



MEDIA RELEASE

**Fraser's Property and Smiling Mind announce partnership to advance mental health & wellbeing in 90 Australian primary schools**  
Kids, parents and wider communities to benefit

**Melbourne – 27 November 2017** – Building new communities is what Fraser's Property Australia specialises in, but a healthy community is more than just bricks and mortar.

Fraser's Property is supporting the long-term health and wellbeing of the communities, it creates through a \$700,000 charitable partnership with, Smiling Mind.

Smiling Mind is a not-for-profit that aims to enhance mental health and wellbeing by bringing the benefits of mindfulness meditation to everyone through its unique app-based programs. Smiling Mind's school based programs are designed to take a pre-emptive approach to building healthy minds from a young age.

Some of the benefits of mindfulness include being able to better manage stress and anxiety, improved concentration and productivity, better sleep and enhanced awareness and creativity.

Fraser's Property has become a signature partner and the first-ever national community partner of Smiling Mind, a relationship which will now ensure even more school children, teachers, parents and other community members in Australia will have to access their formal, face-to-face training programs.

"This new relationship between Fraser's Property and Smiling Mind means that 90 schools over the next three years will directly benefit by being able to access the mindfulness training programs for free," says Dr Addie Wooten, Chief Executive Officer, Smiling Mind.

"As well as a schools program, the arrangement includes up to 90 workshops freely provided by Smiling Mind, over three years for parents and the wider community to learn more about the benefits.

"Funding programs like Smiling Mind is a real commitment on behalf of Fraser's Property to the long-term health and wellbeing of the new communities the company creates in Victoria, New South Wales, Queensland and Western Australia."

Mr Rod Fehring, Chief Executive Officer of Fraser's Property Australia, says Fraser's Property not only looks at the physical environment people want to live in but all the other factors such as lifestyle, physical and mental health that contribute to overall wellbeing.

"Our charitable partnership with Smiling Mind is a great opportunity for Fraser's Property to make a contribution to creating healthy communities in Australia and it supports our goal of creating communities where people feel truly connected," says Mr Fehring.



“While communities have changed dramatically in the past 30 years, the importance of a sense of belonging and connection remain key to sustaining a sense of wellbeing,” says Mr Fehring.

“Smiling Mind’s school-based program supports the mental health of the communities in which it works, and kids really love it, so we’re delighted to come on board,” added Mr Fehring.

Smiling Mind, co-developed by psychologists, is making significant inroads in its mission to bring accessible life-long mindfulness meditation tools to all. The free Smiling Mind app has already attracted over two million downloads, and more than 32,000 teachers and school counsellors subscribe to the app, bringing mindfulness into the classroom.

“Through this partnership with Frasers Property, we are hoping to expand our reach even further to help schools support student, teacher and parent wellbeing in a proactive way,” says Dr Addie Wootten.

“Over three years we aim to train 1,800 teachers in mindfulness and preventative mental health approaches, which will give 45,000 students the tools they need to take proper care of their mental health now and into the future.

“With one in four secondary students and one in seven primary students suffering from a diagnosed mental illness each year, it’s vital that we, as a community, do everything we can to treat this health issue,” says Dr Wootten.

Frasers Property’s donation of \$700,000 over three years, will enable Smiling Mind to offer the Smiling Mind training program to teachers of 30 schools each year for the next three years. In addition, the program provides each school with 12 months ongoing support via online resources, plus training for parents and the wider community on the benefits of the program and how to get involved.

“We have deliberately kept our programs simple and easy to use for everyone, which is why they are so popular. We believe that a regular mindfulness practice, even just 10 minutes each day, will help maintain strong mental health. We want to see every mind thrive,” says Dr Wootten.

For more information about Smiling Mind visit [www.smilingmind.com.au](http://www.smilingmind.com.au). For more information about Frasers Property Australia’s developments nationally visit [www.frasersproperty.com.au](http://www.frasersproperty.com.au).

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#### **About Frasers Property Australia**

Frasers Property Australia Pty Limited (FPA) is one of Australia's leading diversified property groups and is the Australian division of Frasers Centrepoint Limited. The group has over 90 years' heritage in Australia with current activities covering the development of residential land, housing and apartments, commercial, retail and industrial properties, investment property ownership and management, and property management.

Being part of a global group opens up a world of opportunities for FPA's customers. FPA appreciates its customers and rewards their loyalty through Prosperity, a national loyalty program providing residential customers with generous purchase and referral rewards, plus benefits at Frasers Hospitality's serviced hotel residences and boutique lifestyle hotels around the world.

Sustainability is at the heart of FPA's operations. The group creates places where resources are re-used, recycled and restored. It fosters new ideas to support people and the planet, and undertakes tangible initiatives to help people lead happier, healthier lives. Driven by a highly experienced team of people committed to delivering *real places for real people*, the core values of the group are *passionate, authentic, dynamic* and *respectful*.

For more information about FPA, visit [www.frasersproperty.com.au](http://www.frasersproperty.com.au)

#### **About Frasers Centrepoint Limited**

Frasers Centrepoint Limited is a full-fledged multi-national real estate company and one of Singapore's top property companies with total assets of around S\$27.0 billion as at 30 September 2017. FCL has three strategic business units – Singapore, Australia and Hospitality, which focus on residential, commercial, retail and industrial properties in Singapore and Australia, and the hospitality business spanning more than 80 cities across Asia, Australia, Europe, and the MENA region. FCL also has an International business unit that focuses on China, Europe, and Southeast Asia.

FCL is listed on the Main Board of the Singapore Exchange Securities Trading Limited ("SGX-ST"). FCL is also a sponsor and its subsidiaries are the managers of three REITs listed on the SGX-ST, Frasers Centrepoint Trust, Frasers Commercial Trust, and Frasers Logistics & Industrial Trust that are focused on retail properties, office and business space properties, logistics and industrial properties respectively, as well as one stapled trust listed on the SGX-ST, Frasers Hospitality Trust (comprising Frasers Hospitality Real Estate Investment Trust and Frasers Hospitality Business Trust) that is focused on hospitality properties.

As a testament to its excellent service standards, best practices, and support of the environment, FCL is the proud recipient of numerous awards and accolades both locally and abroad.

For more information on FCL, please visit [www.fraserscentrepoint.com](http://www.fraserscentrepoint.com).

#### **About Smiling Mind**

Smiling Mind is a not-for-profit organisation bringing mindfulness meditation to everyone.

The simple tool, co-developed by psychologists, uses unique web and app-based programs to help put a smile on people's minds, anywhere, anytime – everyday.

Scientific research has demonstrated that mindfulness meditation assists with emotional wellbeing and is commonly used in the management of mental health concerns, pain and stress. Mindfulness helps build resilience and compassion, improves focus at work and in the classroom, and also supports students' readiness to learn.

The Smiling Mind app has reached more than 2 million people, with more than 32,000 education providers using Smiling Mind programs in the classroom. Our Workplace Program is currently being used by more than 200 organisations. Over 20,000 employees have started to learn how to use mindfulness meditation to improve their wellbeing and effectiveness at work.