

# EXECUTIVE COMMITTEE ANNUAL REPORT



1 JULY 2022 – 30 JUNE 2023



## 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



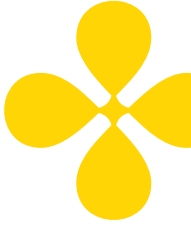
## OUR AIM

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 minimise 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.



# Table of contents

<b>Executive Summary</b>	<b>1</b>
<b>A. Services &amp; Programs</b>	<b>2</b>
1. Public Information Sessions	3
2. Living with Cancer Program	4
3. Support Groups	5
3.1 General-Type Cancer Support Groups	
3.2 Specific Type Cancer Support Groups	
4. Hospital Visits	6
5. Home Visits	
6. Telephone Support	
7. Special Programs & Projects	7
7.1 Special Programs	
7.2 Special Projects	8
8. Interest/ Exercise Groups and Complementary Therapy Programs	9
9. Newsletter	10
<b>B. Volunteer Management &amp; Support</b>	<b>11</b>
<b>C. Administration &amp; Event Support</b>	<b>12</b>
<b>D. Finance</b>	<b>13</b>
<b>E. Fundraising &amp; Public Relations</b>	<b>14</b>
<b>F. Executive Committee</b>	<b>15</b>



# Executive Summary

2022-2023 had been another challenging year due the lingering effect of the Covid 19 pandemic. Most face-to-face activities did not resume until beginning of 2023, with many sessions delivered in a hybrid mode with some attendees participating via electronic means. With the trending of an increase in communication and activities electronically, CanRevive had invested in the upgrading of electronic equipment including conferencing equipment. Several programs to train and upskill all our staff, volunteers and members were initiated during the year and are ongoing with the assistant of grants received. The regional support centers are on track to deliver tailored services in accordance with the needs of the communities of the respective regions. CanRevive's operation will continue to focus on and align with the three overriding principles of the NSW Cancer Plan of equity of outcomes, person-centredness and collaboration in our delivery of services.

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



## ***A. SERVICES & PROGRAMS***

**133** patients and **89** carers registered with CR services during the year. These figures did not include people who attended the public information sessions and chose only to obtain information without joining CR activities.

**222**

**NEW CLIENTS**

### **1. Public Information Sessions**

### **2. Living with Cancer Program**

### **3. Support Groups**

#### **3.1 General-Type Cancer Support Groups**

#### **3.2 Specific Type Cancer Support Groups**

### **4. Hospital Visits**

### **5. Home Visits**

### **6. Telephone Support**

### **7. Special Programs & Projects**


#### **7.1 Special Programs**

#### **7.2 Special Projects**

### **8. Interest/ Exercise Groups and Complementary Therapy Programs**

### **9. Newsletter**

# 1. Public Information Sessions



A total of **643** participants attended, and simultaneous interpretation in both Cantonese and Mandarin was available. The information sessions were recorded, transcribed into Chinese, and published in CR's newsletters. With the consent of the guest speakers, the recorded information sessions were uploaded onto the CR website.

## CR Sydney City Centre

The Prostate Cancer project attracted 218 participants to the various information sessions. Other information sessions had a total of 141 participants.

## CR Southern Sydney Centre

The online public information session on the topic of 'Tips on brain health and improving memory' was held 37 attendees participated in the public information session. All participants were invited to complete the client satisfaction survey and rated their level of satisfaction with the program. Topic on breast cancer was attended by 46 participants.

## CR Western Sydney Centre

Radiation Therapy (with a focus on Breast Cancer) ISM was held on 27 Jun 2023. This was the first session of the Living with Cancer Program.

## CR Northern Sydney Centre

3 Information sessions were held with 201 participants.

## 2. Living with Cancer Program

A total of 10 sessions of the program were held before 30th June with a total of 287 participants. Due to restriction imposed on the number of participants at each session since COVID by partnering hospitals, the total number of participants were down on previous years.

1

### CR Sydney City Centre

4 sessions of the program were held at Chris O'Brien Lifehouse with a total attendance of 117 participants.

2

### CR Northern Sydney Centre

The 4-session program held in September attracted a total of 87 participants.

3

### CR Southern Sydney Centre

There was a partnership program with St. George Hospital & Health Service. The program targeted new patients/carers who were diagnosed with cancer for no longer than two years. It was held for 4 consecutive weeks on Tuesday, Thursday & Friday from 8 November to 1 December 2022 at the St. George Hospital with 76 participants.

4

### CR Western Sydney Centre

Radiation Therapy (with a focus on Breast Cancer) ISM was held on 27 Jun 2023. This was the first session of the Living with Cancer Program. 7 patients attended.



## 3. Support Groups

### 3.1 General-Type Cancer Support Groups

**A total of 170 group sessions were held with 1154 participants.**

#### CR Sydney City Centre

- Cantonese New Patient Support Group: 32 sessions were held with 134 participants.
- Cantonese Cancer Survivor Support Group: 30 sessions were held with 280 participants.
- Mandarin New Patient/Cancer Survivor Support Group: 31 sessions were held with 262 participants.
- Bereavement support group – 9 sessions held 55 participants attended. 1 special outing with 20 participants.
- City Happy Group (First Friday and third Friday-outing of each month) – 10 sessions held 87 participants attended.

#### CR Northern Sydney Centre

- Cantonese Support Group: 11 sessions (zoom) with 74 attendees
- Mandarin Support Group: 1 session (zoom) 4 attended.
- Cantonese Happy Group: 9 sessions were held with 52 participants.
- New Patient Support Group – 16 sessions were held with 153 participants.
- New Patient group at RNSH – 1 session held with 11 attendees

#### CR Southern Sydney Centre

- New Patient and Intermediate Online and On-site Patient Support Group: 8 Sessions held - A total of 62 participated.
- New Patient Support Group: A total of 8 sessions held with 36 attendees.

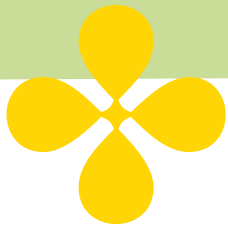
#### CR Western Sydney Centre

- Cantonese Intermediate Support Group – 14 sessions held with 49 participants.

### 3.2 Specific Type Cancer Support Groups

**A total of 16 group sessions were held with a total of 76 participants.**

- Breast Cancer Support Group – 2 sessions were held. A group sharing session was held after the information talk.
- Lung Cancer Support Group - This group met on a bi-monthly basis. A total of 6 sessions were held.
- Prostate Cancer Support Group – 2 sessions were held. A sharing session was held after the information talk.



## 4. Hospital Visits

Western Sydney – 5 visits (total of 10 hours spent for 5 patients)

Southern Sydney – 0

Northern Sydney – 0

Central, Inner West and Eastern Sydney – 31 visits (122.5 hours 191 patients and 123 carers)

## 5. Home Visits

CR operates an Emergency Assistance Program to support clients' home care needs, including house cleaning and meal preparation. Due to COVID home visits were suspended.

## 6. Telephone Support

Emotional and information support were provided over the phone. A total of 326.85 hours were spent on 727 calls.

## 7. Special Programs @ Projects

### 7.1 Special Programs

Due to COVID, the “Encore Program” was run online with an attendant of 68. The “Look Good Feel Better Program” did not run.

#### Carers Week

The celebration program was held on 19/10 at Royal Botanic Gardens with 37 attendees. 20 Cantonese and 17 Mandarin participants.

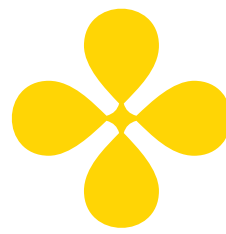
#### Doctors CanLink Project

This is a project supported by the Community Health & Research Sub-committee of ACMA. The project aims to set up a Chinese-speaking GPs network in the Sydney Metropolitan area to help increase awareness of CR’s services within the Chinese community. Due to COVID, this project was deferred.

#### Patients Report Survey (PRMs)

CINSW has developed patient-reported surveys (PRMs) to understand the well-being of patients undergoing treatment. CR was requested to review the Traditional Chinese version which will assist Cantonese-speaking patients to self-manage their care and will support better communication between clinicians and patients. This project is ongoing.

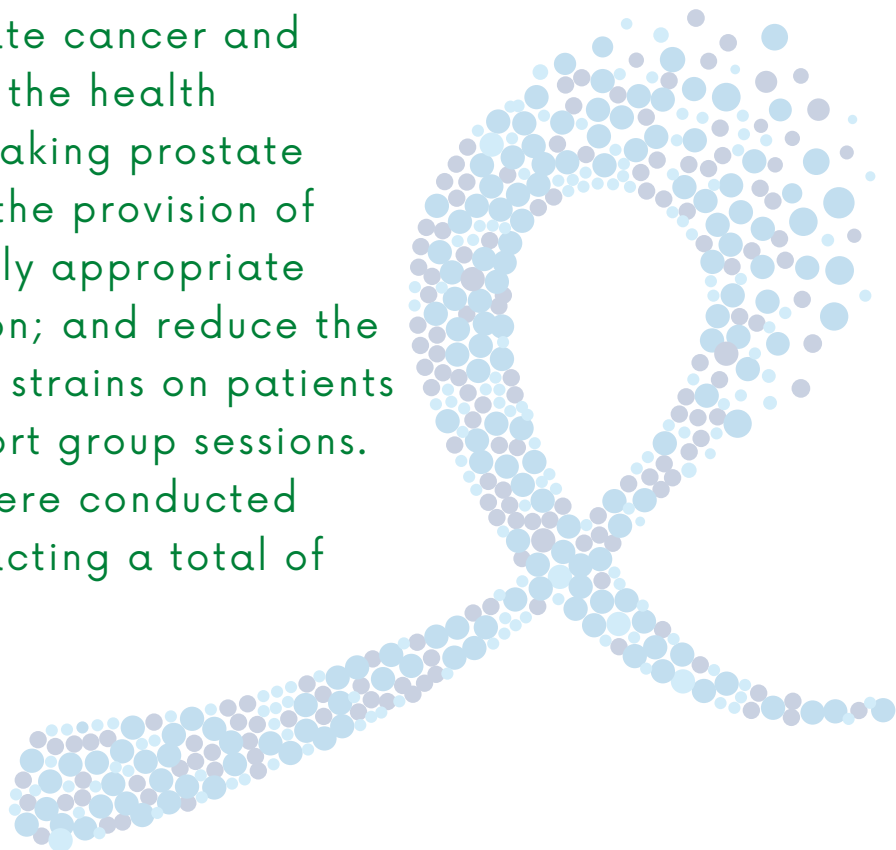




## 7.2 Special Projects

### Improving the Cancer Outcomes of the Prostate Cancer Patients through a Culturally and Linguistically Appropriate Community Initiative

This 18-month project is funded by CINSW Innovations in Cancer Control Grants. This project is in partnership with the Australasian Medical Services Coalition Ltd. (AMSC) and support from the Chris O'Brien Lifehouse and A/Prof Vincent Tse. The project was formally launched by CINSW in mid-January 2022. The objective is to enhance community awareness of men's health focusing on prostate cancer and early detection; improve the health outcomes of Chinese-speaking prostate cancer patients through the provision of culturally and linguistically appropriate information and education; and reduce the mental strains on patient strains on patients and carers through support group sessions. A series of public talks were conducted throughout the year attracting a total of 218 attendees.



## 8. Interest/ Exercise Groups and Complementary Therapy Programs

Short-term interest groups/exercise groups and complementary therapy programs were held.

A total of **97** sessions were held with a total of **847** participants. They included:

### CR Sydney City Centre

Taichi Class with 70 participants over 8 sessions.

### CR Northern Sydney Centre

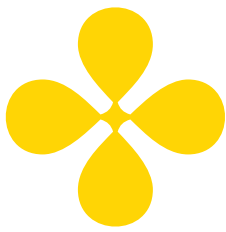
Complementary Therapy Program:  
Mindfulness & Stress Management Group  
Interest/Exercise Groups:  
Floral Arrangement Ideas at Home  
Health Wellness Course

### CR Southern Sydney Centre

Complementary Therapy Program:  
Mindfulness and Wellness  
'Free Your Mind with Mindfulness  
The Benefits of Cultivating Mindfulness' Filming  
Professional Video on Pelvic-floor Exercise  
Interest/Exercise Groups:  
Symbiosis of Plants and Fish' Horticulture Class  
'Pelvic-floor Rehabilitation' Basic Practice Course  
'Balcony Garden' Horticulture Course  
Chinese Folk Song Singing Class  
24 Simplified Tai Chi  
Pelvic-floor Rehabilitation Intermediate Course

### CR Western Sydney Centre

Baduanjin Exercise Class  
Mindfulness Workshop  
Home Exercise Workshop  
Jewellery Making Workshop



## 9. Newsletter

Newsletters were published quarterly during the year. The Newsletter provides educational information, promotes CR services and activities; and serves as a platform for sharing the personal experiences of patients/carers/survivors. 1600 copies were printed every quarter in full colour and sent to clients/new referrals/carers as well as distributed through hospital visits, City Office and Hurstville Office. The newsletters are uploaded to CR's website for public viewing. In addition, registered clients can request access to receive the e-newsletter through via email.



## ***B. VOLUNTEER MANAGEMENT & SUPPORT***

6 volunteers were recruited this year. They were assigned to support groups, phone support, hospital visits, roster duties and other administration team according to their interests and skills.

30 volunteers attended the training on Support to Patients with Recurrence in Cancer. This training was funded by the Department of Social Services.

1 volunteer attended Support Group Leader induction Training organised by Cancer Council NSW.

To celebrate Christmas, all volunteers were invited to a luncheon .

A knitting group and a singing group have been formed in March 2023 and were well participated.

A phone support training was organised for members of the team.

A talk for all volunteers on "Dementia" was presented by Dr Earnest Tam followed by a luncheon.





## ***C. ADMINISTRATION & EVENT SUPPORT***



The volunteer outings in 2022 were replaced by a volunteers' lunch, held on November 18th at the Emperor's Garden Restaurant, with 56 attendees.

The 2022 CanRevive Christmas Party took place on the morning of Friday, December 16th at 10:30 AM, also at the Emperor's Garden Restaurant, with 108 participants, including VIPs.

The issue of the leaking roof and mould on the walls in the staff office has been resolved. All staff have since moved back into the office to work. There are now 3 Meeting Rooms available in the City Office for use.

All four centres are operating well. The Western Sydney Centre has added new telephone lines and network upgrades, and the Southern District has also been upgraded. Changes to telephone numbers and other information have been synchronized and updated on the website and Google Maps.

All social media pages were well-maintained and continually improved throughout the year. In addition to Facebook, CanRevive has added a LinkedIn company page. The website has undergone minor adjustments, such as adding a "CanRevive Chat Zone" for members to share their articles and precious moments from activities. Due to plan changes, the "Doctors Canlink" page has been temporarily removed.

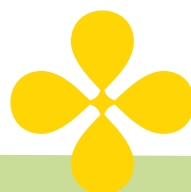
An In-House Party to celebrate the 28th anniversary with members was held on July 7th.

## ***D. FINANCE***

Canrevive (CR) had an operating deficit of \$19698.35 in 2022/23. Following adjustments to reflect the market value of our investments as at 30th June 2023, a face value gain of \$28,723.00 was recorded, resulting in an overall loss of \$162,975.35 for the financial year.

During the year, CR received a distribution of \$230,000.00 from CanRevive Cancer Foundation (CCF). Our investment income was \$84,857.77 and the investment portfolio stands at \$1,000,653.00. As planned, CR will continue to divest some of the investments to support its operation until such time that distribution from CCF can match operating outgoings or reinstatement of government recurring fundings other than project fundings. The organisation's total equity now stands at \$2,208,848.50 as at 30th June 2023. For further details, please refer to CR's audited 2023 Financial Report.

CR will continue to secure public and private funding to maintain the organisation's current services as well as implement plans for future development.



## ***E. FUNDRAISING & PUBLIC RELATIONS***

The CanRevive 28th Anniversary Charity Dinner was held at 6:30 PM on Saturday, June 17, 2023, at the King Dynasty Restaurant. It gathered about 380 people, including representatives from the political, business, and medical sectors, as well as various organizations, volunteers, and members.

On that Saturday night alone, we collected \$69,045 in credit card and cash donations, including matching funds.

The cheques received amounted to \$24,080. So, the total donations reached \$93,125. An additional \$4,040 was raised from Lee Kum Kee charity sales during the event and \$13,650 from the sale of raffle tickets.

Altogether, the total amount raised was \$110,815.



## F. Executive Committee

The Executive Committee of CanRevive Inc. held a total of 6 Executive Committee Meetings during the 2022-2023 financial year. The following shows the full list of executives and the number of meetings attended by each member:

Position	Name	No. of Ex-Co Meetings Attended	Note
President/ Treasurer	Eric Yeung	6	
Vice President	Jenny Wallis	5	
Vice President	Dr. Stephen Li	6	
Secretary	Caroline Mak	1	
Ex-Co Member	Patricia Au	5	
Ex-Co Member	Peter Chow	2	
Ex-Co Member	Raymond Chan	4	
Alternate Ex-Co Member	Vonne Chu	3	
Alternate Ex-Co Member	Ella Lee	6	
Alternate Ex-Co Member	Laksmi Leung	6	



Caroline Mak  
Secretary



Eric Yeung  
President



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### **Northern Sydney Centre**

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Mobile: 0428 183 882

### **Western Sydney Centre**

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