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Youth News

HAEMOPHILIA FOUNDATION AUSTRALIA

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MESSAGE FROM THE CO-CHAIRS



Dale Spencer

Hey all,

Well, this year is truly flying by and the Conference in October is approaching fast. A lot of planning and brainstorming has gone into the Conference for this year. There will be a youth based session called "Transitions", where a few young people will be joining haemophilia health professionals on stage to talk about youth issues and it should be really good value.

I have been in the position of Youth Committee Co-Chair with Lauren Albert for nearly two years. Together with my fellow Youth Committee members we have all worked to keep the Youth Committee running. We have travelled around

this beautiful country attending camps, conferences and training weekends to better our knowledge of haemophilia and the different ways people manage their bleeding disorders. We have met a varied age range of people with bleeding disorders and their families, and as a whole I believe we have a great Foundation with a lot of support and help.



Lauren Albert

Hey guys,

The last couple of months have been a whirlwind for me. I welcomed my beautiful daughter, Ruby Kate Albert, into the world on 10th July and haven't stopped since then. The Youth Committee has also been really busy, with lots of exciting new things planned and, as always, lots of discussion on how to make things more exciting for you all.

The Conference is fast approaching and this has made me reflect on just how much I have gained from my time on the Youth Committee, not just as Co-chair but as a member and from the haemophilia community as a whole. I have started friendships which I know will last a lifetime, been able to play an active

role in encouraging young people to get involved in the community and have gained a deeper understanding of the variety of issues that face young people with bleeding disorders. I look forward to continuing to be involved with young people and encourage you guys to do the same. If nothing else, you will have the chance to meet people who face the same challenges as you and what better place to do so than at the Conference?



We want you!

Interested in the Beyond Prophylaxis Project?
Want to tell us what is important to you?
Why not join the Youth Working Group?
Contact Kate on 1800 807 173 or
kwalton@haemophilia.org.au

SWIMMING WITH THE SHARKS

Dale Spencer. Dale is Co-Chair of the HFA Youth Committee

I recently travelled to the beautiful country town of Exmouth in Western Australia's North Coast as part of a radio competition my fiancé won, staying at the 5 star Novotel Ningaloo Resort. Upon arrival my first impressions were how isolated and desolate it looked, with its two planes at the tiny airport and small amount of workers. Our resort was a little over 30 minutes away from the airport, all around us was the makings of a mining community with very spread out workplaces and lots of vacant land.

Once we arrived in Exmouth town I admired the beautiful houses, met some awesome "Aussie" locals and most importantly the sparkling blue sight of the coast line. My jaw dropped when we finally arrived at the resort, I have never had the opportunity of staying at a 5 star resort and being pampered like we were. We had beautiful room service delivered to our door, while sitting out on our second storey balcony enjoying the view of the pristine beach water. The four restaurants to dine at did not disappoint, with my partner and I both agreeing that we had just polished off the best pizzas we'd ever tasted.

We spent a day swimming with the biggest fish in the ocean. The Whale Shark was amazing. We swam with four of the gentle creatures all around 5 metres in length but seeming to be a lot bigger. Being in 20 metre deep water was not for the faint hearted and we weren't alone, we swam along with stingrays, manta rays, dugongs, dolphins and had the rare opportunity of watching a pod of Humpback Whales swim next to our boat. We were treated like royalty by the crew of the "Keshi-mur" enjoying fresh seafood, chicken, ham and all the salad and snacks we could fill up on.

I would definitely encourage young people to be prepared when they are travelling and talk to their Haemophilia Centre about what they need to do. I was asked by the airline for a letter from my doctor to carry my factor with me on the plane. They don't usually ask this when flying interstate but as I learned, it's best to be prepared just in case. I also think it's a good idea to keep your factor VIII in mind when packing because you don't want to leave it at home. Finally, always remember to take a sharps container - you can get travel size ones now.

All and all it was a massive holiday, whether we were just lazing by the pool or swimming with 5 metre sharks, it sure beat being back in reality and working haha... wasn't bad for a free holiday we won on the radio.



"ALOTTA HAMISH!"

Hamish Robinson talks to Youth News

On Sunday 20th March 2011 Hamish arrived in Hawaii to take part in the 26th Annual Pacific Basin Music Festival, with 57 other students from around the world. Hamish told *Youth News* before he left he had to contact his Haemophilia Centre and get all of his forms for travelling completed. Hamish explained he had to "see the haematologist and get him to write two letters. One that said I was allowed to carry my factor on the plane and have all of my supplies and the other was for the NSW Department of Education."

Wednesday night was the matinée performance. There were 8 bands playing at the festival and Hamish's band was on 7th. Hamish stated he started to get a bit nervous as he heard the clapping, as the band before them stopped playing. 'We walked in, we all took our places. We nailed it! To us, we played the best that we had played and we were pleased with what we did. We got a silver. We were one mark off getting a gold.'

After Wednesday Hamish had the rest of the week free. On Thursday night there was an encore performance for the band who won and the local navy band performed as well. "On Friday we went for a tour around the island and I got to see different things like where there was a volcano that's now a beach". "We saw where some of the footage from Jurassic Park was made."

On Sunday it was time to go back to the airport. Hamish told *Youth News* it took a while to take off because of mechanical problems. "We had to wait for the airline to fix it and then get approval ... we were sitting on the plane for an hour and a half before we took off!" Hamish had packed his treatment product with icepacks to keep his factor cool so the wait wasn't an issue. Hamish said he got home safely and there weren't any major incidents in the air.

"The only time there was any problem was when my bag got searched on the way out of Hawaii by US customs. They wanted to look and check that my icepacks were not stuffed with anything." Hamish told *Youth News* it interested him that they questioned the ice pack because it was made by a well-known organisation. "But they still had to check it."

Hamish encourages other young people to travel, "Go for it. It's fun and you get to see things you wouldn't see here and experience a different culture." Hamish also suggested to make sure you have enough spare product and to talk to your haemophilia nurse about letters and documents you need to carry with you explaining that you are required to carry needles and treatment product with you on the plane. Hamish also made sure he took photocopies of all the documentation for his own records.

Hamish told *Youth News* that the most exciting part of the trip was every one that was there, "meeting all the people and hanging out with my friends." And Hamish's future plans with his music? "I'll probably keep the trombone and play it every now and then, whenever I feel like it and pass it onto my kids."



INTRODUCING KATE

Hi! I'm Kate the new Youth Project Officer at HFA.

I have a strong history as a youth worker and have worked with many different young people with many different issues. My specialty to date has been youth homelessness but I look forward to the new challenge that this project offers. I especially look forward to learning from you and working as a team to create some amazing resources.

I also have a history in media. I studied media at uni as when I finished high school I wanted to be a journalist. I have been published in local and state newspapers and also design and create the promotional material for the Calisthenics club I am involved in. Eventually I found the desire to work with young people too overwhelming to ignore and then studied Youth Work. So now, here I am!

I'm really looking forward to the opportunity to meet some of you at the upcoming Conference in October where we can discuss what YOU want and need in terms of education and information. You may even decide to join in the project.

See you then!

Cheers

Kate



Don't forget!
Why not join us at the youth meet
and greet during the conference?
*Location: Novotel Sydney
Olympic Park
*Thursday 20th October at 7:30pm
*Boulevard Bar - Novotel
www.haemophilia.org.au/conferences

HAEMOPHILIA WORD FIND - HOLIDAYS

By Michael Lucken

Words to find:

AWAY	DRIVING	GAMES	ROAD
BEACH	FAMILY	HOLIDAY	SAND
BOATING	FISHING	PLANE	SUNSHINE
CAMPING	FRIENDS	RELAXING	TRAVEL
CAR	FUN	RESORT	

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

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