2022 Annual Report

Cancer CareCentre

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Our purpose

Supporting people to navigate their own path towards healing

Our vision

To be the preferred support service for people affected by cancer

Our mission

We deliver effective cancer support services that provide people with help, understanding and empowerment

Our values

- **H** Holistic
- **O** Open
- **P** Professional
- **E** Ethical

Our strategic priorities

Our strategic priorities outline the key activities we are committing to over the next few years, to achieve our goals as an organisation.

A centre of choice

Increasing the use of our services and our members

Financially secure

Strengthening our financial position

Diverse service delivery

Delivering services that meet the need of the wider community

Building a capable team

Ensuring we have all the resources and skills to deliver for our clients

Board Members and Staff

The Centre is governed by a voluntary Board, which focuses on the organisation's purpose, strategic direction and accountabilities.

The adoption of the Australian Institute of Company Directors (AICD) Not-for-Profit Governance Principles, has provided a standard of governance, and the aim is to achieve good governance over all of its functions.

The 10 principles include:

1. Purpose and strategy
2. Roles and responsibilities
3. Board composition
4. Board effectiveness
5. Risk management
6. Performance
7. Accountability and transparency
8. Stakeholder engagement
9. Conduct and compliance
10. Culture

People appointed to the Board are members of the Centre with skills and expertise in a broad range of business, finance, legal, medical and therapeutic areas. All members of the Board are appointed at the Annual General Meeting for a two-year period.

Board Members

The following were members of the Board during 2021–2022 period:

Susan Ross, *Chair*

Arthur Galantomos, *Secretary*

Justin Piteo, *Treasurer*

Maryanne Cave, *Minute Secretary*

Anne Marie Halligan

Ian Dobbie

Ivy Diegmann,

James Speechley-Crowley

Kevin McGee

Lee Hutton

Nicole Crawford

Therese Covington

Sarah Divine

Stephen Moller (CoOpted April 22)

John Paul Bartley (CoOpted May 22)

Ruth Ottewill (CoOpted May 22)

Suzanne Delaney (CoOpted May 22)

Usha Rajagopalan (CoOpted May 22)

The Board are also involved in the following sub-committees:

Governance

Finance

Fundraising & Events

Plus the following Working Groups:

Bienke Foundation

Cherrington Therapeutic Gardens

Staff

The Centre has 2 part-time paid staff. Lidia Pargaliti the Centre Director, who works closely with the Board, Sub-committees and Volunteers of the Centre.

Who is supported by Cathy Coppola as Office Adminstrator, who works closely with therapists and admin volunteers, maintaining a smooth and efficient office.

Chair's report – Susan Ross

Dear Members of Cancer Care Centre,

By the time you read this Cancer Care Centre will have spent nearly two years adapting our workplace to meet the ever-changing requirements that COVID-19 has brought. We doubt that any of us expected we would still be coping with the lasting effects of COVID-19 for this long, yet we are so proud of what we have been able to achieve. In a landscape where some organizations have been forced to restrict programming or shut entirely, Cancer Care Centre restructured and added staff members to meet the changing environment, but more importantly to consolidate and focus on the future of the Centre.

We have adapted our services which has assisted clients overcome barriers to care and support, at the same time we have hosted new workshops to educate, inform and connect people living with cancer.

One quality that has stayed constant is Cancer Care Centre's commitment to providing help and hope to all those who need it. Cancer Care Centre is rooted in empathy and compassion. That is evident in our mission and exemplified by the work of our staff and volunteers every day.

We are grateful to be at the helm of an organisation with staff that continually innovate and develop new programs; one with passionate supporters who inspire us to improve lives every day; one with remarkable members who trust us to provide guidance during their most difficult moments.

This year the Board has had a number of resignations and new members appointed. They have all worked hard on the Board and participating in sub committees – Governance, Marketing, Fund Raising, Finance ensuring sound governance and oversight, driving strategic direction, working, and supporting staff to ensure that the Cancer Care Centre continues its work. My sincere thanks for their contributions through this year.

Staff and the Board have undertaken work to streamline our administration, data, and financial systems. This has enabled the Board to have sound information and data on which to base future directions and services. This past year has impacted the Centre financially due to our physical move, COVID-19 restrictions hampering our fundraising campaigns, but the Board and staff are focussed on the year ahead and all that it should bring.

As we embark on another year of serving those who have been impacted by a cancer diagnosis, the message I want to leave you with is one of resilience. None of us can be certain of what the coming year will bring—but I am certain that we have the passion, the skills and the determination to overcome whatever challenges may come our way. We have proven our resilience time and again throughout our history, and this is a legacy we will continue to uphold. On behalf of the entire Cancer Care staff, the Board and every member who has utilised our services, thank you, as always, for your faith in us and your support.

Your generous support for Cancer Care Centre makes all of this possible.

Susan Ross
Chair

Director's report – Lidia Pargaliti

The past year at Cancer Care Centre Inc was filled with adaptability, flexibility, support for our members, adjustment to changing Government health mandates, and determination to make it all work, so as not to impact what we do best, be a place where everyone is welcome; to come into a safe environment, to relax and recharge.

Throughout the year the Centre continued to offer a range of services, therapies, programs and workshops tailored to our members within the community.

There is no doubt that COVID-19 has had a significant impact on the Centre, which has been seen, through difficulty in recruiting volunteers, as well as a downturn in attendance by our members.

Despite this downturn, 70% of our Members, participated in activities in the Centre during the year. The Centre's support services are tailored to a broad range of member's needs and we were fortunate to be able to continue all services and therapies throughout the year in small group settings.

Our core services offered throughout the year included: Meditation and Massage, which were the most sought-after services throughout the year.

Therapies offered were, Women's Support Group and Young Women's Support Group which were well attended, either in person or via Zoom. One on One Counselling is also offered.

Art Workshops, Beinke Memorial Retreat Day, Life with Full Attention, Dive into Meditation, Seeds for Health and Herbs for Health, were all well received and attended.

Volunteers also provided Pathway's sessions where members were able to devise a healing plan appropriate to their personal cancer journey.

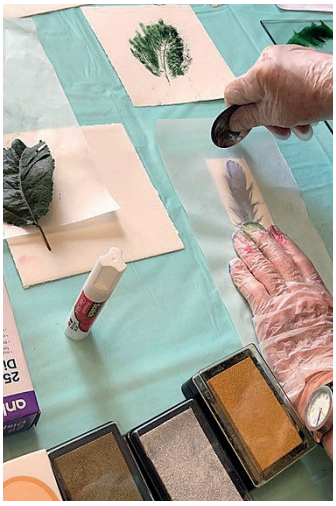
Our Biography service is well underway, with number seven, close to completion. This service offers members an opportunity to share their life story, an autobiographical history, or record of special reflections, times or events. Nationally, many hospitals and healthcare providers offer biography services to their patients/clients as it is widely believed that the process of the telling of a life story improves psychological and spiritual well-being for the individual.

We are continually looking to develop and introduce new and varied courses and therapies that meet the changing needs of our members, suggestions are always welcome.

I would like to personally thank all our wonderful volunteers and sponsors, without whom, we would not be able to provide this valued service to our community. They all happily give their time and expertise for the benefit of our members.

This past year COVID-19, not only impacted our programs but also played a big part in impeding our fundraising campaigns, this, together with a full year of costs associated with our new premise, has led to a deficit this year. Despite all our efforts, 2022/23 looks to be a just as challenging, due to escalating overhead costs out of our control, we are continuously working through all the options to reverse future deficits, and to ensure the same high-quality services are given to our members.

Lidia Pargaliti
Director



Members

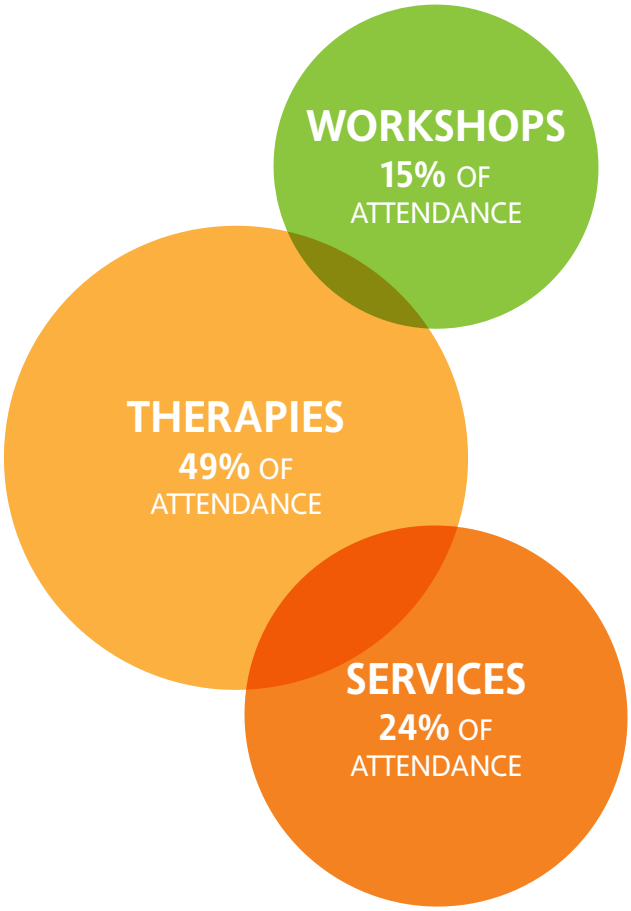
Total Members	**223**
Paid Members	193
Life Members	30

70% of Members participated

125 Individual Donations Received

53 Volunteers helped the Centre by donating time & skills

$327,00 Contributed in Saved Salaries by Volunteering



Services 24%

Biography Service

Massage

Qigong

Reflexology

Reiki

Yoga

Therapies 49%

Counselling

Meditation

Pathways

Womens Support Group Friday

Young Womens Support Group

Workshops 15%

Art Workshops

Bienke Retreat Day

Dive into Meditation

Fruit Tree Masterclass

Gardening for Gut Health

Healing with Garden Herbs

Herbs for Health

Herbs for Nerves

Life with Full Attention

Optimal Diet for Chemotheraphy

Seeds for Health

Walking the Larapinta

What our members are saying

"Loved interactive parts of Irene's session, very inspirational presenter"

"It has been amazing to connect with women my own age who have also been through a cancer experience. Having cancer at a young age can feel isolating so sharing my experience and life with others has really helped me through this time". Jess

"The Centre's Biography Service has been a great gift to me, because, looking back over a long life, there's a lot to say, and if I were to write it all, it would take a very long time, so the chance to speak about it and then edit the transcript, is a great gift, and I'm very grateful to the Centre for that." Lorraine

"At the Cancer Care Centre, particularly in the support groups, you can speak freely about those worries. There's also a meditation class every week which can be done face-to-face or online, and that's a lovely support group as well, run by Dharmamodini, a wonderful woman who keeps in touch with everybody and knows how everyone is getting on; we've learnt some really good skills about managing your life. "LP

"Recently I've been going to the art classes and every week doing a different form of art and that's been fun. It's an excellent distraction because you get really absorbed in it. I've been learning some new things and actually giving the items to people as gifts, so that's another gift from the Centre." L

"I have found the CCC support group meetings such a valuable help through my breast cancer journey. I was so warmly welcomed in at a very hard time, not judged, the meetings are open, honest, caring and always make me feel not so alone. I have met some amazing women who totally understand what I went through and were always very supportive to me. The support group meetings always make me feel so much better afterwards, like a weight has been lifted". J

"Thanks for all your support and that of the group. It was a real life saver at times" Louise

Beinke
MEMORIAL FUND

A reflection on our Cancer Care Centre *Reflect and Restore* Retreat Day.

On a sunny April day, the historically preserved, peaceful and nurturing space of Urrbrae House and its beautiful gardens was the perfect place for CCC members to "reflect and restore".

The thoughtfully planned program began with Welcome to Country, followed by presentations of a range of ways to nourish our "physical, emotional and psychological wellbeing" from experts in their fields, including:

Healing through Nutrition presented by Irene Schronberg from 'Eat Right for Life' presented a fabulous informative and interactive two-hour session about the importance of eating well during and after a cancer diagnosis. She highlighted the food that assists in healing and identified the many foods and chemicals that cause toxicity in our bodies. It was a fun interactive session discovering food labels and the role they play in eating healthy foods. Participants were able to choose common products and untangle the mystery of numbers and codes used in packaging, as well as finding those that were healthy at a fair cost. At the end of the session, we sampled her delicious smoothy drink and her anti-aging, healthy body scrub made from coffee.

Reflection upon our own personal Life of Stories presented by narrative therapist Chris Dolman. Chris invited the participants to curiously, gently and privately explore what "stories" they carry for themselves, introducing an awareness that some stories dominate while others are pushed to the side. During these supported exercises, participants connected with memories and their values, considered how they developed and how they continue in their lives now. In a final exercise, the group reflected on "what helps" them in difficult times, resulting in an anonymous collated document which was later shared within the group for their own reference and reinforcement of community. Chris is a teacher of Narrative therapy at Dulwich House and his custom-made session was meaningful and helpful to all in a personal way.

Sustenance! Critical to the success of any event is the food! Plant B Life served a delicious vegetarian lunch which complimented our previous session with Irene. We enjoyed beautiful salads, vegetarian burgers and plant-based Lasagne. Dessert was a real treat, apple pie served with coconut yoghurt!

To relax in the break, participants were invited to picnic in the gardens, and enjoy a self-guided meditative walk in the labyrinth nestled in the grounds. Information provided some history and purpose of the sacred and ancient labyrinth. Whilst some walked the labyrinth, others enjoyed an informal tour of the historic house from a volunteer of Urrbrae house.

Exercise and Cancer with Richard Roope. Richard gave an informative presentation on exercising your lymphatics, the benefits of exercise during cancer, the role of the lymphatic system and its importance for our well-being, especially during cancer treatment. The group was then led through simple exercise routines accessible to those both standing and sitting.

Our final segment of the day suitably transported our Body Mind and Soul towards deep relaxation as we were immersed in a continuous stream of unique musical sounds from gongs, drums, Himalayan (Tibetan) singing bowls to rainsticks and bells which released their healing sounds vibrations upon us. The experience of a Sound Bath with Ahilya Horsfall is one to be repeated!

We thank Peter Beinke Memorial Fund for subsidising this successful restorative day. Keep your eye out for the next one.

A few comments from our participants:

"Very enjoyable and worthwhile day"

"I loved the garden and the labyrinth walk"

"The venue was attractive and comfortable and as a result it felt a privilege to be in the venue"

Financial report – year ended 30 June 2022

In presenting the financial report for the year, ending 30 June 2022 the Board of the Cancer Care Centre ('Centre') Inc reports a Deficit of ($42,883). In the financial year, the Board decided to continue using its funds for the needs of its members and find alternative ways to improve the strategic direction of the Centre. Since the relocation, the Centre has found it difficult to achieve a positive financial result and continues to explore all options to improve income.

The financial year 2022 still had ongoing effects from the pandemic, which contributed to the difficult landscape in which we operate. While operating during the financial year, the Board had continued to comply with all legislative requirements, with the financial hardship. The Board will continue to diversify the streams of funds through grants, investments and other fundraising activities to improve the financial position of the association. This will allow for further awareness of the Centre, increase memberships and increase fundraising funds through events. The Board believes that the Centre is in a good financial position and will continue providing its services to the needs of its members.

Summary of Financial Performance

Year ending 30/6/2022

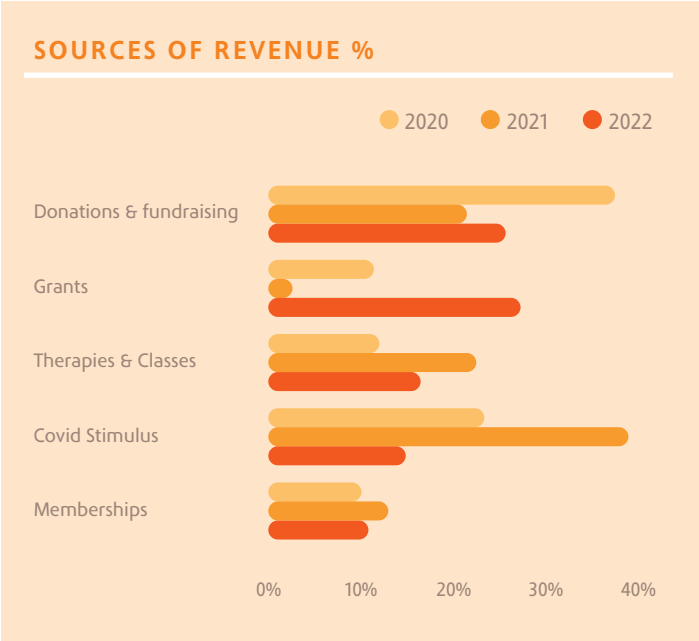
	2022	2021	2020
Income	128,055	116,977	140,272
Expenditure	170,938	158,766	128,041
Operating Surplus/Deficit	(-42,883)	(-41,789)	12,231
Net Assets	191,476	234,359	276,148

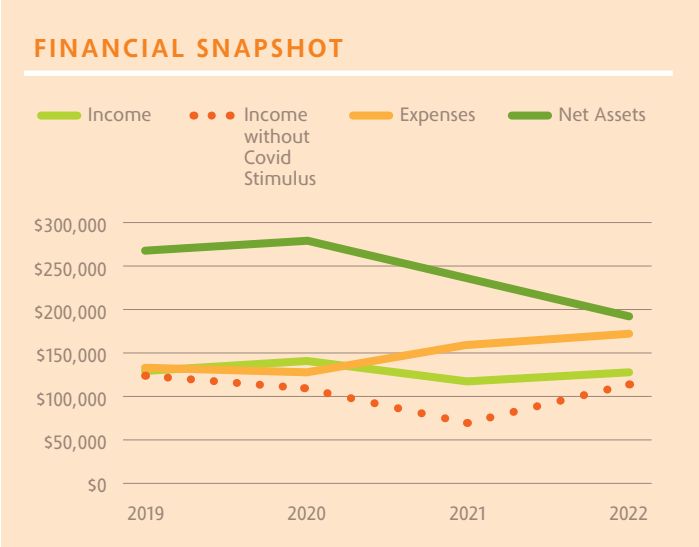
Compliance Review

A Compliance Review has been conducted as part of the Board's annual preparation for the AGM.

All aspects of the Centre's operations comply with relevant reporting and legislative requirements including Licensing, Taxation, Industrial conditions and Occupational Health Safety and Welfare.

Justin Piteo, Treasurer





A copy of audited financial statements and Auditor's report from the year ended 30 June 2022 are available at Cancer Care Centre

Volunteers

We are very fortunate that there are those special people within our community that make the Centre a place of help, hope and understanding

The Board of Management and Centre Director acknowledge the important contribution made by the centre's volunteers. Our wonderful volunteers bring a wide range of skills, counselling, educating, facilitating, information, listening, nurturing, supporting and provide a wide range of therapies for clients.

Our thanks go to all the volunteers who have helped during the year including those that have now left but have brought great value to us, we could not do this work without you all.

Aida Daoues
Alison Slodki
Anne Marie Halligan
Arthur Galantomos
Aruna Avanthika
Carol Mohan
Carol Thalbourne
Carolyn Sugars
Denise Charlton
Dharamamodini
Diana Bickford
Eva Tepper
Helene Hipp
Ian Dobbie
Ivy Diegmann
James Speechley-Crowley
Joanne Mildenhall
John Paul Bartley
Judy Valero
Julia Clancy
Justin Piteo
Kevin McGee
Leanne Rogers
Lee Hutton
Lynne Forest
Lynne Murphy
Lynne Riedel
Mariane Linhart
Maryanne Cave
Matthew Wohling
Mel Heath
Midori Oledo
Naomi Kelly
Natalie Williams
Nicole Crawford
Paul Kern
Peter Hancock
Richard Roope
Ritika Chopra
Ross Curtis
Ruth Ottewill
Ryan Moore
Sarah Divine
Sarah Trangmar
Sarah Yates
Stephen Moller
Susan Ross
Susan Sifkus
Suzanne Delaney
Therese Covington
Tina Spencer
Usha Rajagopalan
Valerie White

Business and partner supports

Throughout the year the centre is supported by a range of businesses and partners without whom we would not be able to achieve what we do our thanks all those who have contributed.

CMV FOUNDATION

LEE · GREEN
STRATEGIC ACCOUNTANTS

MAYFAIR FLORIST

Sophie Thomson

Paul Ng

MinterEllison

XENTECH

Adelaide Printer Solutions

NORTHSIDE curtains & blinds

EASTWOOD COMMUNITY CENTRE

Cancer CareCentre

a place of help, hope and understanding

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