

# music

## Sailing off to the

*Smart Start* asked Amethyst Barnbrook if she is a competitive person, and she laughed 'yes'. That means she *really* is. *Smart Start* reports.



Amethyst, 20, is an accomplished sportswoman and musician who is further proof that people with the most challenging disabilities reach the highest level.

Ame uses her three toes for writing, sailing and playing the trumpet, and is determined to live to the full.

In 2007, Ame began living independently while attending Wollongong University. A scholarship supports her study for a bachelor of creative arts (sound, composition and music production).

"It's more creating than performing," says Ame

Ame is interested in music therapy, but didn't have the marks to go straight into a related degree, so she's using the music degree as a stepping stone.

"I always probably always wanted to do something along the lines of psychology."

Ame lives on campus (the uni has made all the adjustments for her), and although she enjoys the buzz, she's keen to move away from the city for further study. She is, after all, a country girl. (Wollongong is hardly Metropolis, so Ame *really* is a country girl.)

Her talent for music has taken her as far as Japan to play with a youth orchestra, but it is sailing – where she has participated at an elite level – that really gets Ame's blood pumping.

"Racing is very, very exciting, and sometimes scary. But it's great!"

Her determination to sail in the Paralympics was a motivating factor for the Access Dinghy Foundation's campaign to allow people with a profound disability to compete at the highest level. She wants to reach the 2012 London Paralympics.

Ame received a 2008 National Disability Award.

### FYI

- International Day of People with Disability: [www.idpwd.com.au](http://www.idpwd.com.au)
- Access Sailing: [www.accesssailing.com](http://www.accesssailing.com) ; and Access Dinghy Foundation, 02 9642 6483
- Disabled sport: [www.sports.org.au](http://www.sports.org.au) ; 02 8116 9720

### Music therapy?

Music therapists fall under the divisional or recreational therapy category. They plan and run music-based activity programs to support the wellbeing of people.