

Buddy News

Stories of healing and hope,
made possible by **you!**



Thank you for helping Jasmine heal after violence

Because of **you**, Jasmine found safety and happiness




Thanks to your kindness, nine-year-old Jasmine* began a life-changing journey to finding safety, connection and confidence.

When Jasmine and her sister were removed from their father's care due to his violent behaviour, their world was suddenly filled with uncertainty. Their mother loved them deeply but struggled with her own trauma and lacked the support she needed to parent on her own. The instability at home took a heavy toll on Jasmine.

Because of your generosity, her school was able to refer her to our Children Ahead program, so she could get to the specialised help she urgently needed, free of charge.

With your support, Jasmine could receive wraparound care through Children Ahead. Her practitioner had weekly therapeutic sessions at school with her, helped her mum access parenting and mental health services, and brought together teachers and professionals to create a plan to support Jasmine's wellbeing.

With patience and consistent care – made possible by you – Jasmine learned to express her feelings rather than lash out. And over time, she developed emotional regulation skills that helped her feel safer within herself and around others.



Labelled "the naughty one" at school, Jasmine felt misunderstood and alone. She often lashed out on the playground and refused to participate in class. Jasmine felt like she would never make friends or be good at school.

But your wonderful generosity helped change that.



Because of your compassion, Jasmine slowly started to believe in herself. She completed NAPLAN for the first time and proudly raised her hand to take the lead role in the school play! She built friendships, sought help when overwhelmed, and learned new ways to navigate big emotions.

Today, Jasmine is confident, thriving, and happier than ever – all because of you.



Thank you for bringing joy to children like Bailey at Christmas



Thanks to your extraordinary generosity last Christmas, you helped raise over \$260,000 – a truly breathtaking result.

That means, because of you, 4,746 children escaping violence can receive a Buddy Bag filled with comfort, dignity and hope.

Your kindness meant a child like Bailey* wasn't left facing fear alone. She arrived at a refuge with nothing but the clothes she was wearing, terrified and exhausted. But when she opened her Buddy Bag, her eyes lit up as she hugged her new teddy.

She felt safe for the first time in days, all thanks to your kindness.

Thank you, from the bottom of our hearts!



Sarah with the Buddy Bags you helped provide to vulnerable children



Our CEO, Sarah Davies AM, has a special message for you!



Behind the scenes at Buddy Bags HQ

Look at these gorgeous hand-knitted teddies we recently received from the volunteers at *Knit One Give One!*



Your wonderful support ensures these beautiful teddies can be packed inside Buddy Bags, along with other necessities you help provide, for babies and children in emergency care.

They're the last thing packed, so they're the first thing a child sees when they open their Buddy Bag.



Thank you for making sure children escaping violence have these teddies to cuddle

You stood with us to help strengthen our gun laws

Since the 1996 Port Arthur tragedy, where our Founding Patron, Walter Mikac AM, lost his daughters, Alannah and Madeline, and his wife, Nanette, our community has stood with us to help ensure Australia's gun laws remain safe and strong.

The tragic Bondi terror attack in December, where 15 people, including 10-year-old Matilda, were killed was a devastating reminder of the dangers of firearm violence. Our thoughts and love remain with the Jewish community, the victims, survivors and first responders.

Bondi exposed serious gaps in our firearm laws. But with your support, we were able to put forward a detailed plan to Government, calling for stronger licensing, clearer national coordination, updated classifications, and limits on the number of firearms a person can own.

Celebrate your birthday by changing a child's life

Your birthday is always a special day – why not make it extraordinary? This year, invite your friends and family to celebrate with purpose by hosting a birthday fundraiser.

When you stand up as a Buddy for children in crisis, the funds you raise help children with trauma to heal, recover and thrive. And it only takes two minutes to set up!

Get in touch at supporters@amf.org.au to learn more. Emma is here to help and be your fundraising coach!



Walter and his girls, Madeline and Alannah

As an outcome of our collective work, the New South Wales Government and Federal Government passed significant firearm reforms reflecting many of these recommendations.

In the wake of these changes, Walter wanted to share this message:

"Thank you for standing with us and for ensuring we can continue fighting for safe, strong and responsible firearms laws.

As we mark the 30th anniversary of Port Arthur on 28 April this year, your support means more than ever to help continue honouring the legacy of Alannah and Madeline together."



Help children heal, recover and thrive



Give safely, quickly and securely



Scan the QR code



Online at

alannahandmadeline.org.au/buddynews



By calling 1300 720 747

Funds raised are pooled together to help fund programs that support children dealing with violence and trauma.

Privacy Policy: We will use your personal information to contact you (by phone, post, email or SMS) about your donation, as well as information about ways to support the Foundation including our services, offers, promotions and events that may be of interest to you.

For more information, visit alannahandmadeline.org.au/privacy-policy.

Donations of \$2 or more are tax-deductible.

Thank you!

You gave Mia and her sisters hope after floods took their home



Ten-year-old Mia and her younger sisters arrived at Werin Medical Clinic with nothing but the clothes they had been wearing for days. Their home had been destroyed by the recent floods, forcing the family to move constantly between emergency shelters and support centres. They felt lost and unsafe, not knowing where they would sleep next.

When Health Practitioner, Brearna, saw the children during a routine appointment, she noticed small details: the same outfits each visit and the exhaustion in their mum's eyes.

"They lost everything," Brearna said. "I couldn't imagine how hard it's been for them."



Because of you, Brearna was able to give Mia and her sisters their very own Buddy Bags filled with cosy pyjamas (in their size), toiletries, a cuddly teddy and comforting essentials.

Their reaction was instant when they opened their Buddy Bags. "Their eyes lit up," she said. "They felt happiness, security and belonging. It was something good in the middle of their storm."

For a family living in chaos, the Buddy Bags you helped provide became a source of comfort and stability.

Thank you for giving Mia and her sisters a sense of joy, dignity and hope in their darkest hour.



Brearna, Mia and her sisters with the Buddy Bags you made possible



Jacki, Head of Children & Families



Jacki's work with children is possible thanks to you

Nice to meet you, I'm Jacki! Thanks to your generous support, I've been lucky enough to be Head of Children & Families at the Foundation for seven years now.

What does a day in your life at the Foundation look like?

Every day is really different. My role is to support our incredible practitioners who work with the vulnerable children in our Children Ahead, Buddy Bags and Cubby House programs.



What do you love about your work?

Knowing because of your generosity, we're able to help children who haven't had the right support anywhere else.

We've had children who initially spoke in whispers growing to feel confident and use their voice. Or a young person who had been refusing to attend school was able to build the self-esteem and resilience needed to return to school and ultimately graduate Year 12 with outstanding results. It's amazing to see.

Watch this video to learn more about Jacki's work



Olannah & Maddison Foundation



Jon is a Best Buddy for children with trauma

Why Jon has been a **Best Buddy** monthly donor for over 20 years

Jon Hubbard, who has been changing children's lives as a Best Buddy for over 20 years, believes making a secure donation each month is the easiest way to honour a commitment that means the world to him and children in crisis.



"The thing I love about having my gift automatically deducted each month is that there's no risk I'll forget to donate".

Best Buddy supporters donate a set amount each month to help provide reliable support for children living with the pain of trauma. Their ongoing and predictable generosity means we can respond quickly to make sure children can access help as soon as they need it, for as long as they need it.

"I'm so proud to support this wonderful cause each month – it's incredibly important work."



For as little as \$1.20 a day, you could begin to change the course of young lives.

