





## Mirabel turns 25!

We're midway through 2023 and there's boundless energy in the Mirabel team, topped up by the constant determination of the carers and kids at the heart of our work. It's Mirabel's 25th year and our mission has never felt more alive or important.

From our therapeutic groups and social events to our support groups, we're working alongside hundreds of children and families to get through often extremely difficult circumstances.

Obviously, this work comes at a cost and we couldn't do any of it without the incredible generosity of our donors and volunteers. Every donation is crucial for us to continue our work and we remain committed to never turn a child away who needs us. Every bit of kindness and support ensures that this will never change.

Thank you to everybody who has already held an event or found a way to support Mirabel in the first half of the year. It means so much. What a total privilege and pleasure it is to have experienced 25 years of incredible friendships, from supporters and families alike.

Augo

Jane Rowe Founder/CEO

# Lord Somers: letting air out of the balloon

It's never easy, but sometimes it is harder than others. Can you imagine, being the grandparent and unexpectedly the full-time carer of a pre-teen, whose parents have disappeared because of drug use? A child who lives with fear, has experienced trauma, whose life has been built on shaky foundations. Now cared for by grandparents who must grieve the loss of their son or daughter, while trying to provide solid ground for their grandchild.

Mirabel carer Helen admits she was at breaking point, when Mirabel invited her and her granddaughter to the Lord Somers camp weekend retreat.

'It could not have happened at a more appropriate time for me,' she wrote to Mirabel. 'I could see that we all felt safe, it was ridiculously relaxing for us carers and our little girl had an absolute blast.'

Even better, the following week showed a remarkable change in her girl. Marks improved, attention improved, teachers commented on how engaged and focused she was.

The grandmother wrote, 'She really has been her "best self" this week in every possible way. And for the first time in over 12 months, she hasn't mentioned her fear of her mum's boyfriend once. (It's usually at least once a day!) She obviously needed the reset just as much – if not more – than we did but we didn't realise that until now.'

To hear more about Helen's story, visit our website: mirabelfoundation.org.au

## Family feedback

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66 Thank you once again to everyone associated with Mirabel. We tell you we love you all the time and we honestly mean it. You change lives and you save lives and we'd be lost without you. >>

Julie, Mirabel Carer

66 To have someone who listened to me and understood what I was going through meant so much to me. ??

Lynne, Mirabel Carer



# Surfing, camping, dancing, living

Mirabel's activities are all about getting our kids, and/ or carers, together, and creating spaces where they can relax, have fun, be adventurous and escape from their daily pressures. Just even knowing there are others going through what you're going through can be a tonic, on its own.

Our Girls Sports Mega Camp certainly answered that brief. Held at the DOXA Malmsbury Camp, 25 Mirabel girls got to know one another before they dove into netball, soccer, pickleball, yoga and martial arts. They loved getting colour-bombed in a colour run late on the Saturday, but still found energy for a dance party. Sunday was spent in a cheerleading workshop, along with some final bonding time and a lot of laughter.

Likewise, our Youth Surfing Day, at Torquay, which started peacefully enough at Cosy Corner but then had to be reorganised on the run as the surf took a turn.



The 11 kids were happy to abandon their surfboards for body boards and had a great time getting wet. Lunch was fish and chips, and no phones! Chats and spaces to engage, compare notes and support one another are more important to these days than the surfing itself, and the kids embraced the opportunity.

Some games, including touch rugby, rounded out a fun day on the beach.



#### Get involved

The second half of 2023 offers many opportunities to support Mirabel while enjoying the best entertainment in town. Our 25th birthday will be celebrated in style, so keep an eye on our website for details.

Or, if racing or fashion are more your thing: The Grassroots Sports Club is back with a Racing Lunch to be held at Zinc, Federation Square, on Friday, 6 October.

Mills & York are giving back to Mirabel by hosting a special designer fashion sale in July. Mills & York was born from a love of fashion and a vision to see beautiful pieces shared sustainably.

More details are on the events section of our website.

### Questions?

Please remember, if you have questions about our programs, would like to hold a fundraising event or would like to support our work, we would love to hear from you. Contact us via the details in the footer.

#### All for the cause

Our ambassadors and supporters have been out this year, bringing awareness and donations for Mirabel with enthusiasm and joy.

Our annual Mirabel Ladies Lunch was as spectacular as ever, held in February as a garden party in the gorgeous surrounds of Melbourne's Royal Botanic Gardens. Guests heard heartfelt personal stories of our carers and their kids, while also lifting our

spirits with their generosity on the day. We remain indebted to the dedicated and generous women who pulled together such a magnificent fund-raising event.

The Grassroots Sports Club held a hugely successful AFL lunch in March, attended by everybody from AFL supremo Gil McLachlan to many retired stars. Carlton great Anthony Koutoufides and Bulldog premiership player Tom Boyd spoke about their incredible journeys while Things of Stone and Wood provided the tunes. The crowd also heard from Jacob Darkin, a Mirabel Alumni, who movingly told his story of resilience and overcoming adversity. Thank you to all the sponsors on the day and the hard working GSC Committee who made it happen.





## Mid-year ask

The end of the 22-23 financial year offers a perfect chance to donate with tax deductions available, while supporting the essential and ongoing work of Mirabel. Please contact us if you would like to discuss support beyond the donation form below.

Donate online at www.mirabelfoundation.org.au/donate

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