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livewire.ZINE

MADE JUST FOR
TEENAGERS •

ISSUE SIXTEEN
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EXTRA SPECIAL THANKS

TO LIVEWIRE MEMBER
JESS, THIS YEAR'S
LIVEWIRE'S GOT TALENT
WINNER, FOR HER
AWESOME COVER
PHOTO FOR THIS ISSUE
OF THE ZINE.

CONGRATS ALSO
TO **JUNIORREP_
HUFFLEPUFF2001**,
LIVEWIRE'S GOT
TALENT SECOND PLACE
WINNER, FOR THIS
AWESOME PAINTING.



CONTENTS

3. YOUR STORIES: MACKIE CHATS WITH SARAH C AND EMMI

7. SPARKING JOY: LEARN TO LOVE CLEANING

9. TO GREATH LENGTHS: INTER LIESEL JONES

11. POETRY CORNER: EXPRESS YOURSELF

12. NO EXPERIENCE NECESSARY: ZENTANGLING PRACTICE

17. GET COSY: WINTER WARMER WITH HANNAH_LW

19. BRIAN FAIRBANKS IS A HERO: ACCESSIBILITY IN GAMING

20. 3D ART GALLERY: JHCH MASK EXHIBITION

24. ULTIMATE BOREDOM BUSTER: BUMPER WORDSEARCH EDITION

28. NO QUESTION TOO STUPID: EXCEPT FOR THESE

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Left hospital and
wondering what the
Livewire Facilitators
are up to?

or do you just like
random, hilarious
videos?

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LIVEWIRE VLOGS!

Head to **LIVEWIRE.ORG.AU**
or **LIVEWIRE.ORG.NZ**,
make an account and type
VLOG in to the search box!

You might remember Mackie from *Issue 15* of the *Livewire Zine*, who shared her story with us. Being a future journalist in the making, Mackie decided to dig deep into the *Livewire Online* community and inspire other's to share their stories, too.

This issue, we're talking to **Sarah** and **Emmi**.

your
stories

Sarah.

WE'LL START OFF EASY
— CAN YOU PLEASE
INTRODUCE YOURSELF?
Hi! I am Sarah_C.

COULD YOU PLEASE EXPLAIN
TO US WHAT MEDICAL
CONDITION/DISABILITY YOU
HAVE? Medical conditions I have
are: Mild Cerebral Palsy, Anxiety
Disorder, Hippocampal Sclerosis,
Temporomandibular Joint Disorder,
Sensory Processing Disorder,
Migraines, and Asthma.

Disabilities: Intellectual Disability,
Autism, Epilepsy.



WHEN YOU WERE DIAGNOSED AND HOW DID YOU AND YOUR FAMILY FEEL ABOUT THE WHOLE ORDEAL? When I got diagnosed with all my medical conditions/disabilities my parents were kind of relieved to know what was wrong but also a little worried about what was next. But it helped that my Mum also has Epilepsy and my Brother also has Autism.

DOES YOUR MEDICAL CONDITION/DISABILITY AFFECT YOUR DAY TO DAY LIFE? IF SO, HOW DOES IT AFFECT YOU? These affect my day to day life because I am not able to do simple tasks like cooking, washing and life skills without supports and therapies. I also struggle with walking/ standing for long periods of time — like, I can stand for about 20 mins the longest. I can't be left alone, I have to have someone with my 24/7.

WHICH HOSPITAL DO YOU RECEIVE TREATMENT AT? I currently attend the local hospital near me and also Royal Melbourne Hospital.

HOW DO YOU TREAT YOUR MEDICAL CONDITION/DISABILITY? IS THERE A CURE? Most of my medical conditions I have had for my whole life and are currently being treated with lots of medications and therapy. There is no cure.

WHAT IS ONE THING YOU DON'T LIKE ABOUT YOUR DISABILITY/MEDICAL CONDITION? One thing I don't like is having to have so many different medications daily and multiple medical appointments a week.

I'D IMAGINE BEING A TEENAGER GOING THROUGH ALL THESE TRIALS AND CHALLENGES IS HARD, HOW HAVE YOU MANAGED TO GET THROUGH SOME OF YOUR HARDEST TIMES IN HOSPITAL? I have had a great support during hard times in hospital and out of hospital I don't know how I would have been able to do this without them and they still continue to support me. And when I am out of the hospital I keep my mind off my medical condition with doing Special Olympics competing in Swimming and ten pin bowling and also going out with Interchange Disability Support Network. And spending time out with my Support Worker.

HAS BEING PART OF THE LIVEWIRE COMMUNITY HELPED YOU COPE WITH YOUR MEDICAL STUFF? Yes Livewire has been a great place to come on daily and has helped keep my mind off what is happening. And a great way to make friends with people who may be going through the same issues as me and understand me for who I am.

WHAT IS SOME ADVICE YOU'D LIKE TO GIVE OTHERS WHO ARE GOING THROUGH A HARD TIME? Just always remember there is light at the end of the tunnel and you have great support of family and friends around you. And Livewire is a great place to come and chat to others and make new friendships all while you are in hospital or even at home. And we are always here for you.



MY NAME IS EMILY but most people call me Emmi. I am 19 years old, at birth I was diagnosed with Neurofibromatosis type 1 (NF1).

NF is a condition that causes tumours to grow on nerves and under the skin. It effects everyone differently. For me everything was pretty fine, I had 6 monthly check-ups and everything was stable. When I was going through puberty I wasn't developing right and I wasn't walking right. I went to my check-up — by this time I was 11. After having a few tests I was diagnosed with astrocytoma, which is a form of brain tumour. Mine grew where the skull and spine meet which damaged all my nerves, which affected my walking.

After a 6 hour surgery and 12 months of chemo I was stable. I then needed MRI's every 3 months to keep an eye on things. Everything was good I had a bit of a limp and wasn't able to walk like everyone else. All I needed to do was physio to maintain my leg strength.

Just after I turned 16 I had 2 seizures. Things started going downhill from then. I have been tested and have been doing ongoing physio, but by the time I was 17 I was permanently in a wheelchair and have been since. I am not bothered by it because towards the end walking was so painful and difficult. Surprisingly walking actually took away my independence. Being in a wheelchair was able to make me get around easier without having to

rest every 100 meters. I don't really see that being in a wheelchair affects my day to day life. Now it just feels normal; obviously through other people's eyes it's different, but to me my physical disability feels normal.

When I was diagnosed with Neurofibromatosis my family wasn't that surprised. My older brother was only 3 and didn't understand but my parents understood as Neurofibromatosis is a genetic condition which my mum has, so the chances of me getting it were 50/50. When I was diagnosed with astrocytoma that was a bit of a shock at the time. I would have been 11 and I didn't fully understand and was confused but things started making sense. We finally had an answer to why I wasn't walking right and why I always had a sore neck. Everything felt so full on but I was reassured that everything would be fine.

Currently I have oncoming rehab treatment at Royal Melbourne Hospital. I still have yearly MRI and get check-ups all the time and have physio 2 times a week. There is no cure to what I have it can only be maintained and controlled so it doesn't get worse. This will be my life for the foreseeable future.

It's been very hard having a disability but I think having my parents around really helped. Being a teenager is hard enough as it is. Sometimes I feel like a pin cushion, it can be very scary having tests and trials and having to put trust

in doctors and nurses but it gets easier over time. Being a teenager can help because you're not alone. I was lucky enough to have both parents behind me and even though I am a teenager I am not ashamed to say I needed a hand to hold. It's difficult to be strong all the time but having a chronic illness can help teach you how to be.

Being part of Livewire Online has taught me that I am not alone and there are lots of teenagers just like me. It helped me in that I didn't feel so alone and others knew how I felt and that others could give me advice on how to get through things.

If I were to give advice, from experience I know that having a disability can cause issues with mental health, so stay strong and don't be scared to ask for help. I know it sounds cliché and it is, but I'd also say that it's ok to not be strong. Being sick or having issues is difficult and being strong all the time is hard. I'd say it's ok to cry. I think it's humanly impossible to stay strong all the time. It's ok to cry, it's ok to need to hold your parents' hand, it's ok to show weakness. We're only human. ◀

Want to share your story in the zine?

Join the Livewire community on
livewire.org.au / livewire.org.nz
or email us at
livewire.zine@starlight.org.au.

HOW TO FALL IN LOVE WITH TIDYING

... [not a joke]

In case you missed it, there is this cool new thing going on at the moment and it's called: ... *tidying*.

Ever since the Netflix exclusive *Tidying Up with Marie Kondo* was released last New Year's Day, people have been inspired to toss out (or donate) tonnes and tonnes of unwanted clothes, toys, and random stuff in the hopes of decluttering their houses.

Sound boring? Stay with me — I promise you this article hasn't been written by your parents and isn't just one big ploy to get you to tidy your room.

The idea behind the KonMari method [as she calls it] and what makes her tidying tactics so different is that she encourages people to look at all the stuff in their house and ask themselves some big questions like:

Does this
spark joy for
me?

Do I want this in
my life moving
forward?

This article is brought
to you by
FICAP
RAISING A BRIGHTER FUTURE

So you've decided something doesn't spark joy, you've thanked it and it's ready to go...

What do you do now?

-----DONATE

Your local op shop *loves* it when you clean stuff out! Anything still in good condition can be donated.

SELL-----

Looking to make some extra cash? Consider getting your parents or guardians help to list valuables on Ebay or Gumtree.

-----RECYCLE OR UPCYCLE

Is there anything here you can recycle, or *upcycle* to make something else?

TRASH IT-----

This is your last option for all the things that can't go anywhere else. Contact your local council to find out the best place to trash electrical items, batteries or chemicals. ◀

So then, if whatever you are holding [*be it an old jumper, or some random toy from a McDonalds Happy Meal you got in 2015. Seriously, why did you keep that?*] doesn't spark joy for you or make you feel happy in any way — **TOSS IT AWAY!**

But WAIT!

Before you throw that thing away, Kondo says you should thank the item for being in your life. Sounds a bit silly? No way!

This simple act of thanking that old smelly jumper with the paint stains on it will help you to treasure what items you have and respect each item individually and carefully.

So, have you tried the KonMari method? If you're anything like me and love a band wagon, you too might jump on board and get super excited, only to get bored half way through, leaving you with a house even messier than when you started. Whoopsies!

Don't let that put you off! Let us know how you go on **LIVEWIRE.ORG.AU** or **LIVEWIRE.ORG.NZ** and post some photos of the things that spark joy for you!

BY HANNAH_LW

AT GREAT LENGTHS

LAUREN AND PETA from John Hunter Children's Hospital, Newcastle chat to Starlight ambassador and sporting icon Liesel Jones about favourite things and jelly beans.

WHAT IS YOUR GREATEST MEMORY DURING YOUR TIME COMPETING?

My greatest memory will always be hanging out with my friends. Most of the time we were overseas and just enjoying ourselves. We would go exploring new places, go shopping and experience the local areas. It was the best.

IF YOU WEREN'T A SWIMMER, WHAT OTHER OLYMPIC SPORT WOULD YOU LIKE TO HAVE CHAMPIONED?

I'm not sure that I would have championed it as such because I was a very 'water based' athlete meaning I am not great on land. Although in saying that, I love the idea of playing hockey. That looks like a really fun sport.

WHAT IS YOUR FAVOURITE SWIMMING STROKE?

My favourite was breaststroke, only because I was good at it and I found it easy. I also enjoyed butterfly. It is quite similar in the muscles you use, and I was fairly strong in it. Although I couldn't do a lot of it. My worst stroke was backstroke. I pulled on the lane rope a lot!

WHAT IS YOUR FASTEST SWIM TIME?

My fastest 100m breaststroke was 1.05.9 and my 200m breaststroke time was 2.20.5



WHAT HAS BEEN YOUR GREATEST ACCOMPLISHMENT OUTSIDE OF THE POOL? I don't think I have achieved anything specific that I would say is my greatest accomplishment, but I would have to say it is the way I have been able to adapt and change to life after sport. It is very hard to retire from something you have done your whole life and be very good at it and then to no longer do it anymore.

WHAT IS YOUR ABSOLUTE FAVOURITE THING IN THE WORLD TO DO? Reading! I love it so much. I love books and learning. I believe reading is the most important skill to learn above anything else. It gives me great pleasure to sit down and read a book and be taken away to a different place. I love really scary books!

IF YOU HAD TO EAT THE SAME MEAL FOR THE REST OF YOUR LIFE, WHAT WOULD YOU CHOOSE? It would have to be xiao long bao (*soup dumplings*). They are my all-time favourite food. I can eat hundreds of them. I'm sure I would get sick of them, but they are just so yummy.

WHAT ARE YOU WATCHING ON NETFLIX RIGHT NOW? My husband and I are watching a show called 'Paranoid' but I'm not that into it. My parents have suggested 'Peaky Blinders'. I'll get onto that one next.

FAVOURITE COLOUR JELLY BEAN? Buttered Popcorn Jelly Belly's. Yum!

DO YOU HAVE ANY PODCAST RECOMMENDATIONS? Unfortunately, I don't listen to a lot of podcasts. I used to listen to them all the time when I spent more time in the car, but I prefer reading instead.

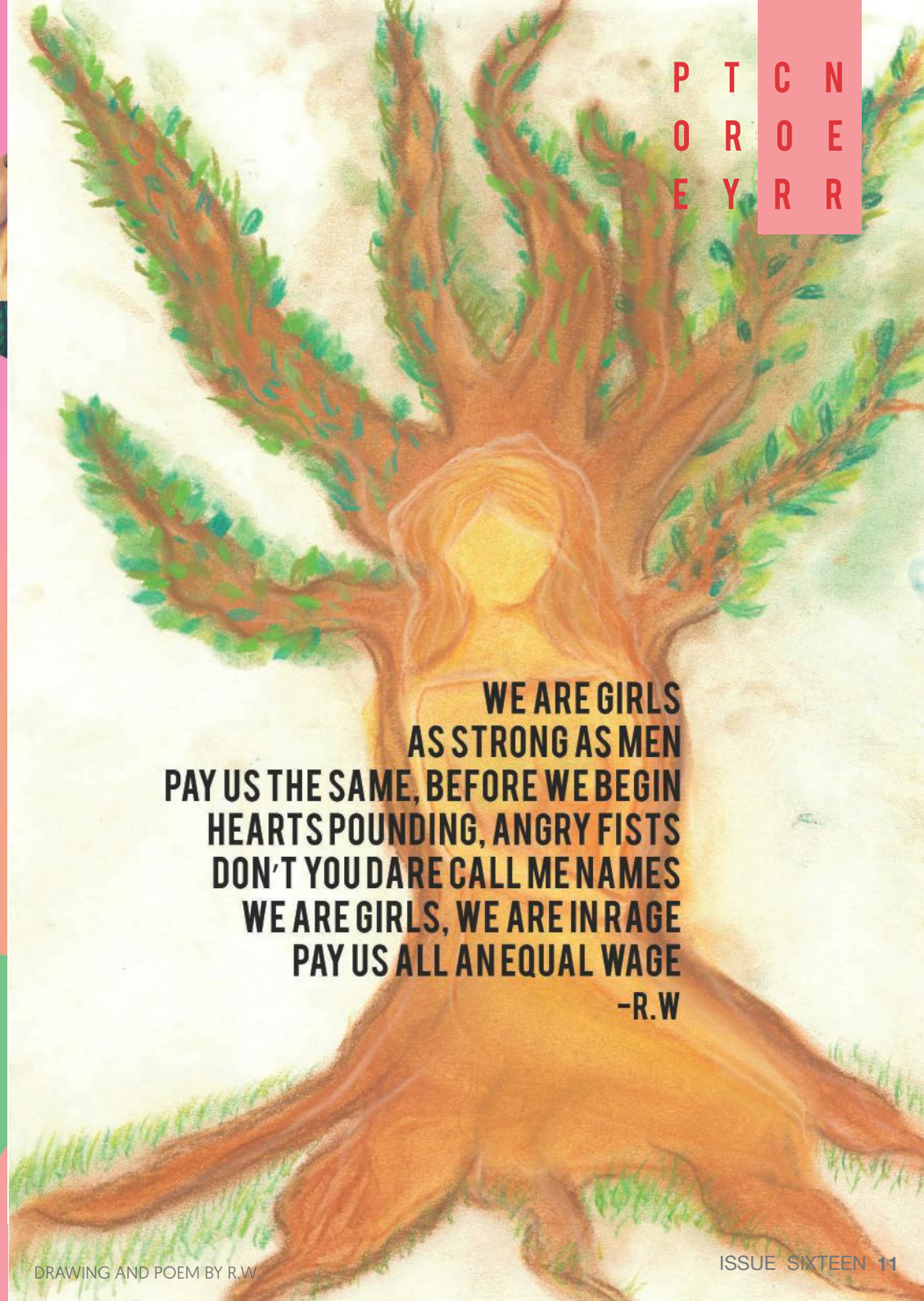
WHO ARE YOUR FAVOURITE VLOGGERS/YOUTUBERS? Vloggers and Youtubers are so big now! There's one woman from Paris who does really lovely make-up tutorials. Her name is Ali Andreea and I love her quirkiness and humour. She's so beautiful.

AND WHAT'S IN THE WORKS FOR THE FUTURE? I am currently in the process of setting up my personal training business called Body Lengths. I am really passionate about getting women fit and active before and after having a baby. I am working very hard to get it up and running but I can be a bit slow sometimes! ◀



P T C N
O R O E
E Y R R

**WE ARE GIRLS
AS STRONG AS MEN
PAY US THE SAME, BEFORE WE BEGIN
HEARTS POUNDING, ANGRY FISTS
DON'T YOU DARE CALL ME NAMES
WE ARE GIRLS, WE ARE IN RAGE
PAY US ALL AN EQUAL WAGE
-R.W**



THE EASY,
RELAXING ART FORM
WHERE DRAWING SKILLS
ARE OPTIONAL

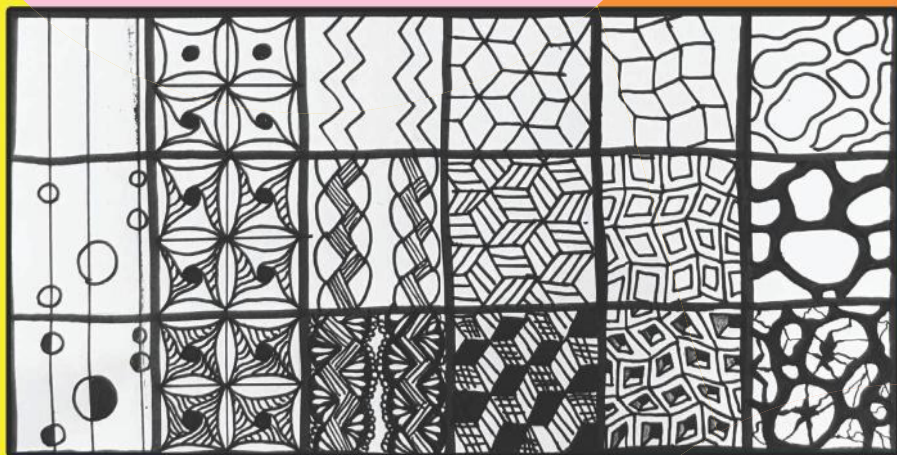
BY LAUREN_LW

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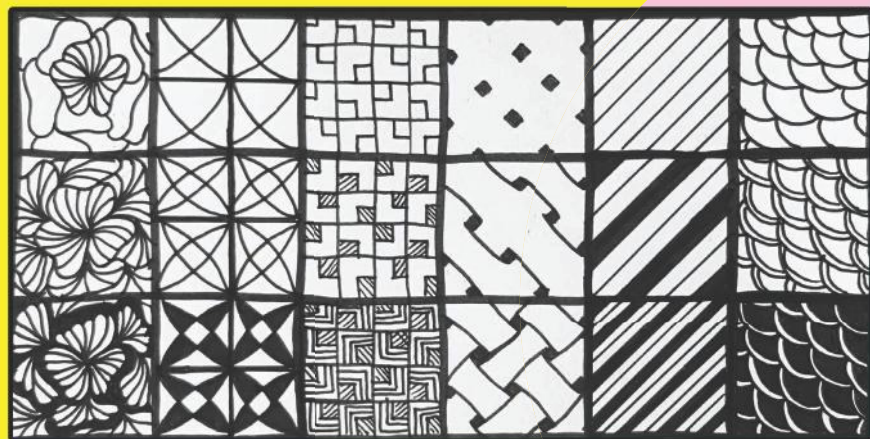
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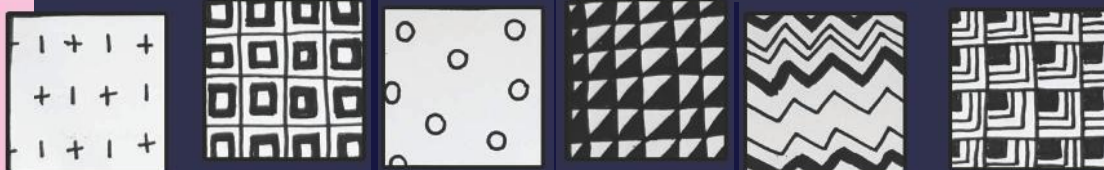
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3



Have you ever struggled to concentrate on something and started doodling on a piece of paper instead? Well to be honest, that's not that far from the *Zentangle Method*. Essentially, it's a type of art that uses repeating patterns of dots, lines and curves to fill a space. It's an easy, relaxing and focusing style that can help start you on the path to mindfulness — the concept of being present in the moment (*aka. the here and now*) and not worrying about the past or future.

We put together some basic designs to get you started! And if you're a bit of a video learner we've got tutorials on **Livewire Online**. Just go to livewire.org.au or livewire.org.nz and search for "Zentangle".



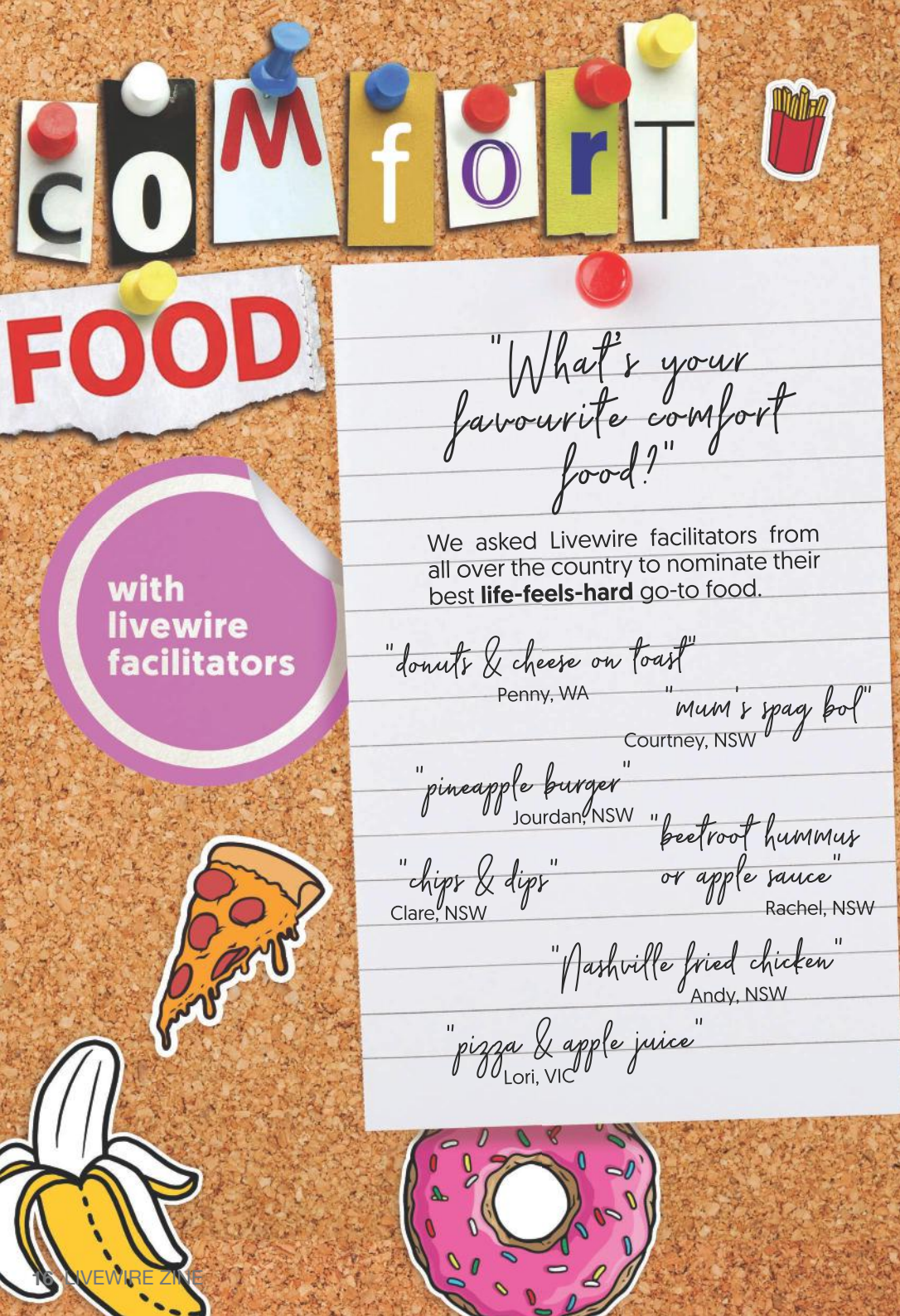
But remember, the point is to let go of your worries and just draw! So try your hand at some freestyle designs too.

If you'd like to know more about Mindfulness in general, check out some of our previous zine issues by searching for "zine" on Livewire Online. ◀



BY LAUREN_LW

COLOUR ME IN /
TEST YOUR ZENTANGLE SKILLS /
POST A PIC TO LIVEWIRE.ORG.AU
OR LIVEWIRE.ORG.NZ ◀



FOOD

with
livewire
facilitators

"What's your
favourite comfort
food?"

We asked Livewire facilitators from
all over the country to nominate their
best **life-feels-hard** go-to food.

"donuts & cheese on toast"

Penny, WA

"mum's spag bol"

Courtney, NSW

"pineapple burger"

Jourdan, NSW

"beetroot hummus
or apple sauce"

Rachel, NSW

"chips & dips"

Clare, NSW

"Nashville fried chicken"

Andy, NSW

"pizza & apple juice"

Lori, VIC

HannahLW's WINTER WARMERS!

OK GUYS — it's starting to get chilly, which can only mean one thing: *time to eat delicious, hot food!*

And nothing cooks delicious, hot food like a slow cooker. So allow me to introduce you to my favourite slow cooker recipe: **Beef Ragu**!

You can make this tasty recipe before you leave for school/Uni/Tafe (or even before you check out that Netflix show you've been wanting to binge watch), and hey presto! You'll have a scrumptious meal ready for when you get home/finish the series!

Beef Ragu

PREP TIME 5 mins
COOK TIME 6 hours
SERVES 4 people

WHAT YOU'LL NEED

600g diced beef
1 tin of chopped tomatoes
2 carrots (*finely chopped*)
2 celery sticks (*finely chopped*)
1 tbsp tomato puree
1 beef stock cube
2 crushed garlic cloves
2 tsp mixed dried herbs
80ml water

WHAT TO DO

Chuck all the ingredients into your best friend slow cooker, and cook it on low heat for 6-8 hours.

In the last lil bit of the cooking, check on the meat by pressing down on it with a fork. You want it to fall apart (yum), and then mix it all around. Add more water if you need.

Serve with pasta, or simply have it on toast (like me!).

If you have a delish recipe you'd like to share with us send us an email at livewire.zine@starlight.org.au ◀

HAVE YOU LISTENED TO

the livewire podcast.



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 peeks into some of the workshops we run in hospitals, plus heaps more; make sure you subscribe!

We also **LOVE** to hear from you! So for any questions or suggestions on upcoming episodes, jump online to livewire.org.au or livewire.org.nz and let a Chat Host know your ideas.

Look for us on iTunes, Spotify, Soundcloud, or wherever you get your podcasts. ◀

GAMING FOR EVERYONE

BY KIRSTY_LW

ACCESSIBILITY IN VIDEO GAMES

is not a new idea, but game developers still struggle to find the best way to meet the needs of gamers.

For example, how do you make a video game for someone who might not be able to see the screen that they are playing on?

Livewire went to **PAX AUS 2018** to meet some of the leading professionals in this field. There we met **Brian Fairbanks** who is working to make audio games with the blind community - check out a snippet of the *Livewire Podcast* convo below!

TRISTANLW: And it's not just blind people and people with visual impairments consuming games but they're kind of out there wanting to create games as well. And you're working with a group now that is blind people making games. Can you talk us through that?

BRIAN FAIRBANKS: Yes. They're creating software so that blind gaming enthusiasts can make their own games without programming or code, so code-free. And it's through a very, very clever menu system. So the plan is, we're making a free audio game and we're going to be releasing that just to kind of get a fan base going and see what people want in

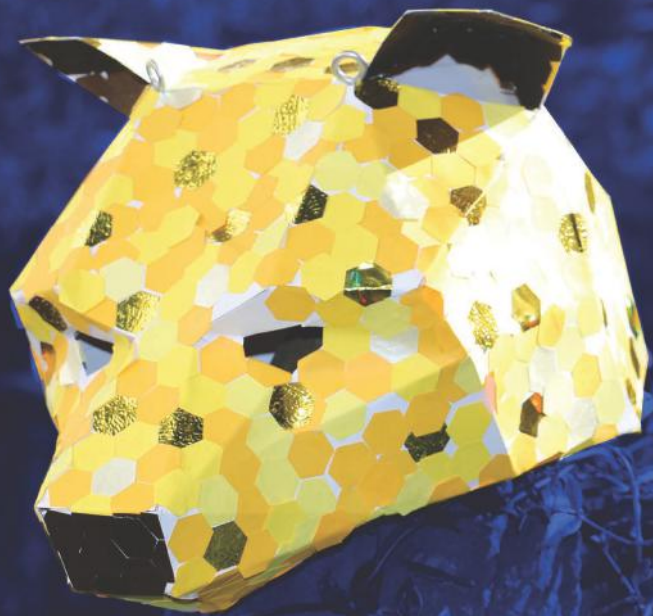
a game...And then after that, I think they're thinking about releasing the engine so that people who are blind and want to make games can do so. Which is possibly the coolest part of all of it.

TLW: Yeah it's a fantastic idea and such a big leap forward.

BF: Yeah, the thing is like...there's nothing technologically groundbreaking or complex, or cutting-edge here. So I think that's probably the biggest takeaway...is there's nothing expensive, there's nothing that takes an incredible amount of education, there's nothing that's happening in any of this stuff that we've talked about that can't be done by most people in this industry. It's just kind of twisting the way that we're thinking about things a little, the way that we do things a little bit.

You can find the whole interview and heaps of other cool stories on the Livewire Podcast episodes 19 and 20. Find it on *Soundcloud*, *iTunes* or wherever you get your podcasts. ◀



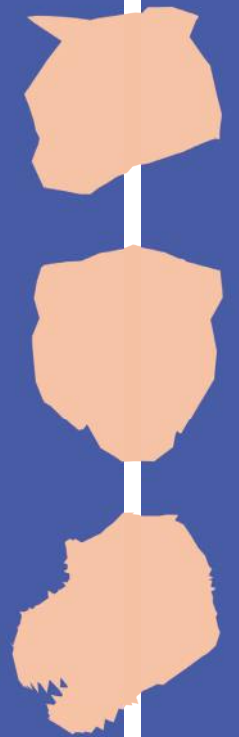


We wanted to create an art exhibition like no other. An art exhibition that the hospital had never seen before. We wanted to do something weird and kinda out there; something you couldn't walk past without stopping or at least double-taking at.

And then we saw these — 3D animal heads big enough to well and truly fit over your own!

We approached this company, **Wintercraft** — they design 2D paper templates for 3D construction — and when we explained our idea they kindly gave us a stack of templates *for free!*

We cut them out, stuck them together (*with a whole lotta tape and the occasional head-scratching*) and proceeded to decorate them with whatever we could get our hands on. We used clay, paint, glitter, paper, pom poms, string, beads, gems — all sorts.



UNMASKED

3D Mask Exhibition at John
Hunter Children's Hospital

BY LAUREN_LW

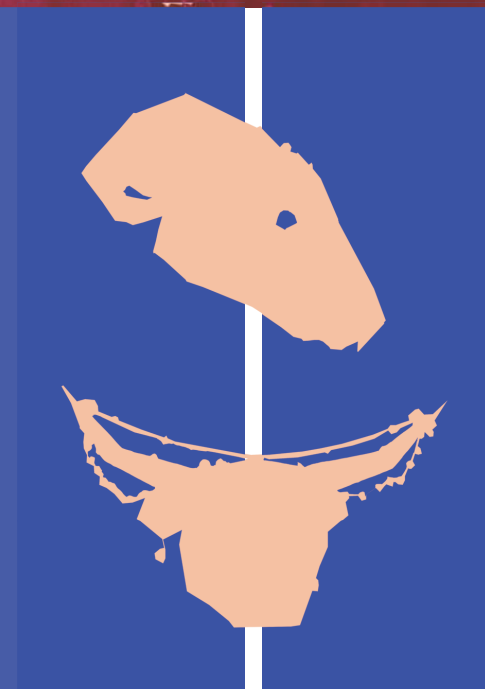




We were then given three whole months to display them in the hospital.

The coolest part about this project was how big an impact it seemed to have! **SO** many people stopped us in the corridor to ask about them — literally as soon as we started hanging them up — and even since the exhibition has passed people still reminisce on the project and how cool the masks ended up being.

Have a look for yourself! *Do you have a favourite?* ◀



FIND ALL THE ANIMALS

S	L	O	T	H	E	F	L	L	I	G	M	L	N
O	A	A	E	O	L	W	A	A	A	K	O	T	B
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O	S	T	A	C	R	C	A	K	I	E	F	L	N
L	S	G	N	R	X	W	L	B	T	I	G	E	R
T	X	I	T	L	W	B	B	I	A	W	A	O	A
X	O	L	R	R	L	A	A	T	T	A	R	W	A
A	F	L	S	A	R	O	R	O	T	K	L	O	X
T	B	L	G	G	I	O	L	L	O	L	L	C	A
L	H	R	O	G	O	T	L	A	S	A	O	L	I
N	R	B	B	R	K	I	A	L	A	A	L	A	W
O	O	L	N	G	T	O	M	A	L	C	L	T	B
I	O	O	R	A	G	N	A	K	A	L	L	F	W
L	O	I	I	G	K	A	R	C	O	W	T	R	C

By Mackenzie

TIGER

FOX

SLOTH
LION

RABBIT

KANGAROO

CATS

FROG

KOALA

OWL
COW

LLAMA

WINTER WORDSEARCH

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

By Mackenzie

HOT
CHOCOLATE
BEANIE
SCARF
WARMTH
BLANKET
HEATER

SOUP
WINTER
SNOW
RAIN
WET
COLD

LIVEWIRE'S BIGGEST HOSPITAL WORDSEARCH

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

WARD
EMERGENCY
HOSPITAL
PICC LINE
IV DRIP
CAST
BAD FOOD
DOCTOR
SPECIALIST
SOCIAL WORKER
NURSE
XRAY
BLOOD TEST
CATHETER
CANNULA
FACE MASK
PATIENT
PROSTHETIC
MEDICINE
MOBILITY AID

FRIENDSHIP
INSULIN
SMELLY
ISOLATION
PRESSURE CUFF
BANDAGE
PAGER
BRACE
SALINE
FLU
NEEDLE
SURGICAL
ART THERAPY
BED
STERILE
INFUSION
BANDAID
BORED
SWABS

? STUPID ? ? QUESTIONS

And now, for the most important section of our Zine, where we at Livewire crack down on myths, old wives tales and random thoughts that pop into our heads, unprovoked and for no reason whatsoever.

For our second edition of Stupid Questions:

WHAT DOES THE QUEEN CARRY IN HER HANDBAG?

"I reckon she'd have an
emergency crown or something."

RILEY (14 yrs)

"Haha, aw, I dunno. Maybe
like, secret illuminati treasure maps."

KAYLA (12 yrs)

"Her Corgis!"

CLARE_LW

"Werther's Originals,
for sure."

AMY (16 yrs)

"Crumpets!"

Dean (12 yrs)

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by Rep-Isabella



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