

Mirabel Newsletter

May 2025
Issue 40

A message from Jane

We're already half way through the year and as always, it's been a busy one with young people graduating while new children and families begin their years at Mirabel.

A Mirabel teenager reminded us how he initially just wanted to feel "good enough." We hope that all young people graduating Mirabel feel not only good enough but also empowered and optimistic for their years ahead. Our aim is that every child enters young adulthood with a sense of belonging and a childhood that has moved beyond secrets and shame to opportunity and achievement.

At a time when there's so much uncertainty in the world, there is one certainty – that together we can make a profound difference to a child's life. We're living through difficult and complex times and every donation remains critical to maintain our work. Childhood is precious and we're determined that every Mirabel child has experiences of that. If you're in a position to consider a donation before the end of this financial year, it would be appreciated more than ever.



Jane Rowe – Founder/CEO

Gold for Lilly

We couldn't be prouder of Mirabel's gold-winning gymnast. Lilly from New South Wales is pursuing her gymnastic dreams and is somersaulting to success. In the second half of last year, Lilly won gold for her amazing floor routine, silver on the vaults, and a bronze medal for her incredible performance on the bars. Plus, Lilly was 1st overall at the Advance Academy of Gymnastics. She's also been selected to compete at the Tamworth Country Capital Cup this June.

Lilly's nan says that without the financial support from Mirabel's Grassroots funding, the family couldn't attend these major events outside of her weekly sessions.



Finding her confidence

When 9-year-old Ava joined Mirabel three years ago, she was quiet, withdrawn and struggling at school. Ava's grandmother took on Ava's full-time care after her mum tragically died from an overdose. Concerned about her granddaughter while also dealing with the sad loss of her daughter, Ava's nan was relieved to hear about Mirabel and seek out support for them both. She was feeling alone and at a loss as to how to help Ava with her grief and confusion.

Today, at 12, Ava's confidence is resurfacing. Through Mirabel's therapeutic children's groups and regular counselling, she's uncovered her talent for art and for the first time, feels confident in the classroom. She has made firm friendships both at school and at Mirabel. Ava's grandmother has also found a community through Mirabel's support groups, connecting with other carers who face similar challenges.

A weekend to remember

For many, a night away isn't a big deal, but for our young first-time campers, it's huge. My First Mega Camp saw 25 Mirabel children (aged 8-12) venture to Malmsbury Camp on Dja Dja Wurrung land in central Victoria.

The weekend was filled with confidence-building activities including low ropes, giant swing, sports, tie-dye making, and a pyjama dance party! Special thanks to our volunteers and Mirabel alumni for being such incredible role models.





Extraordinary eco experiences

No screens. No socials. Just nature. Our NSW eco groups help Mirabel young people swap technology for outdoor adventures at various locations.

Highlights include fishing at Speers Point, where one participant caught five fish using an impressive 'trick shot' technique (all safely released).

At Nobbys Beach, everyone succeeded in standing up during their first surfing lesson.

At Walkabout Wildlife Sanctuary, meaningful encounters with emus, kangaroos, wallabies and playful meerkats provided valuable social skill development while reducing stress and anxiety.



Meet Tia

For 15 months, Tia from Child & Youth Support has been an integral and much-loved member of the Mirabel family.

From running therapeutic groups to planning camps to being a wonderful role model, Tia loves the versatility of the job. "One day we're surfing on the Mornington Peninsula or taking a group laser tagging, the next we're riding a water slide or rollercoaster at an amusement park."

Organising her first Youth Sports Day is one of Tia's highlights – an epic basketball tournament at MSAC where kids played "some legendary games" and learnt how to shoot hoops like a pro.

Another standout was during the Teen Camp's surfing lesson. "Every young person managed to stand up while catching a wave. It was a really special moment with everyone encouraging each other."



School holiday fun

It was all thrills at our Gumbuya World Day Out. 18 very excited young people enjoyed an action-packed day with exhilarating rides, dodgem cars, swimming, and some very cute farm animals.

These days are a calendar highlight and wouldn't be possible without the help of nine incredible volunteers.

Our Bendigo Sports Day was also a huge success with games of kickball, soccer, swimming and even an Easter egg hunt. These days are not just about fun, but they also teach the kids about teamwork and leadership while helping build self-confidence.

NSW Funds Management Golf Classic

With spectacular views and pristine greens - the Funds Management Golf Classic at The Lakes Golf Club was a tremendous success. Thanks to all participants and donors who helped raise over \$100k for Mirabel Children's Programs.



Special appreciation to the Funds Management Committee (Scott Baker, Bryce Doherty, Ben Williams and Scott Phillips), Mirabel Ambassador and MC Lawrence Mooney, and our generous supporters and sponsors for making this event possible.

Something big is coming

New year, new friendships, new partnerships. We're absolutely thrilled to have partnered with Ryvalmedia and the creative geniuses at Cocogun. These two power-house agencies have been working side by side to create something truly special and bespoke for Mirabel – we can't wait to show you.

These new partners and their generosity help us continue our life-changing work. Thank you for choosing Mirabel.



Mid-year giving

June 30 is just around the corner which means it's a great time to consider End of Financial Year giving.

Please remember that donations of more than \$2 are tax deductible. Simply fill out the form below or call us to discuss wider support.

Donate online at mirabel.org.au/get-involved/donate

Your donation: ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other: \$

All donations over \$2 are tax deductible.
ABN 22 926 759 458

Payment by: ☐ Visa ☐ Mastercard ☐ AMEX ☐ Cheque – made payable to: The Mirabel Foundation Inc

Credit Card Number: Expiry: / CCV:

Name on card: Signature:

Your details: ☐ Mr ☐ Mrs ☐ Ms ☐ Miss Full name:

Address: Suburb: P/code:

Phone: Email: