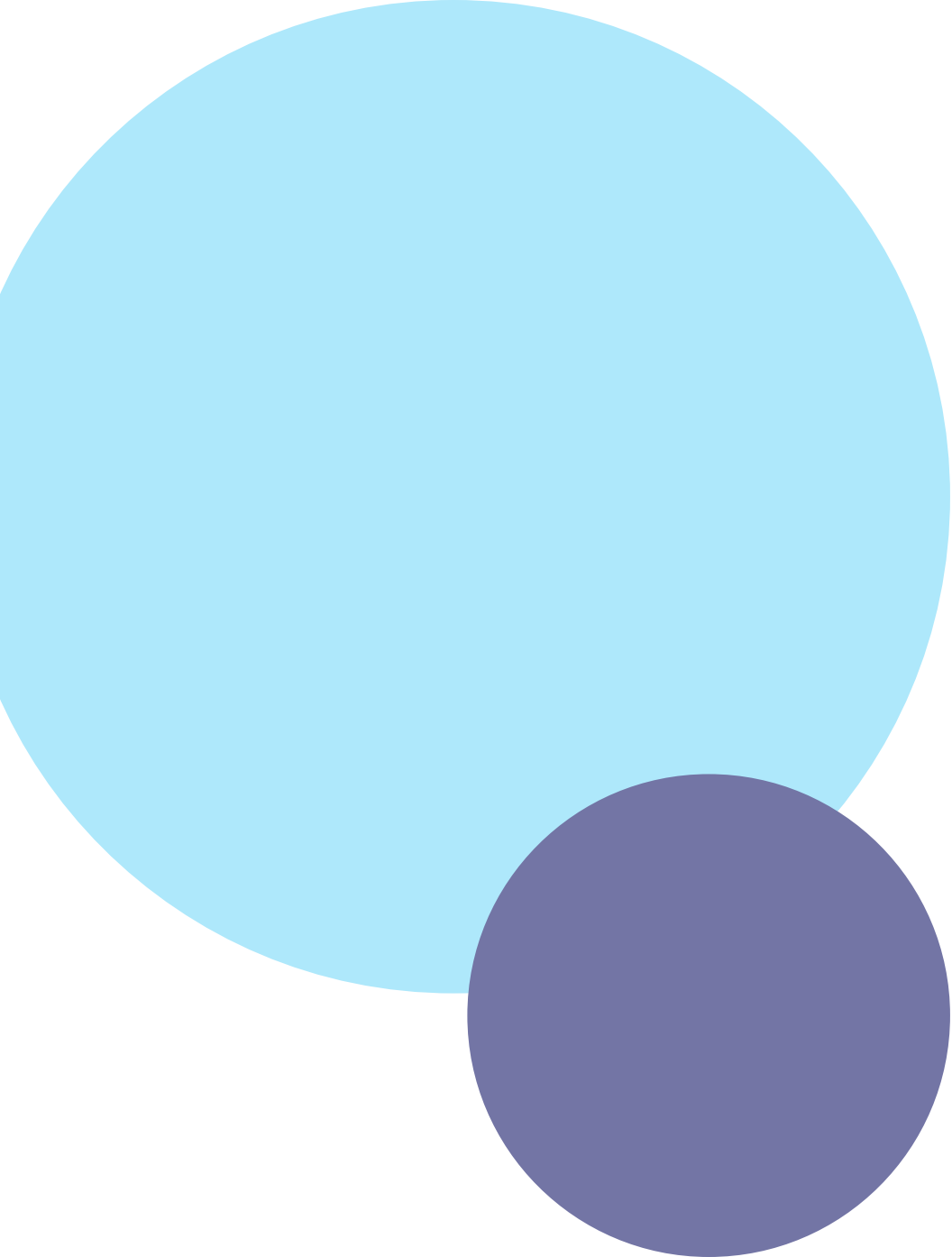




Impact Update

BE CENTRE FOUNDATION

Prepared by Be Centre in October 2023
For the period 1 April 2023 - 30 September 2023



Meet one of our team members



Rosie Maylor has completed a Diploma of Therapeutic Child Play at Deakin University and is in her final year of a Master of Child Play Therapy. As part of Rosie's Master's degree she has completed 250 work placement hours at Be Centre. We look forward to welcoming her back as a fully-qualified and registered Play Therapist in 2024.



In the therapy hour - once the child has established confidence in the therapist and has accepted the therapist even as she has accepted him - he shares his inner world with her and, by the sharing, extends the horizons of both their worlds.

Virginia M. Axline
Play Therapy: The Groundbreaking Book That
Has Become a Vital Tool in the Growth and
Development of Children



News snapshot

Expanding capabilities - a new group therapy space!

Through the Government's 'Stronger Communities' grant, Be Centre has received some funds for a new group therapy room. Up until now, our large meeting room has served multiple purposes including transforming into our Art Club on Wednesday afternoons. With multiple new group programs commencing in Term 4, the timing has been perfect to expand.



New programs commencing for groups

Be Centre now delivers 'Seasons for Growth' which is a small group education program that supports children and young people to develop the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief.

In Term 1 2024, Be Centre will be delivering a new group Art Therapy program for children aged 7-14 years. These group programs are supported by funding from the Primary Health Network and the NSW Ministry of Health.

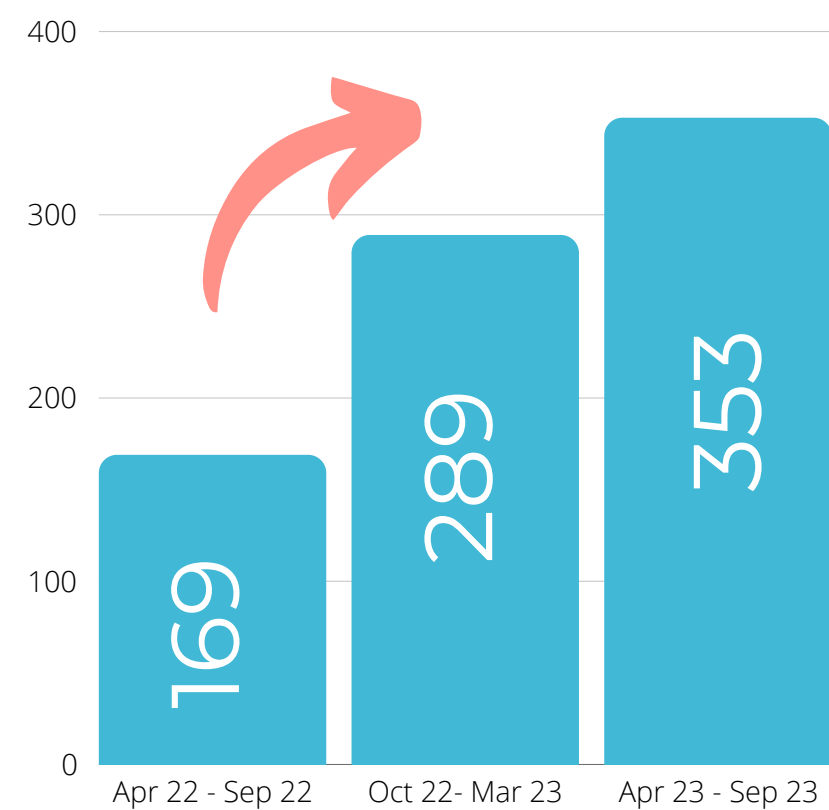


State Recognition of Be Centre

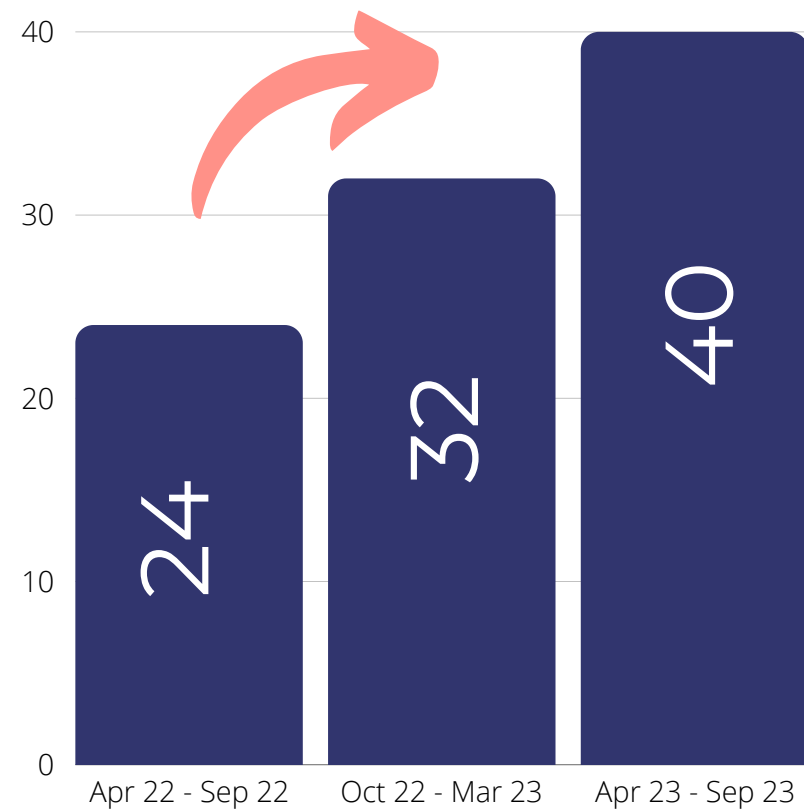
Pittwater Member, Rory Amon, paid tribute to the work undertaken by the Be Centre during the NSW Legislative Assembly on 22 June 2023. He said *"The Be Centre is pioneering play therapy, creating a safe space for kids to simply 'be' and work through their challenges under the care of highly qualified therapists."*

Supporting children get the help they need - at no cost to their families

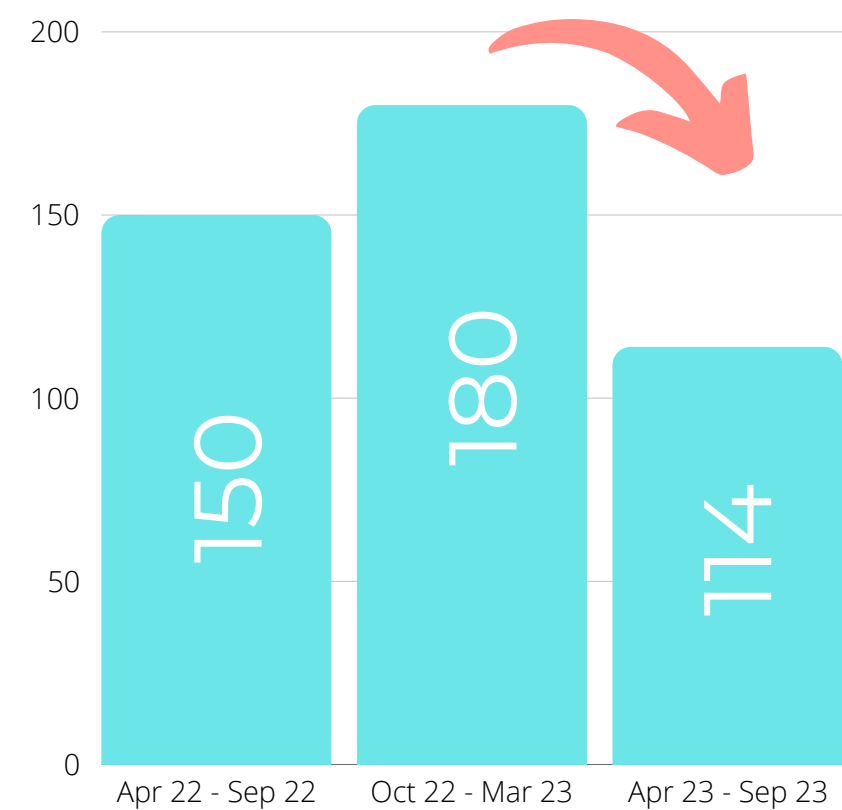
Donors provide funding to support children and families who otherwise would not be able to afford early intervention play therapy services. Below provides a snapshot of all scholarship recipient data from 1 Apr 2023 to 30 Sep 2023 with a comparison to the previous two 6-mth periods.



353 play therapy sessions delivered over the last 6 mths without cost to the family.



40 children over the last 6 mths attending play therapy at no cost to them.



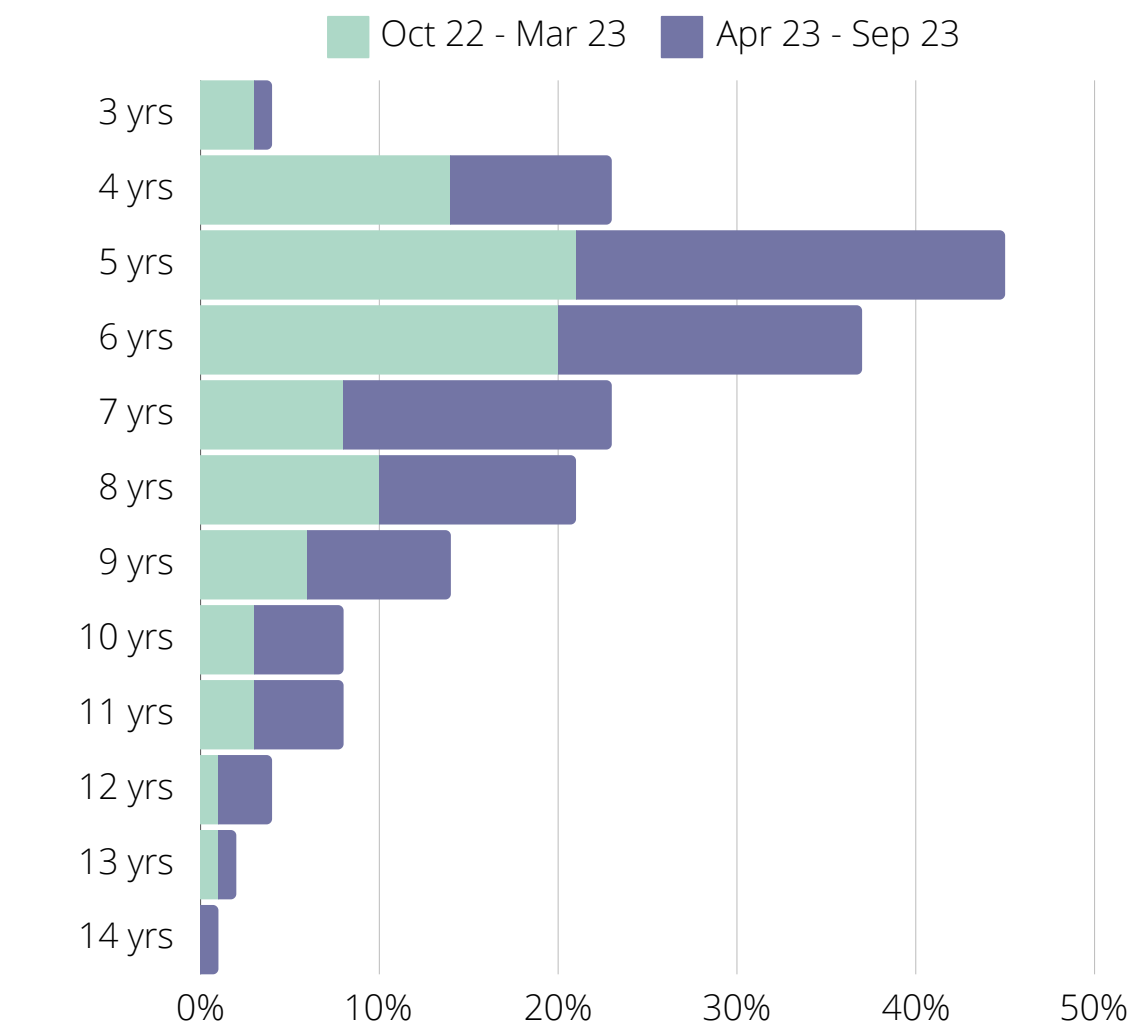
114 parent support/counselling sessions over the last 6 mths were delivered to all* families attending play therapy at no cost to them.

Note that many children may receive more than one scholarship due to the complex trauma experienced.

*Fee paying and scholarship
Parent support/sounselling sessions declined due to a
Parent Counsellor leaving in Mar 2023.

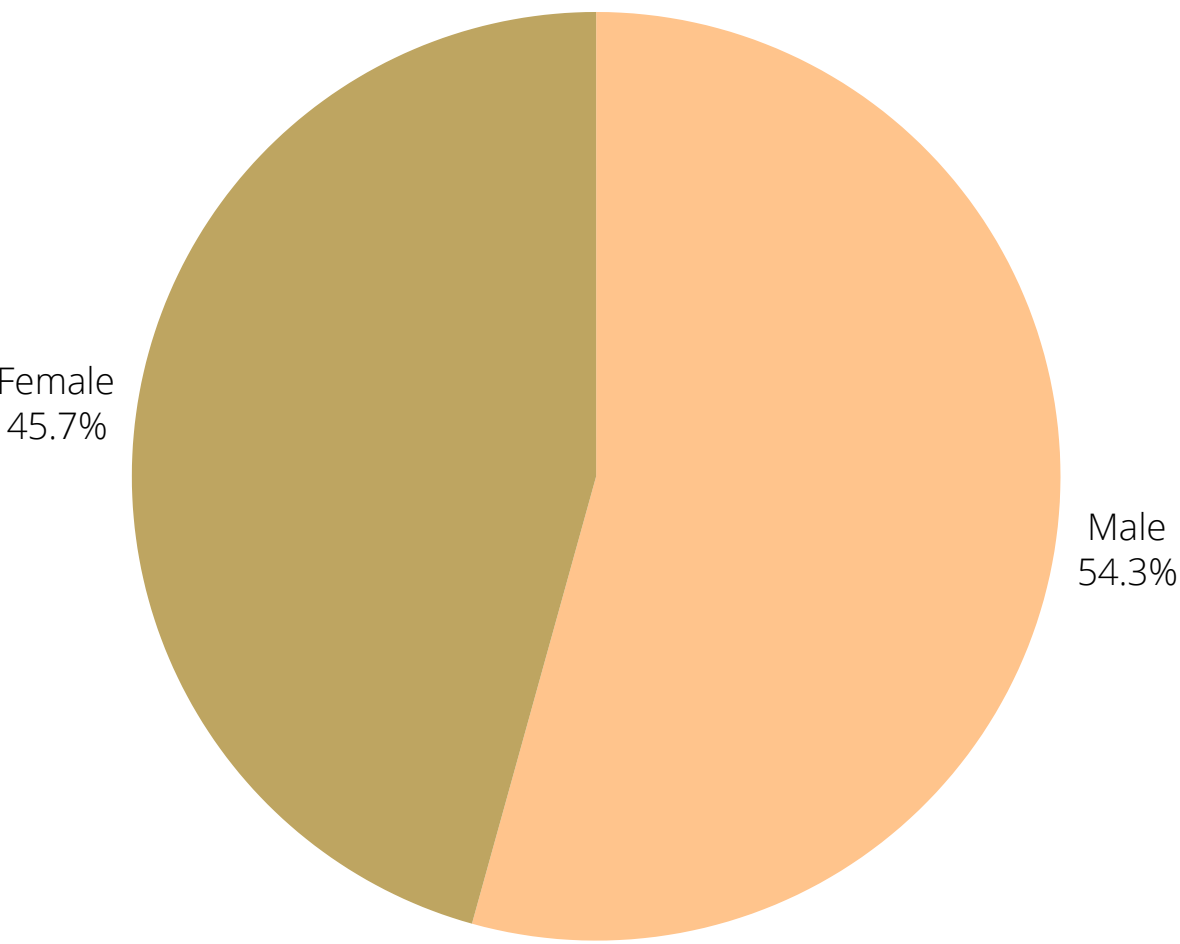
Together we are helping children to heal

How old are they?

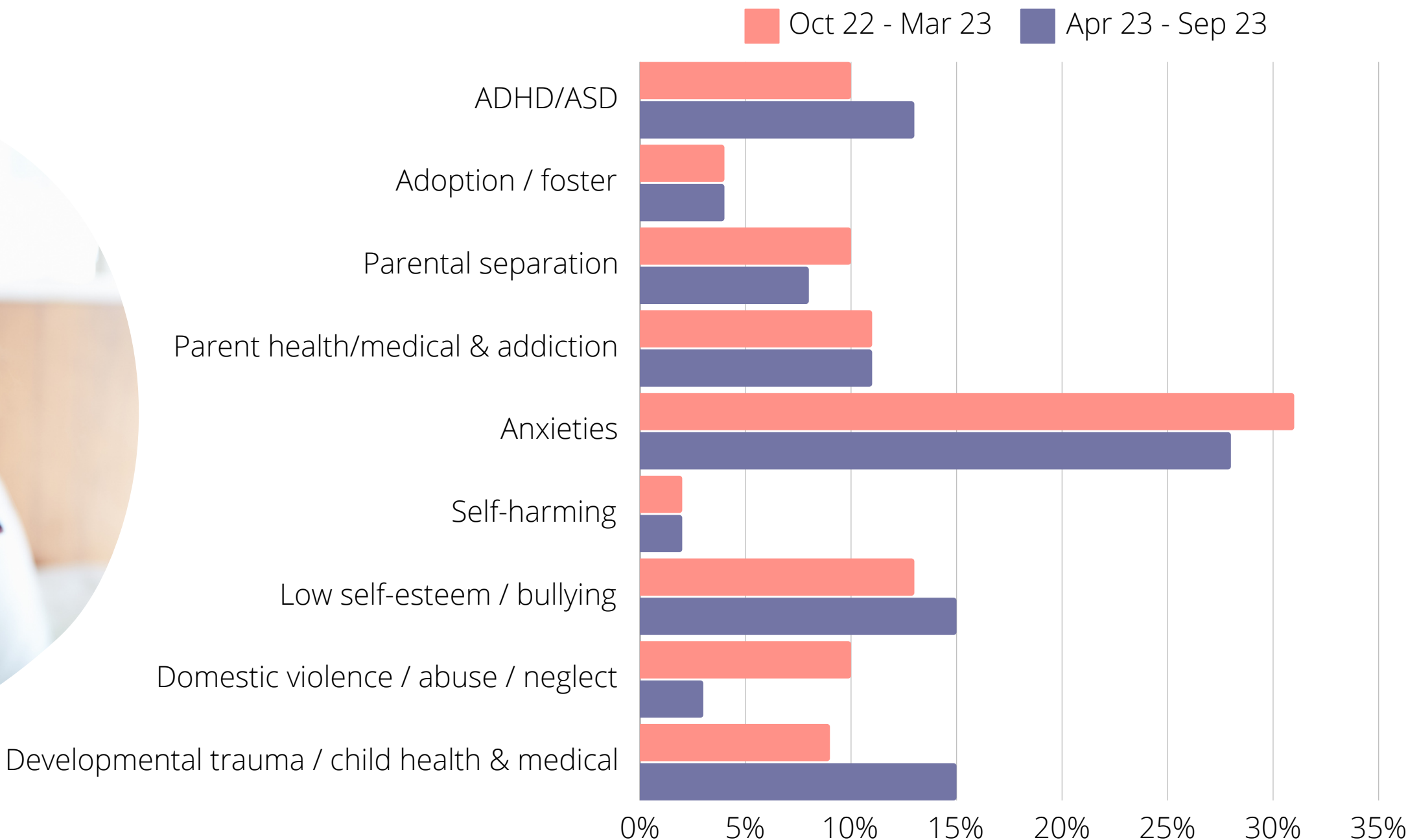


The highest average age remains at five (5) years old and this group has increased in size over the last six months from 21% to 25%.

What gender are they?



Why do children come to Be Centre?



Anxieties includes fears, phobias, generalised anxiety, separation anxiety, social anxiety, sleeping difficulties, toileting issues, selective mutism, and death in the family/friendships.

Measuring outcomes:

Goodman's Strengths & Difficulties Questionnaire (SDQ)

- The Goodman's SDQ is a globally endorsed behavioural screening questionnaire for children aged 3 to 16, used to assess their mental health.
- It provides a quantitative measure of a child's progress against one positive and four negative dimensions of mental health, over the course of the child's play therapy sessions.
- These indicators are across the following categories: emotional distress; behavioural difficulties; hyperactivity; peer relationship difficulties; and pro-social behaviour (the four total difficulties category scores are added to make a 'total difficulties' score).
- Parents/carers of Be Centre's clients assess their child's strengths and difficulties at the beginning and then every six weeks until completion.
- This is achieved by answering 25 questions which each have a corresponding score of between 0 and 2, depending on the particular question.

	Average Pre	Average Post	Average Difference
Total Difficulties (/40)	14.8	8.4	-6.4

- SDQ results (n = 26)
- The average total difficulties score shifted in the intended direction.
- 24 out of 26 had a decrease in total difficulties; 1 increased; and 1 stayed the same.

Children’s priority outcomes measured

	Strongly agree / Agree	Neither agree or disagree	Strongly disagree / Disagree
To what extent do you agree that play/creative therapy has helped your child and contributed to an overall better and more positive state of wellbeing?	87.5%	12.50%	0%
To what extent do you agree that your child is able to better express their emotions?	100%	0%	0%
To what extent do you agree that your child has a better sense of self-awareness?	87.5%	12.50%	0%
To what extent do you agree that your child has stronger positive family relationships	87.5%	12.50%	0%
To what extent do you agree that your child has a better overall sense of mental health and wellbeing?	81.25%	18.75%	0%

In the last six months 16 parents/carers have completed a post-therapy impact survey. It is not compulsory and is anonymous. This post therapy survey measures the priority outcomes identified in Be Centre’s Theory of Change.



Azaria. Aged 5.

Dear Donor

I wanted to take a moment to express my heartfelt gratitude for the incredible support you've provided to my family and, most importantly, our daughter during these challenging times.

When we first discovered Be Centre, it was a ray of hope in what felt like an overwhelming storm.

As I continue my ongoing cancer treatment, our daughter has faced emotional turmoil watching me change and struggle with illness. Be Centre quickly became a sanctuary for her, a place where she could find solace, understanding, and healing.

The impact of this program on our daughter's life has been profound. Each week, she eagerly anticipates her sessions and the opportunity to connect with her therapist. This anticipation alone has brought a spark of happiness back into her life.

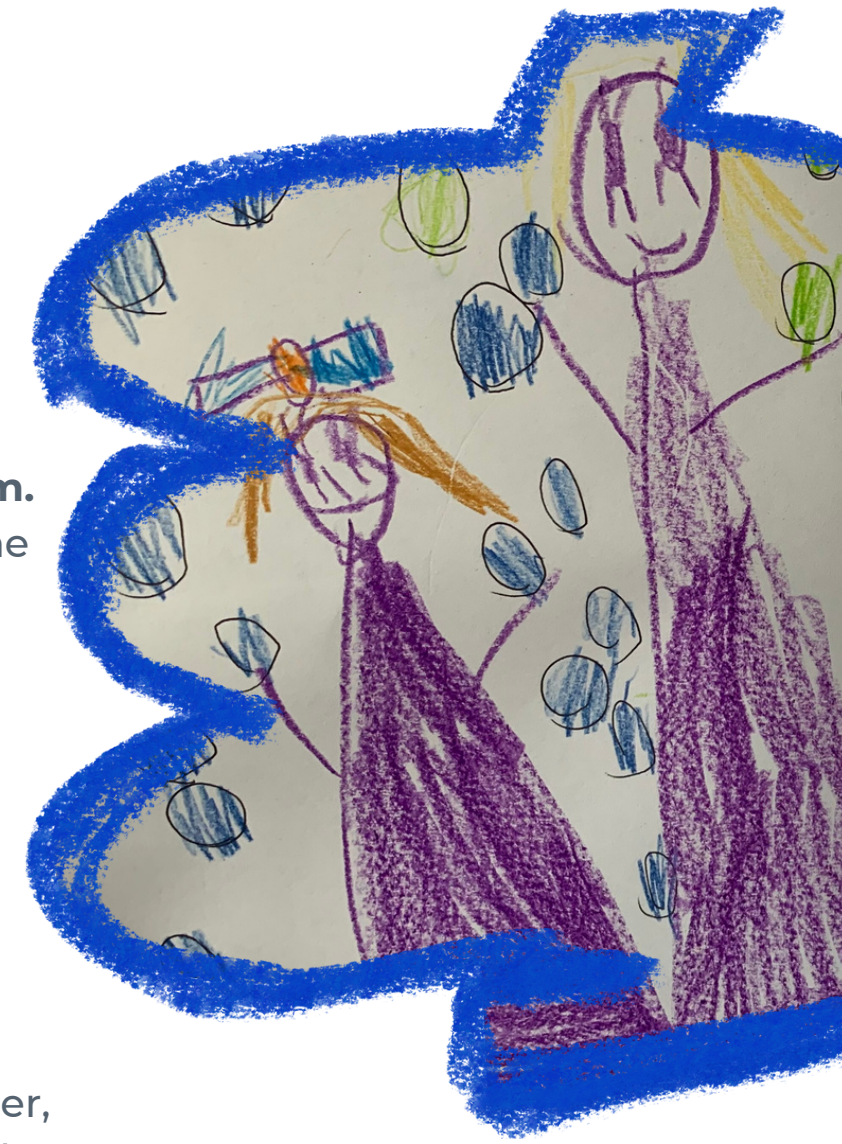
One of the highlights for her has been the wonderful relationship she has developed with her therapist. The trust and connection they share have been instrumental in her healing journey. The positive changes we've observed in our daughter are nothing short of miraculous. She seems happier, more confident, and better equipped to navigate her emotions. Be Centre has not only transformed her life but has had a ripple effect on our entire family, fostering a more nurturing and supportive environment.

I want to extend my deepest thanks to the generous donors and funders who have made this possible. Your support has not only changed our daughter's life but countless others who, like her, needed timely access to Play/Creative Therapy. Your kindness and compassion are making a profound difference in the lives of families like ours.

I would like to express my heartfelt gratitude for the remarkable work that Be Centre does and for the invaluable support you've provided to our family. We hope that this letter can serve as a token of our appreciation and help secure future scholarship support for other children who desperately need it.

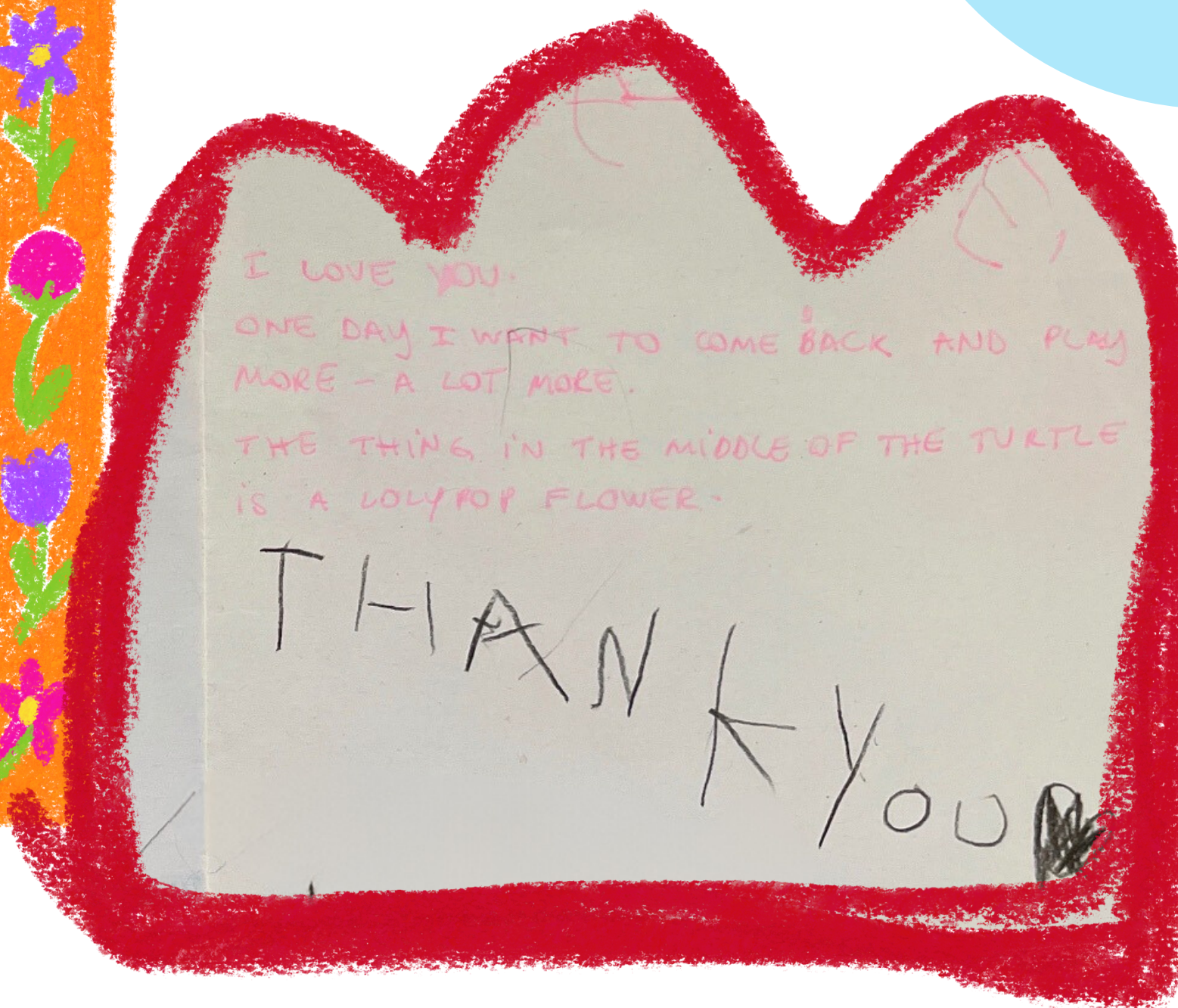
Thank you for being a beacon of hope and healing in our lives.

A grateful family.





Sue. Aged 5.



Dear Sponsor

From the bottom of my heart I thank you for the opportunity for my child to develop her self-awareness and secure attachment with her parental figures as well as for supporting me to be the rock for her.

We truly appreciate your donations.

From a grateful parent



Andrew. Aged 7.

Dear Donor

We were oblivious to the red flags that signalled our child needed support, until their educator brought it up with us. At home our child was spirited, intelligent, passionate and courageous. To hear that they were quiet at school, found it difficult to interact in group settings and form strong connections with peers was heart breaking. Covid lockdown didn't help, and we soon noticed certain behaviours develop at home too.

I remember we had one big incident that prompted me to call three child psychologist practices in the area desperately looking for support. After a brief chat, all three of them recommended I contact Be Centre for Play Therapy.

Our Be Centre Play Therapist welcomed us with open arms and a big smile. Her warmth and energy helped my child feel reassured, safe and validated. My child enjoyed the sand box and figurines and as their confidence and familiarity of the room grew, took a keen interest in experimenting with different art mediums. As the weeks went by, my child continued to mention their therapist outside of Play Therapy and in everyday situations, 'She would really love this'. That's when I knew that Be Centre had made a big impact on my child and their self-confidence.

Walking into the Play Therapy room, turned into skipping, and the skipping quickly turned into running. The laughter and joy that filled that room was infectious and carried on throughout the day when I dropped my child at school. School drop offs became easier, participation at friend's birthday parties became less anxiety driven and more fun, and genuine connections were forming with peers. As a parent, you're constantly questioning your own decisions, ability and self-worth, and even more so when your child is a little bit different to that of their peers. I soon realised that the Play Therapy sessions were just as important and beneficial for me and my family unit as they were to my child. The Play Therapist went over and above to call and check in on me on several occasions, offering support, guidance, and a friendly voice to chat to on the other end without feeling judged or ashamed. Like my child, I felt reassured, safe and validated. What I learned at Be Centre I am continuing to practice at home with all three of my children.

We are very thankful for the support and guidance of the Be Centre staff.

To the generous donor – THANK YOU. Your kindness and generosity have helped us survive the storm.

A grateful family.



Impact story

Shelly. Aged 4.

Dear Donor /Funder

Thank you for your the generous gift you have given my child and our family.

My youngest daughter struggled after her father and I separated.

As the youngest of three she found it all very confusing and difficult to express herself and manage her emotions. Through play therapy at the Be Centre, she has been able to process how the separation has made her feel and she has even begun to find interests that are not of her older siblings.

She responds better to situations that would normally have seen her upset and angry. Her weekly sessions at the Be Centre allowed her to work through her emotions in a safe and familiar environment. My daughter's play therapist was amazing. She was understanding and very nurturing while maintaining her professionalism.

My daughter loved painting, making slime and the relationship she developed with her therapist, whom she still speaks about even since finishing at the Be Centre.

Thank you again, my family is very appreciative of your support and the access it provided to the wonderful services and therapists at the Be Centre.

From a grateful parent.



Impact story



Future funding goals / opportunities

We are focused on continuing to support those most in need with early intervention.
Please let us know if you would like more information on how you can continue to support critical initiatives.

FY24	FY25	FY26
• Clinical team training on new trauma-informed approaches (\$1,000 per therapist) • Support of therapy for children in our one-to-one Hear Me Play program (\$2,500 per child) • Sponsorship of Art Club (\$2,500 per school term) • Sponsorship/naming rights of our new group therapy room (\$10,000)	• Funding of new platform to manage data and communications to donors, funder, volunteers (\$5,000 p.a.) • Funding for a parent counsellor (\$28,000) • Sponsorship of a tele-play therapist for 2 days per week (\$35,000)	• Establish new centre in high demand areas such as the inner west and south-east regions of Sydney (\$\$\$) • Funding more play therapists (\$\$\$)

Be Centre continues to support disaster impacted regions within Australia in need of early intervention / trauma-informed support.

About Be Centre Foundation

WHAT THEY STRUGGLE TO SAY
WE HELP THROUGH PLAY

Be Centre is a children's mental health charity offering an innovative Play Therapy Program for children age 3-12 years who have been impacted by trauma or other serious life challenges.

Be Centre is dedicated to early intervention and stopping cycles of harm - helping children heal so they can move forward and create the best possible future for themselves, their families and the community.

www.becentre.org.au

ABN: 58 128 050 037

CFN: 21168

Be Centre is a Registered Charity. All donations over \$2 are tax deductible.

