# REDteen

CYSTIC
FIBROSIS
Western Australia

WINTER 2014

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## From the Editor

Welcome everyone to our first issue of REDteen!! We hope you enjoy this new magazine which aims to tackle topics that are important and relevant to you.

In this issue we have looked at providing hints and tips on a few areas such as CF and work, relationships, and how to manage nagging parents when it comes to doing your treatment.

We would like to acknowledge and thank Lily and Marina, from Penrhos College who contributed to this magazine with ideas and writing some of the articles, for their Year 10 work experience. Their help has been invaluable and we would not have been able to get things rolling without their insights.


Lily and Marina
at CFWA

If you are interested in contributing to the magazine with articles, photos, illustrations or wish to work on it as a part of your work experience, contact us at:

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For your chance to **win two Gold Class movie vouchers** to a movie of your choice, tell us what you think of the new REDteen magazine. Either fill out the form at the back of the magazine and post to us or complete the survey online at **http://goo.gl/2oQ2Ly**

# Life AT BOARDING SCHOOL

**LILLY HAS BEEN AT BOARDING SCHOOL FOR A FEW YEARS NOW.**

**REDteen WANTED TO FIND OUT EXACTLY WHAT IT IS LIKE BEING SO FAR FROM HOME AND MANAGING THE CF TREATMENTS REQUIRED.**

### What was it like to adjust to boarding school, and how have you found managing your CF treatment there?

It wasn’t too bad adjusting. At first, I found it hard to find time to do my physio and fit it in with all the boarding school extra stuff like washing and chores, but I eventually worked out the schedule that boarding has. It’s now easy - I just have to do it.

The hardest thing was probably coming from a small country primary school to a big high school with only girls, and having to adjust to school work, make new friends, play sport and not get lost around school; on top of it all, I still had to do my physio!

### How have people in your boarding house and at the school reacted to the treatment you have to do to manage your CF? Have you had to explain to other students about CF?

At the start, I found it hard to tell everyone and people always asked where I was in the mornings and afternoons when I was doing my physio.  I would just say I was at the nurse, but now it’s just easier to tell them straight out, “Oh, I have CF and I have to do all this treatment for it.” I don’t really know if people at school know that I have CF. The girls in my homeroom know because we had a lady from CFWA come and talk to my homeroom about it but apart from that, I don't know who knows. I asked a friend Verity, today what she thought about me and CF and she said that I was good at dealing with it and that I didn’t use it in a way to make people feel sorry for me. They know me just as Lilly, and see me as an ordinary person, not the girl with CF, and that’s how I like it. I don't want them to see me as the girl with CF. I don’t bring attention to it.

### What is your daily routine, including school things, sports, CF treatment and fun things?

I wake up at about 6:55 am and get ready for breakfast at 7 am. After breakfast, I do my physio, which usually takes me to about 7:45 am depending on what I have to do. I go to school at 8:25 am, come home from school at 3:25 pm and then I either do my sport for school which finishes at 5 pm-ish, or I do my physio until 4-4:30 pm. I’ll then hang out with my friends until 5:30 pm when we have dinner and from about 6:30-8:30 pm I study.

I hand my laptop and phone in at 9:30 pm and then go to bed at 10 pm.

My days are pretty structured and the same thing happens pretty much every day, but it’s a good routine and I get everything done that I need to do, so it works for me.

LILY (LEFT), BEST FRIEND MORGAN (MIDDLE) AND LILY'S SISTER MADDY (RIGHT)

> I ASKED A FRIEND VERITY, TODAY WHAT SHE THOUGHT ABOUT ME AND CF AND SHE SAID THAT I WAS GOOD AT DEALING WITH IT AND THAT I DIDN'T USE IT IN A WAY TO MAKE PEOPLE FEEL SORRY FOR ME.

### RT How long have you been at boarding school for?

This is my 3rd year here; I am in Year 10 and I love it.

### RT What is your favourite subject at school and what things do you like to do in your spare time?

My favourite subject is probably P.E. studies or Human Biology. I love to learn about how the body works and how it relates to CF and how fitness and things affect the body. In my spare time I play sport. That is the best thing about being in the boarding house -it's easy to access many different sports. I have been lucky enough to be selected in the IGSSA netball team to go to Malaysia and play netball during the school holidays against other countries. But my most favourite thing is being at home helping dad on the farm and just driving around.

### RT Do you have any siblings? Are they at home or in boarding school too?

I have an older sister who is in Year 12 and she is head boarder at my school. I also have a younger brother who is in Year 5 and he goes to school in our home town.

### RT Has it been hard for your parents with you in boarding school? How often do you get to see your family?

I know the first year was hard for mum as I don't think she really knew if I would be able to cope with all my physio and things, but now I know she's fine. She trusts me to get my physio done and it is up to me to do the right thing. I see my family every few weeks when they come up to Perth. The thing I love the most is going home and getting away from Perth and just being on the farm.

### RT If you were to become unwell, what happens?

When I do become unwell, mum comes up and I go into hospital. This is probably the hardest thing as I spend the least time as possible in hospital and then spend the rest of the time at home, on the farm. Mum and I do all my medications and things through a PICC line at home. My teachers email me work, and I try to do as much as I can. If there is a nasty cough or cold going around the boarding house, I sometimes go home and do school work via emailing my teachers.

### RT Who takes you to your check-ups?

When I have my check-ups, my mum comes up and takes me as I think she likes to be there to check up on how things are going as she doesn't really know otherwise, because she doesn't see me very often.

# WORKING AND CF

**YOU MAY BE GETTING TO AN AGE WHERE YOU WANT TO ENTER THE WORKFORCE IN FULL-TIME OR PART-TIME EMPLOYMENT, EITHER TO START OFF YOUR CAREER OR FOR A JOB TO PROVIDE YOU WITH SOME EXTRA INCOME. THE WORLD OF PAID EMPLOYMENT CAN BE VERY REWARDING, EDUCATIONAL AND A GREAT WAY TO MAKE FRIENDS. BUT AS A YOUNG PERSON IN THE WORKFORCE, AND ALSO AS SOMEONE WHO HAS CF, IT IS WORTH CONSIDERING A FEW THINGS TO ENSURE YOU ARE GETTING THE MOST OUT OF YOUR WORK EXPERIENCE.**

## THINGS TO CONSIDER TO TAKE CARE OF YOUR HEALTH WHILE AT WORK

☐ Will you be exposed to chemicals, pathogens or bugs e.g. (jobs in agriculture, working with animals, laboratory work) which might affect your health? If so, what protective equipment does the company provide? How long will the exposure be?

☐ Will the job be physically demanding? Will you be standing on your feet for long periods of time? Can you cope with this? What will you do if you are not feeling well? If you choose a trade or job which is physically demanding, look for a company that has options to change to other less physically demanding roles in the future - if possible.

☐ What are your energy levels like? Do you tire easily? If so, a job where you can sit down more often may be more suitable.

☐ What are your requirements for your treatment and hospital appointments/ admissions? You can negotiate with the CF clinic in regards to the times of your appointments and admissions.

☐ What are the employment conditions like? Are there flexible work arrangements? What is the sick leave allowance?

☐ What is the work environment like? Do they have a place where you can do your treatment if need be? Will you need to store some medication in the fridge?

☐ What is the company policy on illness and is it widely available e.g. on the company's website?

☐ You could ask these questions of a few companies before you apply for a job so you get a feel for what different companies offer. Sometimes the information can be easily found on the company's website.

## PLAN FOR WHAT YOU WANT TO DO

✓ Think of what type of work you would like to do and what you are capable of doing, physically and mentally. Think of what your interests are; could any of these be related to a particular job?

✓ Make a list of all the businesses around your local area where you are interested in working, and places which are easy to get to by public transport (if you aren't driving yet or it will be tricky for mum or dad to drive you to work).

✓ Make a list of all the people you know who may be able to offer you a job, such as the parents of your friends, your relatives, the next-door neighbor, friends of your parents. Do any of your friends have jobs where the company is hiring? These are the people you can ask if there are any positions available at their work. Let everyone know you are looking for work as they might keep you in mind if something does come up. This is a very common way that people find work - through someone they know.

✓ Do some work experience or voluntary work at a few places to build up your resume. There are many charity/not-for-profit organisations who are very happy to have volunteers for a variety of events they run or services they provide.

✓ Sign up with a job agency e.g. Options Employment. Job agencies are based in metro and regional areas and assist people to find employment opportunities which suit their needs and goals. A job agency such as Options Employment can assist you in transitioning from school to work. They can source employment placements, traineeships, work experience placements, on-the-job training and mentoring. If you are eligible, their service is free. To find out more, look on their website **www.options.org.au**

## SELF EMPLOYMENT

Some people with CF prefer to run their own business, often from home. This alternative can allow for more flexibility in work hours, being your own boss and being able to do something which is of great interest to you.

### Examples of small businesses

☐ web-based business e.g. selling clothing, craft or second-hand items such as books
☐ baby-sitting, being a nanny
☐ web designer
☐ house sitter
☐ party planner
☐ personal trainer
☐ fashion blogger
☐ pet care e.g. dog walking, pet grooming or pet sitter

## TIPS FOR WRITING JOB APPLICATIONS

### Writing a resume

✓ Not all jobs you apply for will require a resume but it is handy to have one just in case, and it also maps out what your current skills and work experiences are.

✓ Even if you haven't had a formal job, there may be many things you have done at home and at high school which can count as work experience such as baby sitting, working on a group project at school, helping your parents or grandparents with their mobile phone or computer.

✓ You can find examples of resumes or resume templates on the internet, or ask a few people you know if you can have a look at their resumes for ideas.

✓ Make sure you proofread your resume and also ask someone to check it over to pick up any typos. There should be no errors at all on your resume. When employers are looking at resumes they can instantly dismiss a resume which has errors in it, even if it is a great resume, as it shows that the person does not have attention to detail.

## APPROACHING BUSINESSES FOR WORK

☐ As well as looking online for jobs such as on Seek or Career One, you can approach companies in person, too. Being persistent can often pay off. It can be worth approaching a company a few times if it is somewhere you really want to work.

☐ It can also be the case when looking for work, that you have to put out many many job applications and you may receive a few knockbacks. This can be quite disheartening, but if you keep persisting you will eventually succeed.

## TIPS FOR JOB INTERVIEWS

There is no doubt that job interviews can be scary!! Even adults who have been to many job interviews still find them daunting. The employer is seeking the best person for the job who will also "fit" in with their work environment. In some cases, if you are unsuccessful in gaining a particular job, it can be a blessing in disguise as you might find something even better. You can't control who you are competing with for the job you are after or what type of person the employer is looking for, but you can control how you look and act during an interview.

✓ **Dress the part:** It is extremely important that you dress smartly for a job interview as it lets the employer know you are serious about the job. Employers can make a judgment on you in just a few seconds, so looking as well groomed as possible can really add to providing a good first impression.

✓ **Appear confident:** It is completely normal to feel nervous during a job interview, but if you can, try and control your body language and mannerisms as much as possible e.g. keep your hands still. Employers know that it is daunting for the interviewee and they just want to know if your experiences and personality are suited to the position. Sometimes nerves can get in the way of you being able to put your best foot forward. Practice doing a mock interview with someone in your family before your scheduled interview.

✓ **Be yourself:** Even though you may be nervous it is best to be genuine and honest during interviews. Employers can often tell if a person is not being honest. There is nothing wrong with making things sound extra great (this is marketing yourself!!) but if you really don't know the answer to a question, it is best to be honest.

✓ **Be prepared:** Find out what you can about the position and the company in advance. It will be more impressive to the employer if you have done this. It can be very off putting to employers if the interviewee hasn't looked into the basic history or background of the company or the services it provides.

✓ **Talk to your family and friends:** Ask family and friends about the types of questions they have been asked during job interviews and think about what might be asked of you at your job interview. Brainstorm some potential answers which demonstrate how your skills and experience match the position.

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## STARTING WORK

### Disclosing you have CF

It is an individual choice to disclose that you have CF during a job interview or once you gain work. If you are asked during the interview stage about having any health conditions, it is best to answer in a straightforward way. However, disclosing that you have CF (if not asked about health conditions) can put you and the company in a difficult position. If you feel you can easily do the job as it is presented to you, it may not be necessary to disclose at this stage that you have CF.

The decision to hire you should be based on your ability to perform the physical and mental tasks of the job. If you need to provide references for the job, make sure you brief your referees on whether you want them to mention that you have CF or not. Once you are offered a position, you do not have to mention that you have CF, however, if you plan to stay at the job for a longer period of time, you may need to disclose having CF if it is likely that you will need time off for hospital appointments or admissions. You don't have to let everyone know, just your line manager.

When you are settled into your job, it might be a good idea to think ahead about how you will manage any future absences from work. Does your workplace allow you to "bank" the time you work, so you have a bank of hours up your sleeve in case you do need time off?

### Sick leave entitlements

What are the sick leave entitlements? They can be different for casuals, part-timers and full-time employees.

**Fair Work Ombudsman**

When you join the workforce in Australia, there are basic entitlements that you should be aware of.

The Fair Work Ombudsman is a government agency who protect and enforce the workplace rights and entitlements of employees. Their role includes helping employees, employers and the community to understand and comply with the Australian workplace laws. Their website is **www.fairwork.gov.au** and the information line is 13 13 94.

They have developed an employment checklist which you may find really useful and it can be downloaded from their website.

The types of things you may want to check are your leave entitlements including sick leave, that your pay is correct for your age and how much tax will you have to pay.

# WACKY SPORTS

**ARE YOU LOOKING FOR SOMETHING DIFFERENT TO DO TO KEEP ACTIVE AND CHALLENGE YOURSELF? BORED WITH PLAYING FOOTY OR SWIMMING LAPS IN THE POOL? WELL THERE ARE SOME REALLY WACKY SPORTS OUT THERE THAT YOU WOULDN'T BELIEVE PEOPLE ARE ACTUALLY DOING, LIKE EXTREME IRONING AND WIFE CARRYING.**

## *EXTREME IRONING*

Ironists claim that this sport was founded in 1997 by Phil Shaw in his back garden. After coming home from what he recalls as a hard day at the knitwear factory, preferring the idea of an evening out rock climbing, Shaw decided to combine the two activities together to form a new extreme sport.

As extreme ironing gained popularity, many new branches of the sport developed. Bungee ironing is what some would call the ultimate in the thrill of extreme ironing.

In the world championships there are 5 different categories of extreme ironing:

**Urban:** this is ironing in, on or around a broken down car.

**Water:** fast- flowing water is the location for this category and competitors can use surfboards, floating rings and canoes to assist them.

**Forest:** ironing at the top of a tree.

**Rocky:** on top of climbing walls, cliffs or mountains.

**Freestyle:** anything goes.

## *WIFE CARRYING*

This unusual sport originated from Finland. The sport came about in the late 1800s when a group of thieves were accused of stealing food and women from villages. Young men would also go to a village near their own and steal other men's wives, carrying them on their back, and then make them their own wife.

The aim of the sport is for the male competitor to carry the female through an obstacle course in the fastest time.

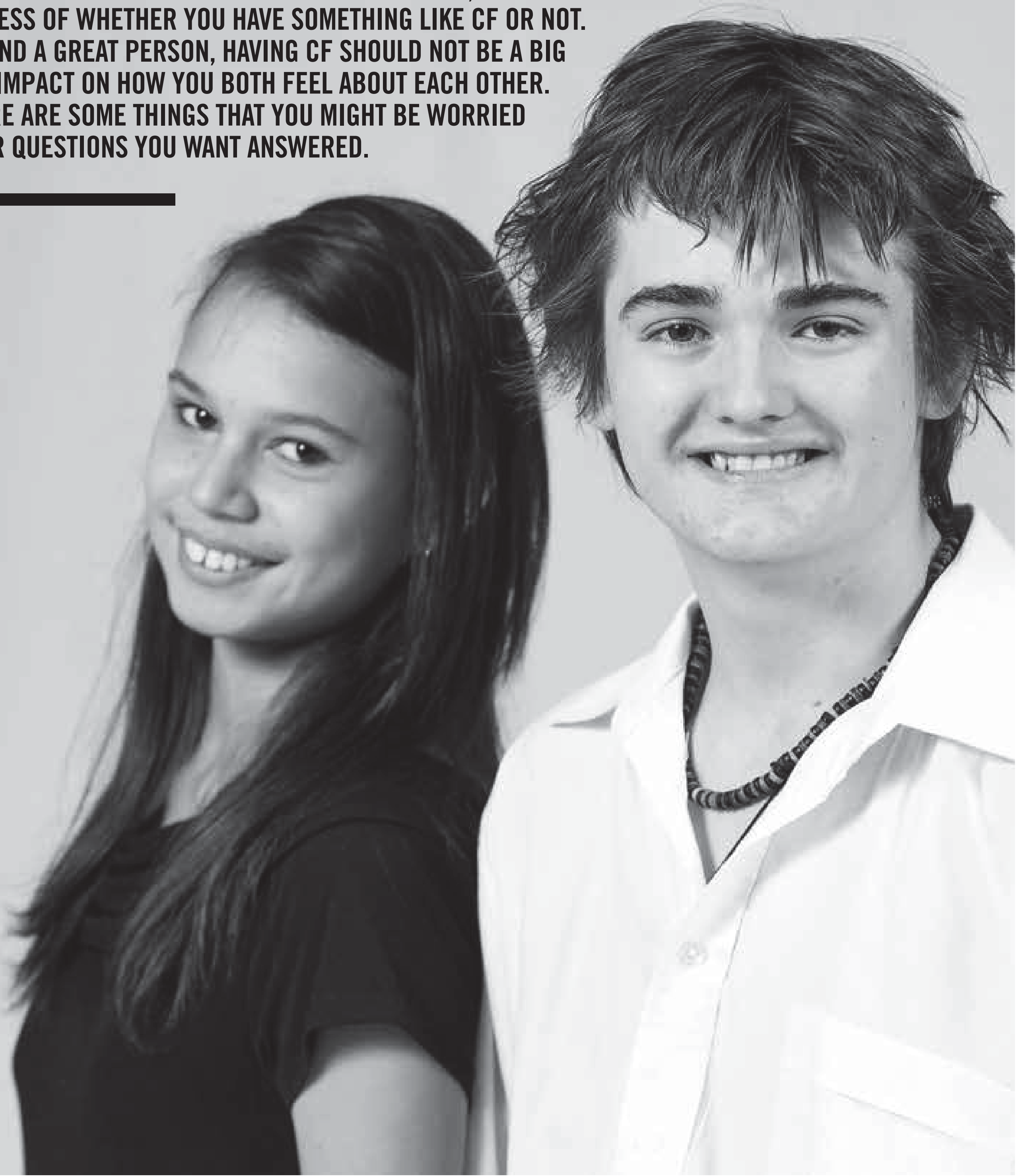
Some of the rules are:

- ✓ The length of the official track is 253.5m
- ✓ The track has two dry obstacles and one wet obstacle.
- ✓ The wife must be your own and must be over 17 years old.
- ✓ The minimum weight of the wife to be carried is 49Kg. If she is less than 49 kg, the wife will be burdened with a rucksack containing additional weight so the total weight equals 49 kg.
- ✓ All participants must enjoy themselves.
- ✓ The only equipment allowed is a belt and a helmet worn by the carrier.
- ✓ There is only one category in the World Championships and the winners are the couple who complete the course in the shortest time.
- ✓ Other awards include the most entertaining couple, the best costume, and the strongest carrier will be awarded a special prize.

Wife carrying competitions are held mainly in Finland, but also in Asia, North America and Australia.

# KISS & TELL

BEING A TEENAGER AND EXPERIENCING ROMANTIC RELATIONSHIPS CAN BE AMAZING AND ALSO TRICKY AND COMPLICATED, REGARDLESS OF WHETHER YOU HAVE SOMETHING LIKE CF OR NOT. IF YOU FIND A GREAT PERSON, HAVING CF SHOULD NOT BE A BIG DEAL OR IMPACT ON HOW YOU BOTH FEEL ABOUT EACH OTHER. BUT THERE ARE SOME THINGS THAT YOU MIGHT BE WORRIED ABOUT OR QUESTIONS YOU WANT ANSWERED.



## Can I kiss someone who also has CF?

People with CF are encouraged to minimise contact with each other due to their lungs harboring bacteria and viruses which can potentially be transmitted to other people with CF. According to the “Infection control guidelines for cystic fibrosis patients and carers” by Cystic Fibrosis Australia (April 2007), the following things should be avoided between two people with CF:

- × **kissing**
- × **intimate contact**
- × **long car rides**
- × **fitness classes**
- × **sharing drinking utensils**
- × **hand shaking**
- × **sharing a room or bathroom**
- × **sharing respiratory therapy equipment**

Having said all this, there are people with CF who are in relationships with each other. In some cases, one person has had a lung transplant, so the risk of cross-infection is reduced as the person’s lungs are no longer affected by CF, however their sinuses may still carry bacteria. Generally, if two people with CF decide to be in a relationship with each other, they work out a way to minimise the risks, as do people with CF who are friends with each other.

It really is a big decision you have to make where you will need to weigh up the pros and cons.

## What if I kiss someone who has a cold?

Cold viruses aren’t shared through saliva, so you can’t directly catch a cold from someone by kissing them, but if you are in close proximity to their face, there is a higher chance you might breathe in the virus, which is present in droplets spread by sneezing, coughing or blowing your nose. If you touched the person’s face or hands then touched your own eyes or nose, you could catch the cold.

A person with a cold will be most contagious in the first two to three days and are usually not contagious after a week. If you know that the person has a cold and you will be seeing them again, it might be worth waiting a few days before getting close to their face. 😬

## What if I kiss someone who smokes?

As you are probably well aware, smoking is bad for all people, but it is particularly bad for people who have CF. Being in the company of people who are smoking (being a passive smoker) is almost as bad as smoking yourself. While kissing someone who smokes is not going to hurt you, being around them while they smoke and being exposed to the fumes is definitely not a great idea. If the person is someone you really like and it looks like you might become an “item”, it would be worth explaining to them why smoking near you can be extra bad for your health.

## Will anyone want to kiss me if I cough a lot?

If you find someone attractive and they find you attractive, it won’t matter if you cough a lot. It might be easier to explain to the person why you cough (especially if you are with them for a while). If someone was to be put off by coughing, then they aren’t worth the time anyway.

## Should I tell my new boyfriend or girlfriend I have CF or not?

This is entirely your decision; there is no right or wrong answer to this question. You might want to consider a few things to help you decide:

- ☐ How important is it to you that the person knows?
- ☐ Will it make things better or worse between you?
- ☐ How would you feel if your boyfriend or girlfriend had CF and didn’t tell you?
- ☐ Should you tell them everything at once or tell them a little bit at a time?
- ☐ Would you want them finding out that you have CF from someone else?
- ☐ Will it make it easier to explain why you have to go to hospital, or why you can eat as much as you want, if you explain about CF?

Some people are more open about their CF and feel it is best to tell their boyfriend or girlfriend about how they are affected early on; then they don't have to hide their medication or explain why they are in hospital.

Other people prefer to wait a bit until they know the person better. They want to be known for who they are first before they discuss CF. Some people find it embarrassing to talk about having CF with others and worry that if they tell their boyfriend or girlfriend the person won't want to be with them anymore. Others will even go to the extent of missing their treatment to hide that they have CF.

It certainly is a difficult subject to discuss with someone especially if you are only just getting to know them and finding the right time can be a challenge. How much you tell the person will also depend on that person. Some people will ask lots of questions and also research more details themselves, while others might go with the flow.

People are different in how they react to this sort of information - some people can only handle a little bit at a time while others will want to know everything all at once. This will be something very new for your boyfriend or girlfriend to learn about, whereas you have lived with CF your whole life.

No relationship comes with a guarantee, and this is the case for everyone regardless of who they are; even famous people get dumped!! So you may not know how your boyfriend or girlfriend will react to you having CF. Everyone is different as to how they handle things. If it is a special person they will respond with care, understanding and interest to learn more so they can be supportive of you, and this will make you closer as a couple too.

## Body image and relationships

For some people, having CF can have an impact on your body. You may be smaller in size than your peers, experience bloating, have a port, PEG or a PICC line in from time- to- time, have scarring, you might look younger than your peers (which will be a major advantage when you are older!!) or you might have issues with sweating. It's the last thing you need as a teenager on top of all the other things you are going through, but at the end of the day, the people in your life, such as your family and friends, love you for you and the other things that might occur to your outward appearance aren't things that will be an issue to how they feel about you and who you are as a person. This is the same if you meet someone special – if they really are special, the CF-specific bits about you that affect your body will not be as big a deal to them as they might be to you.

Teenagers, with or without an illness such as CF, can have all sorts of issues with how they feel about their bodies (even the ones who appear so confident about themselves). It can be a very awkward time and can get in the way of enjoying life . It certainly doesn't help with the great emphasis the media places on what constitutes an attractive and perfect male or female body (which very few people have in reality). The main thing is, if you are looking after your health as best you can and seek help and support for any concerns that you might have, this will go a long way towards feeling good about yourself.

For more detailed information about CF and body image, have a look for "Cystic fibrosis and body experiences" available at:
**http://goo.gl/N4ItXm**

## Talking about your concerns

If you have concerns about how your CF impacts on your relationships with boyfriends or girlfriends, it is definitely worth talking to a close friend or sibling, your parents, a counsellor, or someone in your CF clinic team. They may be able to put your mind at ease and also provide you with some useful advice. Finding someone to speak to who has CF who may be a little older and can share their experiences of relationships could also be really helpful.

At the end of the day, although you have CF, that is only one small part of who you are. You are still a teenager like all the other teenagers out there and when it comes to experiences with boyfriends and girlfriends, you will be going through the same things as lots of other teenagers (and also believe it or not, your parents have been through it too!!).

xxxooo

### Other places to find out more.

Cystic Fibrosis & Social Life

**www.cff.org/adults/sociallife**

Cystic Fibrosis & Relationships

**http://goo.gl/fCD2lG**

A useful booklet written by people with CF and their partners about being in a relationship with CF.

# WORK IT

## SHANNON FOX

SHANNON FOX IS AN INSPIRATIONAL AND BOLD 28 YEAR OLD WHO LIVES IN ALBANY WITH HER CAT AND HER HUSBAND AND HAS JUST RECENTLY OPENED UP AN EXCITING NEW CLOTHING STORE, "ECLECTIC LADYLAND" ON STIRLING TERRACE. REDteen VISITED SHANNON'S FANTASTIC SHOP FOR A CHAT ABOUT HOW SHE CAME TO THIS STAGE IN HER LIFE.

### Tell us a bit about yourself such as what jobs have you done before and where did you study?

I studied radio and media at Murdoch University and worked casually at ABC radio 720 as a producer. I then presented and produced radio programs at RTR FM for five years.
After uni, I helped with the "Smarter than Smoking" schools program run by the WAM association. We visited schools with different bands and promoted the message of not smoking. RTR sponsored the program.

I have also been involved in DJing around Perth, at the Big Day Out, Southbound and Groovin' the Moo as well as at local nightclubs and bars in Perth.

I have written music reviews and interviewed bands for Drum Media, the West Australian and Tone Deaf. I also worked for a couple of years at Mellen Events coordinating communications for events like the Future Music Festival and Summadayze. And finally, I have briefly managed a band.

### What made you decide to move to Albany?

I grew up visiting Albany as I had family who lived here. I came down recently on a holiday and saw a beachside cottage for rent. So I put in an application, not really thinking I'd get it, but was successful so I had to move down in three weeks and drag my husband along too!

I am less stressed down here – I do miss all my friends and family, gigs and restaurants, but I don't miss the traffic. Now when I visit Perth I notice how bad it smells compared to Albany's fresh, country air which is perfumed by the bush and ocean! I have made friends here and have a cat, Ragged Blossom, who is a great companion.

### Why did you decide to start up your own business?

When I moved to Albany I was trying to find work but the different jobs I had lined up didn't work out. I ended up with a choice of either getting a crummy job that I didn't like or else I could build something for myself. My whole life I have always thought it would be fun to have a shop and I also love a challenge or project to work on, so starting up my own boutique seemed like a great idea.

Although I don't really have retail experience, I have lots of experience in marketing, social media, dealing with people and playing 'hard ball' when I need to.

(Cont over page)


Inside Eclectic Ladyland

### What was it like setting up your own shop? How did you do it?

Google was my bestie! I used it heaps to research how stores actually got stock in their shop, to find contacts for the labels I wanted to carry, and to get information about the legalities of registering a business.

I also have a friend in Albany who owns a clothing store who gave me some tips. I had to use Google in the beginning to understand the lingo some of my agents (who I order clothes from) were using.

**ECLECTIC LADYLAND:**

152 Stirling Tce,
Albany WA

www.eclecticladyland.net.au

**Facebook:**
www.facebook.com/eclecticladylandstore

**Instagram:**
www.instagram.com/eclectic_ladyland

The name of my store was inspired by a Jimi Hendrix album “Electric Ladyland” but I changed the first word to “Eclectic” to show that the store has lots of different styles. I came up with a psychedelic illustration to go with the name of the store and a friend of mine who is a graphic designer, further developed the look of the illustration, so it became a design for the front of the shop and also for my business cards and website.

In terms of finding a suitable store, I knew that a clothing shop which I visited occasionally, was closing down, so I went to the real estate agent straight away and asked if I could take it over.

I was able to fund the start up costs of the business with help from my parents, who organised a loan from their bank. I went through them as they were able to get a lower interest rate than I could get and I pay them back (loan and interest).

Most of the clothing in the store is from Australian designers and I choose labels that I like that other stores in Albany don’t carry. I also sell the clothing, jewellery, shoes, hats, lipstick and other accessories online.

Sometimes I bring my cat, Ragged Blossom, to the shop because she likes making friends with the customers, and she is well known at some of the local cafes. I enjoy seeing the regular customers who often pop in just to say hi. I have some very interesting customers of all ages and backgrounds.

In the beginning I had people telling me it might not be a good idea to start up a business and that I should consider my health, which I found frustrating. I believe I can do it. Over the last few years I had started to let CF stop me from doing some of the things I wanted to do and I don’t want to do that anymore.

I do find some days hard though, where I feel like rubbish and I still have to come in and work in my store. Occasionally customers have mentioned my cough, but it hasn’t been too much of a problem. I have an employee working for me too, so I have someone to cover for holidays, “tune-ups”, and if I really can’t make it in.

It can be a bit daunting having all this responsibility. Essentially, how well the shop goes is up to me and how much effort and work I put into it. And when you make something you enjoy for fun your job, sometimes it doesn’t feel that fun anymore. That said, it’s way better having an awesome job with a few days that suck, than having a sucky job all the time! I’m pretty stoked about it all and luckily I like to work hard.


Jordan getting ready to take off!

### Do you have future plans for your business?

I want to expand the online part of my business and am just branching out into a little bit of menswear after having lots of customers request it.

I would also love to open another store in another regional spot like Broome i.e. a place I’d like to holiday! I am also planning to travel a little so I can source some more amazing garments for my store.

WORK IT

# JORDAN

**REDTEEN WERE LUCKY TO CATCH UP WITH JORDAN, WHO IS IN HIGH SCHOOL AND WORKS PART TIME, TO ASK HIM A FEW QUESTIONS ABOUT SCHOOL, WORK AND OTHER INTERESTS HE HAS.**

## What year are you in at school and are you enjoying it?

I am in Year 11 and I'm 16 this year. I am enjoying school now as I am doing a special school program which is for students who are not reaching their potential in school but have the ability to do well. I was unwell last year and so missed a bit of school and was behind. The course I am doing is more focused towards a career that I want to do.

I am studying aeronautics as ultimately, I want to be a pilot for the Royal Flying Doctors, or some other small plane company, as I prefer to fly by feel rather than control settings. I have to do projects throughout the year where I have to find in depth knowledge about a particular topic, keep a journal and a planner and then present the project for 45 minutes to the teachers. I also do an internship twice a week. I have done internships at Jandakot Airport, the Royal Aero Club, and I spent four weeks at Pearce Airbase. I'm looking for a new internship at the moment.

## Do you talk to others in your school about having CF?

I mainly keep it private and only my best friends know. I don't want to tell lots of people as I am not sure if they would be supportive or not; people tease each other a lot. If anyone asks about when I have been off sick, I just say I have a lung problem or a bad chest infection. My teachers know about it though.

I want to live a normal life and not worry about CF too much.

## Tell us about your part-time job?

I started working last year when I was 15. Most of my friends had jobs and there were lots of things I wanted to buy which mum and dad didn't want to buy for me, so I needed to get a job so I can buy the extra things I want.

I asked my teachers to help me with my resume, printed up a whole bunch and was ready to take them to lots of different places with my mum. Luckily the first place I went to, Red Rooster, gave me an interview on the spot and offered me a job. My friend works there, so that helped. It's fun working there and I work 15 to 20 hours a week, doing 5 hour shifts at a time. I've kept it confidential about having CF at my work.

## Do you have any hobbies?

I'm a hobby person! When I was younger I was really into remote control things like cars and helicopters. I am really into animals. I have a Bearded Dragon as a pet, which I have had for a year. His name is Fizz. It's been proven that lizards can get attached to their owner. I also have a dog named Monkey and we've had her for 8 years. She is a Tibetan Spaniel and the nicest natured dog.

I'm really into all types of video games and I gained my interest in flying from playing a flight simulator game a few years ago.

I also just bought my own moped, which I use to go to work and to friends' houses. It gives me some more freedom to get out and about.

## How do you balance work with school, fun stuff and your treatments?

I prefer to do the fun stuff and when there is no fun stuff available, I'll do the other things. My mum and sister remind me to do my treatments and other things I am supposed to be doing.

## How do you go with peer pressure to do things like smoke or drink?

The main thing I have a problem with is how everyone shares their water bottles with each other. I try to avoid doing that. My friends don't make me do stuff. I want to keep my pancreas healthy so I know I can't binge drink. When I had pancreatitis it felt like my stomach was eating itself and was extremely painful, so I want to avoid that again if I can. It also makes me think about what I am eating as I don't actually have to follow the usual high fat CF diet.

I don't have to take enzymes with most food but with foods high in fat such as fast foods, I do take them, as otherwise I can get pancreatitis (which I had about 4 times in 2 years).

I think smoking is pretty disgusting and at my school, it is not as common for people to do it, so more people are teased if they smoke. I think less people think it's cool these days.

# Quiz it:
# What sport suits you?

IF YOU'VE GOT CF IT MEANS YOU HAVE TO PUT MORE EFFORT INTO CLEARING MUCUS FROM YOUR LUNGS, SO BEING ACTIVE IS REALLY IMPORTANT! IF YOU'RE FINDING IT DIFFICULT TO GET MOTIVATED TO EXERCISE, THIS QUIZ COULD HELP TO MATCH YOUR PERSONALITY TO A SPORT THAT SUITS YOU.

Tick just one answer for each question and total up your scores to see what type of sport's personality you are.

**1. What do you like doing in your spare time?**

☐ Computer games ( 2)
☐ Relaxing with friends ( 4)
☐ Competitive games (8)
☐ Swimming with friends (6)

**2. What's your favourite food?**

☐ Hotdogs and lollies (3)
☐ Weetbix (8)
☐ Chips (2)
☐ Smoothie (4)

**3. What's your favourite time of day?**

☐ Evening (4)
☐ Late morning (6)
☐ Late afternoon (2)
☐ Early morning (8)

**4. What's your favourite colour?**

☐ Black (2)
☐ Pastels (4)
☐ Blue (8)
☐ Bright yellows, reds and greens (6)

**5. What do you think when you have dreamed about achieving something?**

☐ My effort will be paid off (6)
☐ I will achieve it in reality (8)
☐ No special meaning (2)
☐ It would be great if it did happen (4)

**6. Where would you rather live?**

☐ Near the sea (4)
☐ In the suburbs (2)
☐ In a big city (7)
☐ In the country (5)

**7. When do you feel most happy?**

☐ When eating (2)
☐ When achieving a goal (8)
☐ Having fun with friends (6)
☐ Relaxing by the pool (4)

**8. Where would your ideal holiday be?**

☐ Hiking through Europe by myself (8)
☐ On the Gold Coast with my friends (6)
☐ A holiday in Bali (4)
☐ In a fancy hotel in Sydney (2)

My Score

___
64

## 17-32 POINTS

**With this score you aren't too keen on being active so try these ideas to ease into things.**

Just Dance
roller blading
skating
Wii Fit
Wii Sport
yoga
pilates
archery
darts
bowling
walking the dog
shopping
fishing

## 33-48 POINTS

**With this score you might prefer team sports.**

football
netball
basketball
waterpolo
baseball
cricket
beach volleyball
softball
table tennis
cheer leading
paintball
rowing
sailing

## 49-64 POINTS

**With this score individual sports are more your style.**

tennis
cross country
swimming
little athletics
the gym
boxing
cycling
fencing
golf
martial arts
indoor rock climbing
running
skiing
gymnastics

# RECIPES

## NUTELLA MUG CAKE

**This one is soooo easy if you want something yum and quick to make.**

**Serves 1**

### INGREDIENTS

- ☐ 3 tbsp cocoa powder
- ☐ 4 tbsp self-raising flour
- ☐ 3 tbsp milk
- ☐ 3 tbsp veg oil
- ☐ 2 tbsp nutella
- ☐ 1 beaten egg
- ☐ 4 tbsp sugar

### METHOD

1. Get a big mug and put all the above ingredients in it.
2. Mix them all together.
3. Place mug in microwave for 1- 3 minutes (depending on how strong your microwave is).
4. Tuck in!

## FRENCH TOAST & SMOKED HAM

**Great for a cold winter's day and lots of calories too!**

**Serves 4**

### INGREDIENTS

- ☐ 4 eggs
- ☐ 1/2 tsp salt
- ☐ 3 tsp sugar
- ☐ 1-1/3 cups milk
- ☐ 8 slices bread
- ☐ 1 tbsp unsalted butter
- ☐ 4 thick slices smoked ham

### METHOD

1. Preheat oven to 100°C
2. Combine eggs, salt, sugar and milk ingredients in a shallow dish. Whisk thoroughly.
3. Soak each slice of bread in egg mixture, turning once.
4. Melt butter in a heavy nonstick frying pan over medium high heat.
5. Fry slices of bread until golden brown, turning once. Transfer to a platter and keep warm in oven.
6. Sauté ham in the same frying pan for 2-3 minutes per side or until lightly browned. Put inside the French toast slices to make a sandwich.

## FRUIT SMOOTHIE

**This one is great for energy before or after you exercise.**

**Serves 1**

### INGREDIENTS

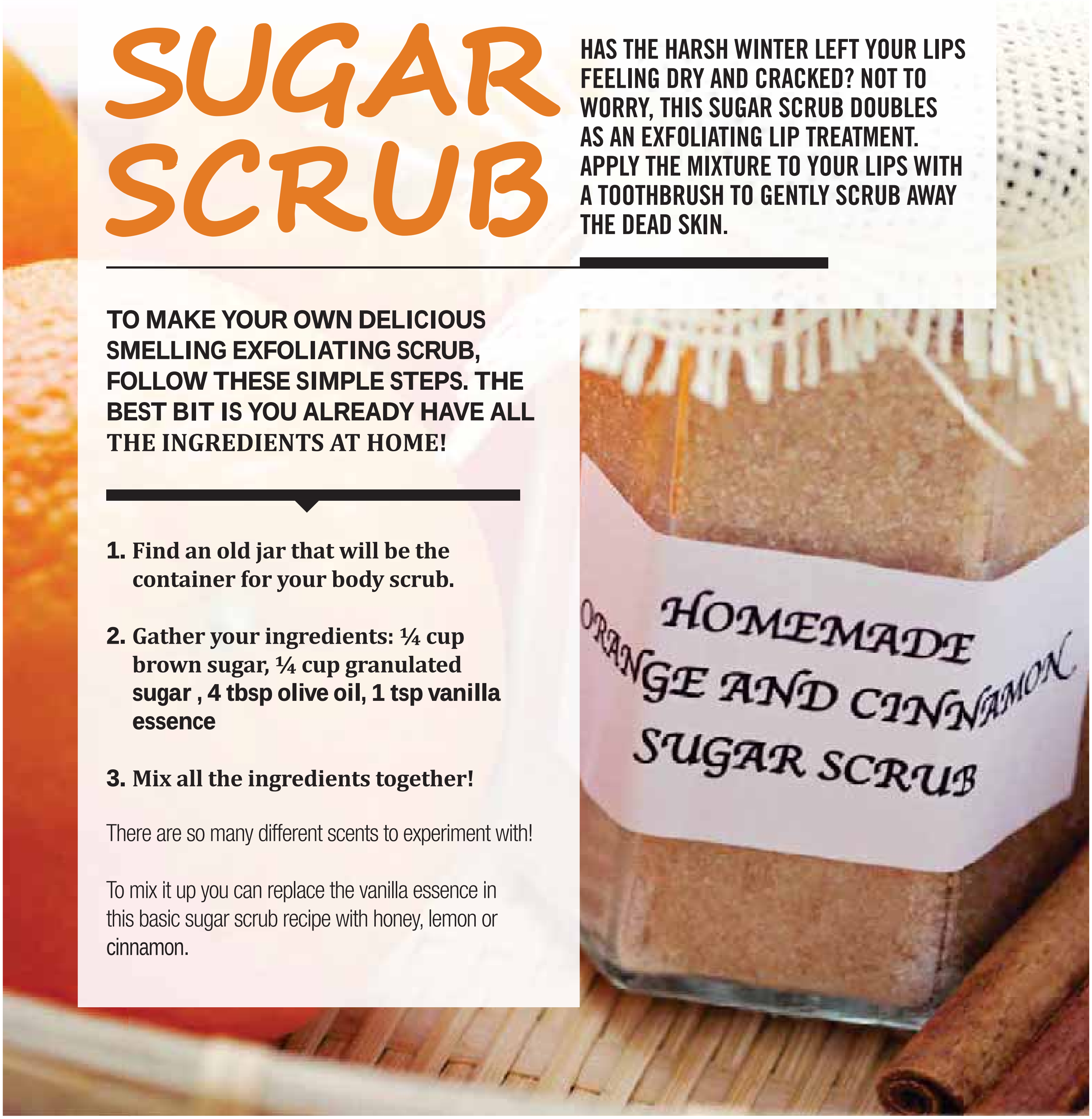
- ☐ 1 cup full cream milk
- ☐ 1/2 cup rolled oats
- ☐ 1 banana, broken into chunks
- ☐ handful of frozen or fresh strawberries
- ☐ 2 scoops vanilla icecream
- ☐ 1/2 - 1 cup of full fat yoghurt
- ☐ ice cubes

### METHOD

In a blender, combine milk, oats, banana, strawberries, ice cubes and ice cream. Blend until smooth. Pour into a big, tall glass and drink up.

# HOMEMADE EXFOLIATING SUGAR SCRUB

HAS THE HARSH WINTER LEFT YOUR LIPS FEELING DRY AND CRACKED? NOT TO WORRY, THIS SUGAR SCRUB DOUBLES AS AN EXFOLIATING LIP TREATMENT. APPLY THE MIXTURE TO YOUR LIPS WITH A TOOTHBRUSH TO GENTLY SCRUB AWAY THE DEAD SKIN.



**TO MAKE YOUR OWN DELICIOUS SMELLING EXFOLIATING SCRUB, FOLLOW THESE SIMPLE STEPS. THE BEST BIT IS YOU ALREADY HAVE ALL THE INGREDIENTS AT HOME!**

1. **Find an old jar that will be the container for your body scrub.**
2. **Gather your ingredients: ¼ cup brown sugar, ¼ cup granulated sugar , 4 tbsp olive oil, 1 tsp vanilla essence**
3. **Mix all the ingredients together!**

There are so many different scents to experiment with!

To mix it up you can replace the vanilla essence in this basic sugar scrub recipe with honey, lemon or cinnamon.

# SKATEBOARD BOOKSHELF

NEED SOME EXTRA SPACE IN YOUR ROOM TO STORE YOUR FAVOURITE POSSESSIONS? WHY NOT DESIGN AND BUILD A SKATEBOARD SHELF?

## What you'll need:

☐ Either one or several skateboard decks, blank without wheels or one which is already done. You can purchase from shops or look online for second hand ones, or you might have a spare skateboard hanging around that you don't use anymore. Or look in shops like Big W, K-mart etc. in the toy or sport section.

☐ If you want to get creative you will need some acrylic paints, or Posca pens, spray paints, or stickers & stencils.

☐ If you are hanging up just one skateboard you will need two "L" brackets. If more than one shelf you will need more brackets and more screws.

☐ a drill with Phillips head driver bit

☐ masonry drill bit

☐ a hammer

☐ 4 x 8 gauge 40 mm Ramset plugs (orange)

☐ 2 small brackets

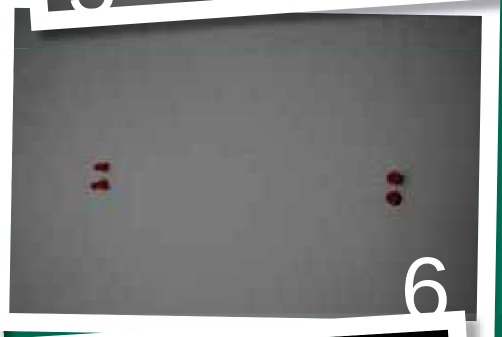
☐ 4 x 8 gauge 30 mm timber screws (these go into the ramset plugs)

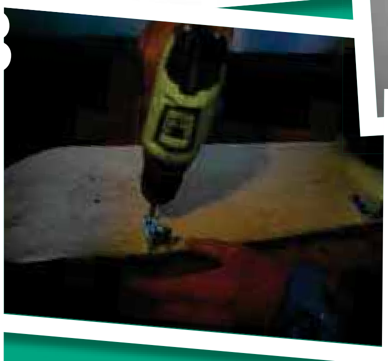
☐ 4 x 6 gauge 20mm timber screws

☐ spirit level or ruler

☐ pencil

# What to do





1 If you want to get creative, go for it with your blank skateboard but wait until the paint dries before hanging up. The skateboard in the picture was spray painted with a base colour of orange. Then three other colours, blue, pink and yellow were randomly splattered across the board. A black Posca pen was then used to draw a design over the top (once the paint dried) and a red pen was used to fill in some areas.

2 Find a wall space, making sure there are no power points or water pipes near the wall. Mark out with a pencil a level line where you will drill two holes.

3 Screw the brackets into the board with the drill, space accordingly.

4 Put the skateboard up to the wall and mark with pencil where you will drill the holes into the wall.

5 Change the drill bit to the masonry one. Drill into the wall the depth of the Ramset plug (you can use tape to mark on the drill bit- how long the Ramset plug is and drill the hole as far as the tape mark). Drill four holes in total, two below and two above.

6 Put in the Ramset plugs, and gently tap with the hammer, so they go in.

7 Using the 30mm screws, drill through the bracket holes into the Ramset plugs, to attach the skateboard to the wall. Attach four screws.

8 Once you have put up your skateboard shelf you might like to put some of your favourite items on it for display!

# CONNECTING UP ADOLESCENTS

**CONNECTING UP ADOLESCENTS IS AN ONLINE SPACE FOR TEENS AND YOUNG ADULTS WITH CF. CONNECTING UP ADOLESCENTS (CUPA) IS AN ONLINE PEER SUPPORT SPACE FOR PEOPLE WITH CF AGED 13-25, DEVELOPED BY CYSTIC FIBROSIS VICTORIA (CFV).**

**CUpA is a place of trust, openness and positivity, where young people with CF can share their stories, experiences, successes and challenges in a supportive environment. It is also a place for good quality health information, where myths are dispelled and we work together to reduce the uncertainty which can be a part of life with CF.**

There are three main parts of CUpA – the Facebook page, the forums and the blog space. The Facebook page is CUpA's public face. It is the best place to be kept updated with the project as it develops, and is a portal to the forums and the blog spaces. It is also a great place for general health and wellness information for teens and young adults with CF, and your best contact for the CUpA team at CFV. You can find the Facebook page at **www.facebook.com/CFVConnectingUp**.

The forums are the beating heart of CUpA. They are divided into age-specific groups (13-15, 16-18, and 19-25) and topics are posted which inspire discussion, sharing and learning from and about each other. The forums also include an online meeting place - The Cafe - where all age groups can get together for general discussions and making suggestions for future forum topics. Forums are password protected and currently moderated by staff at CFV, with the long term aim of training up some of our 19-25 year olds as peer moderators/mentors on the forums. The forums can be accessed by going to **www.cysticfibrosis.org.au/vic/forum**.

**www.facebook.com/CFVConnectingUp**

The blog space is accessible from the Facebook page. The blog space includes regular summaries of the discussion topics of the forums, as well as being a place where guest bloggers can publically share their views and expertise on selected topics. In the long term it will be a place where young people will be supported to develop their own online content and share their stories of life with CF.

CFV is very excited to be able to bring CUpA to you, and we hope that you will join with us on the journey to provide a space where young people with CF can connect.

**If you have any questions about CUpA, please contact Louisa Walsh at Louisa@cfv.org.au.**

# CONNECTING UP ADOLESCENTS PHOTOGRAPHY COMPETITION

IN APRIL AND MAY 2014, CUpA RAN A PHOTO COMPETITION. THE PHOTOS ENTERED NEEDED TO CONVEY THE THEMES OF 'SUPPORT' AND 'POSITIVITY' AND HAD TO REFLECT THE LIVES OF TEENAGERS AND YOUNG ADULTS.

**A judging panel made up of a photographer, a teenager with CF, a health professional, and a staff member from CFV, chose the top three photos. The winning images will be used to promote CUpA.**

**FIRST PRIZE – OSCAR STOCKEN (SURFER)**

*Oscar is from coastal NSW, and hadn't even heard of CF before a friend found the competition online and suggested he enter. REDteen asked him a few questions.*

### What is the meaning behind your photo?

The meaning of this photo would be that you can have bad days but you can also have good days, the day I took this photo was definitely a good day. I like to say that my friend (the guy surfing) is surfing the sunrise.

### What are your hobbies and interests?

My main hobbies are surf photography and surfing. Surf photography is what I'm really interested in, I enjoy the feeling I get when I get an amazing photo of a wave or one of my friends surfing. Surfing is extremely fun especially with a big group of mates, to be honest I just enjoy being in salt water.

### Where do you see yourself in 5 years?

Hopefully in Hawaii taking photos of big shore breaks and guys charging massive waves, that would be the life :).

### Can you share your secret to keeping a positive attitude?

Find an interesting hobby that makes you smile everyday.

**SECOND PRIZE – *OLIVER BIGGAR (SPARKLER)***

***Oliver is a Melbournite who has CF, and found out about the competition through his brother, Aidan.***

### What is the meaning behind your photo?

My photo represents the spontaneity and brightness of a teenage lifestyle and also demonstrates the action of a teenager's life because of the speed in the picture.

### What are your hobbies and interests?

Academics, hockey, running, playing saxophone, reading fiction novels, making movies, drawing and building things.

### Where do you see yourself in five years?

CEO of Disney and discoverer of a cure for CF, and if that doesn't work out, then at uni.

### What is your top tip for managing CF?

Focusing on the good things and trying not to dwell on a bad diagnosis etc.

**THIRD PRIZE – CAITLIN MAGAGNA (PIGGYBACK)**

***Caitlin is a young woman with CF from Melbourne who is passionate about helping out the CF community.***

### How did you find out about the competition?

I found out about this competition by an email because I am a member on the CUpA forum page.

### What is the meaning behind your photo?

The meaning behind my photo is very special. It's my best friend Jak and I mucking around and just having fun. It also shows support in a metaphoric way of a piggy back and us supporting each other. He has supported me through my health and I have supported him through bullying as he has been bullied before for being a male dancer.

### What are your hobbies and interests?

My hobbies and interests include dancing, art and being with friends and family. I have danced for the past 12 years and would love to continue. I love doing art, especially painting. Friends and family are a big part in my life as support and they mean the world to me.

### Where do you see yourself in 5 years time?

In 5 years, I hope to see myself at university studying interior design. Also CF free, because hopefully a cure is found by then.

### What is your top tip for managing CF?

My top tip for managing CF is to keep on top of your tablets, antibiotics and physio and get that stuff done and out of the way as soon as possible so you have more free time for your hobbies and interests.

### What's your secret for keeping a positive attitude?

Just keep smiling and don't let the negatives bring you down. Every night, think of at least 3 things that made you smile that day and keep going keeping hope there will be a cure eventually.

# MEET OUR SURFING NURSE

## HI I'M DARREN LISTER THE NEW COMMUNITY NURSE FOR CFWA. I WOULD LIKE TO SAY HELLO AND I HOPE TO MEET AS MANY OF YOU AS I CAN IN THE NEAR FUTURE.

Here's a bit about what I do; I am now offering a health coaching service, for people with CF living in Western Australia. Health coaching is about working with people to help them make changes so they can better manage their health.

If you are struggling in some areas of your health management maybe I can help?

A fun and effective way to exercise is to get down to the beach and fill your lungs with the ocean air. It was noticed by a researcher at Sydney's Royal Prince Alfred Hospital in 2006 that "Surfers said their chests and sinuses felt clear and they coughed up much of the thick mucus that clogs their lungs". Yes it's winter but just going for a walk or jog along the beach will help.

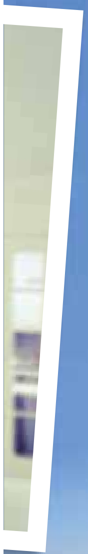
Darren in action

Before you jump into the ocean make sure you have someone to guide you as the ocean can be dangerous and you need to be able to swim competently. If you are interested in learning to surf, CFWA has exercise grants that can go towards surf lessons.

Please contact me at nurse@cysticfibrosiswa.org and I'll help get you started. I have put a couple of links below for your interest about surfing organisations in the US that are set up to get people with CF down to the beach surfing.

I look forward to seeing you soon.

Darren



**INTERESTED IN SURFING? FIND OUT MORE!**

http://www.mauliola.org/
http://www.pipelinetoacurefl.org/

# HOW DO I MANAGE MY NAGGING PARENTS?

## MY PARENTS NAG ME ALL THE TIME ABOUT DOING MY TREATMENT AND WON'T LET ME DO THINGS IN MY OWN TIME. IT'S DRIVING ME CRAZY. WHAT CAN I DO SO THEY BACK OFF?

**As you know, your parents have been taking care of your treatment most likely since you were a baby. It is a big thing for parents to undertake, and for them to allow their teenager to handle their treatment completely by themselves can be really difficult for some parents to get used to. Eventually they are not going to know all the details about your health once you transition to the adult hospital, and this is also hard for some parents to adapt to.**

Your parents will always have your best interests at heart and they won't see that they are nagging you - they will see that they are helping you to do what you need to do to be healthy. They can also feel very stressed and worried if it looks like you are not taking care of your health properly or you are refusing to do your treatment.

It's certainly understandable if you want to put more focus on doing other things which are more important (and fun) to you than doing your treatment. There are other teenagers out there who don't have to do all the things you need to do each day to stay as well as possible, and this can seem really unfair. But if you have a good treatment routine, you have a better chance of being able to focus more on the things which are important to you and less on CF.

If you want your parents off your back, you will need to show them that you can handle your treatment well on your own and in your own way. This may take some time and some effort on your part, but it is worth doing as it will be very beneficial to you and your parents. Your parents need some time to adjust to the fact that you are growing up and to learn to trust you to be independent. This is the same for many other parents of teenagers with or without CF!

© 2010 HOME

> IF YOU WANT YOUR PARENTS OFF YOUR BACK, YOU WILL NEED TO SHOW THEM THAT YOU CAN HANDLE YOUR TREATMENT WELL ON YOUR OWN AND IN YOUR OWN WAY.

# Tips for dealing with nagging parents

☐ Learn as much as you can about CF and how it relates to you at the age you are at. You can find some good info at www.kidshealth.org/teen, www.cfvoice.com , or www.cysticfibrosis.org.uk

☐ From age 12 onwards, you will have attended some sessions at the CF clinic by yourself. During these sessions have a list of questions ready to ask (and make sure your parent sees that you have this list - they don't have to necessarily see what's on the list) - as it shows you are taking your treatment seriously. During your clinic appointment, take notes and don't be afraid to ask for more explanations of things you don't understand.

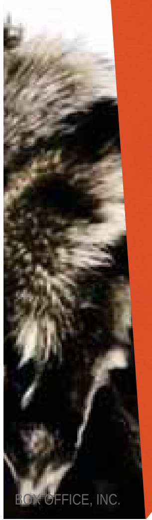
☐ Negotiate with your parents about how and when you will do your treatment. Ask that they allow you some time and flexibility to manage things on your own without them making any comments and after a period of say a month, if it looks like you need their help, you are able to ask them.

☐ When doing your treatment and taking your medication, make sure you fully understand what medication you are taking, and why. You can ask at your clinic appointments and remember, no question is a silly question when it comes to finding out about CF , your treatment and your health.

☐ When talking to your parents, be positive and clear about what you want. Be honest with them and let them know what issues are most important to you. Avoid speaking to your parents about the issue if you are feeling angry with them. Also avoid getting personal - stick to the facts - this way you will get your message across much more clearly. Have an ideal outcome such as "My parents allow me to manage my medication and treatment in my own way and time" and a compromised outcome like 'My parents can make suggestions about when and how I do my treatment 3 times a week".

☐ Doing a few small things for your parents such as cooking them a meal, or listening to them carefully when they are speaking to you or tidying your room, will also go a very long way to softening them up and making them happy with you.

**If you have a particular question you would like answered in the next issue of REDteen please send to education@cysticfibrosiswa.org**



BOX OFFICE, INC.

# WHAT DO YOU THINK OF REDteen?

AS THIS IS OUR FIRST ISSUE OF REDTEEN, WE REALLY VALUE YOUR FEEDBACK TO MAKE SURE WE ARE PROVIDING YOU WITH THE TYPE OF INFO YOU WANT TO KNOW ABOUT AND ALSO IF YOU LIKE READING THE INFO IN A MAGAZINE FORMAT. FOR A CHANCE TO WIN TWO GOLD CLASS MOVIE VOUCHERS TO A MOVIE OF YOUR CHOICE, PLEASE FILL OUT THE FORM BELOW AND RETURN VIA POST.

REDteen
CFWA
PO Box 959
Nedlands
WA 6909

CAN'T GET TO THE POST BOX? FILL OUT THE FORM AT: http://goo.gl/2oQ2Ly

**Your name**________________________________________ **Age**_______

**1.Have you found this magazine to be useful to you?**

☐ No not at all useful
☐ Not much use
☐ Useful
☐ Very useful

Comments:

**2. Which articles did you find the most useful and which the least useful?**

| | Not at all useful | Not much use | Useful | Very useful |
|---|---|---|---|---|
| Interviews with young people who have CF | | | | |
| CF and work | | | | |
| Kiss and tell | | | | |
| Wacky sports | | | | |
| Ask it: How to manage my nagging parents | | | | |
| Sports quiz | | | | |
| Recipes | | | | |
| Craft sections | | | | |
| Use it: Connecting up Adolescents | | | | |

Comments:

**3. Is the format of the magazine useful to you or would you prefer the information to be available in another way e.g. on a website?**

☐ I like the format of the magazine
☐ I would prefer the information to be available on a website
☐ I don't mind either way

Other suggestions for how you would like to access the information:

**4. What topics and articles would you like to see in the magazine?**

Comments:

**5. Would you find a website dedicated to young people who have CF useful?**

☐ Not at all useful
☐ Not much use
☐ Useful
☐ Very useful

Other comments or suggestions