



INSTANT ROCKSTAR CHANGE MAKERS

INSTANT ROCKSTAR
PROFILES TWO YOUNG
CHANGE MAKERS WHO ARE
DEDICATED TO MAKING
A DIFFERENCE THROUGH
NOT ONLY THEIR PERSONAL
LIFESTYLES BUT ALSO THEIR
CREATIVE WORK.

PHOTOGRAPHY - TERENCE CHIN
RPREPRESENTS
PHOTOGRAPHY ASSISTANT
- ???????????
HAIR - CARL REAVES FOR INSTANT
ROCKSTAR USING MATTE ROCK
MAKE UP - PETA OSBORNE FOR
NAPOLEAN COSMETICS

BEN ROBINSON, DOCUMENTARY MAKER

What inspired you to become a ‘change maker’? I have always been someone who is inspired by the work of others. I love the challenge in making changes and taking risks. One of my most favourite quotes is one by Ghandi – ‘We must be the change we wish to see in the world’... kind of like my life motto. **Tell us a bit about your documentary and what you learnt working on it.** 3mates7seas is the story of 3 young friends from regional Australia (myself included) who set out to surf the world’s 7 seas. Along the way they survive minefields, the Sahara desert and several car crashes – yet funnily enough, it is the challenge of maintaining their friendship that they find to be the hardest journey of all. The documentary will really focus on how good intentions and determination are not always enough to survive the adversity of friendship. **You’ve said that one of the reasons for the journey was to help put a stop to the increase of youth suicide among young males in regional Australia. How can we help this cause?** You can help people with mental health issues, by firstly looking after yourself and your mates around you. As many as 1 in 4 people suffer from mental illness, so knowing where to go for help is a great resource. I know the following websites have helped me out in the past - www.reachout.com.au, www.beyondblue.org.au and also www.blackdoginstitute.org.au.



STEVE CROMBIE ADVENTURER AND AMBASSADOR FOR INSPIRE FOUNDATION

How did come from being an adventurer to a documentary filmmaker? As a society we are slowly peeling back the layers of our planet and one day we will have scraped all the beautiful places, races, cultures and faces off the surface of the earth. I grew fond of the idea of sharing these things with people who don’t have the time or opportunity to explore them with their own eyes. **Tell us a bit about your work for the Inspire Foundation?** I work as an ambassador for the Inspire foundation. I am a huge fan of their core values, perspective and agenda. They turn ideas into reality with lightning speed. Sometimes I speak at Inspire events, brainstorm with the amazingly happy people who work there and do everything in my power to raise awareness for what they do. **What is the one cause you’re truly most passionate about and needs the most awareness?** Depression. It can tear your world in two. There are so many passionate and amazing people who have slipped into this world. Regardless of race, religion or creed it can affect your being in ways impossible to imagine unless you have experienced it first-hand. If you recognise the symptoms and seek assistance or at the very least acknowledge that there are some issues you need to resolve – that is a good start. www.inspire.org.au