHAT DO I REMEMBER

most about my journey to date? Long hours sitting in waiting rooms, uncertain about what's going to happen next. Doors opening and closing, and I hope that my door will always remain open. So much commotion makes me uneasy, gloomy, unsure, uncertain.

Issues, more issues, surgeries,

hospitals, wondering, loneliness, so very many hurdles, challenges to overcome. This has been the path of my life. I travel the unusual path, the different path to everyone else. I could not travel both roads that diverged in a yellow wood as I am only one traveller. I had no choice. But it hasn't been all bad.

Primary school wasn't always fun but it did help make me stronger. I went

to many birthday parties and ate more than my fair share of birthday cake. But when it came to duck duck goose or tiggy I always had to sit out or be the persistent loser, and no kid wants to be a loser.

As for the rest of it, I thought I was doing okay at being just like every other kid in my grade until some kid called me too small for school. I knew I was too cool for school but too small? It was the first time that I realised just how different I was to

good from my end. But when I was one year old my parents noticed that I wasn't meeting milestones, such as crawling and walking. They then took me to many doctors until one diagnosed me with a life threatening medical condition called Mucopolysaccharidosis type 6, also known as Maroteaux-Lamy syndrome. They were told there is no cure and that I would not make it to my late teens.

I do things like any other kid such

“HERE'S WHAT I WANT TO SAY TO EVERYONE WHO TELLS ME HOW BRAVE I AM OR HOW INSPIRING THEY FIND ME — DON'T. JUST DON'T.”

the other kids. And it was only my first year of school, grade one.

Although I look a bit different now, when I was born I seemed like any other baby in the ward, except I had to be rushed to ICU. Although I am sure that my parents were worried, I can't remember any of it so it was all

as swimming, soccer and shopping with my friends. By the end of primary school when I was in grade seven I made a group of eight friends. These friends make me forget about my disability and make me happy. It took me seven long years to get a group of friends that would stick around and even after graduating primary

school, we still see each other every holiday.

When I started high school, I had to make new friends all over again. I still have my primary school friends but none go to my high school. I felt like I basically started my journey down the unusual path all over again.

High school so far has been better than primary school as there has been less bullying than primary school. But high school has brought its own issues for me and loneliness. Because I simply look different I know that many people judge me. But what I say to them is *“Don't judge me. I was born to be awesome not perfect.”*

Here's what I want to say to everyone who tells me how brave I am or how inspiring they find me — Don't. Just don't. Have I rescued a child from a burning building? Did I find and then dismantle a bomb planted in some other kid's bag? Have I done anything remarkable at all to earn your praise or admiration? Or am I simply trying to be the best I can be with the path that life has set before me?

Just like you, I want to learn to drive, to eat as healthy as I can and learn which friends I can trust and which I can't. Just like you, I'm trying to live every day working hard, to make the best life I can and be the best person I can be. So please don't try to make me out to be so different to you, even if you say it with a smile and mean it in a good way. Please don't. I'm not cute or gorgeous because of my size. I'm petite like so many other women in Australia.

Please don't think I'm ungrateful for your warm wishes and smiles. I am very grateful for your kindness, it's just that the words you use can be as just as disempowering to me as a pat on my head. I am neither brave nor inspiring for simply living my life in front of you.

Keep those words for the real heroes amongst us, not for me – yet.

I am awesome but I am no hero. I am not my disability; my name is Isabella and you will find I'm just like you - if you would just give me a chance. ◀

MOVEMENT IN COLOUR

AN EXHIBITION BY CLARE_LW

Throughout the last few months the Sydney Livewire team has been working with patients at **The Children's Hospital** at Westmead and **Sydney Children's Hospital** at Randwick to bring you 'Movement in Colour': An Exhibition, featuring resin artworks.

The exhibition featured both individual works and two large group works. Some patients chose to represent movement within nature, growth and personal development and some chose to represent their time in hospital using colour and varied techniques. Each piece is a visual representation of an individual journey.

We are so proud to have been able to exhibit these pieces at Randwick Hospital, Level 2 on June 28th, 2018. ◀

This page top to bottom: artwork by Samira, Samira with her piece, artwork by Tia.



“

I really enjoyed using different techniques and working out what I wanted to do as I progressed through the three layers. I focused on using techniques. I most liked picking it up and moving it, then using a straw and blowing on it.

SAMIRA, 14

“

Through my artwork I have chosen to portray my health journey over the last 18 years at Sydney Children's Hospital.

I decided to utilise deep blues and vibrant pinks to express the way life can be dark and challenging but always has light blossoming through if you look for it.

I have conveyed this through the use of separating the colour with ethanol solution. This created the effect of which the resin bounced off one another.

LAUREN, 18



This page top to bottom: artwork by Jofia, Lauren with her piece, group resin work.

What would you tell your 12-year old self?

We asked some of the Livewire Facilitators and Chat Hosts what advice they might give to their 12-year old selves.

Just breathe... Don't be in too much of a rush to grow up! Being 12 is pretty awesome!

Sabrina

In the future we still won't have flying cars and we won't live in space, BUT don't be too disappointed because believe it or not, one day you're going to be a 'grown up' and all your favourite Disney movies will be recreated in a live-action form for you to enjoy for the first time all over again.

richelle

Glitter eye shadow, glitter mascara, body glitter and glitter lip smacker are all great choices.

No regrets.

clare

I would tell my 12-year old self to keep a sketch diary, it's a great way to practice drawing and relax.

oskar

Enthusiasm and excitement never gets old! Never stop reinventing yourself. Keep trying on different versions of yourself for size. Do more things outside your comfort zone — the only risk is learning more about the world.

amy

I know you feel isolated living in a rural area, hours from any actual city, but one day you're going to get out and explore the world like you planned.

Courtney

High school is awful. But there are good things coming — I promise, it gets better

Lori

FIDGET QUILTS

FOR THE LAST FEW MONTHS here at JHCH, we've been making *fidget quilts*!

They're a type of mini blanket that lays across the lap when sitting. And sure — they're great coming into these colder months to warm the parts of your legs that ugg boots just can't reach.

But their real purpose? **To relieve anxiety.**

And how might they do that? By including a heap of fiddly bits and bobs on the top that can be fidgeted with whenever the wearer feels a bit nervous, anxious or uncomfortable.

It's been found that multi-sensory activities like these 'fidget' or 'sensory' blankets can be particularly helpful for people living with dementia. It gets their senses and brain going without it becoming too overwhelming. It also helps them to just relax and feel comfortable. So, we're donating all the blankets we make to local aged care facilities and community groups — and they're super excited to receive them!

So far, we've made 7 fidget quilts, with the help of about 50 young people. Some of our designs so far have featured panda, cactus, mermaid and pineapple themes.

We've used so many different materials — pretty much anything we can scrounge up. Things like felt, ribbon, beads, buttons, feathers and my favourite — patches of faux fur.

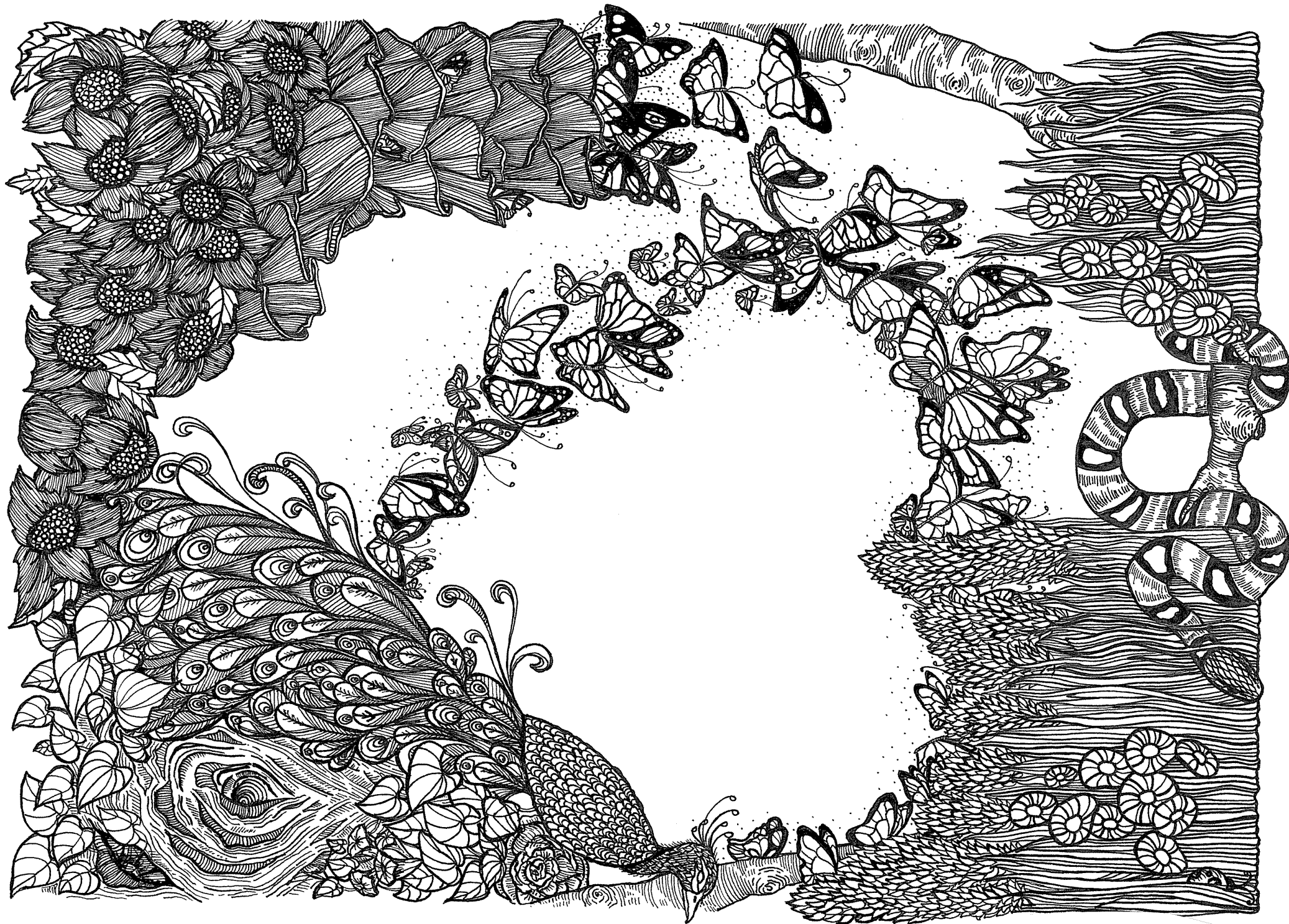
It's kinda like patting a soft and cuddly dog.... Just without the dog.

We've still got plenty more to make, so if you wanna keep tabs on our progress sign up and follow us on [@JohnHunter](http://Livewire.org.au). ◀

“ IT'S KINDA LIKE
PATTING A SOFT AND
CUDDLY DOG....
**JUST WITHOUT
THE DOG.** ”

BY LAUREN_LW





are you creative?

GET PUBLISHED IN THE LIVEWIRE ZINE!

Do you do cool things?

ARTWORK Do you paint, draw or sketch?

PHOTOGRAPHY Got some cool photos you're proud of?

How about **SHORT STORIES** and **POETRY**?

RECIPES What are your favourite meals?

Have you got some nifty **DIY CRAFT TUTORIALS**?

Got a knack for making **PUZZLES**?

LETTERS TO THE EDITOR Want to let the world know what you're passionate about? Have a kooky hobby? Kick some awesome goals lately?

Well now is your chance to get published!

Email us at livewire.zine@starlight.org.au with whatever you would like to share, and we'll be in touch to make it happen!

The Game of Games

Have fun finding 40 of our favourite games here at Livewire JHCH. And whatever's leftover will spell a random jumble of letters! Hooray!

BY LAUREN_LW AND THE PATIENTS AT JHCH

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

BANANGRAMS
BINGO
CAPTURETHEFLAG
CONNECTFOUR
CRACKTHEEGG
CRANIUM
CRASHBANDICOOT

DOBBLE
DONKEYKONG
EXPLODINGKITTENS
FORTNITE
FOURTYFOURHOME
GOFISH
HEADSUP

JENGA
JUSTDANCE
MARIOKART
MONOPOLY
MUSICALCHAIRS
MUSICALSTATUES
SCRABBLE

SPOONS
STREETFIGHTER
TENZI
THISANDTHAT
TRIVIALPURSUIT
TROUBLE
UNO
ISSUE THIRTEEN 17

Puzzle Deep Dive

To celebrate the **Year of the Reef** see if you can find 20 ocean themed things in this find-a-word. Just a hint: you got words going all sorts of directions here! Remember to look backwards, too!

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



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WORKSHOPS ON DEMAND

Posted by KirstyLW (L) May 2, 2018 3 comments



DREAMCATCHERS have been popping up in shops everywhere recently, but they're super easy to make your own at home. And who doesn't love homemade craft!

Not only that, but we've just created a new series of videos on **Livewire.org.au** called *Workshops on Demand*, and we're kicking it off with showing you just how to make dreamcatchers!

Check out the video at:

<https://goo.gl/bRMvrz>

or by scan the **QR code to the left**.

If you haven't already got an account it's super easy to sign up and you could be crafting in no time! ◀



SEAWEED
SEAHORSE
JELLYFISH
CRAB
LOBSTER

CLAM
BARNACLE
SHRIMP
OYSTER
STINGRAY

CORAL
SPONGE
SHARK
STARFISH
DOLPHIN

WHALE
ANEMONE
ORCA
KELP
TUNA

our favourite doggo heroes

If you're a regular hospital patient, you may have met some of the beautiful therapy dogs provided by different organisations all over the country. Livewire presents the very first installment (*with more to come*) of **Our Favourite Doggos!**

HI! MY NAME IS LUTHER but my family call me Luthy.

I'm a German Rottweiler breed and here's a secret — I love cuddles, kisses, and hugs, and going on car trips to new adventures.

I love most foods but my favourite treat is cabana it's *so yummy*.

I get super excited when my dad says the words, walk, bath and **hospital** and I know when it's hospital time as I get to wear my bandana and I feel like a super hero.

The best part of visiting the **RCH** as a therapy dog for **Lort Smith Pet Therapy** (*so official, I'm a pro*) is meeting all the families that take pictures with me and I get lots of pats and hugs from everyone

I also love going for rides in the lifts and seeing people's faces when the doors open and they see me smiling at them.

If you see me walking around make sure to come and say hi!



HEY! MY NAME IS HARLEY! My birthday

is on the 21st October and I am currently 7 years old. I'm new to the **Newcastle Delta Dog** family but my mum (Jane) tells me being a good dog is in my DNA!

I LOVE coming to the hospital to see everyone — as soon as I see the red shirt that tells me we're off I get so excited.

I also love going on holidays, especially at Bluey's Beach.

My favourite food is cheeeese! But I also like atlantic salmon and eye fillet steaks. I know how to eat fancy!



I have a favourite toy that I like to call 'puppy' — he's a little brown pillow shaped like a dog that's sort of my own pet, or really like my own little baby.

I do this really cool trick where if my mum can point to any spot on the ground and say 'dig' and I will excavate a hole in that exact location! I won't even dig holes unless someone tells me too, I'm that good!

Oh and I know it's cheeky, but I really like to wake my parents up at 3am in the morning just so I can go sit outside and stargaze. I love the stars! ◀



HIDDEN TALENTS

GOT A HIDDEN TALENT?

The captains at the **Women's and Children's Hospital** in Adelaide got to chat with the incredible Alex about her expertise in underwater photography.

SO ALEX, CAN YOU TELL US A BIT ABOUT YOURSELF? Well, I'm 16 at the moment, but when I was 8 and I could get my license I started scuba diving. Then when I was about 12 I completed an underwater photography course.

WOW! WHAT'S THE HARDEST PART ABOUT UNDERWATER PHOTOGRAPHY? When you are underwater everything moves and is terrified so you have to be conscious to not ruin the environment or upset the wildlife while taking photos.

DO YOU NEED SPECIAL GEAR FOR UNDERWATER PHOTOGRAPHY? You use a normal camera but then add specialised equipment to make it safe underwater. I use an underwater case,

underwater camera lights, floats for the case, handle grips, and a wrist strap – you don't want to lose the camera while diving!

WHAT'S THE DIFFERENCE BETWEEN DIVING IN LAKES OR THE OCEAN? In salt water the colour in photos turns out more blue, and certain colours fade in blue water, so you have to add filters to bring out the colours again. Fresh water has more green tones so you need a purple filter to balance it out. Salt water is also more buoyant than fresh water, which means you need floats on camera rig so you don't sink.

WHY DID YOU START? I just like taking photos of everything. You pay more attention to things when you're taking photos because you have to concentrate. Plus, I get to see some cool, new places! ◀



YEAR OF THE REEF

IN CASE YOU HAVEN'T HEARD, 2018 is the third **International Year of the Reef**. Back in 1997 it was globally recognised that coral reefs, mangroves and sea grasses were under threat from climate change. To increase awareness and to encourage conservation and research, the first International Year of the Reef was declared. A decade later the **International Coral Reef Initiative** announced 2008 as the second International Year of the Reef. Now ten years on, it is as important as ever to be aware of the social and cultural value of reef ecosystems, as well as understanding the conservation of them!

WHAT CAN I DO TO HELP?

There are many tips recommended by reef organisations from around the world but here are our **TOP 3 TIPS** you can do from home:

Try to reduce using single-use products. This includes, but is not limited to, plastic bags, coffee cups and plastic cutlery. There are a number of reusable products that work as well, if not better. For example, many cafes now accept reusable cups, and will often give you a discount for bringing them in!

Recycle and reuse when you can. Sometimes using single-use items is unavoidable. The good news is that many of these single-use items can actually be recycled! Check your local council's website to see what you can put into your recycling bin at home – you might be surprised at what you can save from landfill. Anything that you can't recycle, consider whether you could reuse it again before putting it in the bin.

Conserve water to reduce your impact. By conserving water, there will be less run off or wastewater that finds its way into the ocean. Try taking shorter showers by using shower timers. Turning water off in between brushing your teeth or washing the dishes will help too. You can also check out the eco settings on your appliances. Often dishwashers and washing machines have a water saver mode. It takes a bit longer, but is better for the environment in the long run. ◀





THE livewire. PODCAST

HAVE YOU HAD A LISTEN YET?

The **Livewire Podcast** is officially on the charts, and even featured in Apple's 'New and Noteworthy' list - which we are stoked about!

New episodes come out regularly and feature everything from gaming, music, mindfulness, and sneak peaks into some of the workshops we run in hospitals - plus heaps more - so make sure you subscribe!

TO FIND OUR PODCAST,
search for 'Livewire' in the iTunes store or check out the QR for direct access.



This is a QR code. Try scanning it with Snapchat, download a free QR reader from the app store, or go to: soundcloud.com/livewire2017

FOR ANY QUESTIONS
OR SUGGESTIONS FOR
UPCOMING EPISODES,
JUMP ONLINE TO
LIVEWIRE.ORG.AU
AND LET A CHAT HOST
KNOW YOUR IDEAS. ◀

HOW TO:

BY KIRSTY_LW



THINGS YOU NEED

- 500g baking chocolate (50/50 milk and dark chocolate is great, but any is good!);
- Microwave-safe bowl for melting chocolate;
- Mixing bowl;
- Spoons for mixing;
- 5-10cm chocolate mould – bowl shape works best, or **Easter Egg** moulds if you can get them!;
- Clean and dry tea towel.

TASTY ACCESSORIES

- Chewy things — like mini marshmallows;
- Nutty things – peanuts, almonds, coconut — it's up to you!;
- Crispy things – shortbread, ginger snaps, chocolate biscuits, crispy M&M's;
- Red things – my favourite red things are raspberry lollies;
- Other things – Got more chocolate? Chuck it in!

This **How To Recipe** was adapted from the **Easter Rocky Road** article online at Livewire.org.au. For this and other great articles, join up as a member today!

1. Using a clean tea towel, give your chocolate mould a polish. This will prevent chocolate from sticking to it later.
2. Chop up chocolate and place in a microwave-safe bowl; microwave in 30-second intervals, stirring between each, until melted.
3. Put a couple spoonfuls of chocolate into the mould and tilt it around to evenly cover the surface. Pour any excess chocolate back.
4. Set aside for 5 mins to allow it to set slightly, and then repeat step 3.
5. After building up 3-4 layers of chocolate, pop the chocolate mould into the fridge for an hour.
6. Combine your chewy, nutty, crispy and red things together in a mixing bowl. It's best if cut the extra things into small pieces that are all roughly the same size.
7. Reheat chocolate again.
8. Take chocolate mould from fridge and spoon in your bite size pieces – fill right up to the top but don't pack it in.
9. Pour spoonfuls of chocolate over the top letting it seep into the cracks between the tasty things. Stir carefully to ensure everything is evenly coated.
10. Sprinkle some leftover marshmallows on top with a drizzle of chocolate to finish. ◀

cartooning 101

BY BRETT_LW

ARE YOU A FAN of animation and cartoons? If you have ever wanted to get into cartooning, but feel self-conscious about your drawing ability, then this is something you will want to check out!

It doesn't matter if you like Disney/Pixar, Warner Brothers, Cartoon Network, Marvel or Anime — the following formula is used universally.

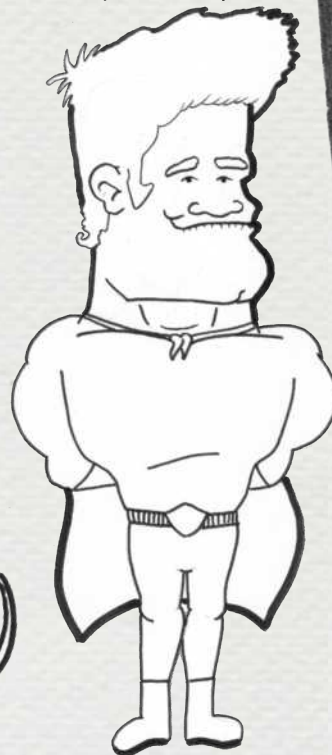
There are three basic shapes to create almost any personality trait. While you will rarely see a character made primarily out of one shape, you will often see a dominant characteristic influenced by the shapes used in character design.

SQUARE: Hero

- Think Superman, Iron Man etc.;
- Exaggerated muscles create rectangles/squares;
- Six pack abs!

TRIANGLE: Villain

- Think Cruella DeVile, Ursula etc.;
- Horns, Claws, Fangs, Weapons;
- Eyes meet at a point to make an evil look.



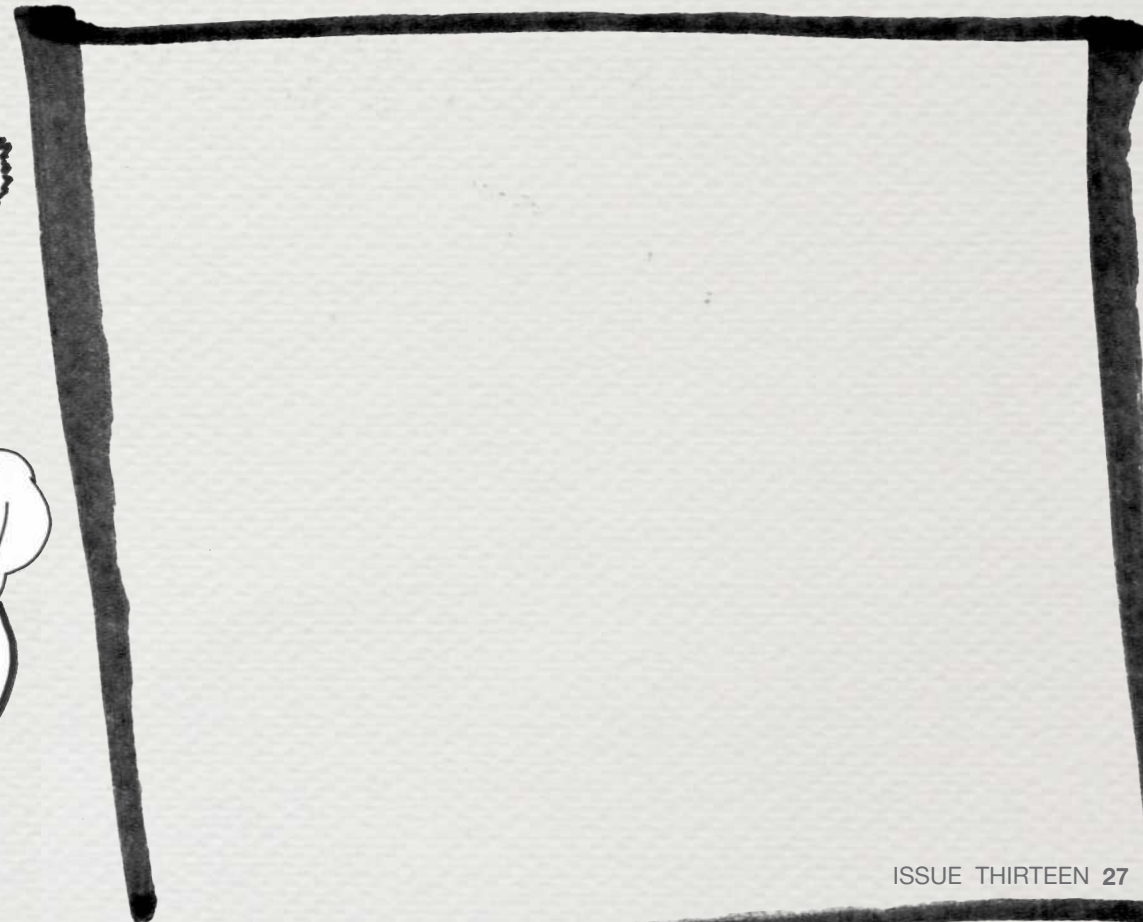
CIRCLE: Cute and/or Funny

- Think Homer Simpson, Peter Griffin etc.;
- Cute = big round eyes [Disney], exaggerated heads [Anime];
- Funny = exaggerated body shapes.

Character designers will often combine shapes to create more complex personality traits. For example, Spongebob Squarepants is made of both Squares and Circles. This informs us that he is both the main protagonist but also has cute and funny traits.

Using this formula, see if you can identify more examples from your favourite cartoons, movies and comics.

See if you can come up with your own down below! ◀



stupid questions

LIVEWIRE EDITION

🐛 CAN ZOMBIES POOP? 🐛

A zombie is often referred to as the 'walking dead' and has an insatiable hunger for brains. How then, does a zombie's digestive system continue to function normally i.e. **HOW DO THEY POOP!**? We searched the corridors of both **Randwick and Westmead Children's Hospital** hoping to finally find the answer to one of life's *most stupid questions*.

ZOMBIES CAN POOP! BECAUSE I BELIEVE THEY CAN. END OF STORY.

BAILEE (13)

THAT'S A WEIRD QUESTION. I DON'T KNOW.

LAUREN (15)

CAN ZOMBIES POOP?

UMMM, YEH... WAIT, I

DUNNO. CAN THEY? THEY EAT BUT... I DON'T KNOW.

I'M GONNA SAY NO.

BLAKE (15)

THEY EAT PEOPLE HEY?... YEH. THEY POOP. I RECKON THEY POOP.

DANIEL (16)

So it's official... We don't know. But if author **Taro Gomi's** best book of all time 'Everybody Poops' is anything to go by (and we think it is) then Zombies do in fact poop because:

Everybody poops, sometimes. ◀

NOT YOUR AVERAGE TEE

COMPETITION WINNERS

Congratulations to the winners of our **Livewire.org.au T-Shirt Competition!** And a massive thank you to all the members who got involved.

We're so excited to start giving out these tees, made by you and printed locally in QLD. Next time you're visiting your local hospital, check in with one of the Livewire Facilitators and grab one!

And if you're not in a hospital, that's also fine — we can send them to you! Jump online at livewire.org.au and search for "T-shirt" or ask one of our friendly chat hosts for more info. Available until they're all gone! ◀

Guide_Kathan

"Fantastic ABSTRACT!"

Guide_Jess

"I got the MUSIC in me"



Yanxx

"HOLLYWOOD is calling" and "INSPIRE me"

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