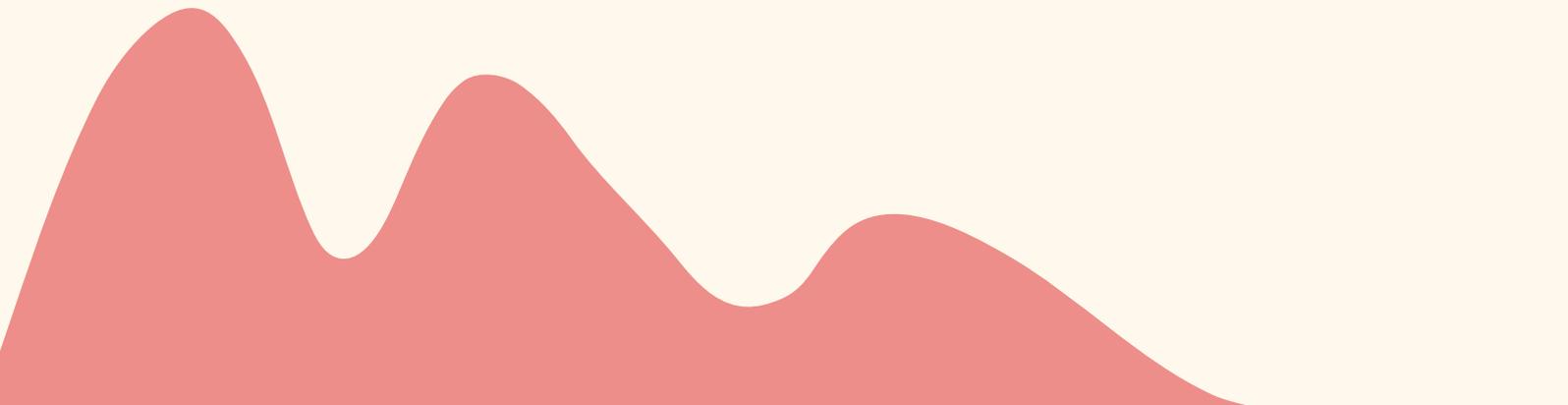
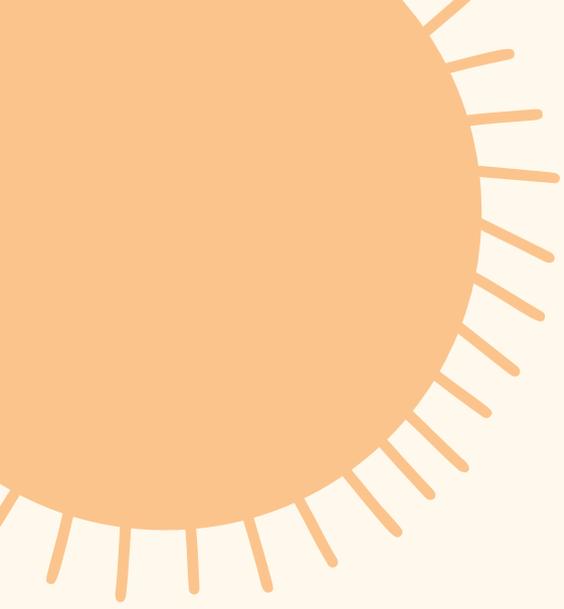
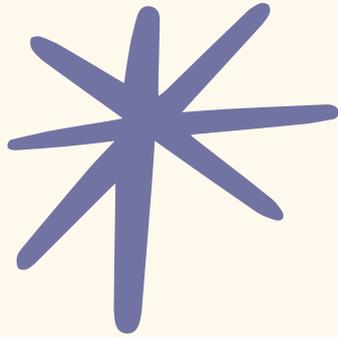


Be Centre Annual Report

2022



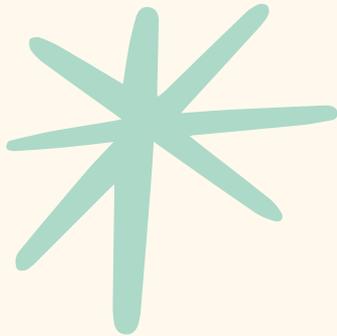




With the deepest respect we acknowledge the Aboriginal and Torres Strait Islander peoples as the traditional custodians of this land – Australia. The Garigal people of Guringai Country are the traditional custodians of our place in Warriewood on Sydney's Northern Beaches.

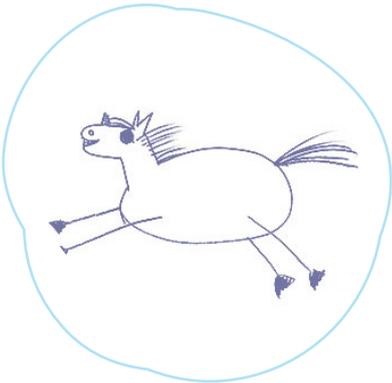
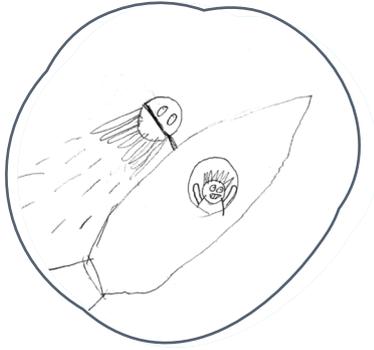


At Be Centre we pay our respects to elders past, present and emerging. We acknowledge their strength and resilience to thrive as sovereign owners of this land and are honoured to walk with them on the path to healing and reconciliation.



Be Centre strongly supports equality for all. We embrace diversity and condemn any kind of discrimination, be it based on race, religion, ethnicity, sexual orientation, gender identity and/or disability.







Contents

From the Founder & Chair	2
From The CEO	4
Our Vision & Goals	6
Strong growth plans	6
Helping as many children and families as possible	6
Educating and supporting parents and carers with a free online short course	7
Client outcomes delivered through a safe and supportive culture	7
About Play Therapy	8
Play Therapy Reviewing the Evidence Base	10
Our FY22 impact	12
Programs: transforming lives through play	14
Impact Measurement Report	18
Making an impact that matters	20
A letter from a Scholarship Parent	20
Fundraising	22
Highlights	22
Finances (key data)	26
The Be Centre Team	27
Our heartfelt thanks	29
How you help	29
Together we can heal more children	31



Thank you from our Founder & Chair **Deborah Killelea**

As Be Centre's Founder and Chair, I know the importance of early childhood intervention from personal experience. Unfortunately, the right kind of intervention was not available to me and my family when we needed it more than 20 years ago.

So that is why, when I discovered the value of Play Therapy, and its power to unlock and help to heal trauma, I founded Be Centre.





Our vision

That was back in 2008. And now as we enter our 15th year of service, my original vision remains - to help as many children as possible grow to become happy, healthy, and thriving young people - with their futures filled with hope and wellbeing. Today as we begin to emerge from the pandemic that has been ever-present for two years - compounded by continuous environmental disasters - our support for children and their families has never been more important. The demand for early intervention services is increasing exponentially, and the team at Be Centre remains unwavering in our dedication to live up to our vision to help and heal.

What gets measured gets done

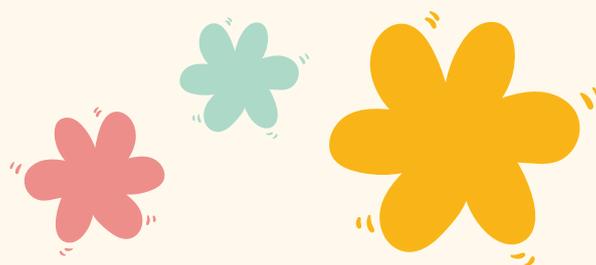
The Be Centre *Impact Measurement Report* gives us a snapshot (Sept 2020 – August 2021) of how our services are measuring up to our expected, and desired outcomes. Our long term priority outcomes for the children are that they experience better and sustainable overall mental health and wellbeing. And that their parents and carers experience more positive interactions with their child, strengthening their attachments, and helping him or her grow in a safe and loving environment. I was so happy to see the positive and significant impact our services are having and continue to have on the children and their families.

New energy

In October 2021 the Be Centre Board welcomed Roberta Ryan and Graham Mott as Board members. Roberta brought her wealth of experience in Government and Public Policy where she has worked with service providers and government to set new directions for whole-of-government collaboration and funding in community service delivery. As Be Centre continues to advocate for play/creative therapies as an age-appropriate and early intervention approach, Roberta's skills will strengthen our voice. Graham's renowned risk, audit, and strategy development experience through his years as a senior partner and leader with Deloitte is also supporting Be Centre's continual growth.

I would like to thank all our Board members, who give their time freely through these challenging times and provide us with their collective experience and wisdom to help guide the direction we take now and in the future.

Deborah Killelea – Founder and Chair

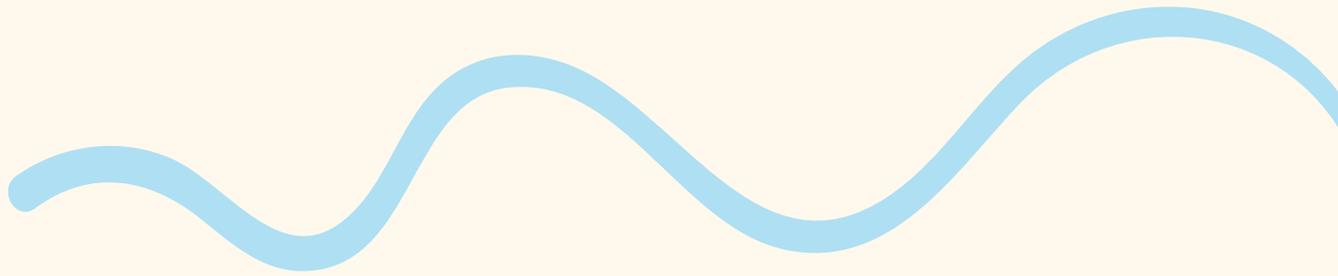




From the CEO **Michelle Carlyle**

In this last financial year, Be Centre's flagship 'Hear-Me-Play' Play Therapy program continued to grow, reaching even more children and their families than the previous year.

As an essential mental health service, we were able to remain open throughout NSW's three and a half-month lockdown to provide much-needed help to those in need. And many were in need.



Local and outreach program goals

Another year of COVID-19 laced with extreme weather conditions and distressing global current affairs, has meant society's mental health barometer has worsened. While most of our programs were delivered locally, we were successful in securing funding for children and families in regional areas impacted by natural disasters. These funds will enable us to deliver hundreds of therapeutic play bags for children and develop an online course for parents about the importance of play to help children process difficult feelings.

One of our primary goals was to secure funding to support an Impact Measurement Report. *The Vernon Foundation* generously provided Be Centre with funding so we could engage an external consultant to complete the project. *Social Ventures Australia* was our chosen partner and at the end of 2021 delivered our very first *Impact Measurement Report*. We're both excited and proud of the results which demonstrate the 'significant positive impact' our services are delivering to children and their families.

The next phase of this project will be to implement a new system enabling Be Centre to continue to measure our impact on an ongoing basis. Measuring impact provides us with data from existing program outcomes and importantly, provides opportunities to implement program changes and improvement. New programs may also emerge as we respond to the complexities and challenges facing children and their families.

Be Centre's Values

- Lead Bravely – Go forth and make positive impact
- Be Collaborative – Become a vital member of the community
- Stay Young – Protect the inner child in everyone
- Keep Growing – Never stop learning, never settle for 'good enough'.

This past year has given us the perfect landscape to live by our Values. We'll continue to Lead Bravely and be advocates for early intervention so we can stop the cycle of harm created by trauma. Together with the passionate and tremendously talented team at Be Centre, I'd like to thank our supporters, donors, partners, and Board members who commit every day to make a difference to the lives of children.

Michelle Carlyle – CEO





Our Vision & Goals



Strong growth plans

Our plans for strengthening our organisation are articulated in our 2022-2024 strategic map.

Strategic Priority 1: Heal as many children as possible.

We will extend our reach to children and their support networks through our existing Play Therapy program:

- Introducing Tele-Play Therapy
- Developing new programs for children
- Increasing parent support counsellors.

We will champion partnerships and broaden our networks with our goal to increase funding to support and deliver more services.

Strategic Priority 2: Become leaders in Play Therapy.

We will use technology and data to demonstrate the impact of Play Therapy – to grow recognition and build trust. We will demonstrate our expertise in trauma by developing new services, including short courses to educate families, teachers, and other community members. We'll attract new passionate and talented team members due to our reputation as a leading authority in Play Therapy.

Strategic Priority 3: Strengthen Be Centre's sustainability.

We will increase our funding through more successful grant applications, brand awareness, and a strong communication strategy which will increase our individual donor base and other revenue streams.



Educating and supporting parents and carers with a free online short course

Be Centre's experienced Play Therapy team has developed a free online short course titled 'Need to Play' for parents and carers of children up to 12 years old. Several parents were interviewed during the ideation phase to generate ideas and solutions.

One desired outcome of the course is to have all parents and carers incorporate at least 10-15 minutes of uninterrupted parent/child play into their lives every day.

To achieve this, the course will equip the wider community with the knowledge (theory) to understand the importance of play for a child's development and provide the tools (downloadable resources) to incorporate more play. The play ideas are all designed to be low or no cost and as eco-friendly as possible using recycled materials.

The course published in November 2022 and is available from www.BeCentreAcademy.org.au.



Client outcomes delivered through a safe and supportive culture

At the beginning of 2021, through 1:1 interviews and team consultation, Be Centre created our Team Essence document. The purpose of this document was to create a set of agreed commitments and behaviours that enabled a safe and supportive environment to ensure the Be Centre team would thrive.

Our Team Essence springs from Be Centre's Values and is the foundation for our culture. As a safe and supportive culture, it has a direct impact on the services we deliver to children and their families.

Each year we do a 'culture-check' to measure our employee's sentiment. We're proud to report that of the 69% of staff who responded to the survey, 100% of respondents agree and/or strongly agree that they feel 'respected, supported and listened to' at Be Centre.





About Play Therapy

A child's natural mode of learning and expression is play. While adults may use counselling to help them through difficulties, Play Therapy recognises the healing potential in play. And so it is especially helpful for children. Rather than focusing on talking, Play Therapy supports children's healing through a creative and experiential approach.



Play Therapy is a well-established approach which is based on a number of psychological theories. For decades it has been widely used in the UK and USA and is gaining recognition in Australia as an effective intervention and therapy.

Be Centre's Play Therapists are child mental health specialists with postgraduate qualifications.

Fundamentals

Play Therapy is child centred, gentle, and effective. It supports children through difficult times and helps them develop life-enhancing qualities such as confidence and resilience. Play Therapy can also be used to improve family relationships by helping carers gain a better understanding of a child's experiences.

Children can struggle with standard counselling methods as their cognitive abilities and verbal skills are still developing. Play Therapy offers an experiential process in which children have the freedom to express themselves within safe boundaries. Through this process children can learn to understand and cope with their experiences and emotions.

How Play Therapy works

During a session the child and therapist work together in a room equipped with specially selected objects to encourage the safe expression of feelings and facilitate the development of healthy behaviours. Play Therapy encourages a child's innate creativity and imagination. At Be Centre we use sand play, puppets, art, dance and movement, clay, and creative visualisation as part of the therapy experience.

Play Therapy offers children an experience of acceptance, non-judgement, encouragement, and freedom. It supports a child's ability to make sense of their experiences through play, helping them grow towards healing, health and happiness.

Play Therapy helps children:

- Work through past stressful or traumatic experiences
- Understand emotions and express feelings
- Explore new ways of thinking and behaving
- Enhance connection with parents and carers
- Develop a strong sense of self and identity.





Play Therapy Reviewing the Evidence Base

From **1942 to now** Play Therapy research has been conducted to investigate clinical effectiveness, parental involvement, and the analysis of specific techniques.

In **2021**, Be Centre engaged with the University of Newcastle (College of Human and Social Futures) to conduct a **review of the evidence base** for Play Therapy. Myles Egan, Research Assistant at the Hunter Research Foundation Centre, **consolidated the findings** from pre-existing meta-analytical studies and single case studies into the effectiveness of Play Therapy.

The key findings of this review found that:

Play Therapy has a positive effect on the behavioural and social-emotional competencies of children. This includes positive effects on:

- Overall behaviour problems
- Internalising behaviours
- Externalising behaviours
- Social adjustment
- Anxiety and fear
- Development
- Self-efficacy
- Self-concept

The positive effect of Play Therapy on behavioural and social-emotional competencies can be observed in both neurotypical children and children with specific presenting issues such as autism, attention deficit hyperactivity (ADHD) and disruptive behaviours.

Play Therapy has a positive effect on academic performance, especially in the areas of reading, mathematics and spoken language.

Play Therapy has a positive effect on children's relationships with their peers and family members.

Children whose parents and/or carers are involved in their Play Therapy journey exhibit greater benefits.

The treatment setting and format of a child's Play Therapy experience can have an impact on its overall effectiveness.

The age, gender, cultural background and presenting issues of a child are unlikely to alter the effectiveness of Play Therapy.

There has yet to be comprehensive research into the lifelong benefits of Play Therapy. However, existing evidence suggests that:

- Play can help to prevent the onset of health and well-being consequences associated with adverse childhood experiences.
- The childhood benefits of Play Therapy may help to prevent individuals from exhibiting anti-social behaviour, criminal behaviour, and severe mental health issues in later life.

These findings are both significant and positive, and provide support for Play Therapy as an early intervention approach that is age appropriate for children.

Thank you to Myles Egan and the University of Newcastle for their support in conducting this review. The full report is available on our website under 'Publications'.

I have learnt so much about friends, family & most importantly feelings



Our FY22 impact

How we've helped

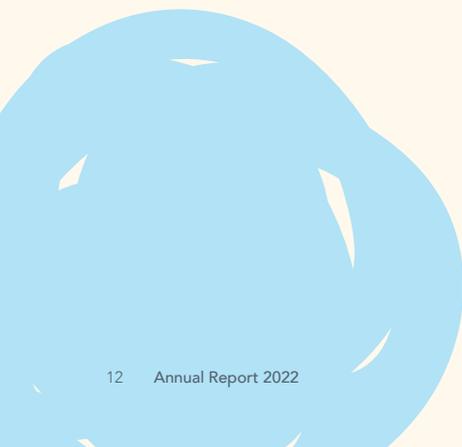
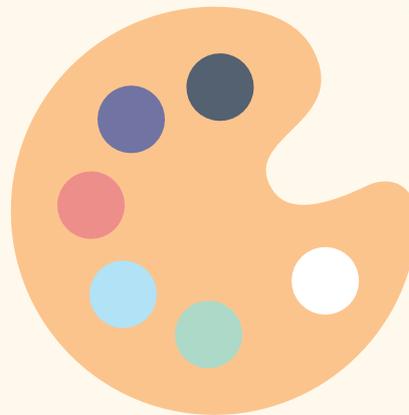


24

Art Club
participants
enrolled in term
programs

15

Art Club
sessions





100

therapeutic playbags
distributed to
children in bushfire
impacted regions

1904

Play Therapy
sessions



71

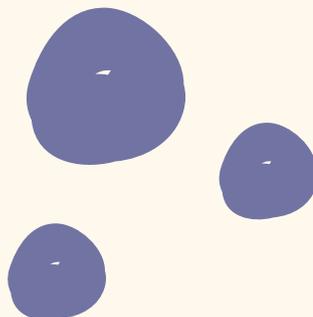
Parents
supported

225

parent support
sessions were
provided

191

children
attended
Play Therapy





Programs: transforming lives through play



Play & creative therapy 'Hear Me Play': 1:1 therapy program

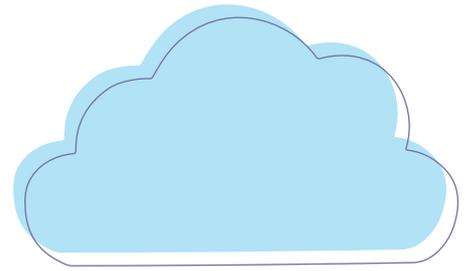
Our flagship 'Hear Me Play' therapy program continues through both face-to-face and tele-play to support the growing number of children needing early intervention help.

While our 'outputs' are very important i.e. the number of children we support each year, what's more important are the 'outcomes', such as increasing self-esteem, reducing anxiety, building resilience and social confidence. Our impact is measured by these outcomes.

Through Be Centre's first 'Impact Measurement Report 2021', conducted by *Social Ventures Australia*, the following insights and outcome data were confirmed:

1. Play Therapy contributes to longer-term positive mental health of children:

- 76% of parents/carers: Agreed that their client/child was better able to make sense of his/her past and/or current experiences, including trauma.
- 76% of parents/carers: Agreed that their client/child was better able to manage their feelings, emotions, thoughts, and behaviours better.
- 84% of parents/carers: Agreed that their child was better able to foster more positive family relationships and develop secure attachments.



Play Therapy is the only thing that has shown results from day one and the only thing my child has never wanted to miss.

This family had seen six other doctors and/or therapists before trying Play Therapy.

2. Partnering to extend our reach

We are fortunate to have a highly skilled and talented team of clinicians at Be Centre with much-needed specialist skills. To extend our impact, a Be Centre play therapist attends the Benevolent Society's Macquarie Park offices one day a week to support children through Play Therapy. Through this partnership, Be Centre has provided 85 Play Therapy sessions during this last year.

3. The Importance of a Systemic Approach – parent/carer support

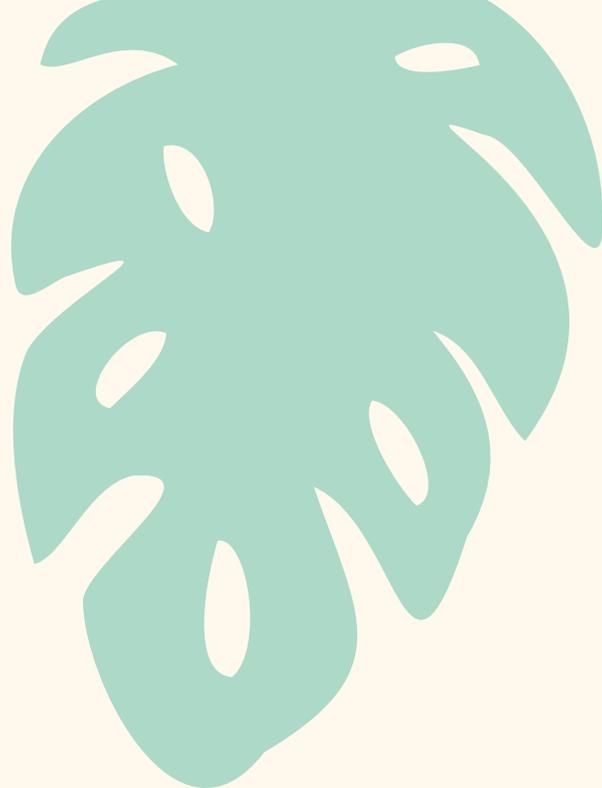
At Be Centre we understand the importance of healing children does not only lie only with the child, it is also critical to support the adults around them. This was highlighted through our Impact Measurement Report when asking parents/carers about the changes they experienced. We heard to the following:

- 84% agreed that having their child in Play Therapy made them feel more supported (of which 80% 'strongly agreed').
- 80% agreed that engaging with Be Centre made them more aware of the important role they play in their child's life (of which 52% 'strongly agreed').
- 80% agreed that their interactions with their child have improved, following Play Therapy (of which 48% 'strongly agreed').

Feedback from parents/carers

‘It was a necessary and potent reminder to always start with honouring my child's feelings, to meet them where they are in any given moment and to remember how critical my own inner state is and the impact my energy has on them.’

‘Working with my therapist gave me more confidence as a parent to a neurodiverse child and helped me develop a better understanding of her specific needs.’



Art Club: transitional group program

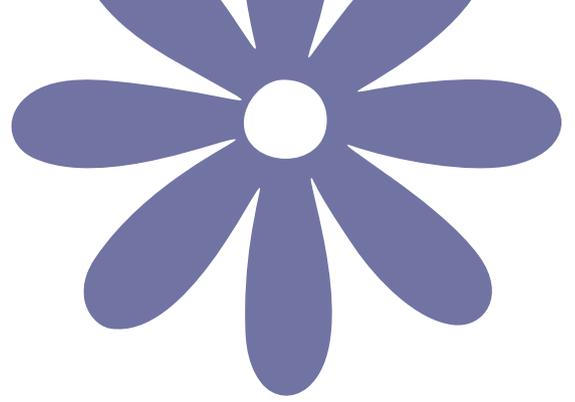
Our transitional program, led by artist-in-residence Karen Atkins, is an extension of the support Be Centre provides to encourage children to reach their full potential.

While this face-to-face program, like many others, was affected by COVID-19 restrictions, we ran 15 classes with 24 children participating.

For children transitioning out of our 'Hear Me Play' one-to-one program, the free Art Club continues to provide a safe and supportive environment to integrate their skills within a broader social network.

Thank you to UnLtd for funding this program to help children transition at their own pace back into group situations and our community with extra support and confidence.



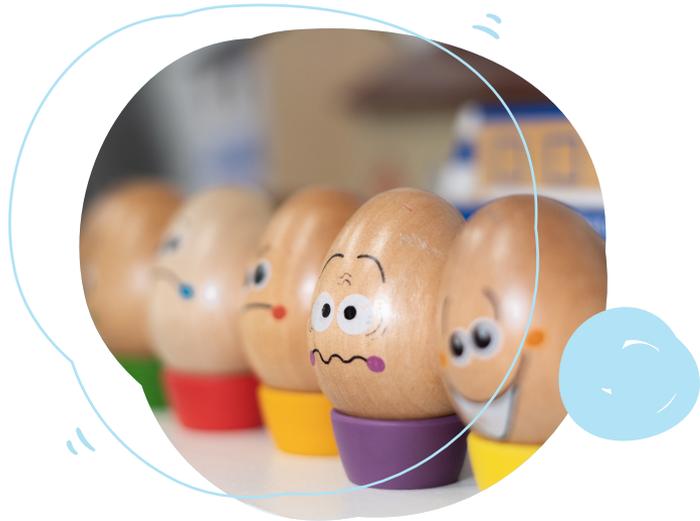


Impact Measurement Report

Everyday our team at Be Centre experience the positive outcomes that our Play Therapy program has on children and families. However, measuring our impact and capturing it in a shareable data record is also vitally important.



Through the generous support and funding from The Vernon Foundation we were able undertake our first ever Impact Measurement Report. We engaged external consultancy, Social Ventures Australia, to manage this important work. Seven of our skilled Play Therapists were interviewed in-depth, and Social Ventures Australia collated surveys from 25 clients to provide key insights into the impact of our work at Be Centre.



We are proud to share that from FY19-FY21 which included the COVID-19 pandemic, which of course impacted families' overall ability to engage with Play Therapy, our Play Therapists:

- Supported 653 clients and conducted 7,351 Play Therapy sessions with children aged between 3-12 years old
- Delivered 773 parent sessions to equip parents with the tools to support their children at home
- Conducted 197 activities designed to support our Play Therapy program through Art Club, holiday workshops and our Festival of Play offering.

According to the Client insights Be Centre's 'Hear Me Play' program provided children with:

- Greater self-awareness and self-regulation
- More success with self-expression and making sense of their own experiences
- An increase in pro-social behaviour, and better ability to develop positive relationships and secure attachments
- A reduction in emotional distress, hyperactivity, peer difficulties and behavioural difficulties.

We are thrilled with the positive outcomes achieved for our children and their families, and are so happy to be able to quantify their achievements and success.

While this Report was taken from a set period of time, we are undertaking Phase Two where we implement a Practice Management System providing ongoing Impact Measurement Reporting. Find out more about our *Impact Measurement Report* [here](#) or via the QR code at the back of this report.

Making an impact that matters

A letter from a Scholarship Parent recipient



I would just like to say thank you so very much for enabling my child to participate in Play Therapy at Be Centre.

It would have been financially impossible for me to fund at this time, and it has helped my child so very much to develop healthy emotional skills and tools that will be the foundation for his future.

It has not only been helpful to my son, but to myself as well, as I have learned many new strategies to cope with challenging behaviours.

I really can never thank you enough for helping us both to grow and have access to the wonderful therapists at Be Centre. It has provided enormous stability in a very challenging time for us.

Thank you once again for your generosity.
A grateful parent.



A Child's story

Kai Age 10

Referred by: School.

No. of weeks attending Play Therapy: 36.

Completed: April 2022.

Kai was struggling. At school she was unsettled. On many of her days she would push and punch her classmates. Her classmates called her a bully, and she didn't have any friends. Each time she felt like she was making a new friend, it would end in a fight, and they would both get hurt. More and more often, her parents were called to pick her up because of her behaviour.

Her family situation had been unstable and chaotic over many years. Her sibling had severe asthma and was often hospitalised for treatment.

By the time she came to Be Centre, she had changed schools twice. But things still did not change and her parents didn't know what else to do. During a random conversation in the playground, a parent recommended Be Centre.

Kai's parents called Be Centre, and then spoke to Kai's schoolteacher who provided Kai a written referral. Kai started coming to see one of Be Centre's Play Therapists. At the same time Kai's parents - who were physically and emotionally exhausted - also started seeing one of Be Centre's Parent Counsellors.

At first Kai was reluctant to enter the playroom where Play Therapy would take place. When she did, her play was chaotic and uncontained. She was rough with the toys, smashing some against each other, and often sending more sand out of the sand tray than keeping it in. Her therapist stayed attuned, reflected her feelings, and kept her safe.

Kai constantly tested the relationship and pushed boundaries. She expressed her frustration and aggression whenever limits were set. She initially felt unsure with the different type of connection and relationship she was experiencing with the therapist. But after much testing and by the therapist staying, accepting her, understanding her, respecting her and her pace, all while following her lead and letting Kai stay in control, Kai began to feel increasingly comfortable.

In the safety of her therapist's presence, Kai was able to explore and 'play out' her feelings using miniatures in the sand tray and narrating what was happening.

Twelve sessions in, Kai played out a scene of suicidal ideation, which she repeated over and over in future sessions. Over time she changed the narrative that went with the scene. And after 23 sessions she changed how the scene ended. This process of using the symbolic metaphor of a character in the sand tray allowed Kai to understand more about herself. She was then able to process her hurt and her anger.

Over time Kai had begun to trust the relationship with the play therapist, and then with herself. Her play became more contained and relational. She interacted with the therapist doing role plays and she loved playing music by herself and at times inviting her therapist to join.

She no longer expressed any suicidal ideation and began to make friends in school. Kai was able to self-regulate when she experienced big emotions and not automatically lash out like she would have before therapy started.

Her teacher noticed that now when Kai would become upset, she would seek her out. Kai now wanted to be in school. Her family situation was still a little unstable due to her sibling's illness, however Kai and her parents felt more connected now.

They understood Kai more and were given strategies that worked specifically for Kai from her play therapist. Her parents were also more equipped from their sessions with their parent counsellor. Kai's relationship with her parents continued to improve with the special connection time made just for Kai.

"Be Centre was the first place that took care of both our children and our family as a whole. As well, I was surprised to discover that our weekly visits to Be Centre became a special time for us to connect. It became part of our routine to go for an ice cream together on the way home." Kai's father





Fundraising

Leading up to this financial year, in-person fundraising events were returning slowly given social distancing requirements. At the end of June 2021, there was another sudden halt due to COVID-19 and the 3.5-month lockdown in NSW. Add to that a record-breaking wet summer with flooding across much of NSW, which thwarted planned fundraising events such as our inaugural Charity Golf Day in May 2022.



During this challenging time for raising much-needed funds, we remain grateful for the ongoing support we receive from donors, in-kind supporters, and volunteers.

We're pleased to share:

- **18 suppliers** have kindly provided pro-bono/in-kind support
- **\$322,831 worth of pro-bono** support was provided to Be Centre including legal and outdoor advertising support through Johnson Winter & Slattery (\$76k) and oOh!media (\$148k)
- We've increased our volunteer numbers with **36 new** volunteers supporting activities
- **900+ hours** of volunteer support has been generously given to support service delivery (even with reduced hours under COVID-19 restrictions)
- **12 fundraising**, corporate, and community events were supported
- Event fundraising revenue increased by **\$30k**
- We completed our **first customer sentiment survey**.

Fundraising highlights

Letterbox dress-ups

This inaugural campaign provided an opportunity for the community to raise awareness, as well as funds, to support at-risk children. And do so while having fun!

We encouraged families to 'dress up their letter box' with various prizes including best-dressed letterbox, most funds raised, most social post likes etc.

Tom Carroll was a key supporter with one of the main prizes being a surfing lesson from the legend himself!

Payroll Giving / Corporate Giving

This year there was a significant uplift in payroll and corporate giving. We are thankful to those organisations and employees from *Group M*, *CBA Staff Foundation*, and *Macdoch Australia* who have supported Be Centre's cause to change the lives of children through Play Therapy.

Be Kind Sydney

Be Centre was invited by the Sydney Community Foundation to be part of its 'Be Kind Sydney' day of giving campaign. The campaign stretched across two weeks with various incentives to encourage donors to support their preferred cause.

This campaign provided funding to Be Centre as well as valuable brand awareness of our services across the wider Sydney area. We're proud to partner with an organisation that is making such an impact with hundreds of charities across Sydney.

Big Kahuna

UnLtd's Big Kahuna Surf Competition harnessed the media industry and provided team building and fundraising to support children's charities including Be Centre.

Special thanks to *UnLtd* for their support to create awareness through the media industry of Be Centre and the important work we do to heal at-risk children.

The attendees also received a beach-side Art Masterclass from our resident artist, Karen Atkins, on creative bead work!

We were also thankful that our wonderful ambassador, Tom Carroll, who made a special video appearance and gave the participants some inspiration and an 'aloha' and thank you message from the World Surfing Championships in Hawaii.

Artist's support

We're thankful to our creative supporters who fundraise and raise awareness throughout our local communities for Be Centre helping us to provide further support for those children in need.



Tom Carroll seen here with CEO

Trail heroes

Susie's 5-year-old child had not long started school when the bullying started. Going from a happy and excited little boy about starting school to one being frightened, withdrawn, and sad was heartbreaking for Susie. She heard about Be Centre and quickly enrolled Josh*, her son, in the Hear Me Play 12-week program. Fast forward six years and Josh is a thriving and happy boy having processed this traumatic experience that had occurred during his first years of school. Susie still talks about the 'life changing' impact Play Therapy had on Josh*.

The impact was so profound that Susie now raises money for Be Centre through her love of trail running.

In April 2022, Susie raised over \$3.5k for Be Centre running 50kms on the beautiful bush tracks near St Ives and Belrose in Sydney. This is the second time this event has been held and we're looking forward already to the next one. Thank you so much Susie.

*Not his real name

Mother's Day walk

On Mother's Day in 2022, Ashley McGrath from UnLtd, invited Be Centre's CEO, Michelle Carlyle, to attend a Mother's Day Walk with approximately 80 walkers. Starting at 10am in Balmain and ending with lunch in the iconic Cat & Fiddle Hotel, the walk was an opportunity for Michelle to share Be Centre's story and encourage support via donations. The informal setting provided an opportunity for the audience to ask questions and learn so much more about the benefits of Play Therapy for children impacted by trauma. Many thanks to Ashley, UnLtd, and all the Soul Sisters walkers.

Novus Foundation Gala

The Novus Foundation's Charity Dinner was back in the calendar this year. The Foundation has been a long-time supporter of Be Centre and has helped dozens of children over the years. This year's Latino themed Gala Dinner was a huge success and raised an incredible \$35k which helped support 15 children with a full Play Therapy program and their families with parent support.

Be Centre's Catalina Forero, Deborah Killelea and Christina Rooney seen here with amazing Be Centre Ambassador Jimmy Wong enjoying the wonderful evening of dancing and fundraising for worthy local charities.





Mosman Public School: Mini-Mos Fun Run & Fair

In 2022 Be Centre was nominated as the charity of choice for Mosman Public School. We're proud to be working closely with the school by providing insights for staff members on trauma-informed approaches, as well as supporting their fundraising efforts.

One of the largest annual fundraising events the school has is a family fun run called 'Mini-Mos'. This event has been raising money for the school and its charity of choice for 40 years! Be Centre was delighted to work with the school and organising committee to provide prizes (a messy play day for kids!) to help raise funds.

Our wonderful volunteers provided on-the-ground support at the race watering stations as well as a stand at the fair after the race for children to get their hair coloured with hairspray. Everyone had lots of fun and the school community raised \$20k to support children to receive services at Be Centre.

This event continues to educate the community about the power of Play Therapy. We look forward to building on this partnership over the following years. Thankyou Mosman Public School!

Particular Thanks go to:

Laing & Simmons Young Property who hosted artist Matthew Wilcock (Outfall Art) 'Love' exhibition in its Careel Bay Studio for the month of March with 25% of sales supporting Be Centre. A truly immersive exhibition with sustainable materials sourced from Pittwater.

Rotary Upper Northern Beaches is a longtime supporter of Be Centre. Its community Art Exhibition, with an astounding 220 artworks from local artists, raised funds for four charities including Be Centre.

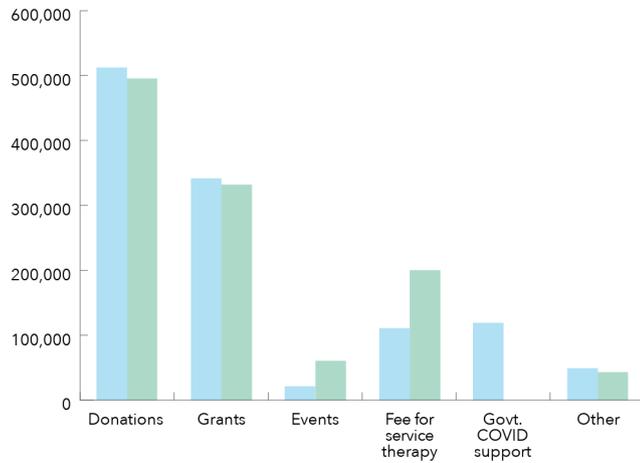
The **Pittwater Artist Trail** exhibition at the Newport Community Hall was a stunning collection of artworks and included a silent auction with proceeds supporting Be Centre. A big thank you to the Artists from Pittwater Artist Trail and the organisers, Jan Cristaudo and Karen Hicks, for their support of Be Centre at this event.





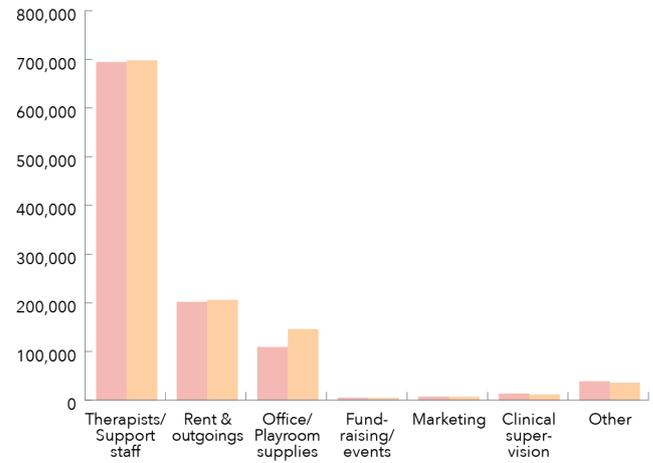
Finances (key data)

Income



Income	2021 (\$)	2022 (\$)
Donations	505,149	494,777
Grants	342,737	334,994
Events	30,137	61,053
Fee for service therapy	108,393	196,939
Govt. COVID support	135,241	0
Other	43,110	40,840
Total	1,164,767	1,128,603

Expenses



Expenses	2021 (\$)	2022 (\$)
Therapists/Support staff	689,236	700,367
Rent & Outgoings	206,190	212,712
Office/Playroom Supplies	139,585	153,312
Fundraising/Events	4,398	977
Marketing	7,050	7,084
Clinical Supervision	11,323	8,446
Other	35,950	39,067
Total	1,093,732	1,121,965



The Be Centre Team

Ambassadors

Jimmy Wong
Nici Andronicus
Tom Carroll

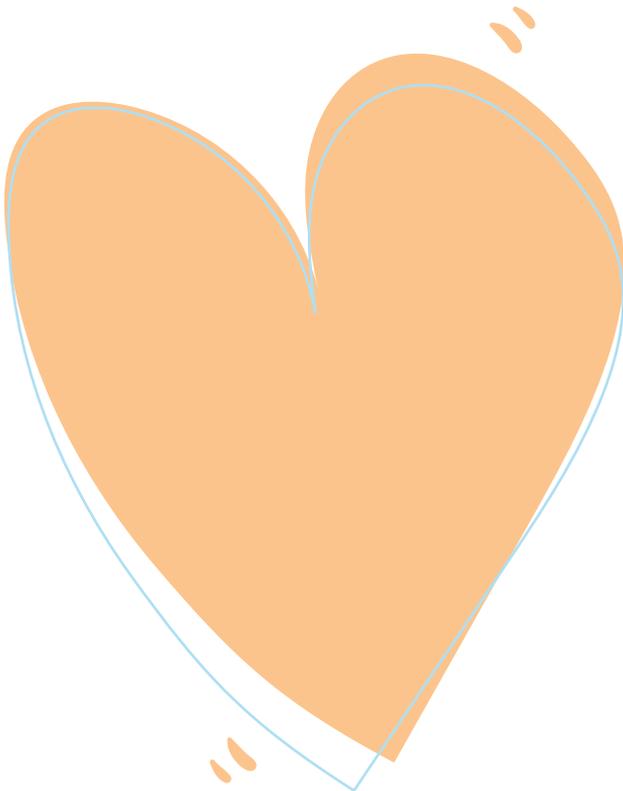
Board

Deborah Killelea – Founder and Chair
Joanna Samios – Company Secretary
Chris Wilcox – Board Member
Graham Mott – Board Member (Effective September 2021)
Karen Oxenbury – Board Member (Resigned September 2021)
Mark Lollback – Board Member
Michael Laybutt – Board Member (Resigned September 2021)
Professor Roberta Ryan – Board Member (Effective September 2021)

Fundraising Committee

Thank you to the following generous individuals who volunteered their time and contributed to the Fundraising Committee throughout the year to ensure we're making the biggest impact we can.

Andrew Stabback
Christine Blampied (Resigned June 2022)
Emmalee Crellin nee Fagerstrom (Effective September 2021)
Georgie Torrens
Linda Volker
Mark Pretty
Robert Steers



Clinical Staff

Anna Charleston – Clinical Development Manager & Play Therapist (Resigned January 2022)

Penny Bird – Clinical Development Manager (Effective March 2022)

Fiona Howell – Clinical Supervisor & Play Therapist

Alyce Goss – Play Therapist

Erin Butler – Play Therapist

Fiona Geoghegan – Play Therapist

Nur Heitz – Play Therapist

Michelle Mott – Parent Counsellor

Mironne Golan – Volunteer Parent Support

Lorraine Lee – Intake Clinician

Meg Lewis – Play Therapy Intern (Resigned Apr 2022)

Robyn Turton – Play Therapy Intern (Resigned Feb 2022)

Staff

Michelle Carlyle – CEO

Christina Rooney – Fundraising & Marketing Lead

Catalina Forero – Fundraising & Marketing Team (Effective March 2022)

Zoe Pike – Events Specialist (Resigned June 2022)

Maree Webster – Financial Administrator



We would like to acknowledge and thank Anna Charleston as Be Centre's outgoing Clinical & Development Manager and wish her all the best in her new chapter.

Our heartfelt thanks

Thank you to the many Individuals, Trusts, Foundations, Companies, and Organisations who have contributed so generously to Be Centre this year. Their support ensures we are able to continue supporting children and families in need and enables us to reach more children and provide greater help and healing in our challenging times.

Funders

Foundations

Be Kind Sydney - The Sydney
Community Foundation
CommBank Staff Foundation
Harold Mitchell Foundation
The Charitable Foundation

James N Kirby Foundation
NAB Foundation
Novus Foundation Limited
St George Foundation
The Baillie Family Foundation

The Rodney and Judith O'Neil Foundation
The Vernon Foundation
The Profield Foundation

Corporate / other

Bear the Builder
Bennelong Australian Equity Partners
Commonwealth Bank of Australia
Dee Why RSL
Department of Communities and Justice
GroupM
Hasbro
Johnson Winter & Slattery
Jonathan Pretty, Shades of Pittwater

Laing+Simmons Young Property
MacDoch Australia Pty Ltd
Mosman Public School
Northern Beaches Council
NSW Community Building Partnership
Osborne Yuille
Pittwater Artists Trail
Pittwater RSL Club
Pure Running

Rotary Club of Upper Northern Beaches
Soft Serve Bakery Van
Sole Sisters Charity Walkers
Stronger Communities Program
TribeTech
UnLtd
Upper Crust Pies

Individuals

Fraser & Sylvia MacKenzie
Geoffrey & Christina Hodgkinson
Kerry-Anne Johnson
Mark East & Margaret Hartmann

Matthew Wilcock, Outfall Art
Meredith Triggs
Nathan & Miriam Langford
Patrick Teodorowski

Susie Campbell, Trail Heroes
Toni & Victor Konijn
Vicki Stevens



Supporters

It is only with our amazing supporters who provide services and in-kind gifts, that the Be Centre can keep our focus on helping children.

We were delighted to welcome some of our supporters for an evening in our Warriewood head office at the end of the year. Our Play Therapists were able to provide some 'in-room' immersions and showcase how and what they do.

Thank you to all these wonderful supporting individuals and organisations. We couldn't do what we do without you.

Abundium	Heather Mead, Gallery 109	Taronga Zoo
Acorn Press	Johnson Winter & Slattery	The Remington Orange
Active International	Karen Atkins	Tom Wilson
Amanda Fuller	Liesel Edis	University of Newcastle
Australian National Maritime Museum	Monash Country Club	Val Morgan
Coles - Warriewood	Mrs Jones The Baker	Walkin' Promotions
Hasbro	oOh!media	

Volunteers

Be Centre volunteers enable us to deliver our services in an even greater capacity. Whether skilled volunteering, helping in the office, or assisting at fundraising events, they give their enthusiasm and skills to ensure we can provide services to as many children and their families as possible. We thank and acknowledge Be Centre Staff who also provide additional hours and volunteer their support throughout the year.

We would like to give special mention and thank you to:

Anne-Marie Byrne	Linda Berry	Paul Melican
Allison Dohnt	Linda Volker	Phil Carlyle
Amy Cripps	Lisa Harris	Robert Steers
Deloitte	Lisa O'Sullivan	Sascha Thompson
Emmalee Fagerstrom	Louise Denver	Victor Silva
Jade Tyrrell	Mark Pretty	Zoe Pike
Jan Read	Michelle Mott	
Jarred Isaacman	Mironne Golan	

Our volunteers contributed over **935 hours** of their time and skills over in FY22, showing such amazing support throughout the year. Thank you.

Together we can heal more children

Mental health and wellbeing challenges for children and families are on the rise. Your support can help Be Centre stop cycles of harm through early intervention. Some ways we value your support to help children and families in great need are to:

- Donate
- Volunteer or partner with us
- Fundraise with us
- Join our events.

To discuss please connect with us at info@becentre.org.au or call 02 9913 7000.

Quick links



Help a child
& Donate



Need to Play
short course



Impact
Measurement
Report



*Identifying details of children and parents/carers mentioned in this report have been changed to protect their privacy.

WHAT THEY
STRUGGLE
TO SAY
WE HELP
THROUGH
PLAY



www.becentre.org.au

P: 02 9913 7000 E: info@becentre.org.au

Be Centre Foundation Ltd is a registered charity. All donations over \$2 are tax deductible.
CFN 12268 ABN 58 128 050 037

