



YEARS OF SONY FOUNDATION'S CHILDREN'S HOLIDAY CAMP PROGRAM



SONY FOUNDATION AUSTRALIA IS THE CHARITY ARM OF THE SONY GROUP OF COMPANIES











SONY MUSIC

25 YEARS OF SONY FOUNDATION'S CHILDREN'S HOLIDAY CAMP PROGRAM

SONY FOUNDATION IS THE **CHARITY ARM OF THE SONY GROUP OF COMPANIES OPERATING IN AUSTRALIA.**

WE WORK TO IDENTIFY ISSUES AND CREATE SOLUTIONS TO **STOP YOUNG AUSSIES FALLING** THROUGH THE GAP.

We strive to take on the big issues, ones that are often overlooked. Through engaged philanthropy and collaboration, we endeavour to positively influence society through social change and to empower THE NEXT GENERATION. We seek to be a voice for our young people, championing equitable health and well-being outcomes.

Since 1998, Sony Foundation has raised over \$47 million to support Australian youth falling through gaps; notably young Aussies with cancer, disability, experiencing disadvantage and affected by natural disasters.



NSW

ACT

Canberra Grammar School

Abbotsleigh School for Girls Brigidine College, St Ives Emanuel School Knox Grammar School Loreto Kirribilli Loreto Normanhurst Marist Sisters College, Woolwich Masada College MLC School Monte St Angelo Moriah College Newington College Pymble Ladies' College St Andrew's College, University of Sydney St. Ignatius' College, Riverview St. Joseph's College, Hunters Hill Sydney Church of England Grammar (Shore) The Illawarra Grammar School

QLD

Anglican Church Grammar School Bond University Brisbane State High Fairholme College Loreto College, Coorparoo Marist College, Ashgrove Mt Alvernia College, Kedron St Laurence's College St Margaret's School for Girls The Cathedral College, Rockhampton The Glennie School The Southport School Toowoomba Grammar School Townsville Grammar School University of Queensland Whitsunday Anglican School

NT

Haileybury Rendall School, Darwin

VIC

Genazzano FCJ College Loreto Mandeville Hall Our Lady of Mercy College Sababa Melbourne (Flying Fox) St Kevin's College Xavier College

SA

St Peter's College Wilderness School

WA Christ Church Grammar School

Maiarlin Kimberlev Centre for Remote Health, (University of Notre Dame), Broome

Methodist Ladies' College

TAS Launceston Grammar School

A MESSAGE FROM OUR CHAIR AND CEO

DEAR PARTNERS AND SUPPORTERS

As we celebrate the 25th anniversary of Sony Foundation's Children's Holiday Camps, we take immense pride in the impact of this unique and powerful program. We acknowledge that the successes and growth of this program are a testament to the thousands of people who have dedicated their time and expertise over the past 25 years. From the 19,700+ high school and university student carers to the countless medical professionals, teachers and parents, this 'village' of passionate and dedicated individuals have provided the

holiday of a lifetime to over 11,230 children with disability. This commitment to the program has not only enriched the lives of our children with disability but has provided invaluable respite to their families and carers

Our sincere thanks to our Media and Corporate Partners and philanthropic donors for believing in Sony Foundation's ability to deliver on your donations. This support has enabled the growth and widespread impact of this important community program, providing accessible respite care and a wave of social inclusion across Australia.



THANK YOU

Thank you to Sony Foundation Australia's Board of Directors past and present for your leadership of the Foundation, notably of the Children's Holiday Camp Program.

Carl Rose

Cathy O'Connor (Chair, Current) **Chris White** Michael Fuller, AO APM Damian Fales Damian Trotter (Director, Current) David Fordham **David Paradice** Dr David Rosengren (Director, Current) David Smorgon OAM Denis Handlin AO Dennis Lillee AM MBE Goncalo Fialho (Director, Current) Haruyuki Machida Hidekazu Matsuura lan Hogg Janet Holmes à Court AC Jim Dwyer AM John Kirby AM Leanne Neal OAM

Cathy O'Connor

Chair, Sony Foundation CEO & MD, oOh!media Ptv I td

We look forward to continuing to expand this program into further schools and universities, bringing the joy of a Children's Holiday Camp to more children with disability in the years to come.

Thank you to everyone who has made the past 25 years possible. We hope by reading these stories you are filled with optimism for the next 25 years of creating lasting impact.

YOURS SINCERELY



Sophie Ryan CEO, Sony Foundation

Lou Barrett (Director, Current) Dr Louise Messara Mark Fennessy OAM Michael Ephraim Michael Fuller AO APM Michele Garra Mikael Borglund (Director, Current) Peter Ayling (Secretary, Current) Peter Colby Rod McGeoch AO Shusuke Oshima **Stephen Basil Jones** Steve Vizard AM The Hon. Brad Hazzard MP (Director, Current) Tsutomu (Tom) Hamaguchi (Director, Current) Toshikazu Mashima Vanessa Picken (Director, Current) Vincent Yip Yuzo Otsuki

25 YEARS | SONY FOUNDATION'S CHILDREN'S HOLIDAY CAMPS - 3

CHILDREN'S **HOLIDAY CAMPS**

PART OF MY CHILD'S DISABILITY MEANS THAT HE IS UNABLE TO EXPRESS EMOTION. I HAVE NEVER SEEN HIM SMILE. HE **SMILED FOR THE FIRST TIME AT** YOUR CAMP."

Father of child with disability.

ISSUE:

Sony Foundation's Children's Holiday Camps aim to address alarming social, health and well-being statistics of children with disability.

Poor mental health and wellbeing of primary carers of children with disability:

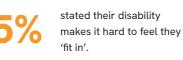
of carers feel their 66% mental health is adversely affected

> of carers feel their physical health is adversely affected.

Carers reported having the lowest wellbeing of any demographic group.

Social exclusion experienced by children with disability:

don't attend social activities, reporting no known friends.



High unmet levels of demand for respite:

Regional disability support services are characterised as 'unavailable'/'unaffordable'.

Accessing paid respite is described as 'onerous'/ 'burdensome'.

Sony Foundation Camps aim to fill a gap for families/carers with children with disability in accessing free, overnight respite care. A unique model, where primary care is delivered by high school and university students creating opportunities for social connection in a safe environment. The program fosters a more inclusive community culture that celebrates diversity.

SOLUTION:

Student carers undertake intensive learning and training to provide primary care, providing these students with invaluable insight into disability. In some cases, the experience leads to young people seeking employment in disability care.

Annually, the value of free respite care provided to the community is estimated at \$2,750,000+.

CORRESPONDING UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS:





Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Reduce inequality within and among countries.

OBJECTIVES

SONY FOUNDATION'S THREE PRIMARY OBJECTIVES OF THE CHILDREN'S HOLIDAY CAMP PROGRAM ARE:

1. Developing relationships and increasing social participation/ independence:

Sony Foundation Camps aim to provide children with disability access to inclusive social activities and opportunities to participate in new social experiences to develop their sense of self, personality and place within the community, as well as increased social independence, fostering improved well-being and mental health outcomes.

Recognising the importance of diverse, and trusting relationships, in the development and well-being of children with disability, Sony Foundation Camps annually support children with disability, to develop relationships with other children with disability, age-appropriate student carers, and the broader community.

2. Improve disability awareness and social inclusion values:

Children/adolescents with disability often face discrimination. By integrating children with disability with teenage carers without disability, Sony Foundation Camps aims to improve disability awareness and acceptance.

Children with disability attend a Sony

Foundation Camp each year.

56.250+ Hours of free respite care provided to

86%

|% Of student carers stated they would consider work in the disability sector

WORDS CAN'T EVEN BEGIN TO EXPRESS HOW I FEEL RIGHT NOW...REFRESHED, GRATEFUL, JOYFUL...AS A PARENT OF A CHILD WITH DISABILITY WE SPEND A LOT OF TIME WONDERING ABOUT WHAT OUR KID'S LIFE WILL LOOK LIKE, YOU SHOWED ME THIS WEEKEND THAT IT CAN LOOK VERY BRIGHT!"

Mother of child with disability.



3. Provide access to essential support services for children with disability, to support improved health and well-being of their primary carer:

Sony Foundation aims to improve access and delivery of critical services for children with disability, specifically overnight respite, to combat alarming reports that carers have the lowest well-being score of any demographic in Australia.

volunteer to take on the role of a carer

23.100 +Hours of foundational disability support training provided to high school and university students each year.

following Sony Foundation Camp.

\$2.75+M

The value of free respite care provided annually

Hours of experience as a disability support worker provided to high school and university students annually.

ANNUAL **IMPACT STATS**





WHERE IT BEGAN

Starting from one Children's Holiday Camp in 1998, Sony Foundation now funds 23 **Children's Holiday Camps each** year, involving over 50 high schools and universities across Australia.

In 1998, Nine's TODAY show ran a powerful story on the Ignatian Children's Holiday Camp, hosted by St Ignatius College, Riverview in partnership with students from Loreto Kirribilli and Monte St Angelo.

The story told of a unique camp in which volunteer students took on the care of children with disability for three nights and four days. The camp had an incredible impact on all involved and the news story explained that the camp would not be able to continue if future funding could not be found. A 'white knight' was called upon to provide ongoing funding for the continuation of the camp.

Fortunately, Sony Foundation was this





Please scan the QR Code to view the original news story



19,700+ High school and university students Camp since 1999.

Invested in Sony Foundation Camps for children with disability to date.

IMPACT OVER 25 YEARS



THE UNSEEN **STRENGTH OF LOVE: A MOTHER'S JOURNEY WITH** HER BEAUTIFUL, **BRAVE BOYS**

An application from a parent of two children with disability who attended a Sony Foundation Children's Holiday Camp. This application shares an insight into the day-to-day life of their family, and the critical need for free and accessible respite care for parents/carers of children with disability.

On average, my week consists of at least one hospital visit. I feel like I don't stop.

Both my boys, aged 9 and 5, are beautiful little boys who have come a very long way. Both boys are not the same little boys as when they first arrived. The hospital is often amazed at what these boys have achieved, but it hasn't come to them without a lot of tears and tantrums. But I am pleased and very proud of what they stand for today.

I love having the boys, but one of the biggest challenges myself and my husband are having is we are tired. We never get a break.



We also have a daughter who is 10. She is so patient with the boys and loves them to death. But it is so hard for Grace and us to be able to do the things we like to do with her. To go for a day on the beach. Lots of fun, but we don't get to walk down the beach with our daughter, as the boys wheelchairs are not practical on the sand. To go on a picnic, we must make sure the park is suitable for wheelchairs as well as having toilets to accommodate my boys. Some days it just isn't worth going out, as it is hard work. Grace can wake up, and make herself a piece of toast, she can have a shower, she can just go outside and play with the dog, she can brush her hair. These are some of the things my boys might be able to do when they are 15.

We would dearly love to wake up for just one day and just be an adult, if that makes sense. We want to get up and sit on the back verandah and have a cuppa in peace. But our lives are not like that. From the moment we get up, there is toileting, nappies,



white knight.

carrying, aiding washing, and doing all the things that come with having a disabled child.

You know I love my boys and would not give them up for anything. But I must admit, I'm tired.

This is just a small part of my life that I have shared with you. I often hear people say, "I take my hat off to you, for what you do for those little boys". I get called an angel for taking on two kids with disability.

But I am not an angel, I'm not a special person. I'm just a mum who is giving two little boys the family they deserve. But to be honest, it sure is hard work. Sometimes I am just so tired, I'm exhausted, my body hurts from carrying, and I get so drained. My husband leaves for work around 3.30-4am every morning and gets home around 6pm. He is my support and my rock. He is a great help with the boys. But he sure would like to have a weekend off.

Not just for us, but for our little girl, who gives up so much to have the boys.

But I really can't complain because, at the end of the day, I can stand, I can walk, I can go to the toilet, I don't have to wear nappies, I don't have to get UTI infections, I don't get stressed when I go to new places, I can get in my car and drive, I can run around the block, I can even walk on the beach. And for this, I am truly blessed and grateful that I can do the things my boys will never be able to do.

THERE AREN'T ENOUGH WORDS

A reflective poem on the 2011 St Laurence's College Sony Foundation Camp by Student Carer, Sean, shared with his peers.

I tried explaining the holiday camp to my mother last night.

I spent little time on the big things and more on trying to explain the little things like gestures, smiles and sounds.

It was difficult and, in the end, I gave up.

It's hard sitting here in the sun on this beautiful spring day trying to put into words an experience that is as magical as it is unexplainable.

How do I do that?

How can I say all the different feelings and thoughts using something as generic as the English language?

There aren't enough words.

I could sift through the dictionary for days on end and not find a single word. I would be happy to represent you guys, your kids and all.

Your combined achievements.

I feel a little like a painter trying to capture the colour of a dream so vivid and real but unable to find the right blend of colour or texture to achieve the masterpiece the dream deserves.

I guess one word that encompasses most of what I have seen and felt is love.

I've seen the love of a friend, a companion, a parent. I've seen the love of strangers; I've felt the love of children. I've seen the love of an embrace and the power of a smile; I've seen the love that only an experience like this brings out in everyone.

I've seen people's walls come down and their true selves.

So... How do I explain that to someone who wasn't there, who didn't see that embrace, that smile or hear the words and the sounds or feel the strange mixture of warmth and exhaustion?

The answer is guys that you can't.

There really aren't enough words, so just be proud of what you've done and remember that you've changed lives.

A LIFE-CHANGING EXPERIENCE: HOW THE SONY FOUNDATION CAMP BROUGHT JOY AND HOPE TO OUR FAMILY

A letter of thanks shared by a parent of a child with disability who attended the Bond University Sony Foundation Camp on the Gold Coast in 2011.

Raising a child with a severe disability and no speech or communication skills means you must always think five steps ahead. This can be incredibly exhausting.

My daughter attended the Sony Foundation Camp at Bond University and had the most fantastic time. I have never seen her so responsive; I have never seen her participate in a group like that; I have never seen her smile that wide. All this and in only four days!

I don't have words to describe the renewed sense of purpose and happiness I feel after this Sony Foundation Camp, and I didn't even attend. To see a group of young people fall in love with my baby, warts and all, warms my heart. The volunteers are to be commended. I am so proud of them. The impact of their exuberance will stay with our family forever. The bond that was formed between not only my child and her carer but between all the children and their carers was astonishing.

It was no easy feat for these students to care for children 24 hours a day. It was done with pride, respect, integrity and most of all from the heart. I hold each and every volunteer in high regard; they are going to be great role models and leaders.

This short letter does not even come close to describing my gratitude. I am still dumbfounded by this experience. I certainly didn't expect that the information flyer I nearly threw in the trash would bring so much joy to our family.





REFLECTIONS: FRIENDSHIP AND NEW EXPERIENCES

A Leap of Faith: How Sony Foundation Camp Brought Friendship and Joy in Nicholas' Life

My son, Nicholas, was lucky enough to attend a Sony Foundation Camp and it has become a part of our lives ever since. I wasn't sure that Nicholas would cope with a camp (or the camp would cope with Nicholas), but I am in awe of the student carers who assisted Nicholas through a wonderful experience. Nicholas had not stayed away from home and family, and the thought of him coping beyond his comfort zone was a huge leap of faith for me. With gentle persuasion from some very caring people, I prepared him (and myself) for Sony Foundation Camp.

Nicholas had the time of his life – literally! He has not stopped talking about the camp, his companion, Liam, and all the activities, sights, and excursions. He returned home with photos, artwork and great Christmas gifts, and insisted we write a story about it immediately to send to Liam. He also returned home with a new perspective and told me "He has a nice friend called Liam". This is the first time he has used the term 'friend' and understood what it means. This is something to treasure and one of those moments that fills my eyes with tears of joy.

A Steppingstone to Independence: How Sony Foundation Camps Empowered Toby and Renewed Our Family's Hope

Reflecting many years later, Sony Foundation Camps were significant to our family for a couple of reasons. Firstly, it was the first time Toby stayed away from home, and it was a positive experience! This was the first steppingstone toward independent living -Toby lived in a share house last year (now aged 23) and will continue to do so. Often, our first experience of something new and a little challenging is formative in how we think and feel about that experience going forward, Sony Foundation Camps set Toby on the right trajectory around independent living.

Secondly, it was the first time our family experienced a disability resource that went beyond other benchmarks we had experienced to date - the 1:1 and continuous support from a young person (Toby had some lovely student carers, over a few camps - he still looks at photos of his experience and recalls them both), the range of activities offered and the fun of being with lots of young people who were choosing to be part of the experience. The climate of the Sony Foundation Camps was joyful, safe and embracing - you could feel it as soon as you walked into the camp environment. As a parent, I recall a new boost of optimism about Toby's future, after witnessing Toby's experience and the impact it had on him.

A Joyful Journey: How Sony Foundation Camp Brought Friendship and Fun to Annelie's Life

After initially applying for a position at the Sony Foundation Camp for Annelie who was 12 and has severe autism, we were a little hesitant but excited. After some homework and lots of questions, we all felt comfortable that this would be a great experience for Annelie, and really thought she would enjoy it.

Annelie had an absolutely great time. The dedication of the young students couldn't be faulted. They bonded with Annelie almost immediately, as I am sure the other children did as well. The Nurses were very reassuring and helpful, as were the teachers who assisted. Each and everyone involved with the camp should be commended and thanked. To give our children such a fun, caring and exciting time, especially having the opportunity to have fun with so many other kids, but probably most importantly for a young child with disability the opportunity to make some great friends. I hope and think the students involved grew from their experiences.

A LIFELINE OF RESPITE: HOW SONY FOUNDATION CAMPS HELPED WILL THRIVE AND BRIGHTENED OUR FAMILY'S FUTURE







My son, Will, was diagnosed just before he was two. He is non-verbal, very cognitively delayed and has a colourful array of behaviours that keep everyone on their toes. He needs help dressing, eating and toileting, all day-to-day activities we take for granted. He also doesn't sleep well and can sometimes be up multiple times during the night creating mischief.

Living with someone like Will is like having a toddler for 20 years. Will needs constant supervision with all aspects of his life to keep him safe, to teach him and to make him productive and engaged. It's relentless, exhausting, emotionally painful and before the NDIS expensive. He was on special diets, took numerous supplements, attended countless therapies and saw Doctors from all over the world.

The impact on our family was immeasurable. My other son Nick for example was like an only child, however with all the disadvantages and none of the benefits. He had to put up with his homework being ripped up, his Lego models being smashed and his favourite toys being chewed. He also had his Mum taken from him midconversation countless times.

During this time, I had two nervous breakdowns, was on sleeping tablets, anti-depressants, Valium and had regular counselling sessions.

To say that our journey with Will was difficult would be a huge understatement.

Despite all of this he is an absolute joy and is truly adored by everyone who meets him.

I made the decision to separate from my husband when Will was five years old and so became a single Mum. Although my family were a wonderful support the reality of helping look after Will for my aging parents was unrealistic. There were and still are very few respite options, and these were expensive and substandard. I remember going to drop Will off one day at a respite house run by a leading charity in Sydney. I was desperate for a break but took one look at the facility, put Will back in the car and drove us home. I would not have left my dog there.

This brings me to the Sony Foundation Camps. They quite literally saved my life. The Sony Foundation Camps were the only three days of respite during the year that I had, that our family had. I can't begin to explain to you how we looked forward to them and how important they were. They gave me three days to breathe, pause, sleep, and regroup. I was able to spend quality time with Nick, go away for a few days and live a normal life.

I remember a friend of mine saying to me after her family had spent a weekend away with us. OMG...I had no idea what your life was like! The student carers volunteering at Sony Foundation Camps get a glimpse into that life. It will change them forever, for the better.

Will attended several Sony Foundation Camps. I knew Will was safe and with all his issues we never had a single incident or problem. He was embraced by countless year 11 student carers over the years and made to feel included, loved and celebrated. He had the time of his life.

I'm now happily married with a large, blended family. Will moved out of home two years ago into a house I set up for him with another young man, they have a team of 12 who support them. He works several part-time jobs. He is living his best life and is quite honestly the happiest person I know. The future is bright for all of us!

Letters of thanks from parents of children with disability who attended a Sony Foundation Camp, highlights the impact of the program on the development of independence, and the importance of ageappropriate care.

A NEWFOUND INDEPENDENCE: ANDREW'S UNFORGETTABLE JOURNEY AT SONY FOUNDATION CAMP

Sony Foundation Camp was the first time that Andrew had been out of the care of close family members or his teacher's aide at school, who had worked with him for the past five years. The camp provided his first opportunity to experience some independence away from his family and we were all a little uncertain as to how he would cope with this. I think each of us was a bit worried about how he would cope with all the everyday things that he relies on his family so much for – communication, eating, walking, dressing, showering etc.



CELEBRATING CONNECTION: A GRATEFUL PARENT'S REFLECTION ON SONY FOUNDATION CAMP

I have not long arrived home from collecting my cherubs from Sony Foundation's Children's Holiday Camp and I'm hoping you might pass this message of thanks on to EVERYONE involved. It was too overwhelming today to clearly express how grateful we are to all the students, parents, teachers, nurses, chefs and the list goes on for selflessly giving up their entire weekend to care for our little people. It was evident that ot only did those gorgeous young ladies and gents of Townsville Grammar School care for them, but they genuinely cared about Bridgette and Spencer. Each student was so excited to tell me news of everything they had been doing over the past couple of days and I only wished I could have had more time to talk to them properly and thank everyone more incerely. I know they had a blast, the best weekend of their lives.

Andrew's ability to cope - and thrive - and revel in! - this new and rare experience amazed and delighted all of us - himself included. He had a fantastic time at camp. Something evident from the expression on his face the moment we saw him walk in the door at the Christmas Party. To his student carer Ben - a huge thank you for playing such an important role in Andrew's life by being such a dedicated and intuitive carer during the camp (and much cooler to be around than Mum and Dad). We hope you gained as much from the experience as we did.

On Saturday afternoon I was telling my eldest daughter about the amazing people I met in the space of 30 minutes when I dropped Bridgette and Spencer off, and I started to cry. It's hard to believe such a large group of complete strangers would do something so wonderful, so extraordinary for my children and others who have different abilities from most. Bridgette and Spencer have seen their triplet sister go on dates and sleepovers, birthday parties and shopping and they have never been able to do anything like that on their own. The past couple of days they didn't have mum, or dad, big sister or brother, aunty, uncle, grandma or grandad. They did something by themselves and on their own and they will always remember the amazing experience of Sony Foundation Camp.

A LIFE-CHANGING CHOICE: HOW SONY FOUNDATION CAMP GAVE EMILY AND HER FAMILY UNFORGETTABLE JOY

12 months on from her daughter's attendance at a Sony Foundation Camp, a mother reflects on the experience and impact of the program.

Emily is 11 years old. She has a rare metabolic disorder called glucose transporter deficiency, cerebral palsy which includes epilepsy, autism and balance difficulties and she is nonverbal, which means she cannot communicate through words. Despite all of this, Emily is a happy very social girl who loves to be with friends and involved in social activities with the kids at school. But, because of her complicated needs, it hasn't been possible for her to do so.

The Sony Foundation Camp program changed all of this. It made the impossible, possible.

Emily had never slept away from us before, except once to stay with her grandparents. Letting Emily go away without us was the most difficult decision I have ever had to make. We have always surrounded Emily in a bubble - keeping her safe and secure. Sadly, our society is still too often afraid of people with disability, and I never wanted Emily to feel that she did not belong. That she was someone to be scared of or stared at. worried that her teenage carers would be frustrated by her inability to communicate with words and that they would not know



how to understand her, most confronting of all, I thought they would be scared of her.

It was hard for me to let Emily go and even harder to let her become the responsibility of a young teenager. Looking after Emily is not easy - it is a 24-hours-a-day job. She needs feeding through a tube, help with the toilet and medication hourly. I know, however, that to be able to look after Emily, I needed to look after myself. I had never had a break, and Emily's siblings had never had a break - Sony Foundation Camp gave us this opportunity for the first time in our lives. It turned out that deciding to let Emily go to camp, even though it was the hardest decision, was also the best decision I ever made.

From the moment Emily met her student carers in the car park until the time Emily said goodbye, to her carers, she was surrounded by a bubble of amazing love and affection.

Her young student carers showed her such humility, understanding and love that it brought me to tears. And my husband, who is a tough, dinky-di Aussie was even reduced to tears at the farewell party when we went to collect Emily on the last day. In watching Emily's carers embrace her, cuddle her little frail body in their arms and continually wipe her little mouth with such care and warmth - it gave us such strength. We were completely overcome by the generosity of

spirit of all involved in this beautiful program and how happy our Emily was.

I don't have the words to describe the renewed sense of purpose and happiness that my family felt after this camp, and we didn't even attend. To see a group of young people fall in love with our little girl warmed my heart. Also, to learn that there was a waiting list of young students wanting to volunteer for this program is amazing. I am so proud of these young people. The impact of their exuberance for Emily will stay with our family forever.

I hold every young volunteer in the highest regard - they are going to be great role models and leaders who will lead with respect, integrity and most of all from the heart.

"

NEARLY 12 MONTHS ON FROM THE CAMP, EMILY STILL LOOKS **THROUGH HER PHOTOS ON** THE CAMP AND LAUGHS IN HER OWN SPECIAL WAY. DUE TO EMILY'S CONDITION, WE WERE TOLD THAT EMILY WOULD NOT OUTWARDLY EXPRESS **EMOTIONS – THIS CAMP TAUGHT** OUR DAUGHTER HOW TO LAUGH. THIS IS PRICELESS."





Extract from an article first published in 2009, where Amy Robertson, shares the impact of the Sony Foundation Camp with over nine years association to the program.

One of the student carers who has maintained a close relationship with Sony Foundation is Amy Robertson, a graduate of Loreto College, Kirribilli. 2009 marks Amy's 9th Sony Foundation Camp at St Ignatius Riverview. Her first camp was in 2001 as a student carer, and since then she has been a staff member on four camps as the Program/ Activities Coordinator

As a member of the organising committee, Amy has met some fantastic kids throughout the years. One of the kids that she continues to stay in contact with is 13-year-old Sandy. Sandy and Amy speak on the phone monthly to catch up on all his news and sporting achievements. Amy has been to see Sandy play wheelchair rugby games, and he and his family have been to see Amy in her musicals. This shows the profound effect these newly formed relationships have, after bonding over an intense four-day period.

However, it was Amy's first experience in the camps that left her with the fondest memories. Amy was charged with looking after a beautiful 13-year-old girl called Alice. Alice has physical and intellectual disability following difficulties during her mother's pregnancy after being stung by a wasp. Alice loved music and so the four days were filled with Amy and James (her co-carer) singing and dancing, even in the pool. One afternoon a "concert" by Amy and James continued for two hours, as the two carers never got tired of seeing Alice smile, laugh and clap along!

Amy describes her experience of looking after Alice as, "incredibly fun, but one that came with numerous responsibilities." Amy had to wake up every half hour to turn Alice in bed. This interrupted sleep was exhausting, but something that many of the young carers had to deal with.

As is common with all student carers, Amy feels extremely privileged to have met Alice. She still wonders about Alice's parents' trust in her

"The Sony Foundation Camps changed my life. Working with these beautiful children,

A LEGACY OF COMPASSION: AMY'S JOURNEY FROM SONY FOUNDATION **CAMP STUDENT CARER TO ADVOCATE** FOR CHILDREN WITH DISABILITIES

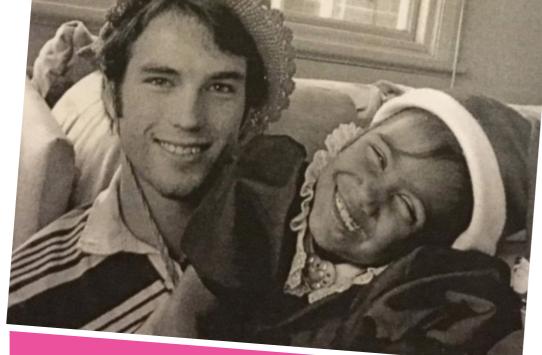
their incredible parents and these very determined young adults continues to inspire me both at the camp and in my everyday life. The Sony Foundation Camp is the highlight of my year and has motivated me to start studying teaching and continue to volunteer with numerous children's and arts charities throughout the year. Hearing these families' stories and becoming a part of their lives has inspired me to work within special education and continue to be an advocate for carers, special schools and the push for equal opportunity. I think all schools and universities with the capacity to run a Sony Foundation Camp should, as it not only provides respite for the kids and their parents but also provides an extraordinary opportunity for students across Australia - creating a new generation of tolerant and understanding young adults."

Marusha Rowe attended her first Sony Foundation Camp in 2006 at St Ignatius Riverview. 15 years later Marusha shared with Sony Foundation a moving poem she had written sharing the spirit of inclusivity and each person's choice to share love, respect and care.

WE ALL HAVE THE POWER







We all have the power to forgive.

We all have the power to respect each other, and the right to have our own beliefs.

- We all have the power to be a friend.
- We can listen, care and laugh together.
- We can stand up for what is right and give those who can't a voice.
 - We all have the power to love.
- We all have the power to enjoy ourselves.
- We can surf, ski, dance and sing, and even fly.

We all have the power to give each other a helping hand, no matter how young or old you are.

We all have the power to believe in Santa, the Easter Bunny and the Tooth Fairy. If you stop believing your childhood is lost forever.

We all have the power to change a person's life. What we say and do can influence others.

We all have the power to have a family who loves us for who we are.

We all have the power to give all children love, freedom, safety, and a life.

We all have the power of choice, and the choices we make are ours alone.



FAITH RESTORED: FREYA'S SONY FOUNDATION CAMP EXPERIENCE OFFERS FAMILY A RESPITE AND RENEWED HOPE

Our daughter, Freya, is turning 17 this year. She has cerebral palsy, is catheterized three times a day, can take up to 7 hours to feed each day, is unable to smile or voluntarily move any limbs but has long golden curls like an angel and we adore her!

When we were first contacted about the possibility of Freya attending the Sony Foundation's Holiday Camp at Launceston Church Grammar School last year, we had many reservations and doubts about her being able to attend.

How would a young student cope with all of Freya's complex needs?

We had never 'given' Freya to anyone before who didn't know her well, so this was a first for us and for Freya. The Camp Coordinator told me that it would be the first time too, for the school to host a child with such a profound disability but they were keen to support us.

After much discussion, the Camp Coordinator drove down the Midlands Highway for 2 ½ hours with the two girls whom they had chosen to be Freya's student carers. I watched them, at our home, learn to hold and feed Freya. They were so attentive, asking questions, and making notes. We talked extensively about many of the problem areas for Freya; seizures, feeding, coughing, dressing, scoliosis, careful positioning, sleeping needs, circulation problems, medication needs and catheterization procedures, daily routine, settling and positioning in the pram and bed inset. We also discussed the bigger issues such as why we would not intervene beyond comfort if Freya was in a life-threatening situation.

It was a big day with a lot to take in and probably quite daunting, but they seemed to take it all in their stride. From our perspective, I could see that they would take great care of our girl and stay focused on her needs with everything else going on around them at the camp. I am a bit 'fussy' with Freya and have particular things that I feel are important for her dignity and I was so pleased that these two girls understood and would attend to these areas such as keeping her face clean, keeping her face dry from her dribble, paying attention to her hair and clothes and giving her lots of gentle kisses and whispering to her when she goes off to sleep etc.

So, after our day together, it was full steam ahead.

As the weekend approached our whole family was a bit nervous but also very excited that we could stay in a hotel and have a real holiday together, something that we had not been able to do before. 2008 had been a difficult year for us all and we had not realized just how desperately we needed a break. Freya had been seriously ill in April and was not expected to survive



THE GIRLS HAD DEVELOPED A CLOSE BOND WITH FREYA OVER THE WEEKEND."

and then in May, her sister Mia had been in hospital for 16 days, so we were looking forward to a weekend away.

When we delivered Freya to the camp, we were met by her two smiling student carers who took us to the room where Freya would be sleeping with them and helped us unpack her things. It was obvious they had put a lot of thought into their preparation and so we left feeling relieved, anxious, tired and with a lovely sense of freedom!

We had a ball over the weekend. We played tennis, ate too much and we even sat up in the big hotel bed together and watched Kung Fu Panda, much to Mia's delight! We could go to bed early and be free to do whatever took our fancy over the two days - something that we can so rarely do in our normal life with Freya.

It was obvious - and lovely - to see that the girls had developed a close bond with Freya over the weekend. It was wonderful to see all these young men and women working tirelessly and generously with children who have a high level of complex needs. This is a fantastic program, and we felt so privileged to have been a part of it.

We cannot thank everyone enough for giving us such a wonderful weekend away and of course for taking such beautiful care of our Freya. We were so touched by the two outstanding young women who looked after Freya. It gives us great faith in the next generation.





A group of Mount Alvernia Student Carers share a reflection on their Sony Foundation Camp experience.

Our Sony Foundation Camp experience was rewarding and yet an extremely challenging four days that all of us will never forget. It was a roller coaster of emotions with a few tears shed, mostly due to the lack of sleep, but it was an experience that we wouldn't trade for the world.

Many of us were faced with challenges that we never anticipated; however, these challenges were exactly what our children dealt with daily. Their normality really opened our eyes to appreciate the little things, and to essentially not worry about what could or may happen, because as we all eventually learnt situations could go from 0 to 100 quickly

Our admiration for the parents grew over the camp and it was extremely hard for all of us to say goodbye to our children at the end, as we had created a bond with them that we will cherish forever. It was evident from the start that there was a divide between the Mount Alvernia College girls and the Marist College Ashgrove boys, however, through the camp we grew together into a united group learning the strengths and weaknesses of our children and accommodating them in whatever ways possible to get to places on time, reduce meltdowns and ensure glowing smiles were brought to the faces of the kids at everv moment.

For us, Sony Foundation Camp completely changed our opinions on young people with disability. This was mainly due to the interaction the kids had with each other, as they didn't question why they or any of the other children who were at Sony Foundation Camp were different, they simply accepted one another for who they were without judgement

UNFORGETTABLE LESSONS FROM SONY FOUNDATION CAMP: REFLECTIONS ON FRIENDSHIP, GROWTH, AND RESILIENCE

We looked after a beautiful young girl named Janani. Anyone who had the pleasure of meeting her was overcome by her happiness. Janani has paraplegia, is in a wheelchair full time and is moderately intellectually impaired. This came with many physical challenges for the two of us and at times was very confronting. Janani was constantly told what she couldn't do, yet this camp allowed her to experience so many activities that she could participate in. It was incredible to see that no matter the complexities she faces every day, she still manages to find joy in every moment. This reminded us of all who met her to find the joy in our lives and to focus on the things we can do rather than the things that hold us back.

Some of us were the carers of Lauren, who had severe disability including epilepsy, cerebral palsy, autism, ABI and Global Developmental Delay. The accumulation of these conditions meant she was mainly non-verbal and experienced difficulties in physical activities without assistance. Lauren's love of singing, dancing and The Wiggles enabled us to converse with her and receive fragments of speech in return, which was rewarding in itself. Without a doubt, the highlight of the camp was seeing Lauren light up at Sea World while watching the dolphins. Her constant laughter and having to stop her falling out of her chair when she was jumping in excitement are memories that will stay with us forever. Due to her epilepsy, we had to always watch Lauren including doing night shifts in case of a seizure occurring. Lauren did experience a seizure on the camp, and luckily the training we had completed ensured she was in a safe environment. The care and concern we felt in this incident was a moment of realisation; that after only 48 hours we had created such a strong emotional connection with her, as if she was our own.

Others of us were the carers of a child each in a set of twins. Maisie and Leenie were nearly the same age as us, 30kg heavier and

much taller than we anticipated, meaning their power individually and collectively was a constant battle over the camp. We were taught to appreciate the severity and limits of mental disabilities and that all disabilities are different; with one never outweighing another. Our girls were full of love for not only us but others, and regardless of the tantrums this is what meant the most to us. Although we were only together for a short amount of time, the girls accepted us as not only a carer but a friend, kissing us goodnight and telling us how much they loved us before falling asleep.

We also looked after a 14- year-old girl, another by the name of Lauren, who had cerebral palsy. This meant Lauren was non-verbal, so she only answered yes or no guestions, and she had limited control of her bodily functions and movement, resulting in her being in a wheelchair full-time. She was given medicine and fed through a PEG tube in her stomach 4-5 times a day due to her limited capabilities with consuming food orally. Lauren's obsession for the boys allowed her to have outbursts of laughter and joy, and she was constantly positive and happy throughout the whole camp.

There were many other children on the camp who had varying conditions, but what we all realised was that their disability didn't define the person they were, but rather allowed them to be unique individuals who had their own personal stories.

We couldn't encourage you all enough to apply for Sony Foundation Camp when your time comes, as the experiences gained, and relationships formed during this experience are worth more than we can ever put into words.



THE GIFT OF A SAFE PLACE ALLOWS **CHILDREN TO REALISE THEIR** POTENTIAL

In April 2024, Sony Foundation partnered with Royal Far West and the Marninwarntikura Women's Resource Centre to host the 'In a Safe Place Camp.' The Camp provided intensive therapeutic support, supporting 14 Aboriginal children with complex needs and early life trauma from the remote Fitzroy Crossing, Yiyili, Moongardie and Broome regions.

Evolving Sony Foundation's Children's Holiday Camp model, to support the specific needs of the children from, the camp involved a week of intensive therapeutic support provided by a multidisciplinary allied health team, including wraparound referral pathways and telehealth services. The camp also offered respite and upskilling for parents/carers, providing them with strategies to support their children.

The camp embraced the healing and connective power of creativity, with each day including music and art sessions to break down barriers and foster an open space to communicate and connect to culture





was to strengthen the bond between parent/carer and child. Through various activities and therapies, parents gained insights into their children's

A key goal of the camp

brain development and

things by himself."

behaviour, leading to improved interactions and understanding. One parent shared, "All this activity that was happening during this week helped [him] a lot ...he sleeps better, his behaviour is much better, he is able to do

Thanks to funding support from Sony Foundat al Far West and Marninwarntikura Women's Resource Centre allowing parents/ carers "to realise their children's potential".





25 YEARS | SONY FOUNDATION'S CHILDREN'S HOLIDAY CAMPS - 17



EMBRACING VULNERABILITY: LESSONS IN COURAGE, COMPASSION, AND GROWTH AT SONY FOUNDATION CAMP

Extract from a speech shared by a former Sony Foundation Student Carer at Knox Grammar School's assembly, sharing how his experience on Sony Foundation Camp allowed him to embrace vulnerability.

I would like to address the importance of exposing ourselves to vulnerability. Being vulnerable means stepping outside your comfort zone and challenging yourself with the chance of failure or success.

It takes courage to be vulnerable and you have all as boarders, stepped outside your comfort zone to be a part of the boarding community that Knox offers. When the opportunity is offered many shy away in fear of being vulnerable and challenged, here's my view Opportunity=Vulnerability, Vulnerability=Courage and Courage=Rewards.

At the end of term four last year I, as well as many others, took the opportunity to look after children with disability at Sony Foundation Camp hosted at Knox Grammar School in partnership with Abbotsleigh. Prior to the camp, I was quite anxious and very confronted with thoughts of what the camp may be like. I had not done anything similar nor of the same significance before. I was going to be a carer for a child with severe disability.

This care would include hand feeding them, bathing them, changing their nappies, playing games, transporting them in their wheelchair and getting them dressed and prepared for the day. I was stuck in doubt of whether or not I would enjoy or cope with the Sony Foundation Camp, but I chose to follow through with the opportunity and expose myself to being vulnerable in order to learn and grow.

By allowing vulnerability and taking the opportunity to be a part of the Sony Foundation Camp, the mask that I had worn to hide my sensitivity, emotions and love slowly came away. I had this mask because I thought those traits were displaying weakness and making me less of a man, even though they were not. I believe the exposure to these traits, sensitivity, emotions and love revealed a much more mature, likeable and personable version of myself. In fact, it revealed the real me

If I had not opened myself to vulnerability and taken the opportunity that I did, then I do not think I would have removed the mask and been awarded the maturity that I now carry.

I strongly recommend to everyone that you push yourselves to take every opportunity. Regardless of your feelings of intimidation or doubt. Because by pushing yourself to try new experiences and facing challenges you will reveal unknown skills and traits that you didn't know you had, allowing you to grow and learn from yourself and others.

Just remember Opportunity=Vulnerability, Vulnerability=Courage and Courage=Rewards.

BREAKING BARRIERS **AND BUILDING BONDS: A SONY FOUNDATION CAMP STORY**





Teresa shares how the ripple effects of Sony Foundation Camps brought new support networks into her son's life.

When he was nine, I realised he needed activity out of the home, but as Edgar understands little of what is said to him, I knew finding this sort of care would be exceptionally difficult.

So, I went online. I didn't want an autism expert; I wanted an athletic young person Edgar could look up to spend time with and learn from. I found Tom.

At that time, Tom was 20 years old and studying teaching and responded with an enthusiasm and willingness I was unaccustomed to when it came to Edgar.

Tom came, and to be honest, initially, he probably had very little idea of what he was doing and had to learn a whole new way of communicating to connect with Edgar. So, Tom listened to Edgar and saw he needed to be visual. To use touch, facial expression, gestures and even scratchy drawings on pieces of paper to help Edgar understand. This enabled Edgar to have some say in his own life and make choices that he would enjoy. They created an adventure utopia in which trust flourished and many new and exciting skills were discovered.

Tom opened Edgar's world and in doing so helped our whole family... so many people saw the autism first and struggled to see past it. Tom saw Edgar.

About a year after Tom came to work for us, I asked him why he had been so positive and





My 16-year-old son Edgar has severe autism.

receptive to my first email. He replied that when he was at school, he had participated in a camp caring for children with disability. Enter Sony Foundation. Tom said he enjoyed the Sony Foundation Camp experience so much he had told himself that if he ever got the opportunity again, he would take it.

Since that time, Edgar has attended the same Sony Foundation Camp at the same school Tom was a student at on three occasions. Through this camp, we have gotten to know six more carers and I now have three young men working with Edgar, all of whom attended Sony Foundation Camps as carers while at school.

The bond Tom and Edgar share is special, but I don't think it needs to be. Edgar's friendship with Tom and all that blossomed from it is a direct result of the work of Sonv Foundation.

This is the power of the Sony Foundation Camps. They do so much more than provide respite for carers of children with disability. They give children with disability an opportunity to participate in a community event, independently of their families. They also allow teenagers to get up close and personal with disability, and hopefully, to see past it, to the children and young men and women before them who ask nothing more than to belong.

I don't think it is possible to overestimate the impact of this early engagement on teenagers. As our future adults, they can have a powerful influence in shaping a friendlier, not just inclusive, but welcoming society going forward.

STUDENT CARERS SHARE THE IMPACT OF THE CHILDREN'S HOLIDAY CAMP PROGRAM



Xavier: Empathy and connection

Sony Foundation Camp for me was a lifechanging experience. Over the four days I took sole responsibility for the full-time care of a child with disability, and through the process, I learnt more about my peers in this intense experience than what I had gathered in the 13 years that I had been at school with them. I developed a profound respect for the 18 Campers who took part in the program, and every one of my peers who gave their time, effort, energy and care to their campers.

At the end of each night, we would debrief together in an open environment, free of

communication sign Benny performed. The

Flynn: Lessons in communication and appreciation

My experience with Sony Foundation Camp was the most eye-opening week of my life. I found the unbreakable bond formed in the four days was unlike anything I have ever taken part in before. In my specific experience, I learned to care for my camper but to concentrate on every little way he used his body to communicate was something I found confusing at the start of the camp, because I had assumed that he would use the universal sign language taught. But as the bond was further formed it was second nature to understand what he was saying. The camp was easily the most fulfilling experience I have ever taken part in. And it has opened my eyes to realise how lucky I am to be able to do such simple tasks as going to the bathroom or talking. It also gave me a greater appreciation for the parents of children with disability. hesitation, judgement or mockery. We listened, appreciated and learned from the experiences of each of our peers in a highly intense environment that tested the limits of every one of us. I believe that through these experiences and the reflection within the debrief sessions with their raw, honest emotion we gained a deeper level of respect for our mates, made possible only by the shared experience and willingness to open our hearts and express the emotions that had arisen. Throughout the whole camp, we expanded upon our emotional intelligence, empathy, compassion, intuition, care and love.

A HEARTFELT THANKS FROM A Grateful Parent: Aaron Budai's Reflection on Sony Foundation CAMP

We love our son Gidon, but anybody with a child with additional needs will tell you that these beautiful children, though so full of love, are incredibly exhausting.

Giddy is 8 and this was his second year at Sony Foundation Camp. Given it was our second year my wife was able to relax with absolute confidence and to embrace the opportunity for the care of our angel.

It still blows my mind that the community donates their time to give my beautiful little boy a school camp experience! The people range from cooks, photographers, speech therapists, occupational therapists, doctors, nurses and recently graduated HSC students all saying "I want to do this. You take four days respite, relax, your children are not a burden it will be our pleasure to make sure that they have the best possible time!" This is something that as parents of a child with disability we never hear. Over 100 people including fifty 17/18-year-olds volunteered to help ... It blows my mind, at 18 I can honestly say I wasn't that community minded.

The Sony Foundation Camp program is amazing. Your charity has a real grassroots impact, you empower school leavers, you

CREATING BONDS OF JOY: ANAL'S DURNEY AND SOLUTION OF JOY: ANALYSIS

Like most children his age, Anal Acharya is a cheerful, lively, and playful nine-year-old. However, Anal also lives with cerebral palsy, relying on a motorized wheelchair or his father's assistance to get around.

Anal's family arrived in Australia six years ago as Bhutanese refugees. Before settling in Australia, they faced unimaginable hardships during their 18 years at a refugee camp in Nepal, where Anal was born. Anal's father sustained severe injuries during that time and is now unable to work, supporting his family of five on a carer's benefit while receiving little to no respite.

In 2015, Anal had the opportunity to attend his first Sony Foundation Children's Holiday Camp at Launceston Church Grammar in Tasmania.

Jacob: A new perspective

Sony Foundation Camp 2018 was truly an unbelievable experience – unlike anything I had ever undertaken before. It taught me so much about myself and revealed several things about myself that were previously unknown. The relationships and connections that are developed and observed between campers and student carers are inspiring, just being able to provide happiness and joy to someone, even if only for four days. In addition, the experience of Sony Foundation Camp encouraged me to see myself in a different light. It showed me that I can produce and provide happiness, even in such an intense environment, which gave me a new-found confidence derived from empathy which I can take with me into the future.



give kids like Giddy the time of his life, and my wife and I get the respite we desperately need.



Here, he was paired with a student volunteer named Freddy. Over the course of three days, Freddy developed a deep and enduring bond with Anal as he fed, dressed, entertained, and cared for him.

Initially, Freddy felt anxious about his ability to care for Anal. However, as he witnessed Anal thrive in the camp environment, thoroughly enjoying every moment, the true purpose of the program became crystal clear. The camp provided not only respite for Anal's family but also a chance for connection and joy, showcasing the transformative power of compassion and community support.



TRANSFORMATIVE JOURNEYS: HOW SONY FOUNDATION CAMP INSPIRES **CAREERS IN DISABILITY SUPPORT**





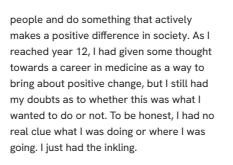
Sony Foundation Camp alumni Pat Benson shares his experiences of camp and how it inspired him to start working as a disability support carer, and then onto becoming a doctor with a focus on disability.

Sony Foundation volunteer Pat Benson enjoyed his first experience on Sony Foundation Camp so much in 2012, that he returned the following year. Then for the period 2016-2023, Pat worked on Hireup, an online platform for people with disability to find support workers who fit their needs, as a disability support worker as he undertook studies in medicine. He credits the Sony Foundation Camp for affirming his purpose, and Hireup for giving him the opportunity to live it.

On Pat's uplifting journey from Sony Foundation Camp student carer to disability support worker, he said:

"At school, I was provided with the opportunity to volunteer at the Sony Foundation Camp. This involved providing one-to-one support for a teenager or young child with a disability for four days. This experience shaped my perspective at an important period during my life and cultivated my love for working in the sector in a disability support role. I returned to the camp in the following year as a volunteer supervisor (2013) and was able to work again in this capacity.

"I've always wanted to find a career path in which I would be able to work with other



"After the camp, I became far more certain that I wanted to pursue a career in the disability sector as a doctor. However, this was years down the track. I was still looking for work that would give me fulfilment and enjoyment.

"In late 2016, I heard about Hireup and I soon joined and became a support worker on the platform. The experiences, enjoyment and satisfaction this work has provided me with have been unparalleled. Support work has allowed me to deepen my sense of empathy and understanding for people with a range of different life experiences. It's definitely strengthened my resolve to pursue becoming a doctor in the disability sector and has allowed me to make a positive difference in the lives of people with disability and their families in my community.

"Being a Hireup support worker has given me a diverse skill set and the ability to relate to and communicate with people, which is an asset in any working or personal context."

GRATITUDE IN ACTION: THE TRANSFORMATIVE POWER OF SONY FOUNDATION CAMP

At Sony Foundation's Corporate Partner Appreciation Evening 2022, Toni Davidson, mother of two beautiful daughters with down syndrome, shared in a moving address their family's experience with the Sony Foundation Camp at Toowoomba Grammar School.

As parents, we support children as best we can We do get tired. We do get frustrated. We do get emotional.

I worry all the time about how I can do things better. Give our children the opportunity to be the best people they can be. To paint you a picture - our girls are masters at task avoidance, and stubborn, they run away in the briefest moment when you are not watching, there is no second chance, they are gone. I am exhausted.

Last year I saw a photo of Andrew, a gorgeous young friend of Charlotte's at Sony Foundation Camp hosted at Toowoomba Grammar School. Charlotte and Andrew have been friends for 7 years, since meeting at a Down Syndrome support group function. I rang Stacey, Andrew's mum, and found out about the process. What an amazing opportunity to attend camp with friends of like - something I am passionate about as research shows that our people with Down Syndrome are more susceptible to mental health illness when they don't have friends of like.

I was determined to give my girls Sony Foundation Camp. Experience is important. My girls need to know, to feel, that they belong, their self-worth must be huge.

Sony Foundation Camp was attended in September at Toowoomba Grammar School. The excitement building up to camp was huge - Emily packed everything out of her cupboard every day until I finally relented and packed a good week before the departure day.

The chance for our girls to make new friends and reconnect with old ones was wonderful....it was greater than the sum of all my fears.

As we arrived at Sony Foundation Camp, their teenage carers - Julia, Sienna, Chloe and Ilsa greeted us, recognising our girls from photos.

The student carers said that they felt they knew Charlotte and Emily and a little of what to expect.

They had prepared themselves for constant vigilance so that Charlotte didn't seize the opportunity to drink unthickened water - she has silent aspiration - unthickened fluids go to her lungs. Supervision in the bathroom helping the girls dress, tie shoelaces, maintain socially acceptable behaviour, and make good choices. Emily and Charlotte had a terrific time at Sony Foundation Camp, swimming, riding a pony, sleepover, slides, disco, and building, all with their peers. They were not the children with a disability at Sony Foundation Camp they were Emily and Charlotte.

For me - bliss. Saturday morning to Monday lunchtime. Time where my responsibilities were lessened. I had time out. You gave me a wonderful gift.

The gift you gave Emily and Charlotte; gorgeous. Chloe, Illsa, Sienna, and Julia, the student carers gave the most precious gift their time

Having teenagers as carers at Sony Foundation Camp is brilliant, they're not Mum, a teacher nor a therapist figure, they are a friend. They are the society of tomorrow who will ensure that our people are accepted, and their vocations validated in our community at large in our one world.



















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Marist Sisters' College

























St Kevin's



















































SONY FOUNDATION AUSTRALIA'S CHILDREN'S **HOLIDAY CAMPS PROGRAM PARTNERS**











































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