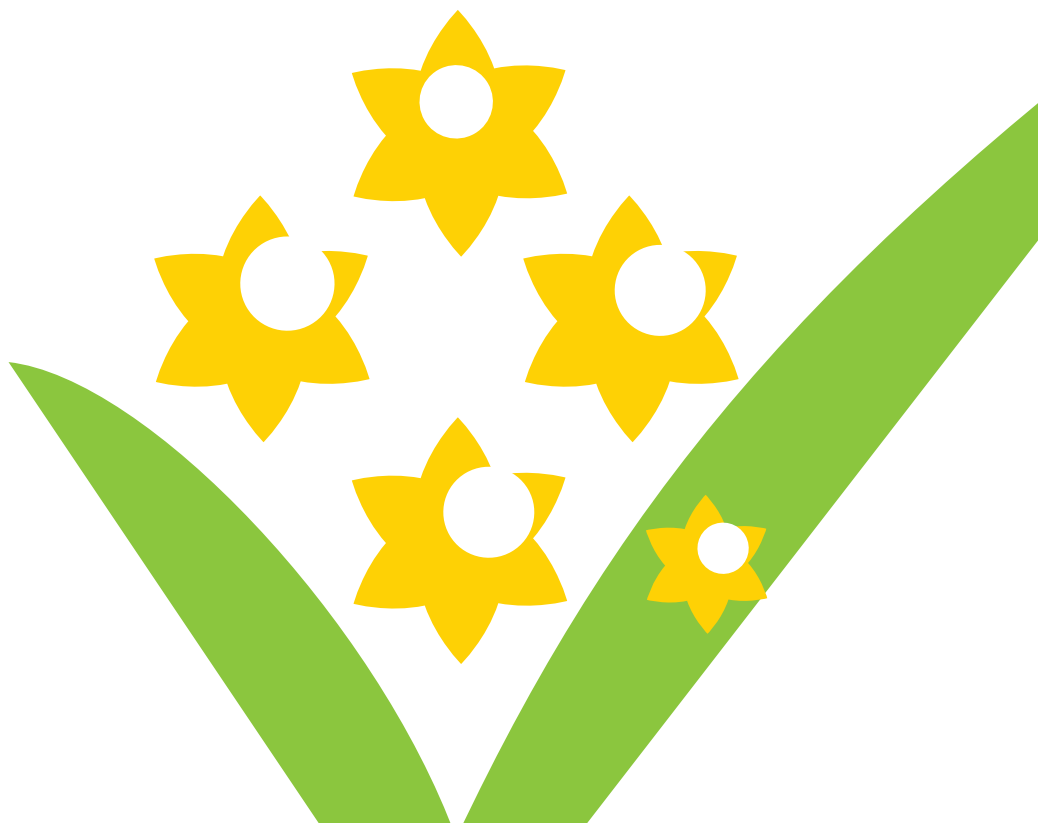




更生會 癌症支援服務

Executive Committee Annual Report July 2017 - June 2018





Our vision

No one should face cancer alone

Our mission

To provide direct relief of stress and sufferings of cancer patients and their carers by offering emotional support and information services

Our aim

The name CanRevive in Chinese means “making-over of oneself”.

We encourage our members to manage their illness by understanding themselves, the cancer they are afflicted with and the treatment they are being given.

We want to provide an environment whereby cancer patients can share their experience with other survivors and learn new skills on the way.

We want to provide our members a sanctuary where they can express their fears and hopes; joys and sorrow without indulging in unrealistic hopes.

Our organisation

CanRevive Inc. is a public benevolent institution, established in 1995 at Haymarket Sydney, by two cancer survivors and one carer to support Chinese speaking people through their cancer journey. Its aim is to help to minimize the impact of cancer on patients and their families by providing information and emotional support to cater for their cultural and linguistic needs.

In 2008, a branch centre was set up in Hurstville. The use of this premises was donated, and services are being offered to clients living in the Southern suburbs.

In June 2011, the CanRevive Cancer Foundation was established. Its main purpose is to raise funds to secure the continuation of CanRevive Inc. services and to raise the level of financial accountability and transparency.



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Executive Summary

2017/18 has been another full and meaningful year for CanRevive (CR). We continued to deliver a range of high standard services aimed at providing information and emotional support to cancer patients and their carers.

With funding from Cancer Institute NSW (CINSW), we implemented in the course of the year two new projects, one studying the awareness among Chinese Australians about the National Bowel Cancer Screening Programme and difficulties surrounding their participation, and the other examining the understanding of, and accessibility to, palliative care for Chinese-speaking cancer patients and their families. The Southern Office also received a community grant from Georges River Council to implement the “Life is better with Yoga” project. Our “Living with Cancer Program” received a sponsorship grant from the Australian Chinese Charity Foundation for two years. With the success of the pilot projects, we are encouraged to explore more new services to meet the needs of Chinese-speaking cancer patients and their carers.

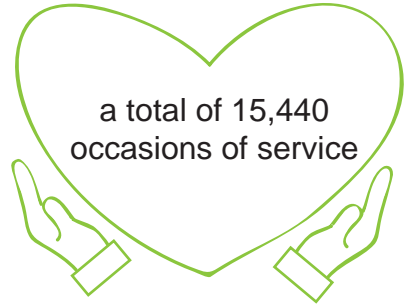
We wish to acknowledge the generous support of all our volunteers, donors, sponsors, as well as the many medical professionals and others in the community who offered their services and financial assistance to CR. We also wish to acknowledge our staff for their efficiency, diligence and commitment.

1. Services & Programs

During the year:



347 new clients
registered for
CR services
(243 patients &
104 carers)



a total of 15,440
occasions of service

These figures did not include people who attended the public information sessions and just chose to obtain information without joining CR activities.

a. Information Sessions

b. Support Groups

c. Hospital Visits

d. Home Visits

e. Telephone Support

f. Special Programs & Projects

g. Outreach Services

h. Interest/Exercise Groups &
Complementary Therapy Programs

i. Newsletter

a. Information Sessions

The information sessions this year were mainly focused on Bowel Cancer screening awareness, Palliative Care service, Cancer Awareness, and Yoga.

Simultaneous interpretation was available for both Cantonese and Mandarin speaking participants. The information sessions were recorded, transcribed into Chinese and published in CR newsletters. With the consent of the guest speakers, the recorded information sessions were uploaded onto CR's website.

City Office

Two 4-session Living with Cancer Programs targeting newly diagnosed patients and carers were conducted.

Southern Sydney Region

In partnership with St. George Hospital & Health Service, a 4-session Living with Cancer Program was held.

South West Sydney Region

A 4-session Living with Cancer Program targeting newly diagnosed patients and carers was conducted.

A public session on “Prevention & Treatment for Breast Cancer” was conducted at Cabramatta.

Northern Sydney Region

A 4-session Living with Cancer Program targeting newly diagnosed patients and carers was conducted.

A public session on “Understanding Stomach Cancer” was held in collaboration with the Community Migrant Resource Centre and the Australian Asian Cultural Association.

b. Support Groups

City Office

Cantonese New Patient Support Group – 2 new patient support groups were formed this year, and between them, 32 sessions were conducted.

Cantonese Cancer Survivor Support Group – A total of 32 sessions were held.

Cantonese Happy Group – This is an on-going program run by volunteers to meet the needs of carers and patients who have progressed from the cancer survivor support group. It meets regularly on Fridays.

Cantonese Carer Support Group – A total of 32 sessions were held.

Mandarin New Patient /Carer Support Group – A total of 11 sessions were held.

Sunshine Group (Mandarin Survivor Support Group) – This group was mainly run by volunteers for cancer survivors. A total of 30 sessions were held.

Bereavement Support Group – This group met on a bi-monthly basis to cater for both Cantonese and Mandarin speaking clients. A total of 6 sessions were held.

Breast Cancer Support Group – A total of 4 sessions were conducted.

Lung Cancer Support Group – This group met on a bi-monthly basis. 6 sessions were conducted.

Southern Office

Cantonese New Patient/Carer Support Group – A total of 29 sessions were held.

Cantonese Cancer Survivor/Carer Support Group – A total of 29 sessions were held.

Mandarin New Patient/Carer Support Group – A 4-session program for this group was conducted.

Happy Sharing Group – This was run by volunteers and a total of 9 sessions were held.

South Western Sydney Region

Mandarin New Patient/Carer Support Group – 1 meeting was held.

Northern Sydney Region

New Patient/Carer Support Group – 8 meetings were held.



c. Hospital Visits

12 volunteers continuously undertook hospital visits to the oncology wards in St. George Hospital, Chris O'Brien Lifehouse (Royal Prince Alfred Hospital), Concord Hospital, Westmead Hospital, Liverpool Hospital and Royal North Shore Hospital (by appointments only). A total of 264 visits to the 6 hospitals were made.

d. Home Visits

In conjunction with our Carers Program, the home visiting program has been extended to patients in palliative care and their families. Referrals were mainly from social workers of Prince of Wales Hospital and Sacred Heart Hospice.

SK & YY Cheung Family Foundation Emergency Assistance Program - A total of 5 clients who were under treatment received grants to pay for home care services provided by the Australian Nursing Home Foundation (ANHF). A total of 77 service hours were provided.

e. Telephone Support

Emotional and information support was provided over the phone to 166 new clients. A total of 197 hours were spent on 877 calls. In addition, a total of 64 phone calls were made to provide more intensive emotional support to 33 newly bereaved carers.

f. Special Programs & Projects

Special Programs

“Look Good Feel Better” – This program was held in July for female cancer patients who were undergoing chemotherapy/radiation treatment or had completed treatment for less than twelve months.

Carers Week – To celebrate Carers Week, a “Carers Day-Out” was organised, followed by a luncheon at Darling Harbour.

Encore Program – In partnership with YWCA, an 8-week exercise programme was organised for Chinese women with breast cancer.

Research Project on Chinese Migrants’ Cancer Pain Experience – CR assisted in recruiting participants for running 3 focus groups for the project.

CINSW T.I.P.S (Team, Involvement, Plan, Support) Translation Advice – CR was invited to give feedbacks on the Chinese translation of the videos produced by CINSW.

Biggest Morning Tea – In support of Cancer Council NSW, City Office and Southern Office organised 4 morning-tea sessions with support groups in May. Around 100 group members attended.



Special Projects



Bowel Cancer Screening Awareness Project for Chinese Australian – This project was funded by CINSW Innovations in Cancer Control Grants. In collaboration with Australian Chinese Medical Association (ACMA) and a number of local community organisations, three public information sessions and a Bowel Cancer Information Day were held.

“Light in the Darkness – Information and Resources for Palliative Care Cancer Patients of Chinese background and their Families.” This project was also funded by CINSW’s Innovations in Cancer Control Grants. In collaboration with Calvary Health Care Kogarah and ACMA, four educational seminars were held. 1000 Palliative Care Information Kits and 1000 CDs will be produced and distributed, and uploaded to CR’s website for public view in October 2018.

Cancer Awareness Project for the Chinese Community – This project is supported by the Stronger Communities Fund of Georges River Council. In partnership with ACMA, CanRevive will publish a Health Care and Support Services Guide. Two information sessions were conducted during the year.

Life is better with Yoga Project – The project was funded by the Georges River Council Community Grants. This project aims to integrate yoga into cancer care. It also teaches patients coping skills to help reduce stress and fatigue. A public information workshop and two 8-session mindful yoga courses were held.

g. Outreach Services

South Western Sydney Region – CR continued to provide services with the support from the Cancer Service Centre of Liverpool Hospital, including hospital visits; phone support; support groups; living with cancer programs; and public information sessions.

Northern Sydney Region – CR continued to provide services including living with cancer programs; phone support; support groups; public information sessions and community events. The Services Co-ordinator worked closely with Willoughby City Council, the Community Migrant Resource Centre, the Australian Asian Cultural Association and Northern Sydney Region Chinese Community Network.

A CR information stall was set up at the “Road Show – Community Health Expo” which was conducted by Primary Health Network, Northern Sydney in Hornsby, Eastwood & Chatswood.



h. Interest/Exercise Groups & Complementary Therapy Programs

City Office

Interest/Exercise Groups: ♦ Chinese Calligraphy
♦ Line Dance
♦ Cooking Class
♦ Chinese Folk Song Singing
♦ Guolin Qigong

Complimentary therapy programs: ♦ Music Therapy
♦ Wellness Program

Southern Office

Interest/Exercise Groups: ♦ Creative Crafts
♦ Yang Family Tai Chi Chuan
♦ Yang Family Tai Chi Chuan
(Intermediate Group)
♦ Creative Small Potted Horticulture

i. Newsletter

Newsletters were published quarterly during the year. They circulate educational information; up-dates on CR services and activities; and also provide a platform for sharing the personal experiences of patients/carers/survivors. 1700 copies are printed every quarter in full colour and sent to clients, new referrals and carers; as well as distributed through hospital visits, City Office and Hurstville Office. The newsletters have also been uploaded to CR's website for public viewing.

2. Volunteer Management & Support

Volunteer recruitment and training is co-ordinated and implemented at the City Office. During the year 9 volunteers were recruited and assigned to support groups, phone support, hospital visits, roster duties and other administration teams, according to their interests and skills assessment. To equip our volunteers with the appropriate skills needed in service delivery, individual briefing sessions by staff as well as the following training programs were conducted:

- a) A course on 'Positive Psychology – Volunteering for Happiness and Health' was held in September 2017 with 41 volunteers attended.
- b) 6 volunteers attended the Cancer Support Group Leader's General Training Workshop conducted by Cancer Council NSW in October 2017 and March 2018.
- c) In-house volunteer training session was held in April 2018.

Regular team meetings were held to provide opportunities for volunteers to share their experiences, refresh skills, and receive support from staff and other team members.

To commend their dedication and service to CR, Eric and Linda Wong hosted a luncheon for all volunteers at their Golden Century Chinese Restaurant in August.

Councilor Craig Chung of Sydney City Council hosted a ceremony to honour long-serving volunteers, also in August.

Patrick Chung was awarded the St. George Community Individual Volunteer Achievement Award on 9 November 2017.

Beatrice Bou received the Banks Volunteer Award on 3 April 2018.

The Annual Volunteers Outing was held on 18 November 2017. A total of 48 participants attended the day-time outing and 49 participants joined the evening dinner.

3. Administration & Event Support

In August 2017, CR engaged a new full-time Office and Events Assistant to assist both the Office and Events Manager and the Support Service Manager.

The office building of CR City Office has gone through two major incidents in the latter half of 2017. The office was flooded due to blocked and broken internal drainage pipes on the lower floors of the building in late October and separately a fire order was issued by City of Sydney Council in mid-November. CR has taken legal steps in March to demand the building's major landlord and its Strata Management Company resolve the delays encountered in the requisite rectification works, now expected to be completed by the end of 2018.

CR's website and Facebook Page were well maintained and continually improved throughout the year.

A final grant of \$25,000 from SK and YY Cheung Family Foundation Pty Ltd was given to CanRevive in June 2017. The money has been deployed to launch a new internal database (the ThankQ program platform) and associated I.T. computer equipment upgrades. The new database is expected to go “live” by the end of 2018.

Two Members Outings were conducted during the year under report, with a total of 200 participants.

The 22nd Anniversary In-House Party was held at Marigold Restaurant on 7 July 2017. 180 participants attended the event. The President presented certificates of appreciation to 18 long-serving volunteers.

The 2017 Christmas Party was held at Marigold Restaurant on 15 December 2017 with 180 participants in attendance. The President presented certificates of appreciation to the volunteer instructors who had dedicated their time to conduct our interest groups and complementary therapy classes.

The 2018 Chinese New Year Party to celebrate the ‘Year of the Dog’ was held at Club Central Hurstville on 22 February 2018. 150 guests, including senior politicians and community leaders, attended the event.



4. Finance

In terms of financial performance, the year resulted in an operating surplus of \$30,162.19. After adjustment to the current market value of CanRevive's investment portfolio, a surplus of \$54,069.35 was recorded. The operating surplus was mainly due to the \$80,000 grant received to support Southern Sydney Region. CanRevive received in the course of the year a total distribution of \$110,000.00 from CanRevive Cancer Foundation, and this amount is anticipated to increase year on year as CanRevive Cancer Foundation's total assets grow. The total investment portfolio as at 30 June 2018 is \$1,634,622.40, which has returned an income of \$108,352.15 for the year. Total equity of CanRevive Inc. now sits at \$3,088,261.09 as at 30 June 2018. For further details please refer to the audited Financial Report for the Year Ended 30 June 2018. The Executive Committee will continue to source funding and grants from external bodies to maintain CanRevive's current services and any future developments.

5. Fundraising & Public Relations

Two major events were held during the year, namely the Hong Kong Children's Choir Charity Concert and CR's 23rd Anniversary Fund Raising Dinner.

It was the first time that CR has ever organised a charity concert. The Hong Kong Children's Choir Charity Concert was held at the City Recital Hall on 18 July 2017, sponsored mainly by the Hong Kong Economic & Trade Office. A total of 713 persons attended the concert.



The 23rd Anniversary Fund Raising Dinner was held at Marigold Restaurant on 16 June 2018. It was a great honour to have The Hon. Justice Peter Garling RFD - Judge of the Supreme Court of NSW and Honorary Patron of CanRevive Inc. - as the keynote speaker. We would like to specially acknowledge two esteemed guests for their congratulatory speeches: Mr. Mark Coure, MP representing the NSW Premier; and Ms. Jodi McKay, MP representing the NSW Opposition Leader. Mr. Stephen Liu JP, Chairman of CanRevive Cancer Foundation, gave an update on the Foundation's financial position and encouraged continuous support from our benefactors, patrons, and donors. Certificates of appreciation were also presented to our new benefactor, governor and life patrons.

580 guests from all sectors of the community attended the event. Presentation was made to acknowledge long-serving volunteers of 20 years or more. Mrs. Ella Lee (Co-Event Chairman) concluded the evening with a vote of thanks to all sponsors, donors and the entire CR team.



Over the course of the year, we accepted and participated in many community events and functions including the following:



6. Executive Committee

The Executive Committee of CanRevive Inc. held a total of 11 Executive Committee Meetings during the 2017-2018 financial year. The following shows the full list of executives and the number of meetings attended by each of them:

Position	Name	Number of Executive Meetings Attended	Notes
President	Eric Yeung	11	
Vice President	Jenny Wallis	7	
Vice President	Laksmi Leung	9	
Treasurer	Eric Chan	7	
Secretary	Raymond Chan	9	
Executive Committee Member	Ella Lee	10	
Executive Committee Member	Vonne Chu	10	
Alternate Executive Committee Member	May Kwan	0	resigned on 01/12/2017
Alternate Executive Committee Member	Margaret Tang	3	on leave from 22/01/2018
Alternate Executive Committee Member	Virginia Darley	5	joined EXCO from 22/01/2018



Raymond Chan
Secretary



Eric Yeung
President



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