



Mirabel Newsletter

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Issue 37

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.

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

“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

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

Lynne, Mirabel Carer

