



WELCOME TO THE

BE CENTRE NEWSLETTER

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An Update from our CEO

TANIA TAYLOR

Welcome to a New Financial Year at Be Centre!

As we step into our 17th year (can you believe it?!), we're reminded of why we do what we do — and how vital it is to keep evolving, connecting and advocating for children.

This year, our focus is on deepening our relationships with the people who make our work possible — our community of funders, supporters and partners. With demand for support continuing to rise, we're growing our funding base in creative and innovative ways, always with the needs of children and families at the centre.



We're also continuing to advocate at the government level for Play Therapy to be formally recognised as an early intervention. The evidence is clear: investing in the early years pays off. Research shows that every \$1 spent on early intervention can save up to \$7 in future mental health and social support costs (AIHW, 2022). The earlier we support a child, the more likely we are to prevent mental health challenges in adolescence and beyond.

Last year, we had our biggest leap in impact yet. Thanks to new programs like Tele-Play Therapy, we've been able to reach children in remote corners of NSW — places like Narrandera and Koorringal — where services are scarce and the relief from parents and caregivers has been immense.

Our work with St Martin's Catholic School in Davidson using the Teacher's Optimal Relationship Approach (developed by [Dr. Kate Renshaw](#)) has had a powerful ripple effect — fewer behavioural referrals in K-2, more collaborative problem-solving among staff, and even changes to school-wide policy through a shared language of regulation and relationships.

And our newest preschool initiative is helping early educators create emotionally safe, responsive spaces through co-regulation and connection — what we like to call Cultivating an Emotionally Sensitive Preschool Room.

It's going to be a big year — and we can't wait to see you at one (or more!) of our community events. Your support means the world to us, and more importantly, to the children who walk through our doors each day.

With heartfelt thanks for your continued support,
Tania & The Be Centre Team

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New Programs:

“Our clinical team has been busy! We’ve developed a few new programs to add to our flagship Hear Me Play 1:1 therapy. These programs expand on Be Centre’s core offering by focusing on group work, parent child attachment and helping other in-service industries with tangible tools to manage BIG emotions, anxiety and self-regulation.

- ‘Pieces of Me’ Lego Workshops: Confidence, Problem solving
- Connected Play Time: Parent & Child connection
- Group Art Therapy – Domestic Violence (Woy Woy)
- Pre-school program for Early Childhood Educators



What We've Been Up To...

HEALING AS MANY CHILDREN AS POSSIBLE

TORA – St Martin's:

TORA equips teachers with the insight and strategies to build safe, nurturing, and emotionally responsive classrooms—especially for children who have experienced trauma. By transforming the adult-child relationship, the program helps shift not only behaviour but the emotional tone of entire classrooms.



Thank you to our funding partner for making this possible

"This program doesn't just change how we educate—it changes how we see our children."

Central Coast:

Be Centre is expanding to the Central Coast in response to growing need for child-focused trauma support—especially in light of the fact that the Central Coast has the second-highest number of domestic violence incidences in NSW.

Funded by the **Goninan Foundation**, we're launching free Group Art Therapy sessions in Woy Woy for children impacted by domestic and family violence. This initiative is part of our cost-effective mobile expansion model, which allows us to respond quickly to areas of unmet need. With support from **Everglades Country Club**, we're bringing our trusted art therapy services closer to families who need it most. Building on our 17 years of trauma-informed work across NSW, we're committed to helping children recover, reconnect, and thrive.



G had the best time and wait to go back next week. This is a huge win. Thank you so much for setting this up"

- a grateful parent

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What We've Been Up To...

TELEPLAY THERAPY UPDATE

We're now almost at capacity for the eight spaces available in our TelePlay project, with referrals coming from rural and regional NSW, outer Sydney, and even enquiries from other states and age groups beyond the project's scope. This is a clear reminder of the significant need for play therapy in so many communities – especially in rural and regional areas, where finding a GP or paediatrician can be a challenge, let alone a specialist service like ours. The children who have begun therapy have adapted wonderfully to working online, and it has been such a privilege to witness their creativity unfold. In our first sessions, I've been showing each child a map of where they are and where I am, and we often share a laugh imagining how long it might take to walk to see each other in person. These moments have reminded me that at the heart of play therapy lies relational connection, unconditional positive regard, acceptance, and a space for children to express themselves – all of which can flourish, even when we're miles apart.

- Alyce (Teleplay Therapist)

Thank you to our funding and project partners for making this possible:



ROTARY CLUB OF SYDNEY (JOAN SALTER FUND), FUNDS THE DEAKIN RESEARCH TEAM AND THEIR ASSOCIATED RESEARCH COSTS. PERPETUAL TRUST FUNDS BE CENTRE'S INTERNAL COSTS E.G. PLAY THERAPIST, SUPERVISION, SYSTEMS, PLAY BAGS AND THERAPY SESSIONS.

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Fundraising

UPCOMING EVENTS

Golf Day:

We're thrilled to announce a brand-new format for this year's Golf Day – and you won't want to miss it!

Join us for 18 scenic holes at the breathtaking Mona Vale Golf Course, where the views are as rewarding as the game.

Date: Tuesday 30th September, 2025

Location: Mona Vale Golf Club

Time: 11:00am arrival for 12pm tee-off



Your ticket purchase includes your round of golf, snacks, drinks on course as well as canapes and a complimentary cocktail at our post-golf celebration held at Mona Social – The Boathouse Group venue. Partners and friends are welcome to join us later for cocktails and good vibes! Visit our website to book now!

Beach 2 Beach:

Be Centre is participating in Beach 2 Beach again this year, on the 24th of August, joining forces with Warriewood's, The Gym Factory once again! Adding to the team this year, we also have the Kiddiwinks community joining our team!

A big thank you to TGF and Kiddiwinks for supporting Be Centre once again and running (or walking!) for such a worthy cause.

We will be at the finish line with TGF, cheering our runners on, with some special surprises for everyone, adults AND kids! See you there!

City 2 Surf:

Our CEO and team didn't let the rainy weather stop them, this weekend at the City 2 Surf!

A big thank you to JWS and Befor Insurance Solutions for joining forces with Be Centre on this incredible (but wet!) day, raising money to support our meaningful cause. Let's go!



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Celebrations

'BE THE LIGHT' GALA DINNER 2025

Be Centre would like to extend our sincerest gratitude for the generosity of our wonderful guests who attended our Gala evening on the 30th of May.

Thanks to the generosity and kindness of our guests, we were able to raise **\$146,000** to help vulnerable children in need of life-changing play therapy care.

Not only was it a fun and lively night, with delicious food and fabulous entertainment, but it was also a night of hope for our children. Together, we were able to "Be the Light" for these children and provide them with the necessary guidance, support and care that they need to overcome the challenges and trauma they are facing.

And a huge thank you to our amazing sponsors who supported our evening so generously: **Kiddiwinks, BresicWhitney and Hamilton Private**

We look forward to what our next Gala dinner has to offer! Stay tuned for our 2026 date coming soon!



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Our Community Supporters

ROTARY WARRINGAH

A huge thank you to Rotary Warringah for the generous donation of \$5,000.

With your continued support, we are able to achieve our mission of healing as many children as possible.



KIDDIWINKS

Kiddiwinks: Play, Laugh & Learn, have been a huge supporter of Be Centre in the past few months. Not only were they our premium sponsor for our Gala Dinner in May, but they have also run fundraising days for us within their childcare centres across Sydney.

Donating the proceeds of their 'Picture Products' projects, not only did their families get a beautiful piece of art created by their child, but also supported Be Centre in the process.

This is just the beginning! Thank you Kiddiwinks for your ongoing support.



THE GYM FACTORY

The Gym Factory is back for another 6-week challenge, which started on August 4th.

By joining the 6-week challenge, or joining Be Centre's Beach 2 Beach team, TGF is aiming for an even greater impact than their last 6-week challenge, raising over \$6,000!

With their help, we aim to provide scholarships for several children, giving them the Play Therapy they need to heal and thrive.

Thank you TGF for your ongoing support and for rallying your community by our sides yet again. Let's go!

To join our Beach 2 Beach team, visit our website!



ICMS

Recently, Be Centre was invited to speak at an ICMS event on the importance of staying playful into adulthood.

This served as a meaningful reminder that keeping things fun helps us grow, no matter where we are in our careers.



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September 2025



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How You Can Help

Help Children Heal – Become a Regular Giver:

Your monthly gift can change a child's life. Just **\$10 a month** helps provide creative tools for a therapy session. \$50 supports a child's initial assessment, and \$180 helps fund a full Play Therapy session for a child in need. Regular giving allows Be Centre to plan ahead and provide consistent, vital support to children facing trauma. Join us in creating brighter futures—**every month makes a difference.**

DONATE TODAY

- Whether it's **\$20** or **\$2,000**, your donation will make a lasting difference to the lives of children and families.
- For just **\$2,600** you could fund a **full scholarship** for one child, including 12x 1:1 Play Therapy Sessions for that child, as well as 6x parent sessions and 2x parent updates
- Regular donations of just **\$50 a month** can help change a child's life forever



FUNDRAISE

- Fundraising can make a huge difference to Be Centre Foundation financially. It's also a chance to connect with friends, family, colleagues and the community!
- Join at us at our upcoming events to support our fundraising efforts, or your organisation could even host a fundraiser on behalf of Be Centre!
- To discuss how to fundraise, please call our Marketing & Fundraising team at 9913 7000.



VOLUNTEER

- For small charities, volunteers are critical. We would love your support. Please contact us if you or your organisation are interested (info@becentre.org.au).

