

# Rock stars ignited!

As part of The Spastic Centre's pilot program, Ignition Mentoring, a group of mentors from ING and teenagers with CP won a competition to write and record their own song with Northern Beaches based music company, Song Division.

Launched earlier this year, the Ignition Mentoring program aims to facilitate a meaningful friendship between an adult and a teenager with CP through a series of professionally facilitated group meetings. The program aims to provide a fun and positive environment for teens aged 14-16 to talk about any issue of concern or interest.

The group of budding musicians and their mentors relished the team building experience where they were able to write and record their own song with the help of professional songwriters in the world-class recording studio, Tiger Sound in Neutral Bay.

"It was a fantastic experience," said Peter Horsley, The Spastic Centre's Youth Development Project Co-ordinator. "Although a little shy in the beginning, the group soon discovered their inner rock-star and by the end of the evening was belting out tunes like the professionals!" he added.

One of the participants said about the experience, "I asked one of the mentors if they were going to make us sound any good and she said, 'If they can make Paris Hilton sound good, they can make anyone sound good'".

## The Art of the Matter

Being creative is one of the best ways to express yourself and boost your confidence. Getting involved in something artistic like painting, drawing, singing, writing, sculpting, dancing or drama will also help you to:

- meet new people
- explore your creative side
- discover how to work as part of a team
- get some exercise
- have some fun
- venture outside of your comfort zone.

The possibilities are endless so whether it's information you're after or just inspiration, Accessible Arts is there to point you in the right direction.

You can contact Accessible Arts NSW by emailing [info@aarts.net.au](mailto:info@aarts.net.au), phoning **9251 6499** or sending your inquiry to Pier 4, The Wharf, Hickson Road, Walsh Bay, NSW 2000.

