



THE GIRLS & BOYS
BRIGADE

Stories from the GBB

WINTER 2026

Leadership, Learning, and Laughing all the while!

One of the greatest joys of working at The Girls & Boys Brigade is that play, curiosity and creativity aren't just things we encourage in children, they're woven into everything we do.

As a small organisation, we're fortunate to have a supportive Board, an incredible team and the flexibility to think differently. Rather than accepting barriers as just the way things are, we're constantly asking, what if we tried something new?

This edition of our newsletter is full of answers to that question.

You'll read about a free trauma-informed yoga class that's helping parents and carers break down barriers and prioritise their wellbeing, a camp where young people discovered their own strengths by taking the lead and the joyful moments happening every day in our Homework Room as children grow in confidence.

Each story is a reminder that meaningful change doesn't always come in dramatic ways. Often, it's sparked by a simple idea,

a willingness to do things differently and people who care enough to make it happen.

We are very fortunate to have an infinite well of inspiration – from the young people we support, our staff and volunteers who bring that spirit to life every day, and you.

Your generosity allows us to keep creating opportunities that help children, young people and families feel supported and empowered.

Thank you for being part of our community and for helping us turn everyday moments into life-changing ones.

Stefan Lamour-Jansson, Executive Officer



Trailblazing the path to youth leadership

Weekend camps are always a highlight at The Girls & Boys Brigade. They're a chance for young people to expand their horizons, get out of their everyday routines, try new things, build friendships and make memories.

But what if camp wasn't just about having fun? What if the biggest adventure was discovering you had the confidence to lead?

That's exactly what our Trailblazers Youth Leadership Camp was all about.

Over three days and two nights, nine young people headed to Blue Haven to immerse themselves in nature while developing confidence, teamwork and leadership skills in a supportive environment.

From the moment they arrived, the young people were encouraged to step up. Rather than having every decision made for them, they were invited to take ownership of the camp experience, leading the hazard identification process and working together to decide how the days ahead would unfold.

Leadership continued to shine throughout the weekend. Whether navigating an orienteering course, leading group games, cooking meals, or pitching in with cleaning, everyone had the chance to contribute, make decisions and support one another.

"It was wonderful to see them take the lead, share their ideas and create such a fun, inclusive atmosphere together."

"One of my favourite moments was when the young people came up with their own mini games and brought so much laughter to the group," said Youth Coordinator Mr. Bill.

Experiences like Trailblazers Camp help young people build confidence that extends far beyond the weekend. They return home with stronger friendships, new skills and the belief that their ideas matter and that they are capable of leading others. Thank you for making these experiences possible.



Fun facts + homework stats

with Miss Rebecca

Every afternoon in the Homework Room brings something new. There are lightbulb moments, belly laughs, determined little learners and plenty of reasons to celebrate. Watching children grow in confidence over a single school term is pretty special. Here are a few highlights!



27 reward prizes earned

Every time a child completes their reading or homework, they earn a punch on their prize card. This term, an incredible 27 prizes were claimed! Top picks included sensory and fidget toys, air-dry clay, magnetic memo boards, and craft kits.

20+ books conquered

Page by page, sentence by sentence, story by story, our young readers kept building their confidence and comprehension.

1 honest kindergartener

One sweet kindergartener who is in the early stages of reading is VERY interested in my skin and wrinkles! Not so much reading...



6 outstanding volunteers

Helena, Amelie, Carol, Judy, Nuz and Rob have shown up week after week with patience, encouragement and enthusiasm. Their commitment helps our children believe in themselves and several volunteers say Homework Club is the highlight of their week. We have a feeling some of the children would say exactly the same!

Kindness in action

A thoughtful Year 1 student proudly told one of our Year 5/6 students, "I'm here to support you with your homework." The older student smiled, thanked him and did their very best to keep a straight face.



Thank you!

Here's to another term of learning, laughter, growing confidence, and celebrating every milestone, big and small!



A little stretch, a deep breath and a moment just for them

For many parents and carers, joining an exercise class sounds wonderful in theory... but impossible in practice.

By the time you factor in the cost of a class, the juggle of work, childcare and everyday life, and the challenge of walking into a brand-new space full of unfamiliar faces, it's easy to see why self-care ends up at the bottom of the list. For parents carrying stress or recovering from trauma, those barriers can feel even bigger.

That's why we're so excited about a new initiative at The Girls & Boys Brigade: a free fortnightly trauma-informed yoga class for parents and carers, held right here in our building.

Created in partnership with yoga instructor Heather Beeken, the class offers a welcoming space to breathe, stretch, relax and reconnect.

By bringing the class directly to GBB and offering it at no cost, many of the usual barriers disappear. Parents don't need a gym membership, special equipment, or a babysitter. They simply need to show up. And they are showing up.

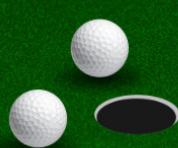
Since launching, the class has attracted a steady and enthusiastic group of carers. Participants have shared how much they look forward to the sessions and how valuable it feels to have a regular moment to breathe, stretch, and reconnect with themselves.

Sometimes the biggest impact doesn't come from a big event or a grand program. Sometimes it starts with a yoga mat, a welcoming room, and someone who says, "Come in — this is for you."

Our deepest gratitude to Heather who generously donates her time to provide yoga sessions for both parents and children for free, and to our donors who make programs like this possible. Thank you for helping parents and carers feel supported, seen and cared for.



October 29, 2026
St Michael's Golf Club



THE GIRLS & BOYS
BRIGADE

Save The Date
GOLF DAY

Tickets on sale now

<https://girlsandboysbrigade.org.au/>



While the stories in this newsletter are true, names and other identifying details of children mentioned have been altered to protect their privacy. Thanks for your kind understanding!

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