

2023 Annual Report



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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 2022–2023 period:

Susan Ross, *Chair*

Arthur Galantomos, *Secretary*

Usha Rajagopalan, *Treasurer*

Anne Marie Halligan

Ian Dobbie

James Speechley-Crowley

Joanne Glover

Justin Piteo

Lee Hutton

Paul Bartley

Ruth Ottewill

Stephen Moller

Suzanne Delaney

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

Governance

Finance

Fundraising & Events

Marketing

Program Development

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 Administrator, 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,

During the past year assisting those in our community impacted by cancer remained our sole focus, we continued to invest our time, energy, and funds into programs and support services. This year has been a complex and challenging one for people and their families living with cancer, but also for the Centre as the board looks to its future.

This year new and old board members were challenged in ensuring the future viability of the Centre, as we move on from the crisis of the pandemic and were faced with the impact of the current cost of living crisis.

I want to thank Board members for their guidance, advice, and valuable insights throughout the year, they bring a wealth of knowledge, expertise, and commitment to their roles on the board. This year saw a number of long-serving members retire, I particularly want to thank Stephen Moller for his role in reviewing and updating our policies and procedures and to Lee Hutton for her board support as well as her ongoing work as a counsellor and support to our young women's group.

Meeting the current and future needs of our members is always the priority of the board. There is a great deal of work to undertake in the governance and day-to-day operations of the Centre. In order to effectively ensure that the Centre's strategic directions and targets were reached, the board worked effectively through a number of sub-committees that reported to the board, with their work highlighted below:

Governance

- Monitor and review the Strategic Plan and report on outcomes
- Oversight compliance of self-assessment tool for the Centre against the Institute of Company Directors (AICD) Not-for-Profit Governance Principles enabling STAR Service Accreditation application
- Board evaluation and review
- Review and updating policies and procedures

Fundraising & Events

- Planned, created, and managed a range of community events including film afternoon, and gala dinner
- Target of \$10k in fundraising with \$39,353 raised
- Supported the engagement with members to increase donations, with over \$92K in donations raised this year.

Finance

- Development and implementation of the annual budget
- Strategic monthly, and quarterly monitoring of all aspects of financial position
- Provision of ad hoc financial reports to finance sub-committee and board
- Identification and writing of grant funding applications with \$10k in successful submissions

Marketing

- Development of program marketing materials
- Improvements to brand and imaging on the Centre promotion materials
- Website, social media content
- Update to the membership database

Programs

- New program development and implementation
- Strategic oversight of current programs, services, etc

Other Working Groups

- Beinke Memorial Fund subsidised delivery of a one-day retreat – *Pocket Full of Happiness* at Coromandel Valley
- Cherington Therapeutic Community Garden – Wednesday morning open garden with tips and conversations. Celebrating it's 3rd Birthday this year.

We are, as always, grateful to the individuals who have supported the Centre during the year. Our relationships with individual donors, volunteers, and members have helped us continue to deliver our comprehensive range of programs and services throughout the year.

The Centre is facing its own crisis in dealing with our high costs of overheads, causing the Centre to utilise its reserves and again post a deficit at the end of the financial year. The Board is very cognisant of the financial position of the Centre and has worked diligently to bring in new funds and reduce this deficit over the year.

At a recent strategic planning day board members agreed that never has it been more apparent how vital our mission is to reduce the burden of cancer for those living with the disease. Particularly the programs, therapies, and services that the Centre offers as a complement to traditional medicine within a warm welcoming, and non-clinical environment.

It will be a hard year ahead, in that should the current financial position of the Centre not improve, the board will be forced to look at how long the Centre will remain open. Therefore there will be a greater focus on marketing, communication, engagement, sponsorship, and funding in order to improve our bottom line and preserve our reserves. At all times during this year, members will be kept up to date on current activities and the future directions of the Centre.

At the time of writing the Board has been advised of our director – Lidia Pargaliti's resignation effective November 2023. Lidia has been with the Centre for over 2.5 years, coming on board with a change in location and leading us through the pandemic period. Lidia worked above and beyond her required time and duties to ensure that the Centre remained open, viable, and accessible to our members. She has been dedicated, selfless, and generous in her work with all at the Centre and our best wishes go with her for the future.

Whilst this year certainly wasn't one that I envisaged, I can say that it gave me a clear insight into the commitment of the Cancer Care Centre staff, board, volunteers, counsellors, therapists, and supporters and that this organisation has more to give in future years.

I would like to extend my heartfelt thanks for all your contributions throughout the year and look forward to working with you all in this upcoming year.

Susan Ross, Chair



Director's report – Lidia Pargaliti

Looking back over the past year at Cancer Care Centre Inc, was one that needed grit and determination, to be able to continue the important work of being part of a support team for our members. We've all learnt to live with Covid and are grateful to everyone who visits to respect the wellbeing of others and to be a place where everyone is welcome; to come into a safe environment, to relax and recharge.

We thank our members who have persevered through the never-ending roadworks, throughout the year and continued to come along and participate in their preferred service, be it Meditation, Massage, Support Group, Counselling or a Workshop.

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.

In March we held our annual Beinke Memorial Retreat Day, this time with the focus of looking for that *Pocket Full of Happiness*, it was a wonderful day held at Coromandel Valley, and we all especially enjoyed the rousing Singing Session to end the day, read on for more about the day.

Dharmamodini presented her *Life with Full Attention* course, which was at capacity, reminding us all to be truly present in everyday life. And Diana Bickford continues to bring new life into the Cherington Community Garden on Wednesday mornings, Diana and her team are full of tips for nurturing organic food and herbs in your very own garden. It's well worth a visit – you just might get hooked on gardening!

We have several Biographies underway; this service offers members an opportunity to share their life story, an autobiographical history, or record of special reflections, good 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.

With our collaboration with Flinders University, we were able to host three Students this year, two completing their Master's Degree in Social Work and one in Business. Jade, Ashitha and Wallis, all immersed themselves in the Centre, and worked on their specific research based project to ensure that the Centre has up to date information to help its Members. These included:

- Collating evidence-based research into how specific complementary therapies help people affected by cancer.
- Researching Cancer Services in the State to aid our therapists and members.
- Conducted a compliance self-assessment for the Centre against the Institute of Company Directors (AICD) Not-for-Profit Governance Principles. Which I'm happy to say also put us in good standing to apply for the STAR Service Accreditation.

We were very fortunate to meet some Fundraising Champions this year:

Eleven-Year-Old Harry Pummeroy, who's grandfather would come to the Centre, (Harry calls it his Pa's Club), wanted to raise funds for the Centre by shaving off his much-loved mullet.

Mandy Mattiske, thought she'd put to good use her personal challenge of Everesting by Bike, (yes, it's a thing), and raise funds for the Centre, in honour of her family members, who are experiencing the effects of cancer.

Then came along Tanya Afford and the Crazy Head Shave Team, with the lovely Sarah, who has cancer, as their inspiration, raised money and shaved or coloured their hair in her honour.

These plus our generous private donors, and our Cancer Care Friends in Glenside Lions Club, Tour De Cure and the Sovereign Hospitaller Order of Saint John of Jerusalem® all helped us immensely to enable us to develop and run programs here in South Australia. Not to forget to mention our own Fundraising Committee, who have put together two successful events this year.

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.

Again, with grit and determination, we've made a lot of good things happen this year, however increased rental costs and escalating overheads has led to a deficit this year. This does not look like abating soon, therefore the challenge going forward is to focus on fundraising opportunities, while working through all other options to reverse future deficits, while ensuring the same high-quality services can continue to be available for our members.

Lidia Pargaliti, Director



Members and Services

Throughout the year our services, therapies, programs and workshops respond to the demand of our members within the community. At the same time our work with other community based organisations and providers enables the centre to offer a diverse range of services, programs, therapies and workshops.

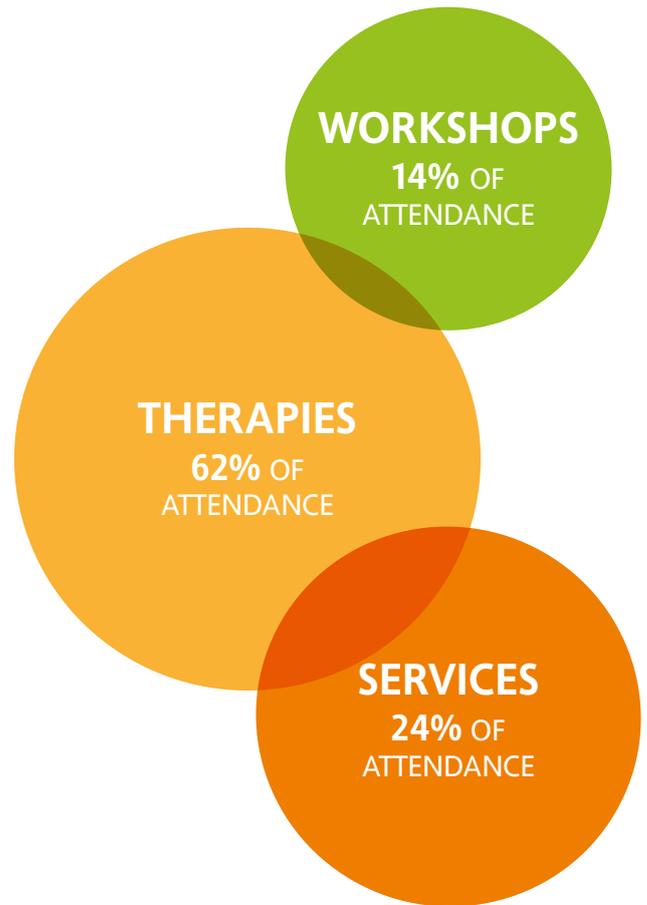
Total Members	160
Paid Members	132
Life Members	28

60% of Members participated

440 Individual Donations Received

42 Volunteers helped the Centre by donating time & skills

\$350,00 Contributed in Saved Salaries by Volunteering

<p>Services 24%</p> <ul style="list-style-type: none"> Biography Service Oncology Massage Lymphoedema Massage Relaxation Massage Reflexology Reiki 	<p>Therapies 62%</p> <ul style="list-style-type: none"> Counselling Meditation Pathways Womens Support Group Young Womens Support Group 	<p>Workshops 14%</p> <ul style="list-style-type: none"> Art Workshops Bienke Retreat Day Gardening for Gut Health Healing with Garden Herbs Herbs for Health Life with Full Attention Seeds for Health
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Fundraising Champions

- Empowering Generosity, Inspiring Hope

SHAVING HARRY'S MULLET

\$4,880 raised

The Cancer Care Centre had helped support my Pa (Trevor Hubbard) a lot by helping him to meet some new friends who were in the similar situation. I have been growing my mullet since April 2021. Since I got my mullet I said I wanted to raise some money for Cancer Care Centre where he went to. I have had heaps of memories with Pa and by doing this I think he would be proud of me. I loved him so much.



INDIANA JONES MOVIE

\$3,100 raised



MANDY'S RIDING FOR A CAUSE

\$13,973 raised

In my 40 years in this hairdressing industry, I have sadly shared many clients' cancer journeys and shaven many heads. Closer to home, in 6 years my Mum, Dad and Sister have all experienced this unpleasant journey and almost 12 months ago, I lost my dear Dad to prostate cancer. The Cancer Care Centre has helped support my family and many clients, so raising money for this Centre is very important



HEAD SHAVE & CRAZY HAIR DAY

\$6,600 raised

Our inspiration is our beautiful colleague and friend Sarah. Her cancer journey inspired us to fundraise for the Cancer Care Centre. One of the important parts of Sarah's journey was the mental and emotional support she received. This inspired us to fundraise to ensure these important supports are available to people no matter their financial circumstances. Sarah has a huge heart and jumped at the chance to fundraise for the Cancer Care Centre, which provides these important services to people living with cancer.



FUNDRAISING DINNER

\$7,800 raised





A Pocket Full of Happiness – Cancer Care Centre Retreat March 2023

This year's retreat took place at the Coromandel Valley Community Centre. It was a very insightful and fulfilling day focusing on happiness and joy.

The day was inspired by the book *A Pocket Full of Happiness* of the same name written by Richard E Grant, outlining the importance of finding unexpected pockets of joy, despite what else is happening in your life, especially in difficult times.

The first session was a chance for participants to learn about and experience the practice of Feldenkrais led by Emma Leak. Feldenkrais is a body-oriented, intervention method designed to help people reconnect with their bodies and learn new ways to move with greater efficiency. Our members were given an outline of the Feldenkrais Method and were encouraged to try different movements to extend their range of movement and comfort.

Next there was a cooking demonstration by Just Eat Plants. This focussed on the importance of nutrition and its impact on cancer. The presenters, nutritionist Rebecca Stonor and Dr Heleen (Roex) Haitjema, explained nutritional information, answered many questions from the audience and the nutritious. Rebecca then demonstrated and cooked a delicious plant-based lunch for everyone to enjoy.

After lunch Cancer Care Centre volunteer counsellor Helene Hipp presented an interactive workshop *Happiness is an Inside Job*. Helene explained some basic happiness principles and explored the different 'types' or levels of happiness. The participants were able to take part in some activities, discuss and learn how to find more happiness and wellbeing in the everyday.

Finally, there was *The Joy of Singing* session run by Kathy Pike, who is a talented singer, songwriter, singing teacher and performer. The research on the health and wellbeing is extensive and the benefits of singing are that it can relieve stress and tension, improves mood and social interaction, and strengthens the immune system.

This session was just a great deal of fun and everyone joined in very enthusiastically, a great way to experience happiness and make new friends.

The members and volunteers who took part in the day had a very enjoyable time, while learning some new skills and at the same time to improve their wellbeing. A very worthwhile event.

We thank Peter Beinke Memorial Fund for subsidising this successful happy day.

Some comments from our participants:

"The schedule was perfectly lined up for the nature of each presentation"

"An enjoyable day. Thank you for all the effort in putting on the event :)"

"Thank you all so very much, the variety was excellent"



Financial report – year ended 30 June 2023

During the financial year ending 30 June 2023 the Board of the Cancer Care centre reports a deficit of (\$48,653).

The ongoing effects of the COVID pandemic and the rental expenses following the relocation of the centre have continued to impact the cash flow of the Cancer Care Centre and during the last 12 months the Board has worked very hard to contain the deficit. This has been achieved due to a strong drive undertaken by the Board to raise donations and by organising several fund-raising events. The Primary focus of the Board now is to continue to explore all avenues to improve cash flow so that the Cancer Care Centre can continue to provide its services to its members.

Summary of Financial Performance

Year ending 30/06/2023

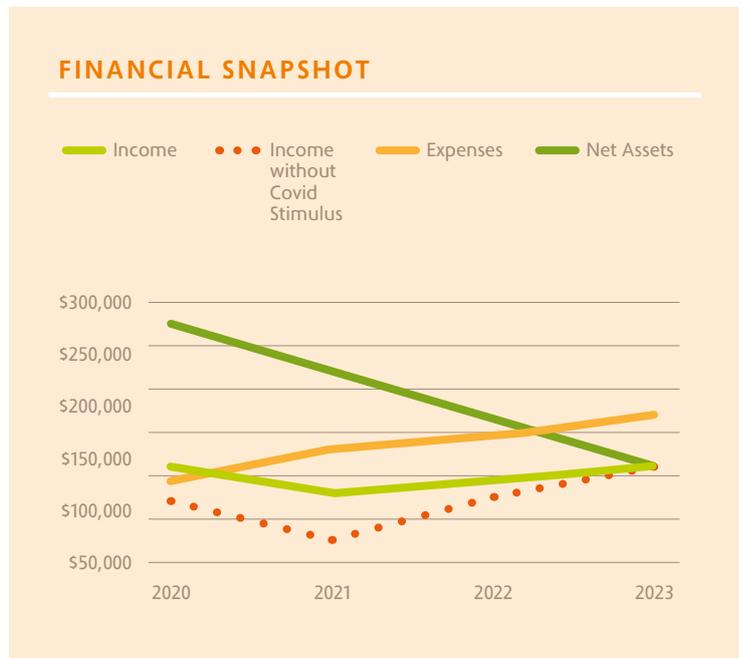
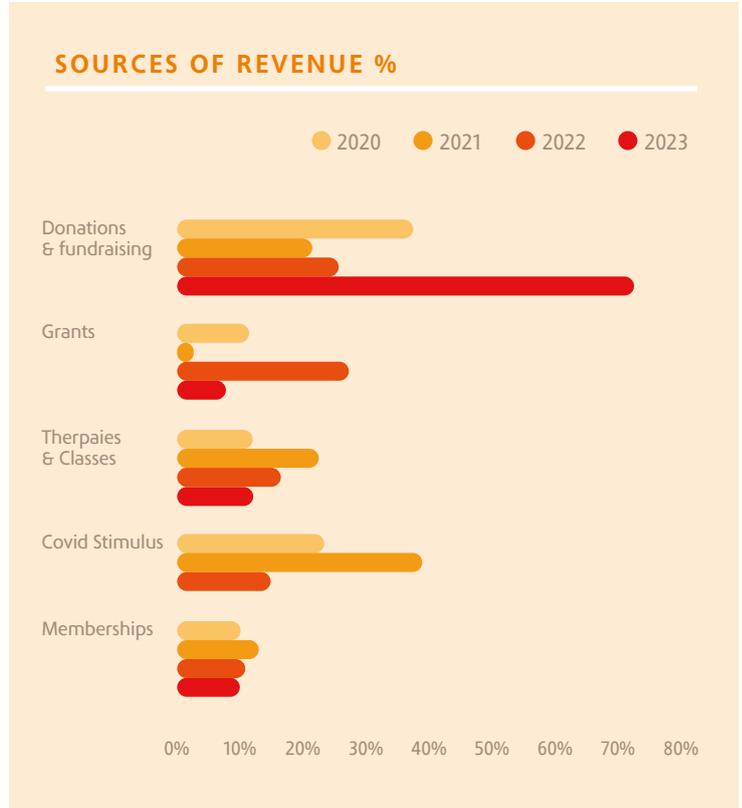
	2023	2022	2021	2020
Income	\$142,159	\$128,055	\$116,977	\$140,272
Expenditure	\$190,812	\$170,938	\$158,766	\$128,041
Operating Surplus/Deficit	(\$48,653)	(\$42,883)	(\$41,789)	\$12,231
Net Assets	\$142,823	\$191,476	\$234,359	\$276,148

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.

Usha Rajagopalan, Treasurer



A copy of audited financial statements and Auditor's report from the year ended 30 June 2023 are available at Cancer Care Centre

ACKNOWLEDGEMENTS



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 | Lee Hutton |
| Allison Kenny | Lynne Forest |
| Anne Marie Halligan | Lynne Murphy |
| Arthur Galantomos | Maria Michalakos |
| Ashitha George | Matthew Wohling |
| Carol Mohan | Mel Heath |
| Diana Bickford | Melissa Cleggett |
| Dharamamodini | Midori Oledo |
| Denise Charlton | Naomi Kelly |
| Diane Hollitt | Patrizia Di Niro |
| Eva Tepper | Paul Bartley |
| Gerry Davis | Paula Jean Hayes |
| Golpola Dasi | Peter Hancock |
| Helene Hipp | Ross Curtis |
| Ian Dobbie | Ruth Ottewill |
| Jade White | Sarah Hughes |
| James | Sarah Trangmar |
| Speechley-Crowley | Stephen Moller |
| Joanne Glover | Susan Ross |
| Joanne Mildenhall | Suzanne Delaney |
| Julie Cranswick | Usha Rajagopalan |
| Justin Piteo | Valerie White |
| | Wallis Chen |

Business & 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.



Sophie Thomson



MinterEllison.

Adelaide Printing Solutions



Monique Bareham



Sovereign Hospitaller
Order of Saint John of Jerusalem®



glenside lions



EARL OF LEICESTER
HOTEL

Bev Puckridge, artist

Dr Trudy Lin





195 Glen Osmond Road, Frewville SA 5063
Phone (08) 8272 2411
Email admin@cancercarecentre.org.au
Website cancercarecentre.org.au

