



**GIFTS IN WILLS
A GUIDE FOR SUPPORTERS**

A gift in your Will

Leave a legacy that helps children thrive



Create lasting change for children impacted by trauma and adversity

KidsXpress is a children's mental health charity providing trauma-informed expressive therapy and education services. Through art, music, drama and play, children can safely express experiences and emotions that may be difficult to communicate with words.

Many children who come to KidsXpress are carrying experiences that feel too difficult to explain. Our work is evidence-based and guided by the understanding that, with the right support, children can heal, grow and thrive.

A gift in your Will is one of the most personal ways to help this work continue. It does not require you to give away money during your lifetime and can be made after first providing for the people you love.



"The vision for KidsXpress was shaped during my time as a play therapist working with children at the end of their lives. One of those children was Max, whose story became part of the inspiration for KidsXpress."

Our lives may be finite, but the love and impact we leave behind can continue through others. Max's legacy helped shape KidsXpress. A gift in your Will can help create a legacy of your own, supporting children to heal, grow and thrive for generations to come."

Margo Ward
CEO and Founder, KidsXpress

Read [Max's story](#).

Our promise to you

- ✓ Your loved ones come first.
- ✓ We will never pressure you to make or disclose a gift.
- ✓ You can change your mind at any time.
- ✓ Any information you share will be treated confidentially.
- ✓ We will use your gift carefully and in line with our charitable purpose.
- ✓ We will respect your wishes regarding contact and recognition.

Evidence that children are healing and thriving

A gift in your Will is an investment in the long-term wellbeing of children and families. KidsXpress measures the outcomes of its programs and works with independent researchers to understand the difference our support makes.

INDEPENDENTLY EVALUATED

In 2025, researchers from the University of Sydney's Matilda Centre for Research in Mental Health and Substance Use independently evaluated the KidsXpress School Partnership Program across five partner schools, involving 233 students and 87 staff.

- Children's wellbeing scores increased by an average of 4.79 points – a statistically significant improvement.
- Student attendance improved in four out of five schools.
- Teachers reported greater confidence supporting students impacted by trauma.
- The program demonstrated strong evidence of fit and feasibility within school systems.
- More than 90% of staff would recommend the program.

4.79

increase in child wellbeing scores

95%

of children said KidsXpress was helpful for them

97%

of parents reported positive changes in their child

89%

of teachers reported improvements in their students

Across KidsXpress expressive therapy sites, January–December 2025. Your legacy can help ensure this evidence-based support continues to reach children long into the future.

Source: Independent evaluation by the Matilda Centre, University of Sydney (2025); KidsXpress program outcome data, Jan–Dec 2025.

A legacy that keeps changing lives

Most supporters choose to leave an unrestricted gift. This gives KidsXpress the flexibility to respond to children's needs, invest in quality and evaluation, and plan beyond short-term funding cycles.



A CHILD'S JOURNEY

Six-year-old Lucas* was struggling after witnessing the death of his four-year-old brother in a road accident. Eighteen months later, he wasn't sleeping well, he'd become less engaged at school and was increasingly anxious that something might happen to his parents too.

His family knew he needed support, but cost was a concern. Because KidsXpress was already based at his school, Lucas could access weekly expressive therapy during school hours, at no cost to his family.

At first, Lucas rarely spoke about his brother. Instead, he used dinosaurs, role-play, drawing, music and movement to explore themes of death, grief and survival. During one session, he painted a dark area around his heart, describing it as his "big black darkness" that no one else could see.

Over time, Lucas began talking more openly about his brother and learned practical ways to manage overwhelming emotions. His mother reported fewer sleepless nights, while his teacher noticed he was smiling and engaging more in class.

A gift in your Will can help ensure children like Lucas receive Expressive Therapy when they need it most, while also helping to:

01 Keep expressive therapists working inside schools, where children already are

02 Shorten the wait between a referral and a child's first session

03 Support parents and carers so positive change can continue at home

04 Train and supervise the next generation of expressive therapists

05 Plan beyond the next funding round with the confidence to say yes

* Child's name has been changed to protect privacy

Your family and loved ones come first

Whatever you decide to leave to KidsXpress comes after the people you care about have been provided for. Your solicitor can advise which option best suits your circumstances.

A residuary gift

Leave all or a percentage of what remains after your loved ones and other commitments have been provided for. Many people choose this option because it remains proportionate as the value of their estate changes.

A percentage gift

Leave a nominated percentage of your whole estate or residuary estate, as advised by your solicitor. Even a small percentage can make a lasting difference.

A specific sum

Leave a nominated dollar amount. Because inflation may reduce its value over time, it is worth reviewing your Will after major life changes.

A specific asset

Leave property, shares or another nominated asset. If you're considering a gift of this kind, please contact us and we can talk it through with you.

Not sure which option is right for you?

Call our Fundraising Team on 02 9380 9220 for a confidential conversation. There is no obligation, and any conversation will be treated sensitively.

Next Steps

You can make or update your Will with the help of a solicitor. Supporters who prefer an online option can also use EveryWill at no cost. If you're unsure which approach is right for your circumstances, we recommend seeking independent professional advice.

The examples below are provided as a starting point only. We recommend consulting with a solicitor to prepare wording that reflects your circumstances and current Australian succession law.

DRAFT FOR INDEPENDENT LEGAL REVIEW

I give, free of all duties and taxes, to KidsXpress ABN 65 117 488 570, Level 2, 50 Waterloo Road, Macquarie Park, NSW, 2113:

Residuary gift: The whole/___% of the residue of my estate; OR

Specific amount: The sum of \$___; OR

Specific asset: Description of asset/s

To be used for the general purposes of KidsXpress. The receipt of an authorised officer of KidsXpress will be a sufficient discharge to my executor.

KidsXpress details

Name	KidsXpress
ABN	65 117 488 570
Address	Level 2, 50 Waterloo Road, Macquarie Park, NSW, 2113
Web	kidsxpress.org.au

Already have a Will?

Depending on your circumstances, your solicitor may recommend adding a codicil or preparing a new Will. If you are updating your Will for other reasons, that may be a natural time to include a gift.

This information is general in nature and does not constitute legal, financial or taxation advice. KidsXpress recommends obtaining independent professional advice when preparing or amending your Will.

Write or update your Will online at no cost

KidsXpress has partnered with EveryWill to offer supporters a simple online way to prepare or update a Will at no cost. Including a gift to KidsXpress is entirely optional.

01

Go to wills.everywill.com.au/c/kidspress

02

Log In or Sign Up to get started

03

Answer the questions at your own pace

04

Print, sign and witness your Will

Create your free Will



SCAN HERE

Questions people ask us

Do I need a new Will?

Not always. Depending on your circumstances, your solicitor may recommend a codicil or a new Will. You may also be able to update your Will through EveryWill.

Is there a minimum gift?

No. Gifts of every size can contribute to lasting change.

Do I have to tell KidsXpress?

No. If you choose to tell us, we can thank you, understand your wishes and keep you connected. Anything you share is confidential and not binding.

Can I change my mind?

Yes. Your Will is yours, and you can change it at any time.

Can I specify how my gift is used?

You may express a preference. Because programs can change over time, please speak with us before including a restriction. An unrestricted gift gives KidsXpress the greatest flexibility.

Can my gift be anonymous?

Yes. You can choose whether KidsXpress knows about your gift and whether you receive recognition.

A conversation, not a commitment

Leaving a gift in your Will is a deeply personal decision. We are here to answer questions without pressure or obligation. Any information you choose to share will be handled sensitively and confidentially.

SPEAK WITH

KidsXpress
Laura Atherden
02 9380 9220

OR EMAIL

giftsinwills@kidsxpress.org.au

WRITE TO US

KidsXpress
Level 2, 50 Waterloo Road
Macquarie Park NSW 2113

kidsxpress.org.au

ABN 65 117 488 570

ALREADY INCLUDED KIDSXPRESS IN YOUR WILL?

We would love the opportunity to thank you

You are under no obligation to tell us. Knowing about your gift allows us to thank you, understand your wishes and keep you connected to the work your legacy will support. Any information you share is confidential and does not create a binding commitment*.

Thank you for considering a legacy that can help children thrive for generations.

**Supporters who tell us about their intended gift may choose to receive occasional updates, invitations and opportunities to see the impact of KidsXpress' work. Participation is entirely optional and you can opt out at any time.*