

# CAPTAIN STARLIGHT PASSPORT

**Name:** Captain Starlight #2468  
**Talent:** Music, especially guitar  
**Location:** Sydney / Planet Starlight



## Q. What skills and training helped you to become Captain Starlight?

I studied performance and drama full time at WAAPA, and then followed that up with four years working in children's entertainment. After that I entered the Starlight Academy and the rest is history!

## Q. What type of experience has it been working as Captain Starlight entertaining sick children and their families?

Becoming Captain Starlight has been both life-changing and an eye-opener. I have seen the serious challenges people face from all different backgrounds, and I've been welcomed into many families and communities. My job requires understanding, empathy, positivity and generosity, and these qualities resonate more in my life as a result of my work with Starlight. It's also been a great way to use my entertaining skills for something that I feel strongly about.

## Q. Do you work with the health professionals?

Yes, and Captain Starlight is always appreciated by the medical staff. We are always warmly received by the doctors and nurses, and they appreciate the job we do in lifting the spirits and aiding the recovery of children who are chronically unwell.

## Q. Why do you like spreading smiles for Starlight?

It never stops being worthwhile. Finding ways to make sick children smile is a challenge worth doing.

## Q. What do you find rewarding about working in the hospitals?

Creating and performing impromptu shows for the Starlight Express Rooms, and being able to fill a room with kids by doing a simple call-out. Once, we even had the volunteers in the room doing back up dancing in the show! Just as amazing is seeing how easy it is to make things happen for the kids, being able to get them out of bed or find ways to alleviate their boredom.

## Q. What were your first impressions of Starlight?

I felt very happy to have found an organisation whose heart was in the right place, and who matched my own focus – bringing happiness to kids. Two years on, I feel exactly the same way.

## Q. What's the Captain Starlight team spirit like?

I like to think that we're real live power rangers, or we're like the famous five, only there are 50 of us! As a team, we all have special skills but we're all Captain Starlight. We share ideas, support and bounce off one another. Sometimes we need to have high energy levels and at other times we

need a different energy, because a very sick child may need a very calm energy from Captain Starlight.

There's a great sense of working together, using our different talents and skills, with the aim of bringing joy to seriously ill children and their families. It's a unique occupation and work environment, one where it's not about money as the bottom line, but how to best use our resources. Everyone who works at Starlight is inspirational and the nature of the job means Captains often become good friends, and we're a close knit group.

### *Q. How does working at Starlight fit with your career aspirations?*

Being Captain Starlight brings a wealth of experiences and learning that can definitely assist with further career opportunities, things like performance skills, engagement skills, audio visual, creative arts and working with children and families from all types of cultures and backgrounds.

### *Q. What are your goals at Starlight?*

To make the biggest positive impact on the experience of hospitalised children that I can. I aim to bring the outside world to kids in hospital, and create a variety of entertaining content for them that's both age and gender specific. I'm putting my energy into projects that will have the maximum benefit to the lives of seriously ill children, not just one-on-one but by creating material and ideas that'll be used by Captains across Australia.

### *Q. What has been the most amazing experience you've had at Starlight so far?*

I will always remember forming a connection with a young boy who had to stay in the Nepean Hospital over Christmas including on Christmas Day. He got distressed when the doctor told him he couldn't go home and so I called him every morning, setting challenges and games to play. On Christmas Day, I also spoke with his dad, who thanked me, saying this extra attention had made such a difference in getting his son through a very difficult period.