



cancer  
**wellness support**

Annual Report 2016 - 2017

“With the community  
working together,  
we can achieve anything.”

Formerly known as Blue Mountains Cancer Help

# From the Founder & CEO



Another year has sped by and it has been one of change and anticipation of things to come. We embarked on the re-brand and name change with consultation from the members and I am very happy with the result. The word "wellness" in our name was the most popular choice due to the understanding that it is possible to live well with a cancer diagnosis and hundreds of our client members are a testament to that.

I wish to thank our team of lovely therapists and nurses who constantly turn up to be with people in a profound and compassionate way. Sometimes the first therapy can be the turning point for clients who are embarking on their recovery, through self awareness and the feeling of being well supported.

Grateful thanks also goes to our Admin staff Carolyn Kuch (Blue Mountains Centre) Shelley Fitzpatrick (Penrith Valley Centre) who constantly go beyond the call and support myself, staff, therapists and clients in a caring and compassionate way. The first point of contact in a support organisation is crucial and we are in good hands. Annette Barron and Viviane Blake have done a fine job producing this Annual Report and of course Judith McGrath who looks after all our bookkeeping needs. A great team I feel proud to be part of!

I am always receiving great feedback about our Op Shops, the staff and volunteers, both in the shops and on the truck. The quality of donations continues to remain at a high standard and I am thoroughly in awe of the way in which the managers deal with the volume of donations day after day, while maintaining a great standard of customer service. Without our shops, our capacity to provide an increasing number of subsidized services would not be possible.

We will be moving in to our new home at Leura soon and the excitement is palpable.

We are looking forward to being able to offer more therapies and groups due to the increased number of therapy spaces, not to mention 9 car spots! We will also be launching the ArtyBra and Tie Project for 2018 and trust we receive an abundance of interesting and quirky entries to auction in Spring.

My deep gratitude to the Board members for their continued support and the endless hours they all contribute to this unique and important service to our community and its families.

Robyn Yates OAM

# Mission

Cancer Wellness Support Blue Mountains and Penrith Valley is a non-profit, non-denominational charitable organisation committed to helping cancer clients and their families retain their sense of control and balance through innovative, integrated and holistic therapies and education, whilst at all times giving hope for those facing challenging circumstances. We treat everyone with compassion, care, confidentiality and respect.



# From the Chairman



On behalf of the Board of directors of Cancer Wellness Support Blue Mountains and Penrith Valley we commend to you our Annual Report of trading and activities as well as our audited figures for the year 2016/2017. The Board wishes to acknowledge the leadership of Robyn Yates OAM as CEO and Founder of this remarkable organisation. Our grateful thanks go out to our Administrative staff at both the Blue Mountains and Penrith Valley Centres. Also we wish to compliment the management and staff of both the Katoomba and Penrith Op shops for their continued efforts to improve their stores and the well noted aspect of their communication skills with the customers in both areas.

One of the greatest assets for an organisation of our kind is the wonderful support we receive from a dedicated group of volunteers who work in all aspects of the operation. Also we wish to acknowledge the generosity of the public and businesses who so kindly donate goods to both stores thus enabling us to channel our profits to assist our clients in both regions.

The Board also wishes to acknowledge with gratitude the amazing team of Therapists who work so caringly and professionally with the clients of Cancer Wellness Support both in the Blue Mountains and Penrith Valley areas.

This past year we have succeeded in reaching the goals set out at our strategic planning meeting earlier in this financial year which is a credit to all concerned. The most important initiative is the move to acquire our very own Blue Mountains Centre following the launch some two years ago of a building fund for that very purpose. At this year's AGM we will outline in more detail the success of meeting that goal.

This organisation is committed to assisting those who are living with cancer, their partners, family and carers and our greatest reward is to make a difference in their lives through our caring and professional services.

Bob Reid OAM

# Operating Context



## Board Members



From left: Ilse Blignault, Bob Yates, Bob Reid OAM Chairman, Robyn Yates OAM CEO, Kevin Stapleton, Annette Barron, Christine Killinger.

# STRATEGIC PLANNING 2017 - 2019

## **Vision**

That people in the Blue Mountains and Penrith Valley regions experiencing cancer will have the opportunity to access affordable therapies and services to assist them and their families to cope more effectively with their diagnosis and to feel supported by their local community

Cancer Wellness Support (CWS) exists to offer a range of complementary therapies to assist and support individuals and their families throughout their cancer experience. These therapies are not intended to replace recommended medical interventions, but to mitigate some of the negative aspects of cancer and its treatment and minimise some of the residual effects, such as lymphoedema.

CWS also offers lifestyle education and group support experiences for its members, which encourage a healthy approach to recovery and wellness.

These services are delivered by a range of qualified therapists, based in the local community, at a subsidised cost to the client. The balance of the therapist's fees is contributed by CWS with funds raised in our Op Shops and through various fund raising undertakings.

## **GOAL 1**

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Provision of subsidised therapies, education and services to clients and their families living with cancer in the Blue Mountains and Penrith Valley regions.

## **GOAL 2**

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Achievement of adequate funding to undertake Goal 1 and to continue to grow services and the organisation.

## **GOAL 3**

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Engagement of local community support and participation on all levels.

## **GOAL 4**

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Best practice Corporate Governance.





# Therapies

## Massage (Oncology)

Is the therapy most in demand by our clients comprising 36% of total client services. Massage can reduce muscular tension, pain, fatigue, anxiety, depression and nausea. Oncology trained therapists provide the expert gentle touch which is essential when clients are undergoing cancer treatment or recovering from it.

## Acupuncture

Is a traditional form of Chinese medicine in which, fine sterile needles are inserted into points along the energy channels in the body to re-balance energy. Acupuncture may address both the symptoms of various cancers as well as the side effects of chemo and radiotherapy.

## Yoga

Classical Hatha Yoga combines gentle movements with the breath to relax and calm mind, body and spirit. Groups are conducted weekly.

## Lymphoedema Management

Lymphoedema can occur after treatment for cancer, when lymph nodes are removed by surgery or damaged by radiotherapy. This can stop the lymph fluid from flowing freely through the lymphatic system and can cause fluid to build up in some parts of the body, typically in the arm after treatment of nodes in the armpit, or the legs if nodes in the groin are removed. Management of lymphoedema by a qualified therapist includes specific drainage techniques, compressive bandaging, fitting of appropriate compression garments and education about limb exercises.

## Reflexology

Is a type of bodywork where the practitioner massages zones on the feet that relate to different parts of the body. By pressing on reflex points, energy meridians are unblocked, which may relieve pain, nausea and fatigue and assist the body to eliminate accumulated toxins.

# GOAL 1

“As a Reiki practitioner at Cancer Wellness Support, I feel blessed to be part of such a compassionate and nurturing organisation. Having worked in palliative care, mental health and aged care for some time, it was a refreshing change to see such a humanitarian approach to holistic living and well being. Being part of CWS as a practitioner or client is like a warm cup of tea for the soul! The connections I am able to make with my clients are truly humbling. Walking beside someone on their journey and watching their progress brings me no greater happiness. ”

Rachael Pilley (Reiki practitioner)



## Qi Gong

Is a mind-body approach that uses gentle physical activity and meditation to harmonize the body, mind and spirit. Medical Qi Gong for health and healing consists primarily of physical movements and breathing exercises combined with meditation. Group sessions are held weekly in the Upper Mountains and in the Penrith area.

## Art Therapy

Is a form of psychotherapy (either individually or in small groups) in which participants create pieces of visual art to help them express their feelings in a non-verbal way. Clinical studies show that art therapy helps reduce tiredness, anxiety, pain and depression. Artistic talent is not necessary for people to benefit from art therapy. Groups are held at both Cancer Wellness Support Centres.

## Mindfulness Meditation

Research shows that regular mindfulness practice is effective in reducing stress and thereby improving immune function and health outcomes. It also results in improved mental function and reduced levels of anxiety, depression and chronic pain.

## Counselling

Allows exploration of problems and emotions in a safe, objective environment, helping to improve self-esteem, communication, relationships, decision making and emotional healing. A counsellor's task is to provide a non-judgemental 'listening', to allow the client to talk through events that are causing confusion, anxiety, guilt or conflicting emotions.

## Reiki

Is a safe, natural and simple method of promoting well being, benefiting physical, emotional, mental and spiritual energies. Clients often find that Reiki relieves pain, anxiety, nausea, and fatigue. Reiki may also support surgical recovery and reduce side effects of radiation and chemotherapy.



5,601

The 2016-2017 total of client services delivered represents an increase of 20% on the previous year's total therapies and services.

“ I provide Reflexology services for Cancer Wellness Support members. During my Reflexology sessions, I create a space for physical, emotional and spiritual healing, whilst always being guided by the client's needs and wants. I find my work very rewarding and humbling as my clients share their journey and experience deep peace and relaxation. ”

Kim Nelson (Reflexologist)

## Group therapies

General support and Art Therapy groups are conducted regularly, providing emotional and psychological support for clients and carers in a group setting. Yoga and Qi Gong have been conducted regularly at Katoomba and in the lower Mountains/Penrith areas.

## "Living Well With Cancer" Program

This program consists of twelve weekly sessions, conducted twice annually and presented by Robyn Yates, a qualified and accredited Gawler Foundation presenter. The program is designed to meet and help overcome the challenges of cancer. Sessions cover such topics as mindfulness and meditation practice, anti-cancer nutrition, understanding the body's capacity to heal itself, healthy emotions, pain management and understanding the connection between mind and body in relation to health.

During 2016 - 2017 seventeen attended this program.

## Lymphoedema Group

This monthly group provides an opportunity for clients to discuss lymphoedema issues that they may be facing. The group is led by qualified specialist lymphoedema therapists who offer education on latest management techniques and information gained from conferences. Occasional guest speakers also give information about trends and the benefits and use of surgical garments.

## Monthly Matters

Published monthly, is an information bulletin, for clients and carers about services, groups and other activities relevant to client well being and care.

## CWS Newsletter

Published quarterly, to inform all membership of events and developments in the organisation.

## Library

Libraries of books, CDs and DVDs relating to wellness and living with cancer are available at both the Katoomba and Penrith Centres, and are utilised by clients and carers. Loans are available for a gold coin donation.

## Breast Prostheses

Using many generous donations, breast prostheses and bras are made available and surplus supplies are forwarded to Pacific Island countries where such services are not available.

## Headwear

Wigs from the wig library and a collection of scarves and beanies are available on request.

## Mobility Aids

Wheel chairs, walking frames, which have been donated to CWS, are available as required.

“ I'll be honest - I was reluctant to join Cancer Wellness Support for a long time - didn't want to be reminded of anything to do with cancer after my diagnosis and treatment eight years ago....but I'm so glad Helen managed to persuade me to join the Art Therapy Group - the warmth, understanding and kindness I get from everyone in the group, and from everyone at CWS has been wonderful support to me....I can't wait to get there now. ”

Else Lackey (client)



## Quest For Life Centre

Located at Bundanoon, the centre makes opportunities available whenever possible for CWS clients and carers to attend programs at their centre at a reduced cost using subsidies from Quest For Life. Their range of programs includes residential retreats and community-based workshops that encourage, educate and empower people to face with increased confidence the challenges of a cancer diagnosis. In this financial year six CWS members have been assisted to attend various programs.

[www.questforlife.com.au](http://www.questforlife.com.au)

## Gawler Foundation

The Gawler Cancer Foundation in the Yarra Valley also offers workshops and retreats to assist and support people who are dealing with a cancer diagnosis. During this year CWS assisted one client to attend a ten day retreat. [www.gawler.org](http://www.gawler.org)

“ Five years ago I returned to Katoomba after having been diagnosed with a rare abdominal cancer. It is slow growing but there is not much in the way of long term treatment. I had just had debilitating but life-saving surgery and I now faced an uncertain future. I knew about CWS because my wife was a practitioner member, so CWS is where I naturally went for help. I benefited greatly from massage therapy, and after working with several counseling therapists I found one who is really helping to make a difference to my outlook on life. Also importantly for my progress, Robyn steered me in the direction of Ian Gawler's workshops run locally by CWS, and she later made sure that I attended the wonderful Gawler foundation live-in program in the Yarra Valley, thanks to a generous co-payment by CWS.

My cancer is still with me, but after a recent series of radioactive injections it has shown the first promising signs of retreating a little. I am sure that I will need ongoing assistance from CWS, but I am equally sure that Robyn and her dedicated team will continue to be there when I need them. ”

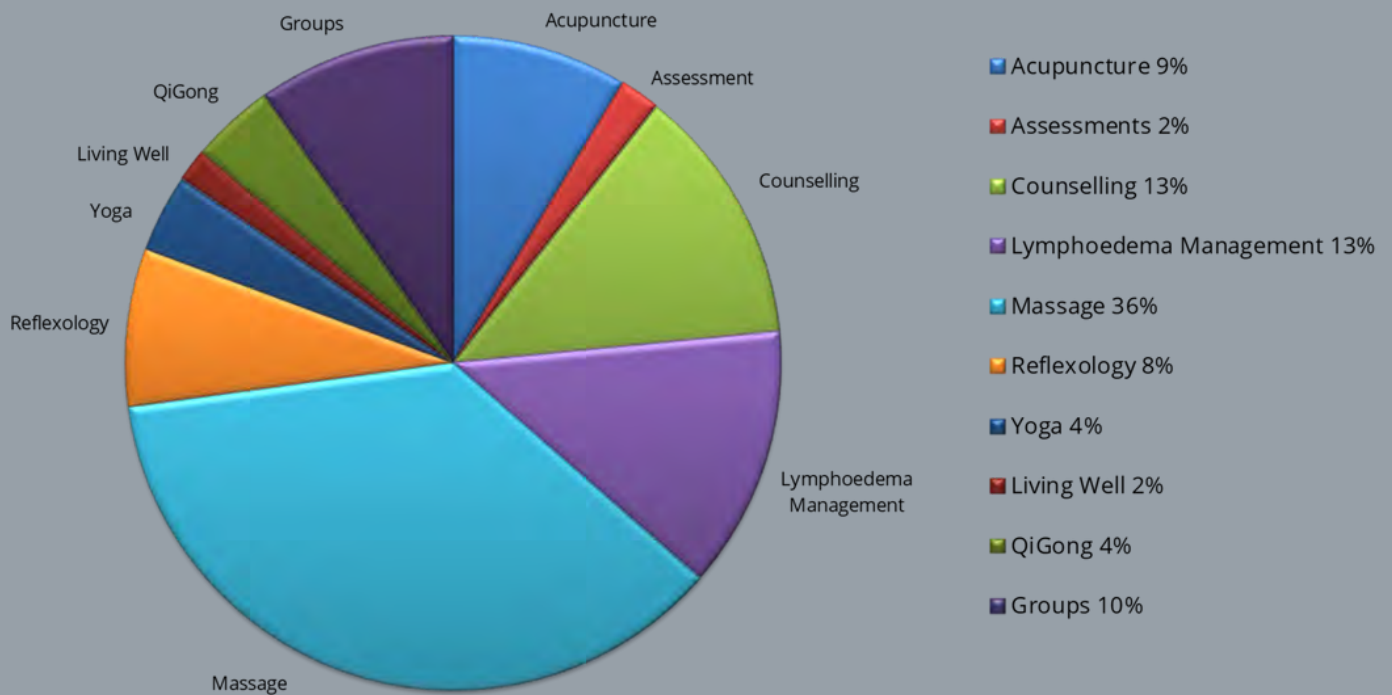
David Moore (client)

## "Peace in Practice"

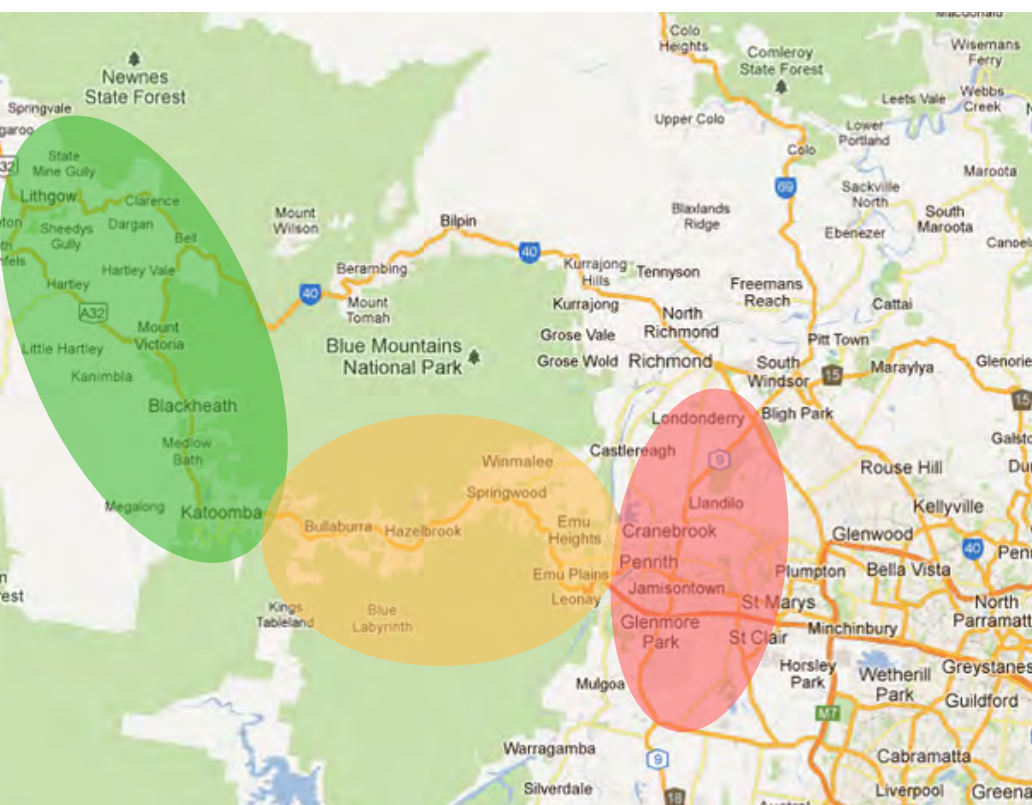
In June 2017, Petrea King and Wendie Batho from Quest For Life Foundation presented "Peace in Practice", a one day workshop for thirty one Cancer Wellness Support therapists. The workshop focused on the health and well being of practitioners and the importance of self care. Therapists also appreciated the opportunity to meet each other, share their individual expertise and add to their networks.



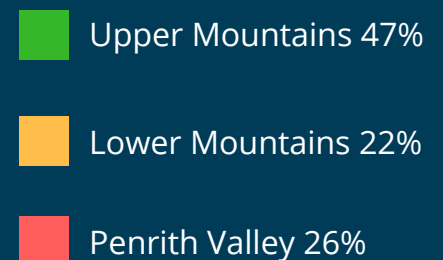
# Subsidised services delivered 2016 - 2017 (total number 5,601)



While Cancer Wellness Support's defined service limits remain within the Blue Mountains/Penrith Valley regions, approximately 40+ persons from other areas choose to travel to CWS Centres or therapists to access therapies within the service areas.



## Service Area percentages





# GOALS 2

The mainstay of Cancer Wellness Support are the two flourishing Op Shops that provide the majority of funds for subsidised therapies. Katoomba's Op Shop in Whitton Street has operated since 2005 and the premises have twice been extended. Penrith's Op Shop, established in 2013 (ideally located next to an Aldi store), is increasingly well patronised and supported by the Penrith Valley community.

The quality and expertise of our Op Shop managers has underpinned the continued growth and success of both shops. Katoomba is managed by Merylyn Brown and Tony Holgate and Penrith by Gail Searle and Maria Mclean. Added support and holiday relief has been provided by other part-time relief staff in both shops. The manager's leadership skills involve retail management combined with supervision and training of volunteers. WHS training is provided for new volunteers and steps to ensure compliance with Work Health and Safety 2012 legislation are ongoing.



Merylyn  
Brown



Tony  
Holgate



Gail  
Searle



Maria  
Mclean

Gail: "Liaising with customers is what I enjoy most, and I look forward to many more years with Cancer Wellness Support."

Merylyn: "I have been fortunate for the past five years, and moving forward to be associated with Cancer Wellness Support, where I began as a volunteer."

Both Katoomba and Penrith shops have maintained a steady increase in sales and meet the need to support increased service demands. Sales to clear stock are regularly undertaken at the end of seasons to ensure turnover of goods and to add to profitability. Generous donations to the Op Shops come from a range of sources, from small and large individual contributions to a range of business donations of recycled fixtures and fittings.

**Katoomba Men's Shed repairs donated furniture items that require minor attention.**

**Income from these sales is then shared by the two organisations. Thank you Men's Shed!**

There is always a need for continued volunteer recruitment, and new volunteers are always welcome.

“ Joining as a volunteer in the Katoomba Op Shop has been one of my best moves ever. It is wonderful to work in such a happy atmosphere whilst contributing to supporting such a wonderful caring organisation. ”

Barbara Dyer (Volunteer Katoomba shop)

### Penrith Op Shop development

At the Cancer Wellness Support Penrith Valley Op Shop, the construction of a mezzanine level staff room, has improved staff amenities. This very busy shop has operated successfully for four years, but with only cramped and inadequate space for its dedicated workers, so the new staff room is greatly appreciated! This development allows the small room previously used by staff on shop level to become an office for the shop manager.



### Corporate sponsorship

A part-time sponsorship and public relationship coordinator has been engaged to investigate and promote public awareness and business sponsorship for CWS.

CWS now has a corporate sponsorship package available for interested businesses and individuals who wish to come on board and donate regularly.

### Bequests

A lasting gift for the assistance of people living with cancer can be made by your remembering CWS in your will. Consider adding to your will a clause such as:

"I give to Cancer Wellness Support (ABN 67 202 763 705) the sum of.....free of all duties and testamentary expenses for its general purpose, and I direct the receipt of the Chief Executive Officer shall be sufficient discharge to my executors for this bequest'.

# CENTRES



## Blue Mountains Centre

Following the successful 2015 launch of the (BMCH) Cancer Wellness Support Building Fund, the Board has approved the purchase of a suitable building in Railway Parade, Leura. The building, (formerly well known as "Mondeval") is well situated, has large rooms for increased availability of services, it meets many of the criteria requisite for expansion and has easy access to local areas.

- Multiple therapy rooms for client services and spaces for groups and activities.
- Space for administrative offices.
- Parking at the rear of the building, with facility for disability parking at the front entrance. Bus and train services are close by and easily accessible.
- Two kitchens for client and staff access.

Carolyn Kuch brings a wide range of skills to the administrative duties at the Centre and has assisted significantly in improving our office systems and communication.

In June 2017, the deposit was paid for the purchase, and transfer of the administrative centre from Gang Gang Street anticipated in late July/August 2017.

**Profound thanks to all those whose contributions made this purchase possible!**

## Penrith Valley Centre

Since the establishment of the Cancer Wellness Support Centre in Penrith Valley, the centre has become increasingly busy. Art Therapy, Meditation, Lymphoedema Management and Support, Qi Gong, "Living Well with Cancer" course, Naturopathy, Yoga, Massage and Reflexology are now available to clients. Shelley Fitzpatrick, Penrith Valley's administrative coordinator, ensures that the Centre is always welcoming and relaxed giving clients a sense of "at home-ness" and support.



# Launch of Rebranding

Mel Nassif from On Brand Design was engaged to research the rebranding of Blue Mountains Cancer Help. In response to her consultation with members in November 2016, the organisation has sought to develop a name which emphasises "wellness" in relation to the services it provides to people experiencing cancer; a name also, which can be readily adapted to suit localised developments (as in Cancer Help's expansion into Penrith Valley). The words "wellness" and "support" were consistently evident in the responses to the consultation.

The style of the new logo (image) is an interpretation of our familiar existing flannel flower. The selection of turquoise and teal as primary colours represents emotional healing, balance, stability and commitment.



A special General Meeting following the consultation voted unanimously in favour of the proposed changes. The changes were submitted and approved for registration by the Department of Fair Trading.

**Cancer Wellness Support Blue Mountains** and **Cancer Wellness Support Penrith Valley** will operate in the same way as previously and the rollout of the new identity will be a gradual process over the coming months.

An evening event on April 6 2017 launched the new Cancer Wellness Support branding. The event also launched the "Corporate Sponsors" proposal, inviting businesses (and individuals) to partner with us to help us continue to meet the needs of our community.





# GOAL 3

CWS engages only a limited number of paid employees and could not operate without its dedicated volunteers.

"Volunteers are people who give freely of their time and expertise to benefit a particular cause".

## What Cancer Wellness Support Volunteers Do

- Represent CWS in the community.
- Sort, shelve and rotate Op Shop stock.
- Pricing and sales in the Op Shops.
- Furniture pick up and delivery.
- Maintain cleanliness and presentation of premises.
- Office reception duties.
- Clerical tasks, mail-out, filing.
- Organise catering for groups.
- Database and other IT systems input and management, (managed by Peter Feldtmann for more than 9 years).
- Manage CWS book/CD/DVD/wig libraries.
- Client transport as required.
- Undertake individual ongoing responsibility for particular projects and tasks, such as event planning and delivery, library management, data entry and archives management.
- Fund raising, community service and cancer awareness events involving volunteers and supporters in small committees and work groups.
- Board members also contribute their time, not only for Board issues, but also supporting various management functions and responsibilities that are essential for the professional and effective operation of Cancer Wellness Support.

## Volunteer Hours (Estimate of hours per month)

- Op Shops.....2720
- Board.....155
- Administration.....1865

## Recruiting Volunteers

Alison Peters is engaged part-time to address issues of volunteer recruitment, work safety training and policies. Alison prepares a quarterly Volunteer Newsletter to improve communication with all volunteers and to help keep focus on the primary goal of Cancer Wellness Support - provision of services to clients!

Sally Ireland continues to liaise with Work For The Dole agencies to provide individual work placements for people referred from the agencies.

## Community involvement is an essential characteristic of CWS, involving therapists, Op Shop donors and shoppers, fund raisers, Board members, supporters and a large band of volunteers.

- Services provided by CWS are delivered by qualified and personally insured specialist therapists. Our impressive group of therapists agree to provide their services at a subsidised cost. Service recipients make a direct payment of \$25 to the therapist and the balance (\$30 per hour) is paid from the funds raised by the Op Shops. CWS thanks all our therapists for their dedication and care of clients.
- Volunteer participation is integral for the survival of CWS. A part-time Volunteer Coordinator has facilitated more effective support, training and management of volunteers, including Work for the dole candidates. Recruitment of volunteers is constant, through word of mouth and newspaper advertising. At present, there are approximately eighty five active volunteers. Each year, approximately 35,674 volunteer hours are contributed annually to the work of CWS, at the shops or in administration, raising community awareness, or in fund raising activities and Board of Management commitments.
- Community involvement is significantly demonstrated by the generosity of donors to the Op Shops and the enthusiasm of shoppers who purchase at the shops and appreciate the opportunities to buy recycled goods at reasonable prices. Shoppers also appreciate the good management and cheerful atmosphere at the shops, as well as the user-friendly layout and accessibility of goods.
- Various groups undertake localised fund raising enterprises and contribute to CWS through community market sales, music groups, coffee clubs, personal donations and social events. These ventures draw on community assistance in a variety of ways and the Blue Mountains and Penrith Valley communities give generously! The hours, energy and expertise devoted to planning and completion of these projects could never be estimated and are greatly appreciated.

### Other Networks

- Men's Shed Katoomba
- Palliative Support Service, Lawson
- Community Health
- Nepean/Blue Mountains Prostate Cancer Support Group
- YWCA Encore (after breast cancer)
- Katoomba Women's Health Centre
- University of Western Sydney

**CWS thanks everyone for their generous participation and support.**

**It is the community's contributions that enable us to provide services for people experiencing cancer and their families.**

# 35,674

Volunteer hours are contributed annually to the work of CWS, at the shops, in administration, raising community awareness, or in fund raising activities and Board of Management commitments.

# SUNSHINE DAY

The annual Cancer Wellness Support **Sunshine Day** provides information about cancer wellness for the wider community and was held this year at the Community Hub in Springwood. Nepean/Blue Mountains Prostate Cancer Support Group, Pendragons Abreast, YWCA Encore Program and Leila O'Toole's Breast Care Salon attended to provide information to participants. Brief presentations throughout the day highlighted the variety of therapeutic modalities that are available to members at Cancer Wellness Support.



## Presentations

Are available for interested community groups, such as Rotary, Prostate Cancer Group, Probus, Glenbrook Women's Bowling Club, CWA and others.

## Medical Student Placement

Through our continuing collaboration with the University of Western Sydney, one third year medical student took up a five week placement at Cancer Wellness Support in May/June. The student gained experience of all facets of Cancer Wellness Support operations and its links with community health services in the Blue Mountains and Penrith Valley and its relevance to a holistic approach to caring for persons dealing with cancer issues and their families.



Two Computer Science students undertook to assist with rebuilding our website as their third year project. The website restructure will be completed in the coming weeks.

A beautiful crochet or knitted knee rug or handmade quilt is given to each new client. For many, these rugs symbolise comfort and care as the client attends their various treatment sessions. Rugs are made and donated by members of Springwood Red Cross, the Caring Heart Quilters and other donors.



# GOAL 4

## Best Corporate Practice

- The organisation is legally compliant. Board members are appointed by members vote for a two year period at the Annual General Meeting and contribute a range of experience and skills in business, health, welfare and management.
- Following the resignation of Kerry Fryer, Ilse Blignault joined the Board. Ilse led the 2014 research program: "Evaluation of Blue Mountains Cancer Help Model", so she is very familiar with the organisation. Ilse is a psychologist and also lectures in Research at the University of New South Wales.
- Michael McMinn from NFP Success conducted a day's training in September 2016 for Board members on Governance and Effectiveness training for "Not for Profit" organisations.
- The Board has conducted Strategic Planning workshops in each area of operation and developed and approved its Strategic Plan 2017-2019, with annual action plans, which are adjusted and revised as needed.
- Work safety awareness and training and First Aid training (where appropriate) is provided for staff and volunteers.
- The Volunteer Handbook is updated and distributed to each volunteer at orientation.
- Accounting systems have been modified to better reflect the budget and the budget process has been refined to give a truer account of monthly finances.
- Annual Financial Statements are externally audited and made available on the Cancer Wellness Support website. [www.cancersupport.org.au](http://www.cancersupport.org.au)
- Appropriate insurances are upgraded to cover changing requirements.





# Finance

## Treasurer's Report



The past year has been one of consolidation. The communities continue to support us with quality donations and volunteers generously donate their time. Both of these factors are necessary to maintain and increase the number of subsidised services provided for the ever increasing database of clients with cancer.

Funds have been allocated to improving our volunteer amenities at the Penrith Op Shop, with the completion of the lunchroom and added storage area. The garage at Warwick Street was lined and carpeted in order to provide a designated and more comfortable Art Therapy space.

Adherence to the budget, with the assistance of Kerry Fryer, has allowed the Board to plan and grow our Building Fund to facilitate the purchase in this fiscal year of a place we can call home, 104-105 Railway Parade Leura, known as "Mondeval". This purchase will create a tranquil space for therapists and staff to provide the best therapeutic environment for our clients and carers. I would like to thank my fellow board members for undertaking the many and varied tasks required to manage such a worthwhile enterprise with the rigorous scrutiny required in the Not for Profit Sector.

Bob Yates, Cancer Wellness Support Treasurer

## Cancer Wellness Support Inc. ABN: 67 202 763 705 Independent Auditor's Report to the Members

### Opinion

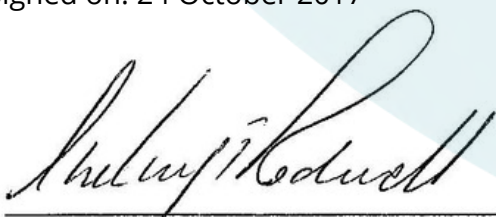
In my opinion, the financial report present of Cancer Wellness Support Inc. has been prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, including:

- a) giving a true and fair view of the association's financial position as at 30 June 2017 and of its financial performance and cash flows for the year ended on that date; and
- b) complying with Australian Accounting Standards to the extent described in Note 1 and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.

### Basis of Accounting and Restriction on Distribution

Without modifying my opinion, I draw attention to Note 1 to the financial statements, which describes the basis of accounting. The financial report has been prepared to assist Cancer Wellness Support Inc. to meet the requirements of the Australian Charities Not-for-profits Commission Act 2012. As a result, the financial report may not be suitable for another purpose.

Signed on: 24 October 2017



Shelley June Rodwell

Chartered Accountant

Member Number: 78555

A complete copy  
of CWS Financial Statement 2016-2017  
is available on our website  
[www.cancersupport.org.au](http://www.cancersupport.org.au)

# ACKNOWLEDGEMENTS

Blue Mountains City Council Possum Printing  
Penrith City Council  
Blue Mountains Burglar Alarms  
Maurice Cooper, OAM - Bygone Beauties  
Penrith Business Alliance  
Blue Mountains Chamber  
iKOU  
Rotary - Katoomba and Wentworth Falls  
Leura Gardens Festival Committee  
The Carrington Hotel, Katoomba  
Nepean/Blue Mountains Prostate Cancer Support Group  
Blue Mountains Food Co op  
Blackheath Family Shoe Store  
Springwood Red Cross  
Caring hearts Quilters  
Blue Mountains Woodturners  
Inner Wheel Penrith  
Henry Lawson Club  
Ravir Boutique, Blackheath  
Hominy Bakery, Katoomba  
Bendigo Bank, Katoomba  
Nepean Regional Security  
Qantas  
Mountain's Women's Coffee Club  
CWA, Leura  
Michael Small - Photography  
Peter Feldtmann - Computer Specialist  
Glenbrook Panthers Women's Bowling Club  
Blue Mountains Gazette  
The Echo  
Complete Recruitment Solutions, Penrith  
Katoomba Bargain Books  
Bennett's Printing  
Pat and Dick Harris, Nurserymen  
Harmony at Home, Blackheath  
Anonymous Donors

Grateful thanks to Viviane Blake for providing us throughout the years with her exceptional artistic skills in designing this Annual Report, and many other creative projects.

Grateful thanks also to Peter Feldtmann for keeping us on track with all our IT needs, and his endless patience and support of our work.

Blue Mountains and Penrith Valley Cancer Wellness Support, thank these and our many other donors and fund raisers and also the contributors and shoppers at our Op Shops



# Centre Locations

## **Blue Mountains Cancer Wellness Support Centre**

104/105 Railway Parade, Leura  
PO Box 18 Katoomba 2780  
ph: (02) 4784 2297 | fax: 02 4784 2295  
email: [headoffice@cancersupport.org.au](mailto:headoffice@cancersupport.org.au)  
web: [www.cancersupport.org.au](http://www.cancersupport.org.au)  
ABN: 67 202 763 705

## **Penrith Valley Cancer Wellness Support Centre**

56 Warwick Street, Penrith Valley  
ph: (02) 4721 1317 | fax: 02 4721 1564  
email: [penrith@cancersupport.org.au](mailto:penrith@cancersupport.org.au)

# Op Shop Locations

## **Katoomba**

Units 1-3/27 Whitton Street, Katoomba 2780  
ph: (02) 4782 6076  
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