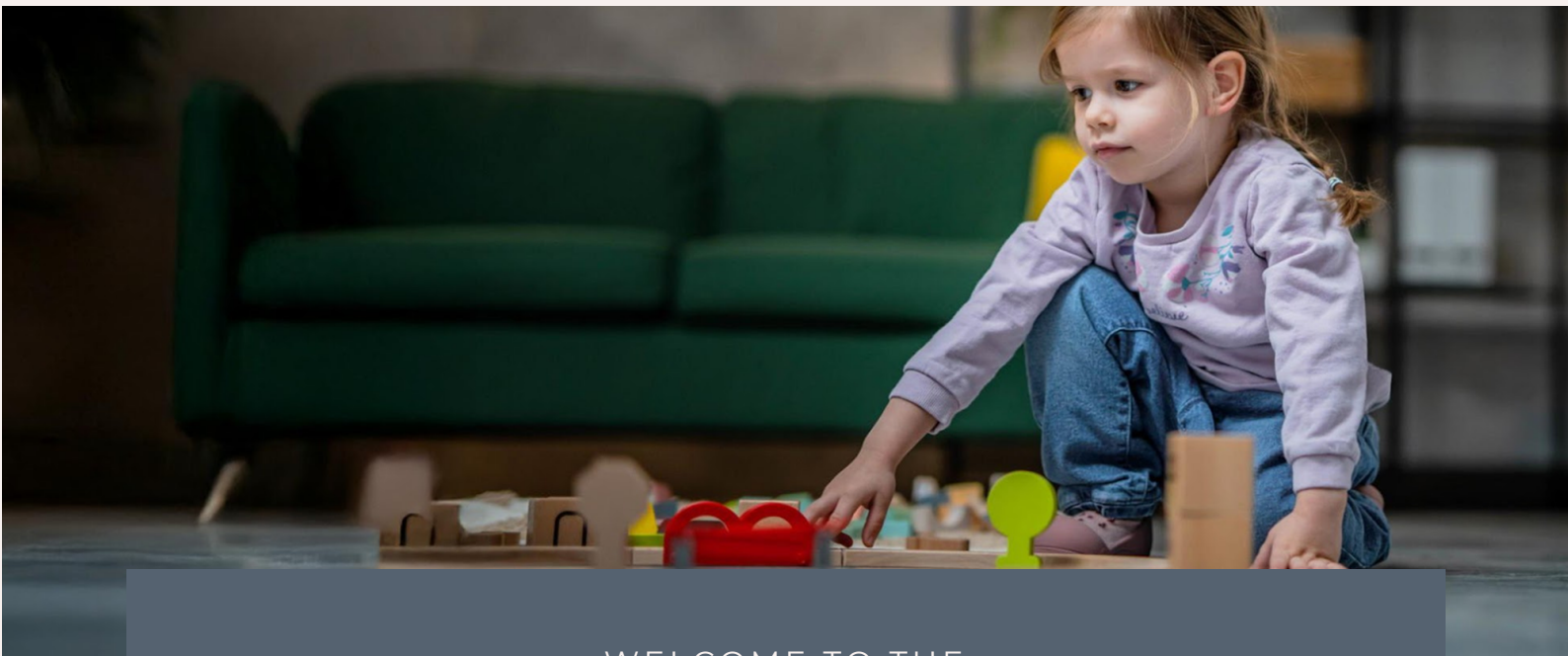




WELCOME TO THE

BE CENTRE NEWSLETTER

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An Update from our CEO

TANIA TAYLOR

A Year of Growth, Impact, and Advocacy

As we enter our most critical fundraising period, I find myself reflecting on the past year at Be Centre. I am in awe of our incredible Play Therapists, who pour their hearts and expertise into helping children develop lifelong skills through the power of play. Their dedication, backed by years of study and hard-earned Master's Degrees, continues to transform young lives.

While we work tirelessly to educate government about the science behind Play Therapy, this remains an uphill battle.

With the support of leading experts like Dr. Kate Renshaw, we are pushing forward, ensuring Play Therapy receives the recognition it deserves. Despite these challenges, Be Centre is leading the way—from groundbreaking research to our innovative work with teachers in local schools, our impact and reach continue to grow.

Our fundraising team is flourishing, opening up exciting new opportunities to engage with our community. Supporting Be Centre isn't just about donations—it's about sharing our mission with your networks, offering your time or skills, and championing our cause in any way you can. Your involvement, big or small, helps us make a lasting difference.

As we close out the financial year, we look forward to celebrating with our community at our Gala Dinner—featuring an ARIA-nominated singer—and rallying together for our End of Financial Year Campaign, which helps us provide life-changing therapy to children and families in need.



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A Heartfelt Thank You

TESTIMONY FROM A CHILD

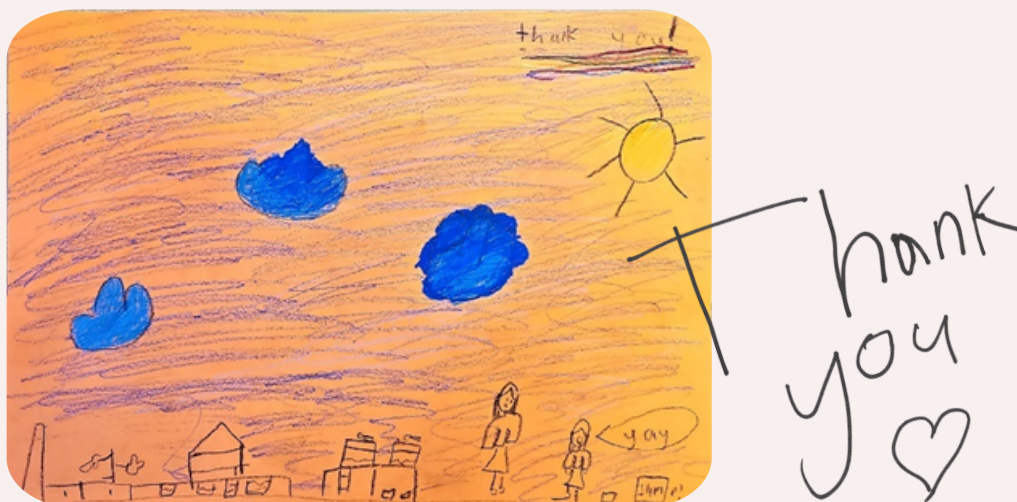
"It's fun. Thank you for helping me go to play therapy and what you are doing. In my drawing we are making slime. I hope you enjoy the picture."

TESTIMONY FROM A PARENT

"Thank you so much for allowing my daughter to receive therapy following trauma. She has made so much progress and gained confidence that is 100% due to her work with her play therapist. The change is noticeable. She also has gained resilience skills that she can use to cope with the ongoing difficult situation that she didn't have prior to therapy. It's her safe and happy place, but she has learnt to take it out of the therapy space and utilise those skills in her small world."

TESTIMONY FROM OUR CEO

"Thank you for standing with us. With your support, we can continue to ensure that every child has the chance to heal, grow, and thrive."



Teleplay Therapy

BREAKING NEW GROUND IN PLAY THERAPY: A WORLD-FIRST STUDY

We are thrilled to announce a globally significant research project in partnership with Deakin University, jointly funded by the Rotary Club of Sydney and Perpetual Trust. Over the next three years, Be Centre will be at the forefront of a world-first study exploring the effectiveness of TELEplay therapy—an emerging approach that brings the healing power of play therapy to children via secure online platforms.

While telehealth has become widely accepted post-COVID, teleplay therapy remains largely uncharted territory. This study will focus on children aged 8-14 years who have experienced trauma such as neglect, grief, bullying, medical illness, or domestic violence. Working alongside Royal Far West and their Disaster Recovery Program and Children and Families Team, we will identify children in rural and remote areas who would otherwise struggle to access therapy due to distance, financial barriers, or family constraints.

For over 15 years, Be Centre has provided face-to-face play therapy, meeting children in their natural language of play. Now, this pioneering study will allow us to explore whether teleplay therapy can offer the same life-changing benefits to children who cannot attend in person.

What is Teleplay Therapy?

Teleplay Therapy is a clinical service delivered by a trained Play Therapist where sessions are delivered via telehealth, or in the "virtual playroom". With support from the Carer, the Play Therapist creates a safe, confidential space whereby the child can explore and express their feelings and experiences using resources available in their home as well as online resources provided by the Therapist. Teleplay Therapy can be offered when there are challenges accessing in person therapy, for example geographical location, transportation or physical/mental health conditions.



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Teleplay Therapy

BREAKING NEW GROUND IN PLAY THERAPY: A WORLD-FIRST STUDY

With the support of a dedicated research team and a qualified play therapist, we will deliver teleplay therapy sessions over an 18-month data collection period to assess its impact. This research has the potential to transform the way play therapy is delivered globally, opening doors for thousands of children in need.

At Be Centre, we believe every child deserves access to healing—no matter where they live. This project is a crucial step toward making play therapy truly accessible to all.

We look forward to sharing updates as the study progresses. Thank you for being part of this journey with us!



Potential Benefits:

The potential benefits of the teleplay therapy research are numerous and far-reaching:

- Increased Accessibility to Mental Health Services
- Improved Mental Health Outcomes for Children
- Enhanced Understanding of Therapeutic Alliance in Teleplay Therapy
- Development of Evidence-Based Guidelines and Treatment Standards
- Empowerment of Parents and Caregivers
- Professional Development for Teleplay Therapists

Broader Implications:

The broader implications of the potential benefits of this research are significant and extend beyond individual participants:

- Expansion of Mental Health Services
- Integration of Technology in Mental Health Care
- Advancement of Play Therapy as a Field

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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Our Community Sponsors

PITTWATER ARTIST TRAIL

The Pittwater Artist Trail is an alliance of artists who collectively open their studios to the public twice a year, creating a trail for art lovers. There is also a joint exhibition of all members at Newport Community Centre in March.

Join us at opening night to learn more.

When: 28th March 2025

Where: Newport Community Centre

Time: 6pm



JOHNSON WINTER SLATTERY

Be Centre extends a heartfelt thank you to JWS for their donation of \$1,200 from their in-house weekly auctions.

Each week, JWS staff have the opportunity to bid in auction for the beautiful flowers from their reception area, with all proceeds going to a staff nominated charity. We are an incredibly grateful recipient and appreciate their ongoing commitment to helping children in need.



THE GYM FACTORY

Be Centre would like to extend our sincerest gratitude to The Gym Factory here in Warriewood, for their fundraising efforts in partnering with Be Centre on their 6-week challenge. Upon signing up for TGF's 6-week challenge, participants would pay a \$30 entry fee, that went straight into a donation for Be Centre. With 186 participants signed up plus an open day with donations rolling in, their total fundraising effort for Be Centre was \$5,780. An incredible accomplishment, that will put not 1 but 2 vulnerable children through a scholarship program.

We would like to thank the generosity and support of The Gym Factory and their community for your astounding effort. The impact your efforts will have on not one but two children, is profound and life changing. From the bottom of our hearts, thank you.



Celebrations

SUMMER LUNCH 2025

In February, our founder Deborah Killelea hosted a beautiful summer lunch with Be Centre's founder's circle, in celebration of summer and the philanthropic women hosted. A heartfelt thank you from Be Centre to the incredible group of women who joined us for this beautiful lunch.

We are so grateful for the presence of these extraordinary women, and for the community we have in them, helping us reach new heights.

As leaders, connectors and advocates these women help connect Be Centre to resources and opportunities that allow us to better support children on their healing journeys, and for that we are so grateful.

We look forward to continuing this incredible journey with these amazing women and our wonderful community by our side



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Fundraising

UPCOMING EVENTS

Support our fundraising efforts by joining us at one of our upcoming events!

“Be The Light” Annual Charity Gala Evening:

“There is always light. If only we are brave enough to see it. If only we are brave enough to be it. In times of darkness... Be The Light”

Be Centre’s grand gala event will be held at **Manly Pacific Hotel on the 30th of May 2025, 6:00pm-11:30pm**. This year’s theme, Be The Light, is all about hope and being a source of light, for those children facing emotional challenges who are navigating the healing process. Every day at Be Centre we strive to be that hope for these children, and we are excited for this to be reflected in our beautiful gala evening.

Purchase your tickets and tables now for a meaningful night of fun and celebration, delicious food, fantastic live entertainment and the chance to win and bid for fabulous prizes.

Together, we are stopping cycles of harm and helping children heal from difficulties and major trauma so that they can thrive. Help us, help them, with all funds raised from this evening going towards providing our “Hear me Play” program to those children in need. Help us to be their light of hope and healing, as they navigate through the darkness.

To book, visit our website
<https://www.becentre.org.au/events>



Fundraising

UPCOMING EVENTS

Support our fundraising efforts by joining us at one of our upcoming events!

School Fundraising Day for International Day of Play

Be Centre is celebrating the impact that play has, as the child's natural language, by celebrating the International Day of Play on the 11th of June 2025. According to Jean Piaget, *"Play is the work of childhood"* and is in fact the intrinsic language of a child and is how they best communicate themselves and their experiences. Hence the importance and effectiveness of Play Therapy for children in overcoming hardship and trauma.

In celebration of this, Be Centre is partnering with several local schools, organising a fundraising day on the 11th of June, raising awareness for Be Centre and Play Therapy as well as boosting funds to provide scholarship programs to vulnerable children in need.

If you are a part of a school faculty, and want your school to be involved, feel free to reach out to info@becentre.org.au to sign your school up. If you are a parent and your school is not yet involved, reach out to your child's school P&C/faculty and propose a partnership with Be Centre! Get involved and help us shape a happier and healthier tomorrow.



How You Can Help

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!



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).

