

Newsletter issue #8 - Inspiring Communities, Healing Children's Hearts

When women come together, magic happens...

On 6th September an extraordinary group of people gathered at the magnificent Manly Pavilion to unite for a cause and making a collective change for good.

Of the 40 women present 15 committed to becoming founding members of Be Centre's Founder's Circle, a giving circle that supports the young children who are recipients of play, art or drama therapy at no cost to their families.

This circle will meet a couple of times a year and use their influence, networks and resources to further the Be Centre cause.

We are excited about this new initiative, the founding members invite you to join our giving circle – if you're a woman who wants to start your philanthropic journey or you have lived experience – you can commit to either \$86 per month or \$1,000 a year.

Founding members: Zoe Bingley-Pullin | Wendy Dunnet | Helen Hunter | Maddie Sheehy | Liv Vlasic | Nancy Reardon-Fonseca | Tania Taylor | Kristy Withers | Alex Isaac | Lucy Nowland | Maree Norton Bennett | Kimberley Dales | Renee Cosgrave | Linda Volker | Dominika Fulara



Be Centre Annual Golf Day

The annual Be Centre Golf Day at the picturesque Monash Country Club in Ingleside was a huge success, filled with excitement, camaraderie, and beautiful weather. From the scenic registration desk views to the gleaming G Bros Mercedes-Benz display on the green, the atmosphere was nothing short of perfection.

Our day kicked off with an Ambrose round, where 84 players took part in thrilling competitions. Precision Golf hosted the Longest Drive challenge, while players enjoyed a refreshing Noot drink on the 14th hole for the Keith Root Building Services "Ball in a Boat" shot. The afternoon was capped off with a delicious, seated lunch and well-earned beverages, courtesy of Freshwater Brewery, complemented by a wine tasting & mystery wine game from Petersons Wines.

The event also featured a live auction, brilliantly hosted by Asha Kerr from LJ Hooker Mona Vale, which saw enthusiastic support from our generous community. Congratulations to our winning teams, who walked away with fantastic prizes from our incredible sponsors, including G Brothers Mercedes Benz, Mr Vitamins, Precision Golf, Keith Root Building Services, Blackmores Family Foundation, Northern Beaches Council, Petersons Wine, Freshwater Brewing Co. & LJ Hooker Palm Beach & Mona Vale.

Thanks to our community's support, we raised nearly \$30,000 on the day and secured pledges for an additional \$15,000, all of which will fund play therapy scholarships for children in need.



Be Centre's Partnership with Capstone: A Day on the Green for a Greater Cause

We are delighted to share the highlights of an inspiring partnership that unfolded on October 10, 2024, at Capstone's Corporate Golf Day, held at the prestigious Lakes Golf Course. This event was more than just a gathering of golf enthusiasts; it was a meaningful day of community spirit, generosity, and positive social impact.

Capstone, a leader in search, recruitment, and people performance solutions for the Property, Infrastructure, Energy, and Government sectors, has a long-standing commitment to supporting charities that resonate with their team and reflect their dedication to giving back. In 2023, they expanded their charity partnership program, strengthening their efforts to make a difference. It was at Be Centre's Founders Circle lunch that this opportunity took root, leading Capstone to select Be Centre Foundation as the charity beneficiary of their highly anticipated corporate golf day.

The day began with registration and breakfast at 7am, where Kimberley Dales, Community Manager and Tania Taylor, CEO represented Be Centre, setting the stage for an engaging day. Positioned on the 1st hole alongside a Pro golfer, we met with over 100 enthusiastic players, shared Be Centre's mission, sold raffle tickets, and offered players the chance to donate and have the pro take their shot—a fun and generous twist that contributed to the day's fundraising efforts.

Thanks to the incredible support from Capstone and their professional client network, we raised over \$8,600. Special gratitude goes to Piers Lloyd, Platinum Pro Golf tours for his generous donation of an exclusive VIP golf day and to the Monash Country Club for their contribution of a 4-ball game. These prizes not only added excitement but also showcased the strong community ties that Be Centre cherishes.

The event concluded with a canape lunch and awards ceremony, celebrating the winning teams and individual achievements, such as the longest drive and nearest-to-pin contests. The event's success was made possible by Capstone's meticulous planning, The Lakes Golf Course's excellent facilities, event management & staff, and the warm, welcoming nature of everyone involved.

We extend our heartfelt thanks to Capstone for selecting Be Centre as their charity of choice, recognising the importance of supporting programs that empower children. With many of Capstone's senior team members being parents themselves, this collaboration felt perfectly aligned.

We look forward to more meaningful partnerships and future events, including Capstone's 2025 corporate golf day, as we continue to build a brighter, more supportive future for the children in our community. Thank you, Capstone, for your unwavering support and commitment to positive social change.



Beach2Beach Fun Run

The Be Centre team was thrilled to participate in this year's Beach2Beach fun run, an inspiring day of community, fitness, and support! CEO Tania Taylor took on the 6km event, while our Founder and Chairman, Deborah Killelea, brought her energy to our stand, connecting with supporters and cheering on participants.

Hosted by the Rotary Club of Warringah, Beach2Beach has been a staple event for many years, drawing hundreds together in the spirit of giving back. With Rotary's continued dedication to community engagement, the event has raised funds for various local causes, helping bring essential services to those in need in the Northern Beaches.

A special shoutout goes to our generous community – John Colet School, The Gym Factory and PharmaCare, who gifted their fundraising to Be Centre. Our top fundraiser was the co-founder of Abundium, Dani Matthews.

Being part of this event and engaging with the community is a truly uplifting experience. It's already in the calendar for next year!



Trivia by the Water

Be Centre's Trivia by the Water at the stunning Waterfront Café in Church Point is a highlight event, celebrated for its lively, heartwarming ambiance.

With the magic of fairy lights, delicious food, and Craig Dower's acoustic guitar setting the tone, guests are reminded that play is vital at any age. Trivia master Lachlan keeps everyone engaged, crafting a night of both challenge and laughter.

This memorable evening raised an incredible \$4,700—critical funding for Be Centre's essential work with children in need.

If you haven't yet made it to our legendary trivia nights keep an eye on future communications!



A Roaring Success: Titan Ford's Mustang Drive Weekend Supporting Be Centre

We're excited to share the highlights of an exciting partnership with Titan Ford, a trusted name on Sydney's Northern Beaches for over 30 years. Known for their commitment to service excellence and genuine care for the community, Titan Ford recently demonstrated their dedication to driving positive change through their annual Mustang Drive Weekend.

On October 19th and 20th, Titan Ford invited their passionate Mustang community to a special 2024 Drive Weekend. This year, they added a meaningful twist by partnering with Be Centre Foundation and encouraging attendees to contribute to our mission. The event was not only an exhilarating celebration of driving but also a testament to the generosity of the Titan Ford community, who helped raise funds and awareness for Be Centre's vital work.

We deeply appreciate Titan Ford's continued support and the opportunity to engage with their network, fostering connections that help broaden our mission. This collaboration not only raised essential funds but also shone a spotlight on our cause, reinforcing the power of community partnerships.

Thank you, Titan Ford, for your unwavering commitment to making a difference and for inviting us to be part of such a humble & grounding event. We look forward to more collaborations that help drive positive impact and bring hope to the children and families we support.



CLINICAL NEWS

When a child is engaged at school, they flourish

The Teacher's Optimal Relationship Approach (TORA), created by Dr Kate Renshaw, is an innovative framework designed to build strong, supportive relationships between teachers and students. TORA recognises that emotional connection is foundational to both learning and healing, particularly for children who have experienced trauma. It empowers teachers to integrate the principles of Play Therapy into their daily practices, fostering a therapeutic environment within the classroom.

At its core, TORA is comprised of three key components: group play therapy, individual play therapy, and teacher training & observation.

In addition to TORA, group and individual play therapy in the school allow children to express emotions and work through trauma and other life-challenges in a safe, non-directive environment. By providing children with these outlets, TORA helps them build resilience, self-confidence, and emotional regulation skills.

Teachers, receive specialised training in therapeutic principles, enabling them to embed Play Therapy techniques into their interactions with students. This gives teachers the tools to address emotional challenges in real time, creating a nurturing, emotionally safe learning space. When child feels safe and nurtured within the teacher-child relationship they are ready and primed for learning, which research shows improves learning outcomes for children.

The approach not only benefits individual students but enhances the overall school environment, promoting positive relationships and emotional wellbeing across the entire school community.

Be Centre is proud to be the first to implement TORA in NSW at St. Martin's School in Davidson. Our Play Therapist, Joanna, who is trained in Play Therapy, Filial Therapy and TORA, is now resident at St Martin's school, supporting children and teachers 2 days per week.

With the generous support of Perpetual, we are helping teachers become active participants in their students' healing journey, creating a school-wide culture of empathy and support. Early results indicate that TORA positively impacts students' emotional health, teacher-student relationships, and the overall atmosphere of the school. By addressing the emotional needs of children at school, TORA is helping us foster healing at the very heart of education.

Much gratitude to Dr Kate Renshaw for the many hours of volunteer contributions that went into a smooth implementation.

All children should benefit from play therapy

Children in regional and rural NSW face significant challenges in accessing mental health services, particularly those tailored to young children, like play therapy.

Geographic isolation, socio-economic disadvantages, and a shortage of specialised therapists in these areas contribute to an unmet need, with many children going without age-appropriate mental health support. Since the pandemic, these barriers have worsened, leaving children in remote areas with unresolved trauma, difficulties in emotional regulation, and behavioural challenges that stem from limited early social interactions due to COVID restrictions. According

to Royal Far West, nearly one-third of Australian children in these regions face mental health difficulties but have little to no access to the help they need.

To address these limitations, Be Centre, in partnership with Deakin University, is conducting a vital three-year research project assessing the impact of Tele Play Therapy on children's emotional and psychosocial outcomes. This study aims to establish globally accessible, evidence-based guidelines for play therapy via telehealth, a breakthrough that could transform mental health care access for rural and isolated families across Australia.

This project is made possible thanks to funding from Perpetual Trust, which supports the teleplay therapist role, and a grant from Rotary Club of Sydney, enabling the research. We are deeply grateful for this generous support, which allows us to advance this critical initiative and improve mental health accessibility for countless children and families across the country.

A free course that will change how you play with your children

Created by Australia's most respected play therapy organisation, this free short course will increase your understanding of why play is so important for children's mental wellbeing.

But more than that, it will motivate you to incorporate play into your world and your child's.

Play can literally rewire a child's brain and help them to overcome even the most difficult life experiences.

Be Centre Academy