



THE POWER OF COMMUNITY: SUPPORTING WELLNESS

ANNUAL REPORT
2022/2023



Acknowledgment of Country

We respectfully acknowledge the traditional custodians of the Country (Ngurra) on which we operate in the Blue Mountains and Penrith Valley, the Dharug and Gundungurra peoples. We recognise their enduring connection to this land, their rich cultural heritage, and pay our respects to Elders past, present and emerging.





Everyone who comes to the Blue Mountains experiences nature’s soothing embrace, with serene landscapes and crisp air that invite contemplation. The tranquil forests, misty valleys, and cascading waterfalls create an atmosphere of calm, providing solace for the soul and a sanctuary for healing and rejuvenation.

At the foot of the mountains, the Hawkesbury-Nepean River gracefully winds through ancient valleys, home to unique biodiversity and generations of people. Water is the lifeblood of Country—physically and spiritually it binds together all living things.

A focus on wellness flows into all we do at Cancer Wellness Support. Whether we meet you in the Blue Mountains, Penrith or in the Hawkesbury, we invite you to soak up the healing properties of nature.

Our logo is inspired by the flannel flower, an iconic native Australian plant that is prolific in the Blue Mountains, and carries more than just beauty. Known to come back after devastating fire, it is a symbol of hope, survival and joy—perfectly encapsulating everything that we do at Cancer Wellness Support.



Robyn Yates OAM

In perpetual gratitude, we honour our founder Robyn Yates OAM, whose legacy defines Cancer Wellness Support. Her vision, values and principles continue to guide us today. Our headquarters in Leura is named the Robyn Yates Centre. We also have two wellness centres in Leura and Penrith, and are supported by our op shops in Katoomba and Penrith.

We also acknowledge our current and past Board members, management team, staff, therapists and volunteers. Everyone has made their mark on Cancer Wellness Support, and has given to the unfolding of our purpose.

From our foundations in the Blue Mountains, we are building our services in the Nepean-Hawkesbury region, working collaboratively and in partnership, and embracing the dynamics of a growing and diverse community.



2023 SNAPSHOT

666

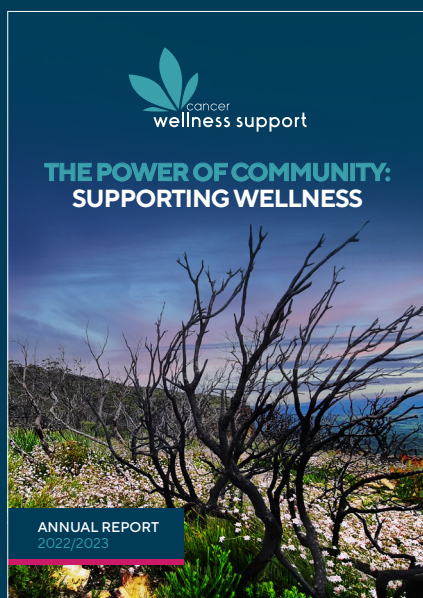
Members

92

Volunteers

27,739

Volunteer Hours



Front Cover image: After ravaging 2020 bushfires in Australia, heavy rain led to flooding bringing even more devastation. These circumstances created perfect conditions for a rare pink flannel flower (*Actinotus forsythia*) to bloom in the Blue Mountains region. This flower only blooms every 10-20 years when conditions are right (heavy bushfires followed by heavy rain). Its botanical name can be translated to "ray of hope".

40
Therapists

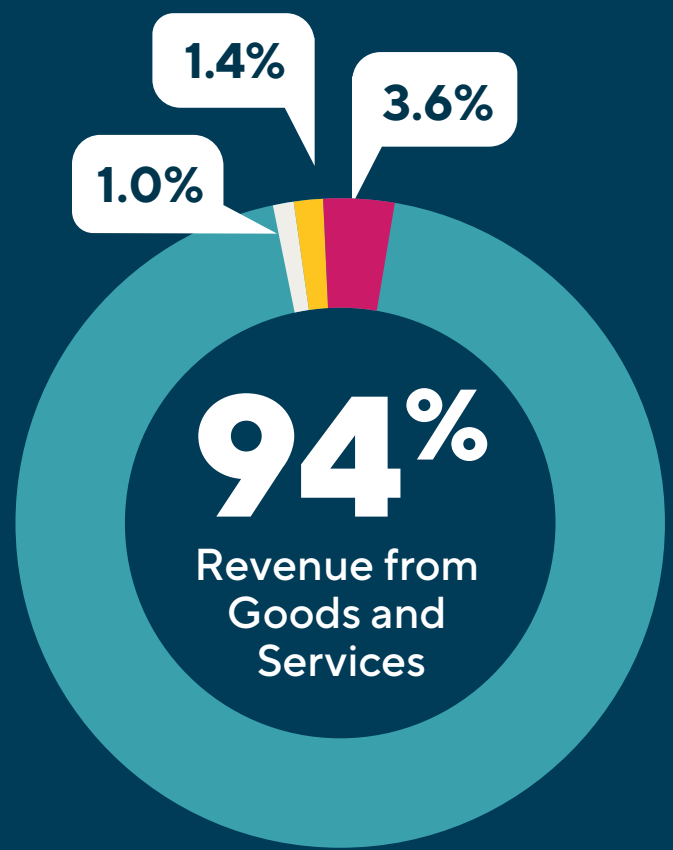
5,060
Therapies

27
Types of Therapies
& Workshops



\$2,099,496
Total Revenue

- Revenue from Government
- Other Revenue
- Revenue from Donations & Bequests
- Revenue from Goods & Services



Our Charitable Status

Cancer Wellness Support is a registered charity with the Australian Charities and Not-For-Profit Commission (ACNC).

Our deductible gift recipient endorsement from the Australian Taxation Office means your generous donations are eligible for tax deductions.

We are a medium-sized organisation and maintain audited financial reports for transparency and accountability.



Memberships



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About Us

Established by Robyn Yates in 2005, we are a locally based, not-for-profit organisation servicing the Blue Mountains, Penrith and Hawkesbury regions.

We offer a range of services to assist and support individuals and their families as they live with cancer.

This year, we provided 5,060 subsidised complementary therapy sessions. Key therapies include counselling, massage, meditation, acupuncture, yoga, Qigong, reflexology, reiki, lymphoedema management, expressive arts therapy and Bowen therapy.

We also offer holistic education, wellness retreats and group programs for our members.

We pride ourselves on our whole-person approach. Being self-funded, we are able to offer this personalised support for as long as needed.



Our Purpose

Cancer Wellness Support is an innovative, compassionate, community-driven organisation that provides holistic, person-centred complementary care.

We support cancer clients and their families in retaining their sense of control and balance whilst at all times giving hope to those in challenging circumstances.

Our Values

We are a values-based community organisation that is driven by our purpose to ensure that our much needed services are accessible and affordable within the community.

Our values are:



Care

Creating the time to actively listen, hear and act with kindness



Compassion

By being present—no judgement, no advice



Collaboration

We nurture relationships to achieve a shared purpose



Innovation

We create an environment to explore, share ideas, problem solve and embrace change



Confidentiality

Providing a safe space that honours people's right for privacy



Respect

Acceptance through shared values



Community: Working together on something bigger than ourselves



Chair & Board Message

Ilse Blignault – Chair



In our 18th year of operation and on behalf of my fellow board members of Cancer Wellness Support, I commend to you our annual report including audited accounts for the financial year 2022-2023.

This year saw several changes to CWS board and management, and adoption of a new 3-year strategic plan.

At our Annual General Meeting in November 2022, Bob Yates and Kevin Stapleton stepped down as board directors. Both were founding members and board directors and we thank them warmly for their many years of dedicated service.

On the new skills-based board, Judith Field and I were joined by Paul Harris, Denise Shaw, Merrilyn Tinsley and Jared Pichler.

To support the work of the organisation, the board has established four committees: a Finance, Audit and Risk Management Subcommittee, a Client Services and Clinical Governance Advisory Committee (including clients, carers and service providers), a Facilities and Audit Advisory Committee, and a Fundraising and Sponsorship Advisory Committee.

Also in November 2022, Deborah Shepherd joined us as our new Chief Executive Officer (CEO), taking over from Kevin Stapleton who stepped in as Acting CEO while we recruited to fill the position.

It has been a very busy and productive year, operationalising and working on implementation of our ambitious strategic plan. There have been many highlights, as you will read in the following pages.

We acknowledge the dedication and hard work of all our managers, staff, volunteers and therapists. In addition to the strong, values-based leadership of our CEO, I particularly want to recognise the achievements of our three senior managers: Viv Maitland (Client Services), Gail Searle (Retail) and Louise Palmer (Operations).

In the Client Services area, the team is taking forward the recommendations of the 2021-2022 Client Services Review.

In the Retail area, both op shops continue to go from strength to strength, providing the necessary funds that enable us to engage qualified and experienced therapists and nurses to deliver subsidised complementary care and support to people living with cancer and their families.

In the Operations area, information and communication systems across the organisation (including cybersecurity) have been a major focus.

The CEO led a review of the CWS brand that was followed by development of a comprehensive marketing and communications strategy and plan, as well as a review of sponsorship and fundraising opportunities to diversify our income stream.

Last but not least, we wish to acknowledge all our members and the broader community for their generous donations, our loyal op shop customers and our sponsors. Without you, we couldn't do what we do.

In the coming year, we look forward to our organisation continuing to grow and support people living with cancer and their families in the Blue Mountains, Penrith Valley and the Hawkesbury.



CEO Message

Deborah Shepherd



Our organisation is driven by the power of community.

The extraordinary generosity shown by our volunteers, therapists, staff and the wider community around us is phenomenal. Their contributions, be it through time, reduced-rate services or monetary and op shop donations, embody an incredible spirit of giving that continues to amaze me.

Within our op shops, a genuine circular economy thrives, and our volunteers and team bring a sense of community and service with their dedication to our purpose.

Since my appointment in November 2022, we have embraced our 3-year strategic vision, with a central focus being affordability, accessibility and a continuance of support to people living with cancer and their families in our community.

The historic Robyn Yates Centre, built in 1895, houses our headquarters and Leura wellness centre. Its century-old slate tile roof, marked by time's passage, faced water damage and erosion. This year's roof restoration marked both preservation and progress.

With a focus on expansion, a serene wellness cabin at our Penrith wellness centre was built to increase capacity within this part of our community.

Building community connections and fostering collaborations has been a priority to grow brand awareness and widen our community reach.

Guided by one of our core values of innovation, we re-evaluated the way we do things. Balancing burgeoning demand with finite resources continues to underscore the need for prioritisation, streamlining processes, new

waste management strategies and cost-saving measures while continuing to place our focus and energy in building strong foundations.

Staff and volunteer engagement flourished, enriched by values-based initiatives and the enhancement of our Volunteer Handbook. Regular meetings and appreciation events galvanised a united workforce, acknowledging every contribution's significance.

When I arrived, Cancer Wellness Support was recuperating post COVID-19. Our main source of income through our op shops had been impacted, but once the doors were reopened, we were greeted by our customers. Wellness centres and service delivery were also significantly impacted, yet our clients, carers and therapists persevered through the challenges and the last quarter of this financial year demonstrated a steady growth in our service delivery.

For the past 18 years, we have been self-funded thanks to community belief and their unwavering support. The remarkable resilience of our business, staff, volunteers and therapists is a strong testament to our purpose, under the strategic guidance of a supportive Board.

Looking ahead, our 3-year plan revolves around consolidation and expansion. Diversifying income streams to fortify sustainability remains paramount. The COVID-19 pandemic reinforced the necessity of adaptable service delivery, underscoring the importance of planning for sustained community service.

The journey to our 20th anniversary in 2025 beckons, a time for momentum-building and celebration. We remain steadfast in our commitment to providing accessible, affordable and comprehensive support with a focus on environmental and sustainable practices through our operations and op shops, purpose aligned connections and embracing our ever-growing community.



WORKING TOGETHER





OUR PEOPLE OUR COMMUNITY



Who We Are

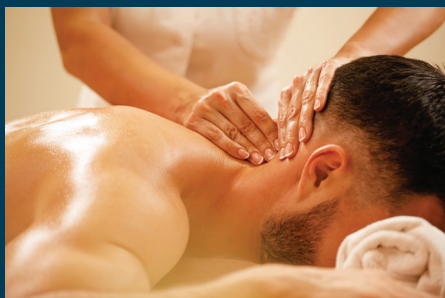
We are a member-based organisation that supports individuals and their families living with cancer. Membership is renewed each financial year. Our support continues as long as membership continues and is not limited to a maximum number of sessions or a set period of time.

In Australia, it is estimated that up to two-thirds of individuals living with cancer incorporate complementary therapies into their treatment

journey (*Cancer Council Australia*). Financial constraints hinder 82% of people living with cancer from pursuing these therapies, with 50% citing it as their sole constraint (*National Institute of Complementary Medicine*).

Additionally, accessibility to integrative health services poses a crucial challenge. Standard care often overlooks addressing treatment side effects and the mental health impact of cancer (*Australian Integrative Oncology Services*).

Cancer Wellness Support steps in to bridge these gaps, underpinned by 3 core pillars:



Affordable and accessible complementary therapies



Environmental sustainability



Community support

Our holistic, person-centred approach is built upon participation and collaboration. We focus on personalised experiences, allowing clients and their carers the freedom to engage as they wish.

Our ethos is adaptable and tailored to the individual client, meeting them where they are at now.

Our impact extends beyond those who have been diagnosed with cancer to encompass family and friends involved in their care. Individual therapies and groups can be accessed by identified carers, ensuring their needs for support are also met.



Our beautiful op shops in Katoomba and Penrith are stocked with high quality donated items and service with a smile. Our circular economy exists to benefit our people, our community and our environment. We repurpose and keep items out of landfill, provide stunning pieces at an incredibly low cost for our local community, and generate the finances that we need to support our vision.

Our model is based on contributions made by the client, therapist and Cancer Wellness Support.

Therapists who are dedicated to our purpose donate their time at a reduced rate to their commercial rates in their practices to enable our service delivery to remain sustainable.

CANCER WELLNESS SUPPORT

CWS financial contribution funded by Op Shops, fundraising and donations

THERAPIST

Annual Membership fee
Therapist in-kind contribution through reduced commercial rates

SERVICE DELIVERY

CLIENT

Annual Membership fee
Co-payment for individual and group sessions

The funds contributed by Cancer Wellness Support towards the cost are raised through membership, op shops, donations, bequests, fundraising events and sponsorships. The support from our local community is what makes us successful, with our two op shops in Katoomba and Penrith generating the majority of our revenue in 2022/2023.

We reinvest all of our profits into supporting people living with cancer and their families to access approximately 5,000 subsidised complementary therapy treatments annually as well as integrated and holistic education and lifestyle programs.

None of this would be possible without the remarkable generosity exhibited by our therapists, volunteers, staff and the broader community. Whether it's contributing their time, offering services at reduced rates or donating goods for our op shops, the goodwill from all corners is truly awe-inspiring.

Our ability to carry out our mission is deeply rooted in this extraordinary spirit of giving.

Our People



Alexia Lennon

Member / Client

In life, we often stumble upon unexpected signs that lead us down unforeseen paths. For Alexia Lennon, her journey with Cancer Wellness Support began over a decade ago when a breast lump diagnosis coincided with her relocation to the Blue Mountains.

While driving up the picturesque hill to Katoomba, Alexia noticed a sign that piqued her curiosity—Blue Mountains Cancer Help (now Cancer Wellness Support).

At her initial visit, Alexia met Robyn Yates, who generously shared her knowledge of the available evidence-based therapies and gifted Alexia a unique coffee-coloured satin bra with black lace. To this day, Alexia wears this bra to major Cancer Wellness Support events as a reminder of Robyn's incredible support.

For the first few years of her journey, while following her prescribed treatment plan, Alexia participated in activities like gentle yoga to stay connected with the Cancer Wellness Support community.

Five years later, her world was rocked once more. During her final annual check up, she received devastating news: her cancer had returned, and this time a mastectomy was necessary. Alexia was overwhelmed, but she wasn't alone.

Around the same time, the Robyn Yates Centre in Leura opened its doors, offering a wealth of resources, qualified therapists and a supportive environment. With a fear of what the future may hold, Alexia joined a meditation class to help calm her anxiety and intrusive thoughts.

She was also invited to attend a health and wellness weekend in North Katoomba. There, she learned from experts in dietary advice, exercise and self-care, forging connections with others who had walked similar paths.

After falling ill with double pneumonia, she struggled to regain her appetite and lost significant weight. Through a Cancer Wellness Support therapist, she was introduced to the Mindful Foodies program. Here, she learned about the science of food and received recipes that were edible for someone with no appetite.

After her mastectomy, Alexia faced discomfort and limited mobility due to the scar across her chest. Viv Maitland, the Client Services Manager and a caring presence at Cancer Wellness Support, suggested a massage with Michael Bryant, a specialist in lymphoedema. Although Alexia did not have

lymphoedema, Michael's "magic hands" worked wonders in relieving her discomfort, a treatment she continues to receive to this day.

However, the most profound support Alexia has found is within the Cancer Wellness Support community itself. During a particularly vulnerable moment, she broke down in tears after a gentle yoga session. The arms just came out to catch her, and she realised that without the warmth and connection of Cancer Wellness Support, her life would be vastly different.

Inspired by her own journey, she has introduced five friends to Cancer Wellness Support, forming a dedicated table at fundraising events.

Living in the Blue Mountains, Alexia recognises the importance of having access to local support. For people living with cancer, the prospect of travelling to Sydney for weekly appointments can be daunting. Cancer Wellness Support bridges this gap, making vital services accessible to the community.

Alexia extends her ongoing gratitude to Robyn Yates, whose vision and dedication continues to enrich the lives of many. She emphasises the importance of the centre as a place where individuals can connect and share their experiences, all while realising they are not alone.

In Alexia's eyes, cancer is just a word, not a sentence. Her experience with Cancer Wellness Support has been nothing short of marvellous, and she wishes it was available nationwide and internationally. She envisions a world where all of her friends and family can benefit from the support and compassion that has defined her own remarkable journey.



Natasha Trotter

Member / Therapist

For Natasha Trotter, Cancer Wellness Support is more than just a workplace – it's a place where her expertise is paired with a profound desire to make a meaningful difference.

As a physiotherapist specialising in lymphoedema, Natasha feels a unique difference at Cancer Wellness Support. Unlike workplaces driven by caseloads and financial concerns, it is fuelled by an authentic passion for community and genuine support. This resonates deeply with everyone who walks through its doors, creating an atmosphere that feels like home.

Natasha is grateful for the world-class equipment and resources that she has access to, particularly the SOZO machine, an asset she recognises she would likely not have access to in private practice. This best practice equipment enables Natasha to refine her skills and stay at the forefront of her field.

The SOZO machine offers non-invasive diagnostics, a game-changer for clients. It's also a source of motivation and progress tracking, and seeing the relief on her clients' faces when they realise their treatments are on track is immensely satisfying.

During the COVID lockdowns, Natasha's reflections prompted her to broaden her perspective. Her experience in the local community revealed a stark reality—the scarcity of services and support for people living with cancer. She chose to specialise further in lymphoedema, recognising the dire need for accessible support in this area. This decision ultimately led her to Cancer Wellness Support.

Within Cancer Wellness Support's welcoming embrace, Natasha also engages in holistic education and support. She guides clients through understanding their bodies, empowering them with actionable steps for positive change. Managing lymphoedema often involves addressing profound emotional challenges, particularly related to body image and self-confidence. Cancer Wellness Support offers a safe space for individuals to navigate these feelings, supported by individual counselling and group sessions that focus on grief, loss and trauma.

Natasha marvels at the transformative journey clients experience at Cancer Wellness Support. While many initially seek help for physical concerns, they quickly discover a holistic approach that encompasses social connection and support groups. She feels that they truly cater to people at every stage of their journey, from diagnosis to active treatment to palliative care and beyond.

A testament to the community spirit that thrives at Cancer Wellness Support, Natasha highlights the members' dedication to giving back. With generosity in their hearts, they contribute quality items to the Op Shop, helping to subsidise treatments and programs for others in need. This ethos of reciprocity creates a self-sustaining circle, reflecting the collective determination to support each other.

Natasha knows that at the heart of this is Robyn Yates' visionary idea that has thrived for nearly two decades. Built on evidence-based research and bolstered by its resilience during the challenges of COVID, Cancer Wellness Support is a testament to the power of collective compassion and support.

In a world often overshadowed by negative news, Natasha loves coming to Cancer Wellness Support as a daily reminder that a community of caring individuals can truly make a difference.

Our People



Pam Purcell

Member / Volunteer

For the past 15 years, Pam Purcell has woven warmth and comfort in the form of blankets into the heart of our community through her incredible dedication as a volunteer at Cancer Wellness Support.

Pam's unique touch lies in the meticulous assembly of these blankets. With a team of dedicated knitters, she pieces together individual squares to create these cozy masterpieces. The magic often begins at her doorstep, as generous supplies appear, a testament to the collective effort behind each blanket.

The sense of reward that accompanies Pam's efforts is immeasurable. She shares how her dining table has been transformed into a workspace for blankets, with her husband often happily opting for dinner on the couch.

Pam's dedication is driven by the cause she serves. Cancer Wellness Support directs all proceeds from the sale of these blankets towards subsidised treatments for local people living with cancer and their families.

Pam loves the unpredictability of how each blanket will look upon completion. When asked about a particularly memorable piece, she recalls a crocheted Afghan quilt. This intricate masterpiece arrived with a touch of mystery—a 1980s edition of Woman's Day hinting at the intentions of its creator. The original creator's perfectionism was evident in the intricate work, even at the rug's back. Pam discovered an abandoned section, and with care, she mended the flaw and added her finishing touches, giving the blanket new life. The result was beyond expectation, with the rug finding a new home within a mere few hours, fetching the highest selling price yet and garnering the interest of multiple eager buyers.

Walking into the Cancer Wellness Support op shops is an experience of pure joy for Pam. They radiate warmth and friendliness, a testament to the people who make it all possible. While visitors initially seek affordable quality clothing and treasures, they find so much more as the genuine smiles and connections shared by staff and volunteers create an atmosphere of genuine camaraderie.

At the heart of Pam's journey is the profound impact that Cancer Wellness Support has on the community. The organisation's extraordinary work has kept her steadfast in her volunteer role.

For Pam, creating a blanket is more than crafting; it's a chain reaction that transcends the op shop's walls. The knowledge that her efforts contribute to such a vital cause fuels her dedication, making every stitch a gesture of love and support.



Judith McGrath

Staff Member

In the heart of every community, there are individuals who quietly make a tremendous impact, their contributions often hidden beneath the surface of day-to-day life. Judith McGrath is one of these people.

As the bookkeeper at Cancer Wellness Support, Judith plays a crucial role in maintaining the organisation's financial records, ensuring accuracy and transparency in every transaction. But Judith is not just about numbers and ledgers—she's a beacon of support and unwavering kindness that extends far beyond her official role.

The serendipitous connection with our founder's husband, Bob Yates, marked the beginning of her journey with Cancer Wellness Support. The stories Bob shared about Robyn's transformative work for people living with cancer resonated deeply with Judith.

In 2014, Judith was presented with an opportunity to contribute directly. Cancer Wellness Support was in search of a new bookkeeper, and Bob Yates, recognising Judith's talents and alignment with Robyn's vision, extended an invitation.

Now working alongside other inspiring women like Louise Palmer and Deborah Shepherd, Judith enjoys collaborating to refine processes, enhance reporting and budgeting, and foster greater transparency. The outcomes have been tangible, with a smoother workflow for the team and quicker access to financial information for the Board and CEO.

Beyond her role as a bookkeeper, Judith's talents shine through in her culinary and creative endeavours. Cooking, a skill passed down from her grandmother, has become one way for her to share comfort and joy with others while raising vital funds. Her scones in particular are a crowd favourite.

With a lifelong affinity for crafts, Judith has discovered the therapeutic power of zen craft in recent years. From intricate puzzles to teaching clients a new stitch, Judith has witnessed firsthand the benefits of engaging in mindful creative activities. One particular memory stands out—guiding a client

in crocheting a rug for her husband filled with imperfections, symbolising that life's journey is a tapestry of experiences, both smooth and bumpy.

Judith's connection with Cancer Wellness Support's founders, including Robyn Yates and original board members, Bob Yates and Kevin Stapleton, remains palpable. Each morning she says good morning to the portrait of Robyn in the hallway; a gesture that pays homage to her foundational work.

Judith cherishes the camaraderie she shares with the team, clients, volunteers and therapists. The unity of purpose that defines Cancer Wellness Support resonates with her, and she values the open platform that allows her ideas to shape positive change.

From balancing ledgers to crafting connections, Judith exemplifies how individuals, driven by passion and empathy, can touch lives and uplift the local community.



Wendy and James

Members / Client and Carer

Many people do not realise that Cancer Wellness Support also extends its therapies and programs to the loved ones and carers of a person living with cancer. Wendy (member/client) and James (member/carers) have experienced this incredible support firsthand.

James, who was already acquainted with our founder Robyn Yates, was the bridge that led Wendy to Cancer Wellness Support.

On Wendy's first visit, Robyn presented her with a giant box of wigs. Wendy found a blonde angled bob reminiscent of her childhood hair colour. The wig not only provided her with a new look but also a renewed sense of confidence. Robyn gifted Wendy the wig, a stand and shampoo, setting the tone for the compassionate care that would follow.

Robyn then asked Wendy about her favourite colours, and returned with a handmade patchwork quilt featuring the warm vibrant hues of reds and purples that Wendy loved. This rug became Wendy's companion during her chilly chemotherapy sessions, offering both physical and emotional warmth.

Wendy's initial whirlwind of treatments left little room for anything else. The hospital environment was overwhelming, and Wendy couldn't fully comprehend the gravity of her situation. As her treatment plan grew longer, she grappled with the uncertainty of her stage 2 diagnosis.

It was at this point that Wendy and James decided to further explore the offerings at Cancer Wellness Support. Group discussions, gentle exercise, dietary sessions and a supportive community became their lifeline. Here, they felt like they could share their fears and hopes.

Wendy emphasises that the impact of cancer extends far beyond the individual person. Life changes, and many things will never be the same. Her energy-draining medication post-treatment was challenging, and having James as her unwavering support was a blessing.

Experiencing full-body lymphoedema, Wendy found relief in lymphoedema massage—a therapy often unaffordable and hard to get into elsewhere. James, who was managing his own serious health issues while supporting Wendy, found solace in counselling provided by Cancer Wellness Support. To this day, Wendy and James both enjoy attending gentle yoga sessions together, nurturing not only their bodies but also their minds.

Wendy and James have witnessed the mental challenges of many others living with cancer. They appreciate the whole person approach at Cancer Wellness Support spanning counselling, art therapy, meditation or whatever is needed at that point in time.

Wendy and James reciprocate the love they've received from Cancer Wellness Support by providing musical entertainment and donating to fundraisers and op shops. Wendy, a theatre organist, and James, who plays percussion, ukulele and provides vocals, bring their talents to brighten the lives of others.

For Wendy, Cancer Wellness Support is a sanctuary where she feels safe and heard. The attentiveness of the staff, therapists and volunteers makes her feel less alone, and she values the shared experiences of the community.

For James, Cancer Wellness Support has been a lifeline, nurturing his mental wellbeing which is often overlooked during caregiving.

Wendy and James strongly believe in the power of connection and have created lifelong friends at Cancer Wellness Support. They emphasise the importance of taking it one day at a time and surrounding yourself with people who will stand by your side through every step of the journey.



YOUR SUPPORT WILL CHANGE SOMEONE'S LIFE

Organisational Structure





Vivienne Maitland

Client Services Manager

Client Services Report

One of the greatest joys of working at Cancer Wellness Support is the constant awe and gratitude expressed by clients upon discovering our existence.

This year, an achievement in itself is sustaining the delivery of our services and programs at the high level that we do. While we have introduced many new initiatives, our commitment to providing holistic, individualised care remains the same.

With COVID-19 and unexpected weather events creating lots of stops and starts over the last few years, we were thrilled to be able to provide uninterrupted expressive arts therapy in 2022/2023. Despite immunosuppression and other health concerns, our clients feel confident in Cancer Wellness Support's capacity to deliver a safe environment.

We were also pleased to expand our program hours into the evenings, a move aimed at providing our clients and their caregivers with more choices and enhanced flexibility.

Our ongoing partnership with medical students from Western Sydney University has been a source of gratification. Through this collaboration, we've introduced them to healthcare delivery outside of traditional environments. Students voluntarily opt to be part of Cancer Wellness Support, and our clients warmly embrace them. They find joy in sharing their experiences and enlightening young doctors about the wealth of benefits of complementary therapies.

Putting a significant emphasis on enhancing community engagement this year, we have successfully established numerous connections with various community groups and events. This proactive approach has led to an increase in volunteer engagement and substantial contributions in the form of quilts, monetary donations and essential items for our op shops.

The client experience at Penrith has been further enriched by the introduction of our newly built wellness cabin. This cabin provides a vital haven for counselling sessions and new introductions, ensuring a secure and intimate environment.

We are continually told that our clients and carers find immense value in our distinctive approach, which allows us to cater to each individual's needs within the vast landscape of cancer care.

 **5,060** therapies delivered in 2022/2023

 **27** types of therapies & workshops

 **429** clients

 **69** carers

 **40** therapists

 **666** members



Explore Our Penrith Wellness Cabin

This enchanting wooden cabin exudes warmth and homeliness, providing a serene and inviting space. The need for additional room for client sessions was becoming apparent, leading to constant room rearrangements within limited confines. Expanding the physical area wasn't feasible, but securing the landlord's approval enabled us to construct the cabin in the lush backyard space.

This new cabin became our talk therapy space for counselling sessions. Its tranquil environment ensures uninterrupted and confidential dialogue between counsellors and clients. Furthermore, for those new to Cancer Wellness Support, this cabin serves as a personal haven where clients can engage one-on-one with our intake nurse. The cabin's existence has become a source of delight, bringing enhanced functionality and a sense of joy to our centre.





Empowering Accessibility and Affordability for Lymphoedema Care

With accessibility and affordability underpinning our core principles, we are able to maintain a full suite of therapies at substantially subsidised rates. A standout illustration of this commitment lies in our dedication to lymphoedema care, a critical aspect of our services.

Lymphoedema is the build-up of fluid in soft body tissues when the lymph system is damaged or blocked. Addressing lymphoedema often comes with substantial expenses that can be a burden for many.

Our inventory currently includes a handheld SOZO machine along with two standalone units, and we're excited about the imminent addition of another machine. While this technology is frequently associated with high costs and limited affordability, we have taken proactive steps to make it accessible and affordable for our clients.

This signifies our ongoing efforts to ensure that lymphoedema care remains within reach for those who need it most.



The Story of our Quilts

When a client first comes to Cancer Wellness Support, they receive a warm invitation to explore our exquisite array of quilts and are encouraged to choose the one that resonates with them on a personal level.

Whether it becomes a source of comfort at home, a companion during treatments, a soothing covering on the couch, or a cozy wrap for a parent and their children, each individual discovers a unique strength and purpose for their quilt.

From the incredible local community members who generously donate a quilt or provide their time and skills to create quilts, all the way to the individuals navigating their cancer journey and their families, they are all woven into this story.





Gail Searle
Retail Manager

Retail Management Report

During 2022/2023, the vibrant atmosphere of our two op shops at Katoomba and Penrith have continued to foster a loyal following.

We've had a noticeable increase in the number of customers visiting our op shops, with many customers becoming regulars and introducing their friends to the experience. Notably, we're seeing an influx of young families with children, as well as younger women seeking trendy wardrobe choices.

The growing allure of vintage apparel, and a rising consciousness among consumers about eco-friendly choices has seen our two op shops collectively witness an average of 1,200 visitors weekly at the checkout counter.

Cancer Wellness Support takes pride in leading the way by offering op shop customers access to cost-effective, high-quality items as a means to tackle the increasing cost of living.

We have remained steadfast in our commitment to accessibility and affordability by keeping our prices unchanged.

This dedication aligns with our collective mission to uphold environmental responsibility. By purchasing enduring pieces and fostering their longevity, we actively combat the wasteful cycle of fast fashion and steer clear of contributing to landfills.

The indispensable contribution of our op shop volunteers remains the driving force behind our accomplishments. They play a pivotal role in engaging with customers, assisting them with clothing choices, sharing laughter and forging connections.

Our op shops also owe their success and impact to the remarkable generosity of the Blue Mountains, Penrith and Hawkesbury Valley regions, where a continuous stream of high-quality donations continually replenishes our shelves.





Breathing New Life Through Creative Repurposing

To further decrease our impact on landfills and minimise waste disposal expenses, we've established several strategies:



Global Secondhand Distribution:

In collaboration with Statewide Services, we extend our surplus stock to be sold as secondhand clothing or repurposed as rags on an international scale.



Artful Repurposing:

A local artisan specialises in mosaics and finds joy in creatively repurposing our chipped china into her projects, ensuring that even broken pieces find new life.



Crafting Essentials:

Many local initiatives have been forged to repurpose our received goods, be it materials made into head wraps and scarves for our wellness centres, unused wool into blankets or manchester cut and sewn into reusable shopping bags.



Strengthening Ties with Local Shelters, Hospitals and Corrective Housing Services

This year, we've broadened our connections with the local homeless and domestic violence shelters in both the Blue Mountains and Penrith Valley areas. This effort has culminated in the establishment of robust partnerships, allowing them to communicate their specific needs directly to us.

Our commitment extends to Nepean Hospital, where we contribute to the wellbeing of patients by regularly sending over bags filled with books.

In addition, we've initiated collaborations with corrective housing services. Recognising that individuals often struggle when they lack essentials, we're providing clothing to support their journey towards securing job interviews and successfully reintegrating into society post-incarceration.

The impact of our efforts has come full circle with heartwarming stories like that of a customer who returned to our op shop with her new partner to express her gratitude for the assistance she received during her time of homelessness. She has now transitioned from being a recipient to giving back by donating her own high-quality clothing and items.

Compassion in Action: Mama Lana's Community Foundation

With a belief in kindness with no strings, Mama Lana's Community Foundation is a not-for-profit organisation that provides assistance to the homeless and underprivileged people in the Penrith Valley community.

They distribute nourishing meals to an average of 35 to 85 people each night, six days a week, from Monday to Saturday.

Mama Lana's also provides crisis hampers to local families who are struggling and are at risk of homelessness.

Cancer Wellness Support regularly provides sleeping bags, blankets and surplus clothing from our op shops to aid in their efforts and meet the specific needs of each person.



Joining the Ranks of Industry Giants with our Charitable Recycling Accreditation

Charitable Recycling Australia champions the circular economy for a sustainable environment and an equitable society. After an audit of Cancer Wellness Support and how we operate our op shops, we were thrilled to be accredited under their Clothing Reuse Export Accreditation Scheme. In being part of their member network, we join the likes of Red Cross, Lifeline and many other larger and well-established organisations who reuse and recycle in circularity.





Louise Palmer
Operations Manager

Operations Report

Since welcoming our new CEO Deborah Shepherd in November, we have embarked on a collaborative journey to shape our comprehensive 3-year strategic plan. This led to an operational road map that has driven our achievements throughout the year, propelling us toward the accomplishment of significant milestones.

Kicking off in January, we erected a wellness cabin at our Penrith Valley Wellness Centre to expand our capacity.

Throughout the year, we've placed substantial emphasis on Workplace Health and Safety (WHS), meticulously revisiting and updating policies and procedures to continue our steadfast commitment of ensuring the safety of both our dedicated staff and volunteers.

Driven by the recognition of disparate standalone IT systems, we have embarked on a large overhaul of IT to enable seamless integration for an enhanced user experience. Notably, we've successfully merged our EFTPOS, POS and accounting systems, fostering a significant cross-departmental impact. This alignment has expedited reconciliations and eradicated the need for double entry into the POS system, streamlining our processes and heightening accuracy and precision.

A dual POS system installation at each op shop has expedited customer service during peak times. Strategic renegotiation has led to a substantial reduction in merchant fees, effectively lowering operating costs across both centres. Additionally, a review and enhancement of our security protocols culminated in the implementation of two-factor authentication across all systems, further fortifying our safeguard measures.

Among the numerous endeavours to enhance our spaces this year, we installed a new air conditioning system for our Katoomba op shop in our sorting area and the installation of heat strips focused on optimising comfort. This upgrade offers targeted warmth, effectively countering the chilly Blue Mountains climate, and thus transforming the space into a welcoming and safe environment. This enhancement ensures the wellbeing and satisfaction of our dedicated staff, volunteers and valued customers year-round.





Restoration of the Roof at the Robyn Yates Centre

Built in 1895, the Robyn Yates Centre is a beautiful heritage-listed building, serving as both our headquarters and as the Leura wellness therapy centre. The century-old slate tile roof bore the marks of time, weathering water damage and gradual erosion.

Between February and May 2023, the Operations team navigated securing Council endorsements, meticulously adhering to heritage regulations in tile selection and aesthetic uniformity, and sourcing an adept heritage specialist well-versed in the required techniques of a historic building.

Restoration efforts encompassed the slate tiles, a section of the metal tile roof and several gutters. Aligned with our ongoing commitment to resource conservation, aged battens salvaged from the roof found new purpose as firewood, extended as an offer to Cancer Wellness Support's clients and carers.

As the finishing touches are put on this endeavour, our sights are set on our next project of interior refurbishments and painting.



Honouring and Celebrating our Remarkable Volunteers

Volunteers make up a very large portion of our team, and without their contribution, we could not continue to provide our current range of services to local people who are living with cancer.

During Volunteers Week, we celebrated by inviting everyone to our awards ceremony and hosting a delightful volunteer high tea.

As a special treat, we organised a trip to Katoomba, where volunteers all posed for a photo in front of the iconic Three Sisters rock formation. The event was met with enthusiastic appreciation, providing a wonderful gesture to honour our volunteers' significant contributions.



92
Volunteers



27,739
Volunteer Hours





Grant Secured: Elevating Our Interiors Through Painting and Renovations



We extend our heartfelt gratitude to the NSW Government for their generous contribution of \$20,000 through the Stronger Communities Grant 8—Small Business Infrastructure Grant.

This valuable funding will enable us to embark on a series of transformative initiatives within the Robyn Yates Centre. Our plans include revitalising key customer-interfacing spaces through interior painting, rectifying water damage in treatment rooms, enhancing the front deck through oil staining, and enriching the ambiance with carefully curated furnishings.





Deborah Shepherd

Chief Executive Officer

Communications and Events Report

This year, as part of the Cancer Wellness Support Strategic Plan 2023-2025, and a focus on consolidation and building foundations for expansion, a strategic brand review was conducted.

Our Brand Research and Recommendations Report unveiled the following key findings:



Brand awareness

A significant 61% of the 340 survey respondents demonstrated a high level of familiarity with the brand, either categorising themselves as “extremely familiar” or “familiar.”



Youth engagement

Interestingly, a substantial portion of younger respondents, specifically 54% within the age group of 18-44, exhibited familiarity with Cancer Wellness Support.



Affordable, accessible and high quality items in the op shops

69% of survey respondents feel the pricing was very affordable or affordable, and 65% felt that the quality of the products on offer was very high or high quality.



A commitment to sustainability

63% of respondents recognised and appreciated the importance of the organisation’s sustainability model.



An opportunity to expand awareness of our impact model

Only 35% of respondents were acquainted with the full range of services offered by Cancer Wellness Support, and often were not clear on the impact model, and connection of our op shops to client service delivery.

Our focus will now be on enhancing awareness and recognition as we expand our services, ultimately solidifying Cancer Wellness Support within our local communities.

Key objectives will include a digital marketing review, development of a comprehensive marketing and communications strategy and plan, and a review of sponsorship and fundraising opportunities to diversify our income streams.

These activities will continue on into 2023-2024 and we look forward to reporting on them in our next annual report.

Communications and Events Report

Throughout 2022-2023, a series of fantastic events took place, with some of the highlights including:

Festival of Dance

This annual event marked a significant milestone as we resumed hosting it post COVID-19. The occasion held special meaning as it honours Robyn Yates, her love of dance and her incredible contributions in bringing the community together through movement and song. To pay tribute to Robyn, her daughter Emily took on the role of MC for the evening.

Fundraising galas with Bygone Beautys

Maurice Cooper OAM and Kerry McKenzie from Bygone Beautys graciously organised both these events on our behalf and have been long term supporters of Cancer Wellness Support. An exquisite display of Shelly Chinaware was exhibited throughout March, from Elizabeth Holt's collection with all proceeds being provided to us.

Followed up in May, with an annual fundraising evening incorporating physical and silent auctions, a delicious sit-down dinner and a room full of local community support –the May gala raised an impressive \$20,000!



Our community-led events would not be possible without the generous contributions of our local community partners, who give of their time, offer donations or attend in support of our purpose and contribute to those who are living with cancer within our community.

We are immensely grateful for this unwavering support, and of our dedicated therapists, volunteers, staff and the community around us.

Fashion Parade & VIP Loyalty Program Event

We held a Fashion Parade at our Katoomba Op Shop in September and in April, hosted a VIP event at Penrith. Our VIP event shared tips on health, wellbeing and a way to express our gratitude to loyal clients, customers and supporters who participate in our loyalty program and regularly visit our op shops.

End of financial year digital campaign

We initiated a compelling EOFY digital campaign to engage and seek support from our valued supporters.

Educational talks with therapists

Our therapists conducted a series of talks covering diet, exercise, self-care, health and wellbeing while living with cancer, including Write, Talk and Meditate and Escape to Wellness retreat. A standout event in March featured Petrea King from the Quest for Life Foundation and drew over 70 clients and carers. Staff, therapists and volunteers attended the second day of her session. We extend our heartfelt thanks to Petrea for her ongoing support, and through invitation we're proud to subsidise our client's attendance at her retreats.



Governance

Our Board Members

Our Board contributes diverse skills, backgrounds, and motivations to their roles at Cancer Wellness Support. They are not only dedicated financial members, but also generous donors to our cause.



Dr Ilse Blignault (Chair)

Experience: Senior health sector manager; Associate Professor specialising in mental health and wellbeing, public health, health promotion, and consumer and community engagement; Registered Psychologist.

Skills: Health and allied health; senior management—public sector and not-for-profit (NFP); grant writing; governance; policy/politics; strategic planning.



Ms Judith Field MAICD (Vice-Chair)

Experience: Executive Manager in private and higher education sectors; Non-Executive Director in NFP and charity organisations; Chair of Human Resources (HR) and Succession, Risk and Audit and various business policy committees.

Skills: Senior management/ leadership; governance; advocacy/ policy; strategic planning and marketing; policy/ politics.



Ms Merrilyn Tinsley

Experience: Senior Executive in public and private sectors; governance experience in community organisations and NFPs.

Skills: Workplace health and safety (WHS); strategic planning; governance.



Ms Denise Shaw (Secretary)

Experience: Senior Executive with expertise in general, financial and RH management; Company Secretary; organisational advocacy with government agencies and politicians.

Skills: Strategic planning and evaluation; corporate governance; NFP; compliance and statutory requirements.



Mr Jared Pichler

Experience: Senior roles in Operations in commercial, public sector and NFP; risk and compliance, business resilience, fundraising compliance.

Skills: Risk and compliance; clinical governance, aged care and disability services; business improvement.



Mr Paul Harris (Treasurer)

Experience: Chief Executive in public sector; HR; learning and development; corporate services and planning; WHS.

Skills: HR, change management and effective workforce management; financial management; corporate governance.

To support the work of the organisation, the board has established four advisory committees:

Financial, Audit and Risk Management Subcommittee Paul Harris, Jared Pichler, Merrilyn Tinsley, Deborah Shepherd

Clinical Governance and Client Services Advisory Committee Ilse Blignault, Deborah Shepherd, Vivienne Maitland, Dr Nirzari Pandit, Hannah Clinton, Natasha Trotter, Joanna Kalkstein, Robyn Hunter

Facilities and Assets Advisory Committee Denise Shaw, Ilse Blignault, Deborah Shepherd, Louise Palmer

Fundraising and Sponsorship Advisory Committee Judith Field, Jared Pichler, Deborah Shepherd

At the AGM in November 2022, we bid farewell to two esteemed board directors, Bob Yates and Kevin Stapleton. Both played integral roles as founding members and board directors, and we extend our heartfelt gratitude for their many years of exceptional service.



Paul Harris
Treasurer

Treasurer's Statement

The 2022/23 financial year represented was our first full year of operation since the lockdowns due to Covid-19. Total income exceeded \$2 million with the primary source being our Op Shops. This was achieved due to the hard work and dedication of our many volunteers and employees.

Expenses were managed within the income received resulting in a net surplus of \$52,667.

The audited accounts attest that we remain in a strong financial position with net assets of \$2.81m.



Independent Auditor's Report to the Members

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of Cancer Wellness Support Inc (the association), which comprises the Statement by Members of the Committee, the Income and Expenditure Statement, Balance Sheet as at 30 June 2023, a summary of significant accounting policies and the certification by members of the committee on the annual statements giving a true and fair view of the financial position and performance of the association.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the association as at 30 June 2023 and its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Act 1991.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter - Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the association to meet the requirements of Associations Incorporation Act 1991. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee for the Financial Report

The committee is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the Associations Incorporation Act 1991 and for such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the committee is responsible for assessing the association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the committee either intends to liquidate the association or to cease operations, or has no realistic alternative but to do so.

Independent Auditor's Report to the Members

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.
- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Signed 13 October 2023



Shelley June Rodwell,
Chartered Accountant, Member Number 78555

Income and Expenditure Statement

	2023 (\$)	2022 (\$)
INCOME		
Op Shop Income	1,957,416.51	1,373,245.92
Client Service Fees	14,128.00	7,810.00
Fundraising Income	50,468.20	24,847.47
Grants & Sponsorship	23,875.00	79,700.34
Membership Fees	17,653.90	17,353.55
Donations	16,885.84	36,906.95
Support Groups	4,540.45	8,645.00
Work-for-the-Dole	5,537.86	18,893.88
Insurance recoveries	2,885.82	62,515.73
Interest received	77.39	16.42
Other income	6,027.63	5,862.89
Profit on sale of property, plant, equip		505.00
TOTAL INCOME	2,099,496.60	1,636,303.15

EXPENSES		
Accountancy	2,125.00	
Advertising & promotion	13,659.22	6,360.72
Audit fees	2,300.00	2,172.73
Bank fees & charges	2,746.37	3,931.56
Cleaning & rubbish removal	716.06	269.81
Client Services	45,394.93	17,226.68
Client Therapies	223,389.85	81,451.74
Computer Expenses	17,413.49	7,957.22
Consultants fees	2,835.18	3,700.00
Depreciation—Buildings	3,098.00	2,549.00
Depreciation—Other	29,585.00	20,998.00
Electricity & Gas	10,114.65	

The above should be read in conjunction with the accompanying notes which can be found on our website in the full version of our audited Annual Financial Statements

Income and Expenditure Statement

	2023 (\$)	2022 (\$)
EXPENSES (CONT.)		
Fees & charges	8,476.00	1,706.14
Flowers & Gifts	5,341.46	1,174.36
Fundraising Expenses	5,393.79	14,205.61
Gardening & Grounds Maintenance	14,241.93	7,826.40
Insurance	44,537.61	9,732.82
Interest—Australia		261.76
Labour Hire	5,827.49	22,088.69
Legal fees	7,554.29	41,262.31
Meeting Expenses	3,199.39	1,849.37
Membership Cards Stickers Pins		745.26
Motor Vehicle Expenses	25,896.89	12,995.61
Op Shop Expenses		
Katoomba	166,911.10	167,301.38
Penrith	168,752.82	140,125.31
Office Administration		
Leura	39,215.02	28,926.73
Warwick	59,614.67	50,894.62
Postage	3,855.45	5,714.08
Printing & stationery	10,546.91	10,788.58
Provisions - Employee Entitlements	48,805.85	1,861.85
Rates & land taxes	7,462.07	8,335.10
Repairs & maintenance	(37.55)	4,958.20
Staff amenities	11,667.28	4,353.74
Staff Recruitment Expenses	44,837.37	16,080.91
Staff training	2,554.54	5,000.00
Subscriptions & Memberships	2,984.70	4,873.76

Income and Expenditure Statement

	2023 (\$)	2022 (\$)
EXPENSES (CONT.)		
Superannuation	93,844.92	65,394.82
Travel Expenses	2,643.50	272.46
Volunteer Expenses	3,362.41	1,184.90
Wages & Employment Expenses	905,960.99	681,529.03
TOTAL EXPENSES	2,046,828.65	1,458,061.26
Net profit attributable to the association	52,667.95	178,241.89
Total changes in equity of the association	52,667.95	178,241.89
Opening retained profits	2,759,043.23	2,580,801.34
Net profit attributable to the association	52,667.95	178,241.89
CLOSING RETAINED PROFITS	2,811,711.18	2,759,043.23

The above should be read in conjunction with the accompanying notes which can be found on our website in the full version of our audited Annual Financial Statements

Detailed Balance Sheet

AS AT 30 JUNE 2023

	Note	2023 (\$)	2022 (\$)
CURRENT ASSETS			
Cash Assets			
Cash At Bank—Bendigo Bank		234,768.88	279,962.23
Cash At Bank—Donation Ale		1,303.01	22,987.07
Cash At Bank—Bendigo Bank D/Card		4,922.32	2,896.27
Cash At Bank—CBA Cheque A/C		5,405.90	38,989.95
Cash At Bank—Property Maintenance		4,999.30	
Cash At Bank—Australian Dollar Account		342.38	
Petty Cash		1,000.00	1,000.00
Cash Floats		1,425.00	1,425.00
		254,166.79	347,260.52
Receivables			
Trade debtors		3,650.00	
		3,650.00	
Current Tax Assets			
GST payable control account		(4,009.70)	(10,260.38)
Input tax credit control account		24,272.00	17,596.00
		20,262.30	7,335.62
Other			
Prepayments		1,447.76	1,684.42
Rental Bond—Penrith		7,975.00	7,975.00
		9,422.76	9,659.42
TOTAL CURRENT ASSETS		287,501.85	364,255.56

Detailed Balance Sheet

AS AT 30 JUNE 2023

Note	2023 (\$)	2022 (\$)
NON-CURRENT ASSETS		
Property, Plant and Equipment		
Land & Building—Robyn Yates Centre	2,353,878.33	2,353,878.33
Building Improvements—Admin	206,473.92	30,399.81
Less: Accumulated depreciation	(14,109.00)	(12,329.00)
Leasehold Improvements—Penrith	61,410.57	34,295.00
Less: Accumulated depreciation	(5,911.00)	(4,630.00)
Leasehold Improvements—Katoomba	21,311.09	10,209.09
Less: Accumulated depreciation	(4,346.00)	(2,026.00)
Plant & Equipment—Admin Office	59,402.98	46,435.03
Less: Accumulated depreciation	(28,568.86)	(18,819.86)
Plant & Equipment—Katoomba	4,122.54	4,122.54
Less: Accumulated amortisation	(1,953.00)	(1,762.00)
Plant & Equipment—Penrith	14,612.98	12,577.98
Less: Accumulated depreciation	(8,693.00)	(6,733.00)
Client Services Equipment—At Cost	20,221.15	20,221.15
Less: Accumulated depreciation	(11,628.00)	(9,929.00)
Motor vehicles—At cost	127,272.45	127,272.45
Less: Accumulated depreciation	(76,620.00)	(61,915.00)
Total Non-Current Assets	2,716,877.15	2,521,267.52
TOTAL CURRENT ASSETS	3,004,379.00	2,885,523.08

The above should be read in conjunction with the accompanying notes which can be found on our website in the full version of our audited Annual Financial Statements

Detailed Balance Sheet

AS AT 30 JUNE 2023

	Note	2023 (\$)	2022 (\$)
CURRENT LIABILITIES			
Payables			
Unsecured:			
Trade creditors		67,408.85	45,875.15
Other Creditors		(578.92)	116.90
		66,829.93	45,992.05
Financial Liabilities			
Unsecured:			
Cash At Bank—PayPal Account		62.97	
		62.97	
Current Tax Liabilities			
Amounts withheld from salary & wages		9,812.00	
Superannuation Payable		8,191.72	22,269.35
		18,003.72	22,269.35
Total Current Liabilities		84,896.62	68,261.40

Detailed Balance Sheet

AS AT 30 JUNE 2023

	Note	2023 (\$)	2022 (\$)
NON-CURRENT LIABILITIES			
Financial Liabilities			
Secured:			
Bank Loans—Bendigo Bank		3,242.16	2,495.26
		3,242.16	2,495.26
Provisions			
Employees entitlements		104,529.04	55,723.19
		104,529.04	55,723.19
Total Non-Current Liabilities		107,771.20	58,218.45
TOTAL LIABILITIES		192,667.82	126,479.85
NET ASSETS		2,811,711.18	2,759,043.23
MEMBERS' FUNDS			
Accumulated surplus (deficit)		2,811,711.18	2,759,043.23
		2,811,711.18	2,759,043.23

The above should be read in conjunction with the accompanying notes which can be found on our website in the full version of our audited Annual Financial Statements



PARTNERING WITH US IS



SUPPORTING PEOPLE LIVING WITH CANCER

BE PART OF OUR COMMUNITY

Artwork by Amanda Hinkelmann, Yinaagang

Capturing life's journey and growth through change and error, all with an optimistic outlook on what life may bring—this is a story of resilience and strength. It portrays the groups of people that you will meet as you move through life and the many crossroads you will come to that will help steer your destiny.

Be Part of Our Community

We are able to offer our services via the support received through our op shops, fundraising and values-aligned strategic partnerships. Be it as a financial contribution, in-kind support or brand awareness, it all accumulates into a community-led contribution towards our purpose of supporting people living with cancer.

Cancer Wellness Support offers many ways for individuals, businesses and groups to be part of this purpose.



Philanthropic Support

We join forces with generous companies such as Bygone Beautys Treasured Teapot Museum & Tearooms, who are passionate about giving back to the community. Maurice Cooper OAM and Kerry McKenzie have organised fundraisers on our behalf, continue to spread the word and strengthen our ability to deliver to our purpose.



Regular Donors

Matthew Gale, the Principal of McGrath Estate Agents –Wentworth Falls, and Matt Norris are dedicated supporters. For every sale made, they contribute \$500 to Cancer Wellness Support. This provides consistent financial support towards our service delivery while also growing our brand awareness through their regular Market Review report. Receiving regular donations, big or small, all contribute and assist us in our ability to plan our programs.



Corporate Partnerships

Bronwyn Shacallis, representing Commonwealth Bank, serves as the Area Manager covering Blue Mountains, Penrith Valley and the Hawkesbury, overseeing 13 branches. Their recent winter donation drive garnered overwhelming support with donations for our op shops and hand knitted blankets for our wellness centres. We appreciate this grassroots collaboration and how we work alongside each other to support our community.



Purpose-Led Communities

Andrea Turner-Boys and the Women With Altitude business community continue to generously support through donations, championing our causes and spreading an awareness of the work we do within the local community. This is done in many ways including being featured in their BRAVE magazine, participating regularly in their workshops and networking events. Our value of collaboration is a wonderful alignment and key to this, and all our partnerships.



Annual Sponsorships

For many years, Complete Recruitment has provided sponsorship. This consistent support fuels our vital programs and services, and in addition has been a beautiful collaboration when recruiting to create our purpose-driven team, as they align potential candidates to our organisation's values.

No matter how you choose to get involved, your contribution plays a pivotal role in our purpose to provide people living with cancer and their families with the support that they need in often challenging circumstances.



THA



ANK YOU

TO EVERY SINGLE MEMBER, VOLUNTEER, STAFF, THERAPIST, DONOR, SPONSOR, SUPPLIER AND PARTNER WHO SUPPORTED US IN 2022 & 2023 AND FOR CONTINUED SUPPORT INTO THE FUTURE.

**Robyn Yates Centre
Cancer Wellness Support**

104 Railway Parade, Leura NSW 2780
PO Box 18, Katoomba NSW 2780
Email: leura@cancersupport.org.au
Phone: 02 4783 9777

**Penrith Valley Centre
Cancer Wellness Support**

56 Warwick Street, Penrith NSW 2750
Email: penrith@cancersupport.org.au
Phone: 02 4721 1317

**Katoomba
Op Shop**

Units 1-3/27 Whitton Street, Katoomba NSW 2780
Email: op.katoomba@cancersupport.org.au
Phone: 02 4782 6076

**Penrith
Op Shop**

201 - 211 High Street, Penrith NSW 2750
Email: op.penrith@cancersupport.org.au
Phone: 02 4721 5823

**Head Office
Cancer Wellness Support**

105 Railway Parade, Leura NSW 2780
PO Box 18, Katoomba NSW 2780
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