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## **MESSAGE FROM THE CHAIR... Paul Bonner**

It has been another successful year for the Youth Mentoring and Leadership Program. The HFA Youth Committee has continued to meet via monthly teleconferences with significant achievements such as organising and running the Youth Training weekend, producing the bi-monthly newsletter and drafting policies.

The Youth Training weekend was fantastic with 21 youth from around Australia coming together for three days. You can read more below.

We look forward to a bigger and better 2007.

## **YOUTH TRAINING WEEKEND ~ Launceston, October 2006**



*2006 Attendees*

The Youth Leadership Training weekend was a great success with 21 young people from around Australia attending. A diverse range of people attended with different backgrounds from the bleeding disorders youth community, who all found the weekend to be beneficial.

Workshop sessions on Leadership Skills Development, Public Speaking, Being Active, Taking Care of Yourself, Discrimination and Insurance, were followed by recreation activities which included horse riding and fly fishing. Natashia Coco, HFA Development Manager developed the training program and facilitated most of the weekend.

Overall the weekend was successful because -

- New friendships were made
- Existing friendships were reaffirmed
- People gained knowledge and skills
- People had the opportunity to push their personal limits in a safe environment
- Interest in being involved in future activities was shown
- Interest in becoming involved with HFA and local foundations emerged

See some of the comments of some of the attendees...

The weekend stimulated many conversations about haemophilia and von Willebrand disorder and problems associated with it such as treatment, complications of treatment including hepatitis C, dealing with health professionals, and lifestyle issues such as personal development, travel, sport and recreation. These discussions brought the group together and gave participants a chance to contribute and learn more about issues they were unfamiliar with or had not considered. Opportunities like this help people to build confidence and communication skills.

After lunch we had Robert McCabe and Sharon Caris talking about Discrimination and Insurance. I found this very interesting because it is not something that I have seen much information about. It was great the way that Robert presented the information and that he had a lot of examples on hand to share with us about discrimination. I think it is just one of those topics that no-one wants to think about or bring up. Sharon spoke to us about Insurance and how hard it can be to get for people with haemophilia, including travel insurance and health insurance. I found this information very helpful as I have not thought about insurance myself and maybe I should.

I didn't know what to expect as this was my first trip to anywhere without having any family members attend. Upon arriving I was a little shy, I knew no-one, but that soon passed as I got settled down.

It was wonderful to have present a number of guest speakers at the weekend, including Penny McCarthy (haemophilia nurse) and Brendan Egan (haemophilia physiotherapist). They both brought a lot of valuable experience and knowledge to share with the group, and presented information that was relevant to the audience.

It was especially great for current members of the youth committee to greet a number of new faces at the training weekend. This allowed for networking within the bleeding disorders community around Australia and for young people with an interest and passion in bleeding disorders to share new learning, experiences and ideas.

Thank you so much for encouraging me to attend the weekend. I had the best time. I found it so helpful and realised that my paediatric doctor wasn't that good to me. I didn't know half the information I should have. I have definitely been enlightened!

Once again I would like to thank you for putting so much into the organisation of the youth weekend. As it was my first haemophilia 'thing' I was stunned at how fun and interesting the weekend was. We had a fantastic time and now realise that local foundations and HFA are not just a bunch of boring old people.

The training weekend was so beneficial for everyone, with each participant coming home with so much more knowledge than what they left with, and also some very valuable leadership and public speaking skills! It was so great to catch up with old friends and spend time with them, and also to meet some new friends and hear their stories! Although, it was sad to say goodbye!

Whilst at the training weekend I participated and hopefully passed on personal experiences/skills in the various workshops ranging from public speaking to general discussions. I feel that I received the most confidence, support and advice out of the group discussion on hepatitis C (treatment, telling people and managing it).

Thank you once again for the whole weekend. I have learnt so much and already I have made people aware of haemophilia and von Willebrand disorder and I couldn't have done that without the weekend that you organised.



*Fly Fishing*



*Horse Riding*



*Public Speaking Presentations*



*Walking Activity*



*Craig (QLD) & Alex (TAS)*



*Michael (VIC), Gavin & Dale (WA)*



*Michael (VIC), Paul (SA),  
Gavin (WA) & Anna (TAS)*



*Michael (VIC), Erin (NSW),  
Michael (SA), Joe (TAS) &  
Stuart (TAS)*



*Jenny, Matthew and Michael  
(VIC)*



*Jodie (QLD), Kristi (VIC),  
Anna (TAS) & Ella (SA)*



The 14<sup>th</sup> Australian and New Zealand conference in 2007 will be held in Canberra. The Youth Committee will soon begin designing a youth program for the conference. If you are interested in attending the conference, email your details to [hfaust@haemophilia.org.au](mailto:hfaust@haemophilia.org.au) or contact HFA on 1800 807 173. Full registration brochures and information will be out the beginning of 2007.

## ARE YOU GOING ON HOLIDAYS?

*Have you arranged a supply of clotting factor to take with you?*

Don't forget if you're flying interstate or overseas, you need to take documentation with you about your treatment needs and the product and equipment you are carrying. Talk to your Haemophilia Centre health professional or HFA if you need any information about this.

## CHRISTMAS WORD FIND

|                     |          |               |                    |
|---------------------|----------|---------------|--------------------|
| Boas Festas         | Bells    | Feliz Navidad | Sheng Tan Kuai Loh |
| Buon Natale         | Presents | Holly         | Angel              |
| Joyeux Noel         | Tinsel   | Candy         | Rudolph            |
| Merii Kurisumasu    | Family   | Mistletoe     | Reindeers          |
| Merry Christmas     | Santa    | Cards         | Pudding            |
| Prettige Kerstdagen | Tree     | Stockings     | Carols             |

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**On behalf of the youth committee we wish you & your family a happy festive season.**

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Secretary ~ Sam Duffield (NSW)

Members ~ Anna Sznyter (TAS), Chantel Roberts (VIC),

Craig Bardsley (QLD), Jodie Stephenson (QLD),

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