



Photo: Nickolla Clarke and Gemma Roberts / Mazzer Photography

# 2025 Women's Giving Circle Impact Report



# The power of collective giving...

In 2025, the Empowering Women and Girls Grant Round distributed \$80,000 to four grassroots projects to support women and girls to thrive. This is the most amount ever granted in the Circle's history!

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## 26

Applications recieved. The highest number in the program's history.

## 4

Projects funded, addressing food security, domestic violence, social isolation and cultural empowerment.

## 50%

Of successful projects were led by First Nations women or Indigenous organisations.



Here are the projects you supported in 2025:

| Organisation                                                             | Project Description                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Iluka Community Organisation<br/>Planning for Emergencies (ICOPE)</b> | Circle of Friends is a grassroots project designed to support vulnerable older women in Iluka by offering welcoming weekly gatherings. Activities include gentle chair exercises and dancing to support mobility, craft days, puzzles and guest speakers.                                                               |
| <b>Kyogle Family Support Service</b>                                     | Cultivating Calm is a free, 7-week trauma-informed program supporting up to 10 women in the Kyogle LGA who are recovering from domestic or family violence and living in safe housing.                                                                                                                                  |
| <b>Muli Muli Local Aboriginal<br/>Land Council</b>                       | Nourishing Women, Nurturing Futures is a culturally safe program for First Nations women and girls in the Muli Muli community, designed to improve nutrition, wellbeing, and family resilience.                                                                                                                         |
| <b>Country as Teacher</b>                                                | Muggi Dubay is a two-year program empowering First Nations girls and young women in Byron Shire who are at risk of disengaging from formal education. This strengths-based program will deliver sustained mentoring via 20 monthly half-day workshops with female First Nations cultural experts and knowledge-holders. |
| <b>Support for New Mums</b>                                              | This project will provide caring, trained volunteers to walk alongside mothers in the early months after birth, offering companionship, practical help, and a listening ear—reducing isolation and boosting confidence.                                                                                                 |



# 2025 Impact snapshot

Remember the projects you funded back in 2024? Here is an update on the impact they've been able to achieve with your support.

30

Women survivors of violence recieved a personal styling session.

15

Young women recieved 1-1 support and case management.

32

Women participated in Empowerment Self Defence workshops.

## CASE STUDY

### *Human Nature Adventure Therapy*

#### **EmpowerHer: Supporting Healing and Recovery for Young Women**

Human Nature Adventure Therapy used a \$35,000 Empowering Women & Girls Grant to deliver EmpowerHer, a therapeutic support program for young women aged 14–18 in the Northern Rivers who had experienced sexual or domestic violence. Across the program, 15 young women – including 30% identifying as Aboriginal – received 90 one-to-one therapy sessions and 112 case management sessions. Activities such as bushwalking, bike riding, and creative arts built trust and encouraged engagement, helping participants overcome initial reluctance to seek support.

The program delivered measurable outcomes: an 80% reduction in young women struggling with emotions, a 78% reduction in housing instability, and significantly improved self-esteem and school engagement. Families reported visible gains in confidence and resilience, while participants described feeling “understood and heard.” Despite high needs exceeding the funded session allowance, all young women achieved meaningful progress towards stability, safety, and self-belief.