



更生會 癌症支援服務

**Executive Committee
Annual Report
July 2016 - June 2017**

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.

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About us

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.



Executive Summary

2016/17 was another busy, challenging and rewarding year for CanRevive (CR). Within the limited resources and manpower, not only have we been able to maintain the high quality of services, but we also extended our services to South Western Sydney and Northern Sydney. Additional funds were granted by Willoughby City Council, Georges River Council, Australian Chinese Charity Foundation (ACCF) and the Ralph Lauren Pink Pony Seeding Grant administered by Cancer Australia to implement a number of special projects. With a one-off grant from the NSW Ministry of Health, the City Office completed a major renovation which resulted in more storage and larger rooms to accommodate the growing demand of services.

We would like to take this opportunity to thank our sponsors, donors, professional advisors and friends for their contributions. We would also like to extend our deep appreciation to our staff and volunteers for their hard work and ongoing commitment to a high standard of support and service to our clients.

We look forward to continuing our efforts to achieve our mission that no one should face cancer alone and assist cancer patients to regain confidence, restore hope and rebuild life. We will endeavor to extend our network of support and reach even more cancer patients and carers.

I. Services & Programs

With the hard work and effort of staff and volunteers, service delivery was consistent and smooth.

Over the past 12 months:



339 new clients
registered for CR services



a total of 15,090
occasions of service

 **a. Information Sessions**

 **b. Support Groups**

 **c. Hospital Visits**

 **d. Home Visits**

 **e. Telephone Support**

 **f. Special Programs & Research Projects**

 **g. Interest/Exercise Groups and Complementary Therapeutic Programs**

 **h. Newsletter**

a. Information Sessions

Information & Support Meetings at City Office



- ✧ An information day on “Lung Cancer Awareness and Resource” was held, with funding from ACCF. In partnership with Chris O’Brien Lifehouse (Royal Prince Alfred Hospital) and Australian Chinese Medical Association (ACMA), five information sessions were held at Salvation Army Congress Hall.
- ✧ An information session on “Understanding Nasopharyngeal Carcinoma” was held at City Office.

Simultaneous interpretation was available for both information sessions to enable both Cantonese and Mandarin speaking people to better understand. 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.

- ✧ In conjunction with our Carers Program, two 4-session Living with Cancer Programs targeting newly diagnosed patients & carers were conducted.

Information Sessions at Southern Sydney Region

- ✧ A public session on “Understanding Australia’s Medical Health Care System” was conducted by Professor Danforn Lim.
- ✧ A “Women’s Cancer Awareness & Resource Information Day” supported by the NSW Stronger Communities Fund was held at Club Central Hurstville.

Interpreters were contracted on site for both sessions to serve both Cantonese and Mandarin speaking attendees. DVDs were recorded for our resource centres.



- ✧ In partnership with St. George Hospital and Health Service, a 4-session Living with Cancer program was held from October to November 2016 at St. George Hospital. The program targeted Chinese new patients/carers who were diagnosed with cancer within the last two years.

Information Sessions at South Western Sydney Region

- ✧ A Liver Cancer Awareness & Resource Information Day was held at the Cabravale Diggers Club in Canley Vale. The Information Day was a partnership program with Cancer Council NSW and ACMA and sponsored by ACCF and ACMA Charitable Trust.
- ✧ A 4-session Living with Cancer program was held in collaboration with Cancer Council NSW and Liverpool Multicultural Health Services and supported by the Cancer Therapy Centre at Liverpool Hospital.

Information Sessions at Northern Sydney Region

- ✧ In partnership with the Community Migrant Resource Centre (CMRC), an information session on "Screening for Gynaecological Cancers" was held at Hornsby Leisure Learning Centre in November 2016.
- ✧ In collaboration with CMRC and Australian Asian Cultural Association, an information session on "Understanding Stomach Cancer" was held at Hornsby Library. The program was funded by ACCF.
- ✧ A pilot Living with Cancer program for this region was held at the Royal North Shore (RNS) Community Health Centre in September 2016, and comprised 4 information sessions as well as 8 support group meetings.



b. Support Groups

Support Groups at City Office

- ✧ Cantonese New Patient Support Group - 2 new patient support groups were formed this year, and between them conducted 33 sessions.
- ✧ Cantonese Cancer Survivor Support Group - A total of 33 group 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 new patient support groups and cancer survivor support groups. It meets regularly on Fridays.
- ✧ Cantonese Carer Support Group - A total of 33 sessions were held.
Bereavement Support Group - The Bereavement Support Group met on a bi-monthly basis to cater for both Cantonese and Mandarin speaking clients. A total of 6 sessions were held.
- ✧ Mandarin New Patient /Carer Support Group - A total of 33 sessions were held.
Sunshine Group (Mandarin Survivor Support Group) - This group was mainly run by trained and experienced volunteers for cancer survivors.
- ✧ Breast Cancer Support Group - A 4-session Cantonese breast cancer support group was held in November.
- ✧ Lung Cancer Support Group - This group meets on a bi-monthly basis. Six sessions were conducted.

Support Groups at Southern Office

- ✧ Cantonese Patient/Carers Support Group – Two combined groups were formed for new patients, new carers and cancer survivors. A total of 31 sessions were completed.
- ✧ Mandarin New Patient Support Group - A 4-session program for this group was conducted.
- ✧ Happy Sharing Group - This was run by volunteers on a monthly basis.

Support Groups at South Western Region

- ✧ New Patients & Carers Support Group – 8 meetings were held.

Support Groups at Northern Region

- ✧ New Patient/Carer Support Group (Cantonese) – 8 meetings were held at the RNS Community Health Centre.
- ✧ New Patient/Carer Support Group (Mandarin) - 7 meetings were held at the RNS Community Health Centre.



c. Hospital Visits

19 volunteers continuously undertook supportive 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 appointment only). A total of 244 visits to the 6 hospitals were made.

d. Home Visits

In conjunction with our Carers Program, the home visiting program was extended to patients in palliative care. Referrals were from social workers of Prince of Wales Hospital and Sacred Heart Hospice. A total of 13.5 hours were spent on 9 visits.

e. Telephone Support

The phone support team provided service to 229 new clients. About 179 hours were spent on a total of 877 phone calls. The bereavement support team provided service to 16 newly bereaved carers and 38 phone calls were made.

SK & YY Cheung Family Foundation Emergency Assistance Program - 9 clients who were under treatment received the grant towards paying for home care services provided by Australian Nursing Home Foundation. A total of 152 service hours were provided and \$7448 was expended.

f. Special Programs & Research Projects

Special Programs

- ✧ Look Good Feel Better - This program was held in July and targeted female cancer patients who were undergoing chemotherapy/radiation treatment or had completed treatment for less than twelve months.
- ✧ Carers Week - To celebrate Carers Week, three Healthy Snack Cooking Competitions and lunch parties were held at different support group meetings.
- ✧ Encore Program - In partnership with YWCA, an 8-week exercise programme was organized for Chinese women with breast cancer.
- ✧ Cancer Information and Support Webinar Series for the Chinese Community - This project was implemented by Cancer Council NSW (CCNSW) and funded by Cancer Australia. CR was invited by CCNSW to identify guest speakers for the Chinese Webinar Series. CR also assisted CCNSW to distribute questionnaires to our registered clients and collect feedback.
- ✧ Breast Cancer Network Australia (BCNA)'s Information Forum in Sydney - CR organized a group of 18 breast cancer women to attend. Feedback on the forum and the quality of the interpretation was sent to their Cultural Diversity Officer.
- ✧ Information about Ovarian Cancer in Chinese - The Multicultural Health Communication Service invited CR to recruit female cancer patients to provide some feedback and gauge awareness about ovarian cancer. 4 Cantonese patients participated in November 2016.
- ✧ Biggest Morning Tea - City Office and Southern Office organized 4 morning tea sessions with support groups in May. Approximately 100 group members attended.

Special Project

Road to Recovery - Information for Chinese women affected by Breast Cancer
This project was funded by the Ralph Lauren Pink Pony Seeding Grant and administered by Cancer Australia. The aim of the project was to address the as yet unmet information needs of Chinese women with breast cancer. CR worked in partnership with BCNA to develop an information booklet in

Chinese and audio CD in Cantonese and Mandarin based on the “Healthy Eating and Breast Cancer” booklet currently produced in English by BCNA. A total of 27 breast cancer patients attended the 2.5-hour discussion on healthy eating and breast cancer.

The launch of the new Healthy Eating and Breast Cancer Booklet (Chinese version) and CD was held on 17 June 2017 as part of the program of CR’s 22nd Anniversary Fund Raising Dinner. Ms Christine Nolan, CEO of BCNA delivered the keynote address and launched the booklet and CD together with Mr. Eric Yeung, President of CR.



g. Interest/Exercise Groups and Complementary Therapeutic Programs

Held at City Office

Interest/Exercise Groups:
Chinese Calligraphy, Tai Chi,
Lian Gong Shi Ba Fa,
Chinese Folk Song Singing

Complementary Therapy Programs:
Wellness Program (Mandarin),
Develop Positive Energy
Workshop - Hypnotherapy

Held at Southern Office

Interest/Exercise Groups:
Chinese Folk Song Singing,
Paper Quilling Flowers,
Lian Gong Shi Ba Fa,
Lian Gong Shi Ba Fa (Intermediate)

Complementary Therapy Programs:
Mindful Yoga,
Healthy Soup (Cantonese),
Wellness Program (Cantonese)



h. Newsletter

Newsletters were published quarterly during the year. The Newsletter serves to provide educational information; promote CR services and activities; and also provides a forum to share the personal experiences of patients/carers/survivors. 1500 copies were printed in full colour and sent to clients/new referrals/carers and distributed through hospital visits, City Office and Hurstville Office.

2. Volunteer Support & Training

Volunteer recruitment and training was coordinated and implemented by the City Office. In the last 12 months, 19 volunteers were recruited and assigned to support groups, phone support, hospital visits, roster duties and administration team, according to their interests and skills assessment.

To equip our volunteers with the appropriate skills needed in service delivery, individual briefing sessions conducted by staff, as well as the following training programs were conducted in the course of the year:

- ✧ A 2-day “Volunteer Basic Skills Training” course for 13 newly recruited volunteers.
- ✧ A course on ‘Professional Boundaries in provision of Emotional Support Services’ in August 2016, attended by 40 volunteers.

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

3. Administration & Event Support

CR's website was well maintained and continually improved throughout the last financial year.

Upon receipt of the one-off grant of \$60,000 from the NSW Ministry of Health, the city office commenced renovations from mid December until mid January. During that time, the Office and Events Manager coordinated with the Support Service Manager and other staff members to ensure minimal disruption to service. On 1 May, over 100 people attended the City Service Centre Open Day. Two Members Outings were conducted during the 2016-17 financial year with a total of 200 participants.

The annual volunteers' outing was held on 19 November 2016 with a total of 52 participants.

The 21st Anniversary In-House Party was held at Marigold Restaurant on 8 July 2016. 156 participants attended the event.

The President presented certificates of appreciation to eleven long-serving volunteers.

The Christmas Party was held at Marigold Restaurant on 16 December 2016. 170 participants attended the event. 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 Chinese New Year Party to celebrate the 'Year of the Rooster' was held at Club Central Hurstville on 9 February 2017. 130 guests attended the event, including Mr. Mark Coure MP (Member for Oatley), Mr. Brian Cloney (President, Illawarra Catholic Club), Ms. Sandra Coogan (Director, Illawarra Catholic Club), Ms. Nancy Liu and Mr. Dominic Sin (Implementation Advisory Committee Members, Georges River Council) and Ms. Annie Tang.



4. Finance

The overall financial performance of CanRevive Inc. for the financial year had been an operating deficit of \$62,840.14. After adjusting for the current market value of CR's investment portfolio, a surplus of \$22,558.02 was recorded. The operating deficit was mainly due to the first recognition of the provision for staff benefits (Annual Leave and Long Service Leave) for \$29,172.98 and \$29,183.29 respectively. CanRevive Inc. had received a distribution of \$82,000 from CR Cancer Foundation, and this amount is anticipated to increase year on year as CR Cancer Foundation's total assets grow. CR had received an additional grant of \$25,000 from SK & YY Cheung Family Foundation after the initial six-year funding agreement had expired, which for CR is extremely grateful. The total investment portfolio as at 30 June 2017 is \$1,856,801.76 which had returned income of \$109,981.83 for the year. Total equity of CanRevive Inc. now sits at \$3,034,191.74 as of 30 June 2017. For further details please refer to the audited Financial Report for the Year Ended 30 June 2017. The Executive Committee will continue to source funding from external bodies for grants to maintain CanRevive Inc.'s current services and any future developments.

5. Fundraising & Public Relations

The 22nd anniversary fund raising dinner was held at Marigold Restaurant on 17th June 2017. It was a great honour to have Ms. Christine Nolan – CEO of BCNA as the keynote speaker. Two resources, an information booklet and a CD, were launched with BCNA. We would like to specially acknowledge two esteemed guests for their congratulatory speeches: Mr. Mark Coure MP representing the NSW Premier; and the Hon. Scott Farlow MLC, representing the Minister for Multiculturalism and Disability Services. Mr. Stephen Liu, Chairman of CanRevive Cancer Foundation, gave an update on the Foundation's financial position and encouraged continuous support from our benefactors, patrons, and donors.

550 guests from all sectors of the community attended the event. Presentations were made to acknowledge long-serving volunteers of 20 years or more. Mr. Justin Lam concluded the evening with a vote of thanks to all sponsors, donors and the entire CR team.



Fundraising & Public Relations

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

2ac
Annual Dinner

Way In Network
Charity Ball

International
Guolin Qigong
Cancer Research
(Australia)
Association Lunch

BCNA
Pink Lady
Lunch

Lions Club
Annual Dinner

HKABA
Business Awards
Dinner

ACCF Chinese
Community Dinner

CanCare
Anniversary
Dinner

ACCF
Anniversary
Dinner


6. Executive Committee

Executive Committee of CanRevive Inc. held a total of nine Executive Committee Meetings during 2016-2017 financial year. The following shows a full list of executives and the number of meetings attended by each executive:

Position	Name	Number of Executive Meetings Attended	Notes
President	Eric Yeung	9	
Vice President	Jenny Wallis	7	
Vice President	Laksmi Leung	8	
Vice President	Lisa Harris	4	Lisa resigned on 05/12/2016
Treasurer	Eric Chan	4	
Secretary	Raymond Chan	7	Raymond joined EXCO from 22/08/2016
Executive Committee Member	Ella Lee	8	
Executive Committee Member	Vonne Chu	9	
Executive Committee Member	Ellena Willard	0	Ellena Resigned on 01/01/2017
Alternate Executive Committee Member	Margaret Tang	4	Margaret joined EXCO from 27/02/2017
Alternate Executive Committee Member	May Kwan	2	



Raymond Chan
Secretary



Eric Yeung
President

Dated at Sydney this 23 October 2017



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