

# Executive Committee Annual Report July 2015 – June 2016



## Executive Summary

2015/16 is another year of well-earned success. We have continued to deliver high quality services at our City Office and Southern Office. We have also launched our services to the Northern Sydney Region, including holding a public information session at Hornsby and

Gordon, as well as a Bowel Cancer Awareness and Resource Information at Chatswood. In the South West Sydney Region, in our endeavour to serve cancer patients and their carers beyond Liverpool area, a public information session was held at Cabramatta. With the very positive responses received, we are encouraged to introduce a wider scope of services in these areas in the coming year.



Our continued effort in building a strong network of support in local communities has contributed to our success with our outreach programs. One of the key highlights of our cooperation with external parties is the launch of resources relating to breast cancer which were put together in partnership with Breast Cancer Network Australia (BCNA). A series of information booklets in Chinese and a CD in Cantonese and Mandarin are now available free-of-charge for Chinese women who have been diagnosed with breast cancer.

We are heartened by the support we have received from the the Minister for Health NSW. A one off funding of \$60,000 has been granted as a contribution to the costs associated with renovations of our City Office.

We are also pleased to be awarded, by Cancer Australia, a grant of \$10,000, which will be used to develop, in partnership with Breast Cancer Network Australia, a culturally and linguistically appropriate “Healthy Eating and Breast Cancer” information booklet and audio resource for Chinese women affected by breast cancer.

All of our accomplishments are made possible through backing from our sponsors, donors and supporters. Our team of dedicated staff and volunteers deserve a special mention as it is with their dedication and efforts that we have been able to advance our course and continue to improve our service. We sincerely thank all of you for your continued support and commitment.

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## A. Services & Programs

With the well-coordinated efforts and hard work of staff and volunteers, we have continued to deliver a range of high standard services. During the year a total of 416 new clients registered for CR services. Of all the new clients, 284 were patients, 132 were carers, 210 were Cantonese speaking and 206 were Mandarin speaking. There were a total of 15,311 occasions of service.



### 1. Information Sessions

#### Information & Support Meetings at City Office

Two series of Information & Support Meetings targeting newly diagnosed patients and their carers were conducted with a total of 172 participants (115 patients & 57 carers) in attendance. Each series consisted of four sessions with a talk by a health professional followed by discussions in small groups.

#### Public Information Sessions at City Office

Two public information sessions (on “Pain Management” and “Management of Incontinence in the Postoperative Prostate Cancer Patients”) were held at the City Office with a total of 66 participants in attendance.

As these information sessions were mainly conducted in Cantonese, simultaneous translation in Mandarin by professional interpreters was provided. These presentations were subsequently transcribed and published in Chinese newspapers and CanRevive newsletters to reach those who could not attend the sessions. In addition, with consent of guest speakers, video recordings of some of the information sessions were uploaded onto CanRevive’s website.

#### Information Sessions at Southern Sydney Region

##### *\*Public Information Sessions*

Two public information sessions were held (on ‘Healthy Cooking’ and ‘Understanding & Preventing Breast Cancer’ ) with a total of 75 clients (60 patients and 15 carers) in attendance.

##### *\*‘Living with Cancer’ Program*

This was a 5-session program (consisting of talks by health professionals) run in partnership with Cancer Council NSW and St. George Hospital, for newly diagnosed patients and their carers. A total of 43 clients (35 cancer patients and 8 carers; 21 Cantonese speaking and 22 Mandarin speaking) attended at least 1 session and the range of attendance was 27 to 33.

## Information Sessions at South West Sydney Region

### *\*Public Information Sessions*

A public information session on 'How to Prevent Cancer with the Use of Chinese Medicine' was held at Cabramatta with 60 people in attendance.

### *\*'Living with Cancer' Program*

This was 4-session program (consisting of talks by health professionals) held in collaboration with Cancer Council NSW and Cancer Therapy Centre at Liverpool Hospital. 17 clients (6 carers, 11 patients; 9 Cantonese speaking & 8 Mandarin speaking) attended at least one session and the range of attendance was 12 – 16.

## Information Sessions at Northern Sydney Region

\* An information session on "Women's Pain – Breast Cancer" was held at Hornsby with 45 participants in attendance.

\* In collaboration with Ku-ring-gai Library, Gordon, an information session on 'Healthy Eating – Cancer Prevention' was held with 60 participants in attendance.

\* Bowel Cancer Awareness and Resource Information Day

In partnership with Willoughby City Council, Cancer Council NSW, Australian Chinese Medical Association and Sydney North Primary Health Network, the event was held at Chatswood with 152 participants in attendance.

## 2. Support Groups

### Support Groups at City Office

- i. Cantonese New Patient Support Group - Two groups were conducted for new patients with a total of 34 sessions held and 28 patients attending at least one session. The range of attendance was 5-10.
- ii. Cantonese Cancer Survivor Support Group - A 12-month program was conducted, for 'graduates' of new patient support group members and patients who are under treatment. A total of 34 sessions were conducted with 35 patients attending at least one session. The range of attendance was 5- 12.
- iii. Cantonese Happy Group – This is an on-going program run by volunteers to meet needs of carers and patients who have completed new patients support groups and cancer survivors support groups. 107 group members attended at least one session and the range attendance was 20-30.
- iv. Mandarin New Patients /Carers Support Group - Two mixed support groups were conducted for new patients and carers with a total of 33 sessions held. 42 patients and 11 carers attended at least one session and the range of attendance was 2-12.
- v. Mandarin Survivor Support Group - Three monthly meetings were held for patients who have completed the Mandarin New Patient/Carer Support Groups. 7 patients attended at least one session and the range of attendance was 2-7.



- vi. Mandarin Sunshine Group - This group was mainly run by trained and experienced volunteers for cancer survivors. 84 participants attended at least one session and the range of attendance was 4 - 17.
- vii. Cantonese Carers Support Group - Two Cantonese Carers Support Groups were conducted with a total of 34 weekly sessions held and 45 carers attending at least one session. The range of attendance was 4-12.
- viii. Mandarin Carers Support Group – Two groups (with 10 meetings held in total) were organized for Mandarin speaking carers. A total of 28 carers attended at least one session and the range of attendance was 1-9.
- ix. Bereavement Support Group - Four sessions were conducted in Cantonese for a Close Group with a total of 7 bereaved carers attending at least one session. The range of attendance was 2-4. In response to clients' needs, a new bi-monthly open group was organized for both Cantonese and Mandarin speaking clients. 3 meetings were held with a total of 32 bereaved carers (14 Mandarin speaking and 18 Cantonese speaking) attending at least one session. The range of attendance was 7 – 20.
- x. Breast Cancer Support Group - This is a short-term program conducted over 5 consecutive weeks specifically for Mandarin speaking breast cancer patients. 11 patients attended at least one session and the range of attendance was 5-9.
- xi. Lung Cancer Support Group – Six bi-monthly sessions were conducted specifically for lung cancer patients. A total of 126 patients and carers attended at least one session. The range of attendance was 14-27.

### Support Groups at Southern Office

- i. Cantonese Patients/Carers Support Group – Two mixed groups (for new patients, survivors and carers) consisting of a total of 34 sessions were conducted in Cantonese. A total of 37 clients attended at least one session and the range of attendance was 6 -13.
- ii. Mandarin New Patients/Carers Support Group – A 8-session program for a mixed group of Mandarin speaking new patients, survivors and carers. A total of 13 patients attended at least one session and the range of attendance was 8-10.
- iii. Cantonese Happy Sharing Group – Five meetings were held for this self-help group with 18 participants attending at least one session and the range of attendance was 7 – 14.

### Support Group at South Western Sydney Region

4 sessions were conducted for a mix group for both Cantonese & Mandarin speaking clients (1 new patient, 2 survivors and 3 carers). The range of attendance was 1-4.

## 3. Hospital Visits

268 hospital visits were made to the oncology wards at St. George Hospital, Royal Prince Alfred Hospital, Concord Hospital, Westmead Hospital, Liverpool Hospital and Royal North Shore Hospital. A total of 268 visits to the 6 hospitals were made contacting a total of 1568 clients (1062 patients & 506 carers) over 600.5 hours.

#### 4. Home Visits

Emotional and information support was provided to patients and carers who may be socially isolated or require ongoing help at their own home, as well as to patients who are in palliative care. Home visits were provided to 15 clients (9 patients & 6 carers) with a total of 25 visits and a total of 24.5 hours spent on the visits.

#### 5. Phone Support

Emotional and information support was provided over the phone to 242 clients (164 patients and 78 carers) who chose not to attend support groups. A total of 892 phone calls were made with the total hours spent around 181 hours. In addition, 33 phone calls were made to provide more intensive emotional support to 10 newly bereaved carers.

#### 6. Special Programs & Research Projects

##### Special Programs

##### *\* Carers Week*

To acknowledge carers as key contributors to the community, a program consisting of a lunch for carers and patients and a Music Therapy workshop was held with a total of 83 clients in attendance.

##### *\* Encore Program*

In partnership with YWCA, a 8-session Chinese Encore Program was organized for women with breast cancer. 14 patients attended the program and the range of attendance was 8 - 12.

##### *\* Wellness Program for cancer survivors and their carers*

This was a 4-session pilot program funded by the Australian Chinese Charity Foundation, with the aim of promoting physical activities and healthy eating to cancer survivors and their carers. A total of 26 participants (19 patients & 7 carers) attended the program and the range of attendance was 20-25.

##### *\* Healthy Lifestyle Day Camp*

The program was held at Chatswood with the aim of helping Mandarin speaking cancer survivors and their carers to develop healthy lifestyle in their recovery journey. 28 participants (21 patients & 7 carers) attended the day camp.

##### *\*Launch of Breast Cancer Network Australian (BCNA) Chinese Breast Cancer Resources*

In partnership with BCNA and YWCA NSW Encore Program, a launch was held at YWCA NSW

Corporate Office to promote resources put together in partnership with BCNA (consisting of a series of information booklets in Chinese and a CD in Cantonese and Mandarin for Chinese women who have been diagnosed with breast cancer). A total of 46 guests attended the launch.



***\*'Community Forum' (a TVBJ production)***

A TV show about CanRevive covering volunteer work of two cancer survivors and carers as well as the function of support groups for cancer patients and carers.



***\*Cancer Information and Support Webinar Series for the Chinese Community***

This is a Cancer Council NSW project and, on CCNSW's request, CanRevive organized 4 focus groups for the project.

***\*BCNA "Multilingual Digital Story Telling Production"***

CanRevive helped to identify a breast cancer survivor and a secondary breast cancer survivor to be interviewed and filmed at our City Office.

***\*"Secondary breast cancer information resources for Greek and Chinese women" developed by BCNA***

Two CanRevive volunteers joined the project's advisory committee.

**Research Projects**

***\*"Get Healthy Service – Chinese Community consultation" organized by South Eastern Sydney and Sydney Local Health Districts***

An interview with two CanRevive staff and completion of survey forms (by carers and volunteers) were arranged.

***\*"Understanding Healthy Literacy and Cancer Care Coordination in Chinese Immigrant Cancer Patients, Survivors and Caregivers" conducted by School of Psychology, University of Sydney***

Distribution of 50 questionnaires was arranged.

***\*"Psycho-social issues faced by Chinese patients and their care givers": a research conducted by Dr. Janelle Levesque, Psycho-Oncology Research Group, Centre for Oncology Education and Research Translation, Ingham Institute for Applied Medical Research, South Western Sydney Clinical School, UNSW Medicine***

100 Survey Info Packs were sent out to target clients and three focus groups were arranged.

## 7. Interest/Exercise Groups and Complementary Therapeutic Programs

### Held at City Office

#### *Interest/Exercise Groups*

- \*Chinese Calligraphy
- \*Guolin Qigong
- \*Craft
- \*Healthy Cooking

#### *Complimentary Therapy Programs*

- \* Laughter Yoga
- \*Yoga
- \*Reflexology



### Held at Southern Office

#### *Interest/Exercise Groups*

- \*Chinese Folk Song Singing
- \*Small-pot Horticulture
- \*Tai Chi

#### *Complimentary Therapy Programs*

- \*Eating Well workshop
- \*Emotional Regulation workshop



## 8. Newsletter

Newsletters were published quarterly during the year. The objectives of the Newsletter are: to provide educational information, to promote CanRevive services and activities as well as to share personal experiences of patients/carers/survivors. 1500 copies were printed and sent to clients/new referrals/carers and distributed through hospitals and our City & Hurstville offices.

## B. Volunteer Support and Training



In the last 12 months, 18 new volunteers were recruited and assigned to assist in roster duties, finance and administration, support groups, hospital visits and phone support, according to their interests and skills assessment.

To equip our volunteers with skills in service delivery, the following training programs were organized:

- \*Two 2-day “Basic Skills Training” courses were conducted for 15 newly recruited volunteers;
- \* A talk and discussion forum on ‘Life and Death’ was conducted with 45 volunteers in attendance;
- \*1 volunteer attended an 1-day “Grief, Loss & Change Workshop for Cancer Support Group Leaders” organized by Cancer Council NSW;
- \*4 volunteers attended a 2-day Encore Program Training organized by YWCA Encore Program State Manager; and
- \*2 volunteers attended a 3-day BCNA Community Liaison Training organized by Breast Cancer National Australia in Melbourne.

In addition, regular team meetings were held to provide an opportunity for volunteers to share their experiences, refresh skills, and receive support from staff and other team members.

## C. Administration Support

During this financial year the renewal of CanRevive's website was completed in the latter half of 2015. The position of Office and Events Manager was created to take responsibilities of office and events management and a staff appointed on a permanent full-time basis. Together with the Support Service Manager, they supervise CanRevive's team of staff and report directly to the Executive Committee to ensure all internal and external programs were delivered effective and efficiently in all regions. Well managed and appropriate administrative support is essential to the success of regionalize (outreach) mode of operation.



## D. Finance

The overall financial performance of CanRevive Inc. for the financial year had seen an operating surplus of \$67,899.13, after adjusting for the current market value of CanRevive's investment portfolio, a surplus of \$47,105.55 was recorded. CanRevive Inc. had received a distribution of \$63,000.00 from CanRevive Cancer Foundation, this amount is anticipated to increase year on year as CanRevive Cancer Foundation's total asset grows. CanRevive had received an addition grant of \$100,000 from SK & YY Cheung Family Foundation after the initial six years funding agreement had expired, which CanRevive is extremely grateful. A special contribution by the NSW Ministry of Health of \$60,000.00 for CanRevive's capital work program was received this financial year. The total investment portfolio as at 30 June 2016 is \$1,689,892.40 which had returned an income of \$106,332.88 for the year. Total equity of CanRevive Inc. now sits at \$3,012,263.12 as of 30th June 2016. For further details, please refer to the audited Financial Report for the Year Ended 30 June 2016. The Executive Committee will continue to source funding from external bodies for grants to maintain CanRevive Inc.'s current services and any future developments.



## E. Fundraising & Public Relations

The 21st anniversary fund raising dinner was held at Marigold Restaurant on 18th June 2016. It was a great honour to have Prof. Afaf Girgis of Ingham Institute for Applied Medical Research as the guest speaker of the evening. We would like to specially acknowledge three esteemed guests for their congratulatory speeches: Ms Flynn McDermott representing Mr. Mark Coure MP, The Hon. Walter Secord MLC, Deputy Leader of the Opposition in the Legislative Council NSW, and Mr. Arthur Au, Director of Hong Kong Economic and Trade Office. Mr. Stephen Liu, Chairman of CanRevive Cancer Foundation thanked our benefactors, patrons and donors for their generous support which has helped us reach 40% of our fundraising target.

The event was a success, with over 600 guests from all sectors of the community in attendance. The Fund Raising Team thanked all those involved for its success.

On the Public Relations side, we accepted and participated in many events and functions. CanRevive Inc. has continued to be well respected both in the Chinese community and the wider community.

We were honoured to be the beneficiary of the funds raised at three functions. They were ACMA 25th Anniversary Gala Dinner, S.H.L.K Chinese Opera (華藝粵軒曲藝社) annual concert and Australian Chinese Building Association Inc. fundraising concert.

Listed below were some of the functions we attended during the year:

- \*2ac Anniversary Dinner
- \*CanCare Anniversary Dinner
- \*Lions Club Annual Dinner
- \*ACCF Anniversary Dinner
- \*ACCF Community Forum
- \* Ashfield Council Carnival of Cultures 2016
- \*HKABA National Award
- \*CASS Annual Dinner
- \*ANHF Annual Dinner
- \*Kogarah Council Mayoral Ball



## F. Executive Committee

Executive Committee of CanRevive Inc. held a total of nine Executive Committee Meetings during 2015-2016 financial year. The following shows a full list of executives and the number of meetings attended by each executive:

Position	Name	No. of Executive Committee Meetings Attended	Note
President	Ella Lee	9	
Vice President	Lisa Harris	7	
Vice President/Acting Treasurer	Eric Yeung	8	
Secretary	Laksmi Leung	8	
Executive Committee Member	Ellena Willard	4	Ellena was on leave from 1/1/16.
Executive Committee Member	Vonne Chu	7	
Executive Committee Member	Jenny Wallis	5	
Alternate Executive Committee Member	May Kwan	1	May joined EXCO from 17/2/16.
Alternate Executive Committee Member	Eric Chan	0	Eric joined EXCO from 1/5/16.



**Laksmi Leung**  
Secretary



**Ella Lee**  
President

Dated at Sydney this 17 October 2016