



# 2017-2018 ANNUAL REPORT

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



# From the Founder & CEO

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It has indeed been a year of many changes. We changed our name and adopted new branding as Cancer Wellness Support Incorporated in order to allow the potential for growth into other regions in the coming years. I believe our new name and colours have lifted our profile and given us a fresher look.

Our new Blue Mountains centre has increased accessibility for our clients and the added space has allowed us to double the number of group activities. The building and grounds are indeed beautiful and have a calming effect on all who visit and work here.

The third change has been a less positive one for me in that I have had to consider retirement much sooner than planned due to my health. I have received enormous support through this from the Board, Staff, Volunteers and Clients of CWS and all the messages of encouragement have been greatly appreciated. I am experiencing the impact of a serious illness first hand and the importance of strong support can never be underestimated.

We have provided a record number of client services in the last financial year and it is indeed humbling to see the growth of our service and the continued support of both the Blue Mountains and Penrith Valley communities.

It has taken thirteen years to establish our solid base in the area of effective cancer support and the awareness of our service is growing and hopefully continues to be available for anyone who may need it into the future. I plan to remain as a Board member and look forward to seeing the next phase of Cancer Wellness Support under strong and experienced leadership whilst maintaining the philosophy of this unique and important service.

Robyn Yates OAM





# From the Chairman

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On behalf of the Board of Directors of Cancer Wellness Support, we commend to you our Annual Report of services and trading, as well as our audited figures for the year 2017 - 2018.

The Board acknowledge the vision and leadership of Robyn Yates OAM as the founder and CEO of this remarkable community organisation, which she established thirteen years ago to assist those experiencing cancer in the Blue Mountains and Penrith Valley communities.

Due to her own ongoing health difficulties, Robyn plans to withdraw from the management of CWS in the coming months. She will remain a member of the Board.

The Board is now considering a restructuring process and will proceed with appropriate appointments of new management personnel as required. Once again the Board wishes to acknowledge the management, staff and volunteers of both the Katoomba and Penrith Valley Op Shops, which continue to enjoy support in both donations and a retail level. A key part of our operation is the Therapists who attend to our clients with such care, compassion and professionalism.

This past year we have succeeded in achieving the goals set out in our Strategic Plan. Our new headquarters in Leura has proved to be an enormous asset to our organisation, as we are now able to offer therapies, courses and seminars in house and do not have to hire other venues.

As an organisation we are strongly committed to assisting those living with cancer, their partners, carers and families and the greatest reward to us as an organisation is to make a difference to their lives through our caring, compassionate 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 - 2018

## Vision

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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

## Mission

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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.



Cancer Wellness Support (CWS) exists to offer a range of complementary therapies to assist and support individuals and their families throughout the 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, encouraging 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.



# GOAL 1

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

## Therapies

### Massage (Oncology)

This therapy is constantly in demand for clients. Massage assists in reduction of 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.

### 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 the body's lymphatic system is damaged by radiotherapy or surgery. Many clients require regular and long-term assistance. Management of lymphoedema by a qualified therapist includes specific drainage techniques, compressive bandaging, fitting of appropriate compression garments and education about specific limb exercises.

### Reflexology

This type of bodywork is 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.

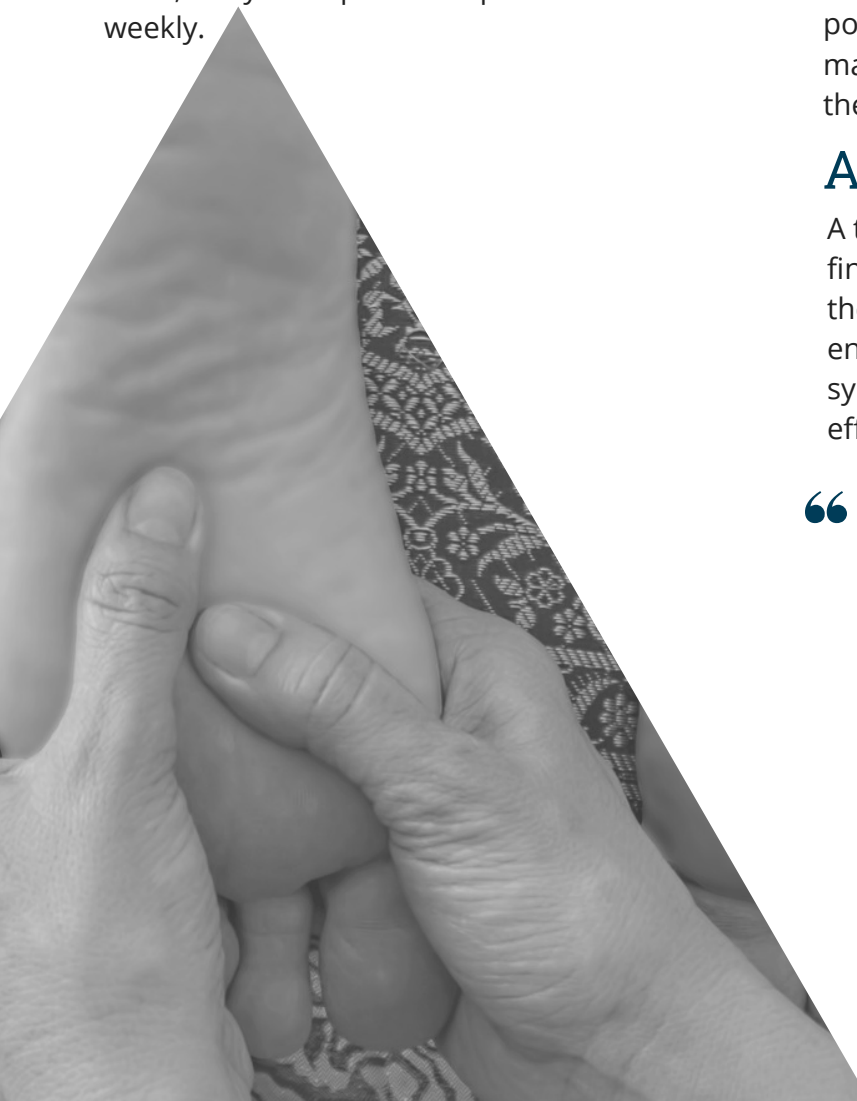
### Acupuncture

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 chemotherapy and radiotherapy.

“

I feel honoured and privileged to be involved with CWS. I offer massage, reiki and reflexology in both centres. I enjoy working with our clients on a physical, emotional and spiritual level. It leads to a deeper connection in support of nurturing the body. The connection that happens between us is immense and through the journey of highs and lows, there is always truth, trust and love.”

Suma Lina Rizzo (Therapist)





## Qi Gong

This mind-body approach 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 at both Cancer Wellness Support centres.

## Art Therapy

A form of psychotherapy 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. Strategies and techniques are introduced that can be carried into daily health practice.

## Reiki

This safe, natural and simple method of promoting well being, benefits 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.

## 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.



# 6,087

This 2017-2018 total of client services delivered represents a 9% increase on the previous year's total therapies and services.

“

As a Counsellor, I am honoured to be able to walk beside people when they are experiencing the sharp edges of their cancer journey as well as help them find the soft place of care under the umbrella that is Cancer Wellness Support. To engage in such unique relationships is, simply, food for the mind, body and spirit. ”

Viv Maitland (Counsellor)



## Group therapies

Support Groups, Gentle Exercise, Mindfulness Meditation and Art Therapy groups are held regularly, providing emotional and psychological support for clients and their carers in a group setting. Yoga and Qi Gong have been conducted regularly at Leura and in the lower Mountains/Penrith regions. These groups can provide added insight, education and expanded life skills for participating clients.

## 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 the 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 Blue Mountains and Penrith Centres, and are utilised by clients and carers. Loans are available for a gold coin donation.

## 'Living & Thriving' Program

This unique 3 day program is an educational opportunity designed for people living with cancer and also their support people. The program brings together the best of the holistic methods and approaches available, and introduces participants to evidence based and effective lifestyle options that help them to live with and overcome the challenges of cancer. The approaches taught are additional and complementary to any other treatment choices. Topics addressed include meditation practice, nutrition, caring for self and others, balancing the demands of daily life, pain management and developing a personal cancer program.

## 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 provided.

## 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 joined the support group to connect with others who have experienced cancer. I've met many interesting people and found support and understanding. Viv's warmth and kindness creates a welcoming group where we can share our stories with both laughter and tears.”

Shelley Harrison (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)

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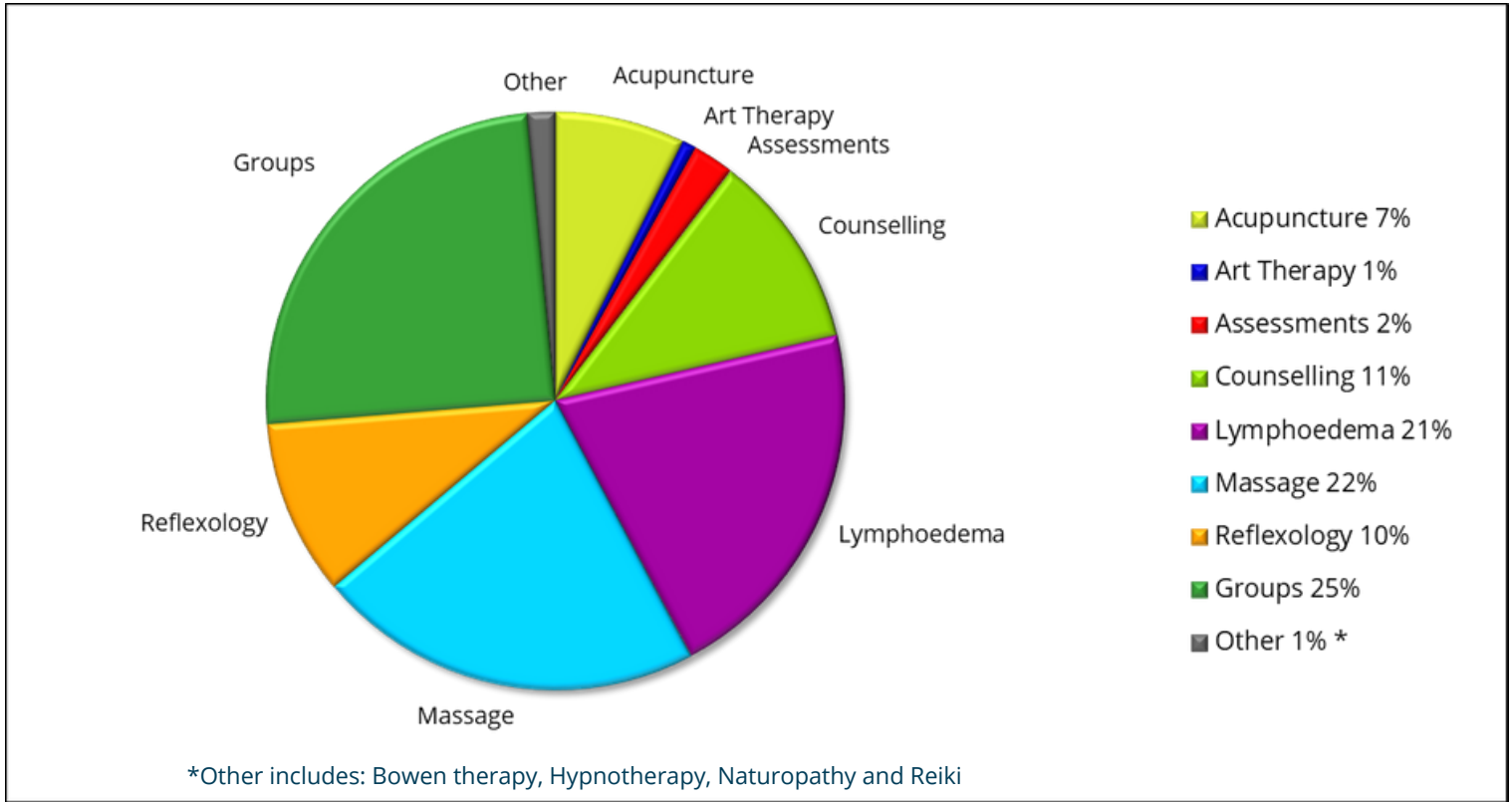
I joined the support group so I could better understand how to help my husband and to gain insight from both sides to help with the cancer journey. ”

Bernadette (carer)

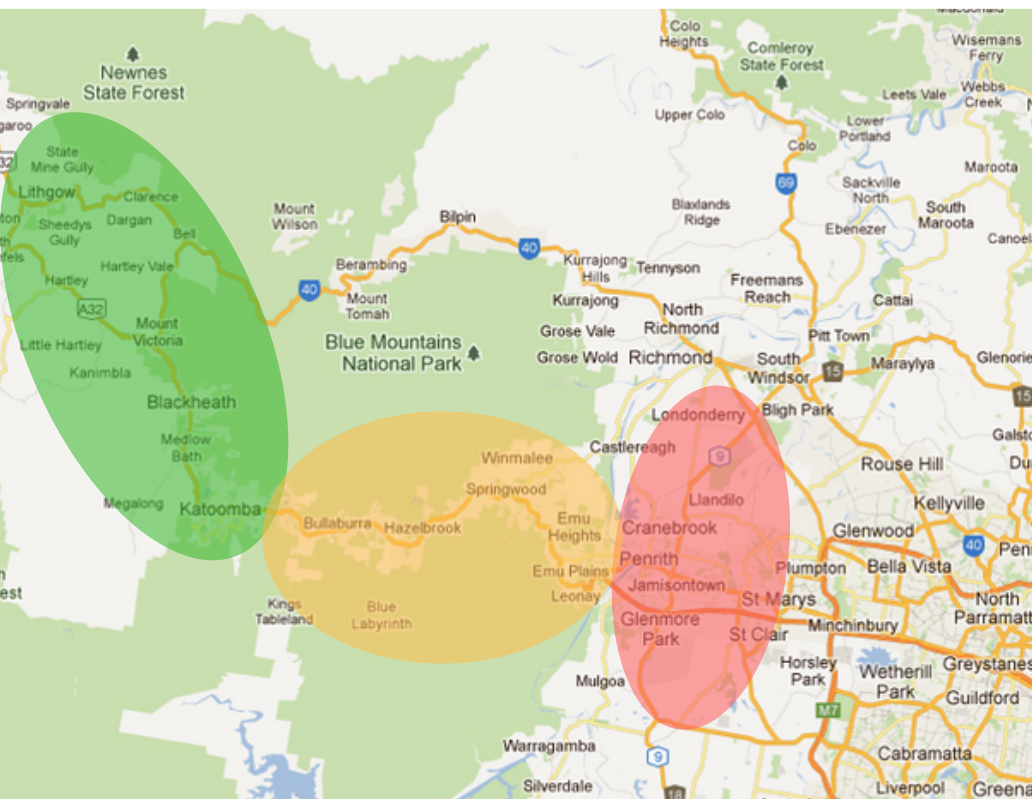




# Subsidised services delivered 2017 - 2018 (total number 6,087)



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

- Upper Mountains 42%
- Lower Mountains 13%
- Penrith Valley 38%
- Other 7%

# GOAL 2

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

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 staff, volunteer teams and our Op Shop managers has underpinned the continued growth and success of both shops. Katoomba is managed by Merilyn Brown with assistant manager Tony Holgate and Penrith is managed by Gail Searle with assistant manager Maria McLean. Added support and holiday relief has been provided by other part-time staff in both shops. The managers' leadership skills involve retail management, combined with supervision and training of volunteers. WHS training is provided for new volunteers ensuring compliance with Work Health and Safety 2012 legislation.



**Merilyn Brown**

"Managing our Katoomba shop allows me to be part of a culturally diverse community. A community of generous, kind people who open their hearts and wallets to help each other. Each day I work with people who give their time to make our shop colourful, interesting and fun. I am proud that the funds we raise are used for this community should they need help."



**Gail Searle**

"My time with Cancer Wellness Support Penrith op shop has been a very rewarding experience. I think it has made me a more compassionate and understanding person when dealing with volunteers and customers. We get good feedback from customers who shop here because they know someone with cancer and they want to support us that way."

Both Katoomba and Penrith op-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 variety of business donations of recycled fixtures and fittings. A second truck driver has been employed to meet the constant demand for pick-ups and deliveries.

**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!**

# The Blue Mountains Centre

The exciting development occurring in July 2017 was the relocation of the Cancer Wellness Support Blue Mountains Centre from Katoomba to premises at Railway Parade Leura. Within this first year, the new Centre has proven its worth in many ways.

Three private therapy rooms are now available for individual massage, counselling and other therapies providing increased accessibility for our client members to subsidised services.

A dedicated wigroom showcases our selection of wigs, which are available on loan, in a private and comforting space.

Groups including Yoga, Qi Gong and Gentle Movement are offered weekly and other workshops including Mindfulness Meditation, Art Therapy and Dr Ben de Silva's 'Wellness: Meeting the Challenge of Ill Health', are regularly programmed throughout the year. The provision of these services in the Upper Mountains has more than doubled since the previous year, providing valuable care for our clients.

The Centre also accommodates larger events, including workshops ('Living and Thriving' three day Program), information days (Sunshine Day), staff gatherings and Christmas and other celebratory events without the costs of venue hire.

Large and small rooms are available for private or open meetings.

Expanded administration space, relaxed hospitality with rest areas and the convenience of onsite parking or easy access by public transport have all contributed to the "wellness" environment supporting our clients' wellbeing. The expansive garden is available for gentle exercise and quiet reflection.

## And at Penrith Centre

Service delivery has progressively consolidated since the centre opened in 2016. There is now a regular schedule of therapists available daily to provide various services for clients.

Participation in group therapies has increased fourfold during 2017-2018 including Art Therapy, Mindfulness Meditation groups, Qi Gong and Yoga .

Clients can also access a variety of services in therapists' own professional rooms in the Blue Mountains and Penrith Valley/Hawkesbury areas.





# Corporate Sponsorship

Corporate sponsorship is new to CWS and offers an opportunity for the business community to partner with us. Sponsorship levels are Platinum at \$5000, Gold at \$2500 and Silver at \$1000 per annum.

Sponsors benefit through the opportunity to profile their business within the local community, and may include placement with a link on the CWS website, Facebook page opportunities, invitations to events, inclusion in newsletters, plus display of business name and logo on signage at Penrith and Katoomba Op shops.

Corporate sponsorship recognition also identifies for staff, customers and the wider community those businesses who support CWS in caring for their local community. These partnerships, created through sponsorship, have been shown to lead to further constructive interactions and support.

Current Platinum Sponsors include Complete Recruitment Solutions and Leura Gardens Festival; Gold sponsors are Nepean & Blue Mountains Prostate Support Group Inc. and Blue Mountains Fine Flowers while Mountain Whispers is a Silver Sponsor.

CWS attended the Blue Mountains Regional Chamber of Commerce Business Expo on Wednesday 2nd of May, building stronger relationships with other local organisations. Other opportunities included a display table at Women with Altitude's Blue Mountains Showcase at the Carrington Hotel on the 16th of May and other business connections through attendance at Penrith Valley Chamber of Commerce monthly events.



# GOAL 3

Engagement of local community support and participation on all levels

## 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.
- 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.
- Assistance in fund raising, community service and cancer awareness events involving volunteers and supporters in committees and working groups.
- Board members contribute their time, not only for Board issues, but also support various management functions and responsibilities that are essential for the professional and effective operation of Cancer Wellness Support.

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

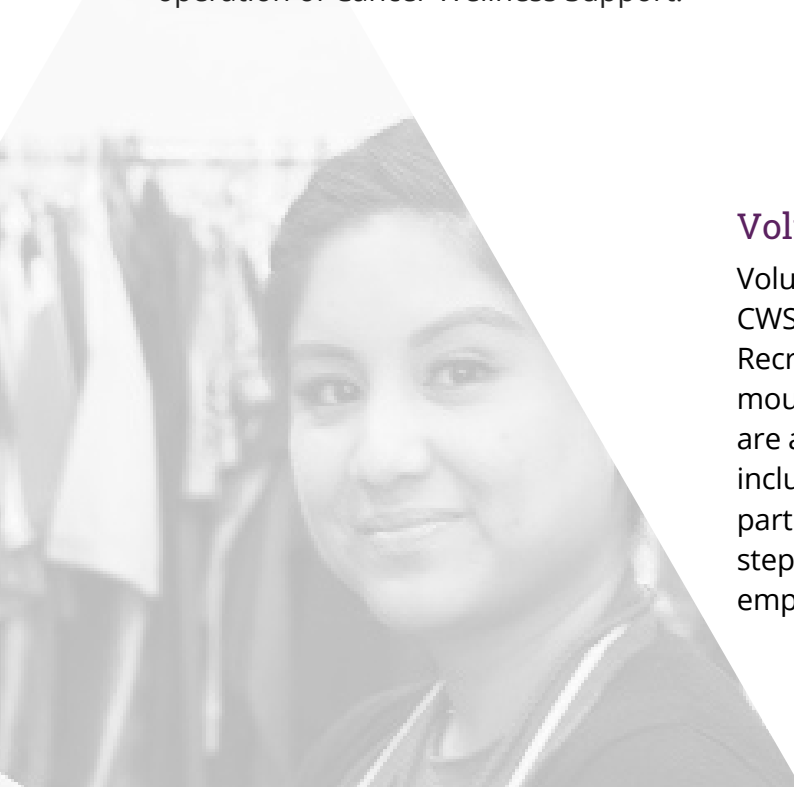
### Volunteer Hours

(Estimate of hours per month)

- Op Shops.....2040
- Board.....188
- Administration /Events /Gardens.....1042

## Volunteer Co-ordination

Volunteer participation is integral for the survival of CWS and is the mainstay of our two busy Op Shops. Recruitment of volunteers is constant through word of mouth and newspaper advertising. At present, there are approximately eighty five active volunteers including Work for the Dole participants. For some participants, their contribution at the shops becomes a stepping stone towards gaining permanent employment elsewhere.



# 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 is paid from the funds raised by the Op Shops. CWS thanks all our therapists for their dedication and care of clients.
- 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.
- 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.

## 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.**

“

I work at the Cancer Wellness op shop 5 days a week. I really enjoy it here, the people are friendly, the atmosphere is positive and I have made some good friends. Working here has helped me immensely to reach out to people, giving me a sense of purpose. It makes me feel useful and I like liaising with customers.”

Carol Basiuk (Volunteer Penrith shop)

# 39,240

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.

**A beautiful crochet or knitted knee rug or handmade quilt is given to each new client. For many, these rugs symbolize 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.**



## **SUNSHINE DAY**

The annual Cancer Wellness Support Sunshine Day provides information about cancer wellness and support for the wider community and was held this year in June at CWS Centre at Leura. Representatives from Nepean/Blue Mountain Prostate Cancer Support Group, Leila O'Toole's Breast Care Salon, Arbonne International, Digital Age Lawyers and Red Fern Lingerie 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.

### **ArtyBra & Tie 2018 is underway!**

This event will be held in the latter part of this year as a major fund raising venture. This biennial event also raises awareness of CWS services. Again CWS, will be appealing to the community to decorate and donate an ArtyBra or Tie. The event has proved a popular highlight in previous years, drawing on many varied creative and artistic skills in the community.

Exhibitions of entries will be held at the Joan in Penrith for two weeks in August, followed by a further ten days at Ben Roberts Gallery in Lawson. The final auction of all entries will take place at a function at The Carrington Hotel, Katoomba in September.

### **Presentations**

Presentations about CWS services can be arranged for interested community groups and during this year were provided for Rotary groups, Prostate Cancer Groups, hospital personnel, Probus, Glenbrook Women's Bowling Club, CWA and others. A short video outlining the services of CWS was recently completed. The video can be viewed on CWS website [www.cancersupport.org.au](http://www.cancersupport.org.au).

### **Medical Student Placement**

An important link for CWS with the University of Western Sydney provides a five week placement opportunity for third year medical students at our centres. The student gains experience of all facets of Cancer Wellness Support philosophy and operations, 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.



“

Cancer Wellness Support has been an incredible support for me this year. After my diagnosis I felt anxious and confused but found no psychological support in the medical system. The staff at (Cancer) Wellness Support were instantly welcoming and caring, with a highly skilled team of therapists and genuinely caring support staff. The therapies on offer are wonderful and I have found them truly useful, supporting holistic health like no other place I have experienced. ”

Lisa Forrest (client)

## 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  
Chairman shall be sufficient  
discharge to my executors  
for this bequest'.**

# GOAL 4

## Best practice Corporate Governance

### Corporate Best 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.
- Workplace Health & 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.
- New accounting systems have provided upgraded reporting for the organisation's financial management.
- 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.

### Treasurer's Statement



The last year has seen further growth in sales and patronage of the lifeline of our charity, our two Op Shops.

Both Katoomba and Penrith attract many customers due to the quality and pricing of our abundant donations, under the watchful eye of our very capable managers, for which the Board is most grateful. Their untiring work and supervision of our dedicated band of volunteers is the cornerstone of our success in terms of providing much needed, subsidized therapies to our growing client membership. Our new home, "Mondeval" at Leura, has provided us with a tranquil space for the provision of our many therapies and groups.

Last year alone we were able to provide in excess of 6,000 therapies and services.

Consolidation and implementation of structures put in place by our retiring CEO will remain our priority in the coming year.

In closing I would like to thank my fellow Board members and Kerry Fryer for their continued support.

Bob Yates, Treasurer

**Cancer Wellness Support Inc**

ABN: 67 202 763 705

**Independent Auditor's Report to the Members**

**Opinion**

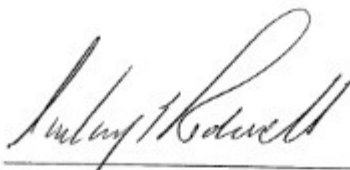
In my opinion, the financial report present of Cancer Wellness Support Inc has been prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, including:

- (a) giving a true and fair view of the association's financial position as at 30 June 2018 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 and Not-for-profits Commission Act 2012. As a result, the financial report may not be suitable for another purpose.

Signed on : 12 September 2018



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Shelley June Rodwell

Chartered Accountant

Member Number: 78555



# Cancer Wellness Support Inc.

ABN 67 202 763 705

## Financial Statements

For the year ended 30 June 2018

Shelley June Rodwell  
21 Main Street | PO Box 395  
Lithgow 2790  
ph: (02) 6352 3152 | fx: (02) 6351 3219



**Cancer Wellness Support Inc**  
**ABN 67 202 763 705**  
**Income and Expenditure Statement**  
**For the year ended 30 June 2018**

	2018	2017
	\$	\$
<b>Income</b>		
Op Shop Income	1,495,089.62	1,370,074.12
Fundraising Income	12,162.36	1,483.00
Grants & Sponsorship	35,506.02	45,556.90
Client Services	5,323.65	9,410.50
Membership Fees	13,350.65	
Donations	25,453.57	47,832.40
Support Groups	4,349.80	
Interest received	7,449.71	13,724.78
Total income	<u>1,598,685.38</u>	<u>1,488,081.70</u>
<b>Expenses</b>		
Advertising & promotion	8,407.33	7,068.30
Audit fees	1,000.00	
Bank fees & charges	10,629.86	1,448.52
Borrowing expenses	6,242.80	
Cleaning & rubbish removal	69,921.32	63,620.73
Client Services	25,768.40	14,938.86
Client Therapies	176,589.30	142,546.72
Computer Expenses	376.73	3,336.36
Consultants fees	350.00	1,950.00
Consumables	852.74	34.60
Depreciation - Other	11,940.00	12,681.00
Filing Fees, Licences & Reg Fees	599.64	133.67
Flowers & Gifts	2,879.05	2,253.54
Fundraising Expenses	11,286.54	3,164.06
Gardening & Grounds Maintenance	3,158.55	
Hire/Rent of plant & equipment		969.86
Insurance	5,175.65	2,469.11
Interest - Australia	49,481.38	
Meeting Expenses	3,567.99	4,153.87
Membership Cards Stickers Pins	305.99	
Motor Vehicle Expenses	43,893.39	31,715.32
Op Shop Expenses		

The accompanying notes form part of these financial statements.

**Cancer Wellness Support Inc**  
**ABN 67 202 763 705**  
**Income and Expenditure Statement**  
**For the year ended 30 June 2018**

	2018	2017
	\$	\$
Katoomba	103,124.71	121,474.81
Penrith	124,806.39	150,190.66
Office Administration		
Leura	51,427.69	
Warwick	51,066.06	27,767.12
Postage	2,255.15	2,558.88
Printing & stationery		8,409.71
Rates & land taxes	5,023.58	
Repairs & maintenance	458.18	237.95
Replacement Tools & Equipment		7,281.64
Staff amenities		289.79
Staff training	976.14	2,841.01
Subscriptions & Memberships	1,901.78	1,795.37
Travel Expenses	5,538.92	2,707.08
Volunteer Expenses	9,536.54	13,904.16
Wages & Employment Expenses	567,603.40	478,101.34
Total expenses	<u>1,356,145.20</u>	<u>1,110,044.04</u>
<b>Net profit attributable to the association</b>	<b><u>242,540.18</u></b>	<b><u>400,151.14</u></b>
<b>Total changes in equity of the association</b>	<b><u>242,540.18</u></b>	<b><u>400,151.14</u></b>
Opening retained profits	1,142,610.10	742,458.96
Net profit attributable to the association	<u>242,540.18</u>	<u>400,151.14</u>
<b>Closing retained profits</b>	<b><u>1,385,150.28</u></b>	<b><u>1,142,610.10</u></b>

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The accompanying notes form part of these financial statements.

**Cancer Wellness Support Inc**  
**ABN 67 202 763 705**  
**Detailed Balance Sheet as at 30 June 2018**

	Note	2018	2017
		\$	\$
<b>Current Assets</b>			
<b>Cash Assets</b>			
Cash At Bank - Bendigo Bank		74,299.22	91,084.62
Cash At Bank - Donation A/c		10,222.57	9,142.16
Cash At Bank - Bendigo Bank C/card		566.77	3,708.57
Cash At Bank - Building Fund A/c		169,836.28	783,026.17
Cash Floats		525.00	525.00
		255,449.84	887,486.52
<b>Receivables</b>			
Trade debtors		20,870.03	4,620.00
		20,870.03	4,620.00
<b>Current Tax Assets</b>			
GST payable control account		(98.84)	(52.34)
Input tax credit control account		15,144.34	14,545.45
		15,045.50	14,493.11
<b>Other</b>			
10% Deposit On Property Purchase			235,000.00
Prepayments		15,978.32	39,295.92
Rental Bond - Penrith		7,975.00	7,975.00
		23,953.32	282,270.92
<b>Total Current Assets</b>		<b>315,318.69</b>	<b>1,188,870.55</b>

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The accompanying notes form part of these financial statements.

**Cancer Wellness Support Inc**  
**ABN 67 202 763 705**  
**Detailed Balance Sheet as at 30 June 2018**

	Note	2018	2017
		\$	\$
<b>Non-Current Assets</b>			
<b>Property, Plant and Equipment</b>			
Freehold Land & Building - Mondeval		2,353,293.33	
Leasehold improvements		35,593.95	4,486.45
Less: Accumulated depreciation		(2,181.00)	(1,302.00)
Plant & equipment - At cost		14,593.48	8,378.41
Less: Accumulated depreciation		(2,805.00)	(782.00)
Motor vehicles - At cost		67,092.56	47,092.56
Less: Accumulated depreciation		(19,635.00)	(10,597.00)
		<u>2,445,952.32</u>	<u>47,276.42</u>
<b>Total Non-Current Assets</b>		<u><b>2,445,952.32</b></u>	<u><b>47,276.42</b></u>
<b>Total Assets</b>		<u><b>2,761,271.01</b></u>	<u><b>1,236,146.97</b></u>
<b>Current Liabilities</b>			
<b>Payables</b>			
<b>Unsecured:</b>			
Trade creditors		50,121.20	38,324.20
Other Creditors		12,124.17	
		<u>62,245.37</u>	<u>38,324.20</u>
<b>Current Tax Liabilities</b>			
Amounts withheld from salary & wages		16,969.00	12,524.00
Superannuation Payable		14,283.24	10,309.76
		<u>31,252.24</u>	<u>22,833.76</u>
<b>Other</b>			
Memberships In Advance		2,262.35	2,276.55
		<u>2,262.35</u>	<u>2,276.55</u>
<b>Total Current Liabilities</b>		<u><b>95,759.96</b></u>	<u><b>63,434.51</b></u>

The accompanying notes form part of these financial statements.



**Cancer Wellness Support Inc**  
**ABN 67 202 763 705**  
**Detailed Balance Sheet as at 30 June 2018**


	Note	2018	2017
		\$	\$
<b>Non-Current Liabilities</b>			
<b>Financial Liabilities</b>			
<b>Secured:</b>			
Bank Loans - Bendigo Bank		1,238,540.31	_____
		<u>1,238,540.31</u>	<u>_____</u>
<b>Provisions</b>			
Employees entitlements		41,820.46	30,102.36
		<u>41,820.46</u>	<u>30,102.36</u>
<b>Total Non-Current Liabilities</b>		<u><b>1,280,360.77</b></u>	<u><b>30,102.36</b></u>
<b>Total Liabilities</b>		<u><b>1,376,120.73</b></u>	<u><b>93,536.87</b></u>
<b>Net Assets</b>		<u><b>1,385,150.28</b></u>	<u><b>1,142,610.10</b></u>
 <b>Members' Funds</b>			
Accumulated surplus (deficit)		1,385,150.28	1,142,610.10
<b>Total Members' Funds</b>		<u><b>1,385,150.28</b></u>	<u><b>1,142,610.10</b></u>

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The accompanying notes form part of these financial statements.

# Acknowledgements

Maurice Cooper, OAM - Bygone Beauties  
Penrith Business Alliance  
Blue Mountains Regional Business Chamber of Commerce  
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  
Inner Wheel Penrith  
Ravir Boutique, Blackheath  
Hominy Bakery, Katoomba  
Bendigo Bank, Katoomba  
Nepean Regional Security  
Mountain's Women's Coffee Club  
Michael Small - Photography  
Glenbrook Panthers Women's Bowling Club  
Blue Mountains Gazette  
Complete Recruitment Solutions, Penrith  
Bennett's Printing  
Pat and Dick Harris, Nurserymen  
Western Weekender  
Anonymous Donors



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.

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

# 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

email: [katoombaopshop@cancersupport.org.au](mailto:katoombaopshop@cancersupport.org.au)

## **Penrith**

211 High Street, Penrith 2750

ph: (02) 4721 5823

email: [penrithopshop@cancersupport.org.au](mailto:penrithopshop@cancersupport.org.au)