



# The Riot

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## ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Traditional Custodians of the Land and Seas, and pay respect to Elders, past, present and emerging.

We acknowledge those with a lived experience and their significant others who walk this journey with them.

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**WHY ARE JOKES ABOUT  
ELEVATORS SO GOOD?**

***...Because they work  
on so many levels!***

## THE RIOT - WHO AND WHAT ARE WE ?? I'M GLAD YOU ASKED !!!

**Editorial by Charlotte**



Through Australian Kookaburra Kids Foundation (AKKF) Connect sessions, I have been able to connect with fellow youth throughout Australia. It has been an amazing and beneficial program enabling me and many others to build friendships and meet volunteer leaders. Through connect, the idea of a newsletter created by AKKF Youth for AKKF Youth connecting Kookaburra Kids across Australia was formed.

The Clinical Services Team was able to get a group of us older kids together to start forming a newsletter called 'The Riot'. We meet every Monday at 7pm AEST, to discuss what we want to do with this newsletter. With the help of some enthusiastic AKKF Leaders and Staff we have been able to create this first publication of the newsletter and have so many amazing ideas for the future.

We understand that many people may not have heard of this idea or participate in the online Connect sessions, so if you're interested in helping out, or would like to know more, we would love to hear from you!

Send us an email at: [clinical.services@kookaburrakids.org.au](mailto:clinical.services@kookaburrakids.org.au)

We can't wait to see where this newsletter will go!

# KOOKABURRA KIDS CONNECT. WHAT'S ALL THE EXCITEMENT ABOUT ANYWAY?

by Bella

Connect gives me an opportunity to interact with others across the country (and Malaysia) and form long-lasting, trustworthy friendships. We talk and play games and even do some cool activities and connect with others weekly. All the cool, fun and super enjoyable games we play help us, without even knowing.

During the past months, we have done many neurobics activities and have come out of our comfort zones (in terms of our art skills) whilst playing skribbl.io. I have met so many friends and learnt so much, not only about myself but about our brains and body.

I remember being so scared to come to my first Kookaburra Kids Connect session but at the end of the 40 minute session I was super willing and excited to come back and couldn't wait for the next one.

Connect has given me the ability to meet new people, play games/activities together as a group and connect with others. This is especially important to me and almost everyone right now because of the constantly changing restrictions, lockdowns and situations/experiences caused by COVID-19. From fun facts to many cool, fun games/activities,

I am so glad I got involved with Kookaburra Kids and that I have been able to connect online in a safe, fun environment.



## AMAZING ADVENTURES WITH KOOKABURRA KIDS

by Tim

I was lucky enough to participate in the Kookaburra Kids activity day on Sunday the 19th of September. We went 4-wheel driving, did water-based activities, such as kayaking and stand up paddle-boarding, and enjoyed experiencing a range of electric scooters as well as 2 person buggies.

I'm very glad I could participate in this day since it enabled me to do an activity I would not usually do, whilst connecting with people I have met on past activity days.

I was also able to meet new people and new volunteer leaders whilst surrounding myself with other Kookaburra Kids. Overall, the activity day was a whole lot of fun and I can't wait for the next one.

## Riddle time!

Whilst on a cruise, there was a robbery on board. The suspected robbers were 3 people, all of which had an alibi. The first person said he was in his room because he was seasick; the second one was a maid making breakfast for the next day; and the final person said he was rearranging the Japanese flag out the front because it was upside down. Who is the Robber?

Answer: The person rearranging the Japanese flag, it is symmetrical so it looks the same upside down.



# INGREDIENTS

- 1 ½ tablespoons Ground Flaxseed (mixed with 4 tbsp water and set aside)
- ¼ cup Melted Coconut Oil
- ¼ cup Maple Syrup (coconut nectar/, agave syrup)
- 1 Large Apple (grated)
- 1 ¼ cups Carrot (grated)
- ½ cup Plant Milk (almond or other, unsweetened)
- ¼ cup Coconut Sugar
- ½ teaspoon Sea Salt
- 2 teaspoons Baking Soda
- ½ teaspoon Cinnamon
- 1 ¼ cups Ground Almonds
- 1 cup Brown Rice Flour
- ⅓ cup Walnuts (chopped)
- ⅓ cup Raisins
- 1 cup Coconut Cream
- ½ cup Coconut Yoghurt
- 3 tablespoons Maple Syrup
- ¼ teaspoon Vanilla Essence
- ½ teaspoon lemon Juice

# SIAHN'S MUFFIN RECIPE



## Method (Muffin Mix)

1. Preheat the oven to 350°F/175°C and grease a 12-muffin tin with coconut oil.
2. In a large bowl, whisk the flaxseed, coconut oil and coconut nectar for 2 minutes until combined.
3. Add all other ingredients and stir with a metal spoon until combined.
4. Divide the mixture evenly between the 12 muffin tins and bake for approximately 35–45 minutes (until a knife comes out of the centre of each muffin clean).
5. Leave the muffins in the tin for 10 minutes, then turn out and leave to cool completely on a wire rack.

## Method (Frosting - Optional)

1. To make the frosting, chill a large bowl in the fridge for 10 minutes. Also ensure all ingredients have been refrigerated (if ingredients are different temperatures it causes the frosting to curdle).
2. Using an electric whisk, beat the coconut cream in the chilled bowl until thick and all lumps are removed.
3. Slowly add in the yoghurt, coconut nectar, vanilla and lemon juice one at a time, whilst continually whisking until the mixture is light and fluffy (about 3–5 minutes total).
4. Refrigerate the frosting until ready for use, then using a spoon or icing bag decorate the top of each muffin with it. Enjoy!



# "Kookaburra Kids"

*a poem by Kayla*

**What I learned from kookaburra kids .....**

**We all belong together in the big kookaburra family**

**We might be different though we've got one thing  
in common**

**We all have a family member with mental illness**

**We never give up on our family's no matter what**

**We will always stay strong no matter what happens**

**We can do anything if we put our minds to it !!!!**

## FAQ's

**Hey guys!**

**Welcome to our first edition of the Riot!**

**In this section, we will be answering any questions  
you may have about Kookaburra Kids. If there's  
anything you've ever wanted to know, or any  
feedback you would like to provide, please drop us a  
line at [clinical.services@kookaburrakids.org.au](mailto:clinical.services@kookaburrakids.org.au)**





## *Our Editorial Team*

My name is Tahlia and I love to speak French and do Irish dancing

My name is Siahn and I am really good at Hockey and Softball. (I am a very sporty person)

My name is Bella and I love to do physie and play soccer.

My name is Charlotte and I love music and playing basketball and waterpolo

My name is Tim and I love playing Basketball and cricket

My name is Kayla and I love animals I show alpaca's and love camping

**THALES**



**N A O S**