



cancer
wellness support

Complementary Therapies | Community Generosity



**“With the community working together
we can truly achieve anything”**

ANNUAL REPORT
2020 - 2021

Vale Robyn Yates 1951 - 2020



Robyn Yates Eulogy - 4 December 2020

Blue Mountains Cancer Help/Cancer Wellness Support start up and Robyn's inspirational work.

I first met Robyn and Bob at a meeting in the Leura Fairways library room to set up Blue Mountains Cancer Help as it was then to be called in early 2005. Robyn was proposing to set up the organisation based on the Bloomhill model started by Marg Gargan in Buderim Qld in 1997. A suggestion made by her good nursing friend Karmura who was involved with Bloomhill at the time.



That meeting inspired me as its mission catered for the needs of cancer patients before and after traditional medical treatment. Also the organisation was not going to be dependent on government funding or begging for donations but be funded through Op Shops so as to subsidise the costs of therapies offered. I joined the board soon after.

Robyn was an inspiration when dealing with people at a very vulnerable time often when they had just received their diagnosis of cancer, not knowing which way to go with their treatments or how they could cope. It was not only because of her nursing background or having worked in palliative care but she had that extra empathy with clients that immediately put their fears and concerns at ease.

A long time doctor friend and supporter of Robyn and her organisation said "Robyn had this vision of looking at the big picture and not focusing on small things when dealing with people". Early on Robyn attended Ian Gawler's course "Living Well With Cancer" and was so impressed that she then qualified as a teacher of the course. As the course name says it helps clients to cope and live well with cancer. She would usually run two of these courses per year each a 2 hour session, 1 day per week, spread over 12 weeks. It is Robyn's wish that the Board continues with this course. We will do that for her. Ian Gawler OAM when told of Robyn's passing said "a truly great person who used her skills to alleviate the suffering of others and give them the best chance of longevity and wellness. She was a light to others, and had the capacity to really embrace another in their time of crisis". How true. I remember one client saying "she was like an angel to me". As she was to so many people.

Prior to iPhones Robyn carried around this thick diary that seemed to have every bit of information one would ever need. Any queries she would open her diary and immediately produce a name and contact number. Robyn was a great communicator and off the cuff speaker for the organisation and many who heard her speak to other organisations were so impressed that they joined or became supporters. She loved her tap dancing and last year's group dance fundraiser at Wentworth Falls was so joyful to see her wearing a magnificent turquoise dress. I am sure she knew that would be her last dance.



Robyn Yates Eulogy - (cont.)

From 2005 until 2018 Robyn was working the three roles CEO, General Manager and Client Services Manager of the organisation. From the start she used her own car and operated as a volunteer from 2005 up until 2011 when she first accepted payment for her role and a Cancer Wellness Support car. Often, she not only officiated at her client's funerals but helped organise them, obtained discounts from funeral directors and on at least one occasion the organisation covered the cost. Robyn was a very caring person visiting clients who were extremely ill at home or in hospital even on Saturdays and Sundays. However the stress of the expanding organisation did take its toll. The organisation was truly hers and it will be poorer for her loss. After her diagnosis she approved the appointment of our new General Manager and Client Services Manager who took over her position. She expressed her satisfaction with how the organisation was continuing with her inspirational mission.

Even this morning I thought there are so many other things I could say about Robyn like how she was always immaculately dressed, how stoic she was throughout her journey with MND. Also how up until about three Board meetings ago she still contributed whilst in bed over a Zoom connection. When Robyn held up her whiteboard with a comment everyone took notice and she was always so clear cut and concise with those comments. In the last weeks she said to our Board member Kerry "perhaps I should resign" to which Kerry replied "yes you can do that but it will not be accepted". She was a wonderful human being.

Robyn received the NSW Volunteer of Year Award for Western Sydney and Blue Mountains in 2008, The Purpose Driven Entrepreneur Award (an award for women who have contributed towards a better community) from Women With Altitude in 2017 and in true recognition of her work the Order of Australia Medal (OAM) in 2015 this was "for service to community health through support for people with cancer". It was always her wish to establish our own head office property and this she achieved in 2017. Our heritage listed head office property at Railway Parade, Leura this year was renamed "Robyn Yates Centre" to honour her outstanding achievements.

Cancer Wellness Support last financial year had 972 members, did 4,940 therapies and operates two Op Shops which provide the income. With our great staff and volunteers the organisation is all she could have ever wished it could be. Robyn you did a life of exceptional good and left a legacy that few people could match. On behalf of Cancer Wellness Support Board, staff, members and volunteers I offer our sincerest condolences to Bob, Kirby, Emily, James and family at this time of great loss.

Robyn RIP
Kevin Stapleton



From the Chair



It is with a heavy heart that I record the passing of our Founder and Visionary the late Robyn Yates OAM, PHF. Robyn showed so much strength and courage as she struggled with Motor Neurone Disease (MND) yet her mind was amazingly active as we kept her informed of the developments of Cancer Wellness Support. Robyn has left an extraordinary legacy and void and may her vision continue for those members of our community that are living with cancer.

In our 16th year of operation and on behalf of my fellow board members of Cancer Wellness Support I commend to you our Annual Report together with our audited accounts for the financial year 2020/2021. Our organisation continues to grow in a constructive and successful manner. We wish to acknowledge our Head Office personnel, the CEO Bronwen Johnston, Client Services Manager Viv Maitland and the dedicated team that work from our head office in Leura. Also we wish to acknowledge the dedication of our Penrith Valley Manager, Shelley Fitzpatrick.

As you know our organisation is primarily funded by our two very successful Op Shops at Katoomba and Penrith. We are exceedingly grateful to the managers of both stores namely Gail Searle from our Penrith Op Shop and Violet Handley from our Katoomba Op Shop, their wonderful staff and volunteers.

We wish to acknowledge the previous services of Merilyn Brown who so successfully managed our Katoomba Op Shop for six years. Merilyn has retired so we wish to acknowledge her dedication to our organisation. Merilyn has been well respected by both staff, volunteers and our regular Op Shop customers.

During the recent extensive COVID lockdown the staff, volunteers and partners of both shops have undertaken amazing makeovers and the board wishes to acknowledge with grateful thanks the time and effort put in to present both shops so professionally to our customers.

The success of our Op Shops is due to the generous donations from the communities of the Blue Mountains and Penrith Valley. We also wish to acknowledge our loyal customers who have supported us at both shops and our online Op Shop.



From the Chair (cont.)

I must say the success of our online Op Shop especially during the COVID lockdown has been very encouraging indeed.

The board would also like to express our gratitude to our dedicated team of therapists who deliver our core services to our clients. Their professionalism in caring for our clients, carers and families sits well with the vision of our founder Robyn Yates. In particular the board wishes to acknowledge how the therapists have handled our client base through the COVID lockdown period.

The board is pleased to advise that Cancer Wellness Support has reached the finals of the Western Sydney Awards for Business Excellence (WSABE) in three categories. We wish to thank all staff for their dedication which has enabled us to reach the finals.

You will note from our financial figures we have had a record year of trading. Let me alert you to the fact that due to the COVID lockdown this current financial year, the result will be severely impacted .

As Chair of the Board I wish to thank my fellow board members for their cooperation in exacting board duties as we continue to pursue the vision of our founder the late Robyn Yates OAM, PHF.

After five years I am standing down as Chair and I wish my successor continued good governance.

Bob Reid OAM, PHF
Chair of the Board



From the CEO



With our Founder Robyn Yates' vision being etched firmly in our hearts and minds; "to provide access to affordable therapies and services for people experiencing cancer and their families in our local community", we have delivered 4,798 therapies through our 651 clients, carers and client supporters for this year. The generosity of our community continues to see the organisation thrive.

Our committed volunteers who willingly donated 17,600 hours of work to support us in many capacities enabling therapy and service delivery to continue to clients and carers. Saleable donations provide stock for our vibrant Op Shops, delivering cost effective and sustainable goods to our community. Our new online Op Shop has continued to thrive and offers a service to those who enjoy online shopping. This compliments the existing retail Op Shops, now open seven days a week.

Last year was successful for the organisation, enabling us to maintain therapies for our clients. We are grateful for the federal government COVID JobKeeper payment, which enabled us to keep staff employed over the post lockdown period. In the new financial year, we will undertake a revised three year strategic plan which will provide us with a future road map for our services and revenue.

Given our unique community model, we take pride in our organisation's triple bottom line sustainability; environmentally, socially and economically. We will continue to strive to deliver a robust organisation and to provide excellent support and services to our valued clients and community.

We look forward to your support in 2021-2022.

Bronwen Johnston
Chief Executive Officer



From the Client Services Manager



Relationships are at the core of Cancer Wellness client service delivery and the strength of these relationships have never been so important and so tested than in the last twelve months following the last year's COVID lockdown.

The strong relationship forged between clients, carers and therapists is in part due to the professional, ethical and knowledgeable skills of each therapist and enriched with the caring connection and individual care delivered to the clients and carers. This bubble of care serves to lay the foundation for trusting relationships from the beginning of the cancer story during the active treatment phase and, importantly, into the long term when learning to live with the cancer experience.

However, the story of service delivery is not just about the client, carer and therapist's relationship it is also about the relationships established and nurtured at the front desk and with various staff who are connected to client services.

No discussion on the power that relationships play in the overall story of Cancer Wellness client service delivery can be had without mentioning the incredible contribution the community, along with staff and volunteers, make within the walls of our Katoomba and Penrith Op Shops.

Relationships matter as they make it all happen for those experiencing and living with a cancer story.

On a sadder note, it is with great sadness that I write to share with you the news that our beautiful therapist Patrice Thomas passed away peacefully on Tuesday night, 22nd June at home with her husband John by her side, a place he has held through the many years of their life together. Thank you Patrice for gifting all that you are to us as a client, a therapist, colleague and friend.

Viv Maitland

Client Services Manager



Better Data for Better Service Planning

Client Services' Planning Supported with Therapeutic Data Capture 20/21

The development of electronic data capture provides an excellent pathway to assist Cancer Wellness Support to better define and design future therapy types, engagement of therapists and programs that match client needs based on their cancer diagnosis. Also, electronic data enables us to more effectively meet the needs of our clients, carers and their families in regard to their demographic profiles their health needs, be they physical, emotional and/or spiritual to better assist them to build an overall sense of wellbeing.

COVID-19 Impact

During the 2019-20 financial year, both Wellness Centres were closed for 11 weeks from 31 March to 14 June 2020. They reopened with strict guidelines in place, limiting the number of individual and group therapies that could be provided as well as the number of participants in groups. During the 2020-21 financial year, continued implementation of pandemic safety protocols restricted the number of therapies delivered with further restrictions placed on Penrith centre in November and January 20/21 due to the area listed as a hot spot.

Individuals Assisted and Therapies Delivered: 1 July 2020 – 30 June 2021

- An average of 226 individuals were seen each month, with a range from 178 to 274.
- Intake nurses responded to a total of 173 intake enquires over the year.
- The total number of individual and group therapy sessions delivered was 4,411; however, when the number of participants attending groups is factored in this increases to 4,798.
- The total amount spent directly subsidising therapies was \$186,485.

Therapy Types and Locations: 1 July 2020 – 30th June 2021

An overview of the most popular therapy types highlights the importance of providing therapies to meet both the immediate needs of clients during the active treatment phase while always ensuring treatments exist to meet the long term needs of clients.

In particular, lymphoedema management plays an essential role in the long term maintenance of this condition as it accounts for 22% of the total number of therapies provided in one twelve month period. The following therapies, in order, account for 14% counselling, 12% acupuncture, 11% oncology massage, 9% reflexology and 7% massage.

The location of therapy delivery is shared across our two centres, Penrith accounts for one third of clients/carers, one quarter at Leura as well as just under one third in therapists' private rooms.



Better Data for Better Service Planning (cont.)

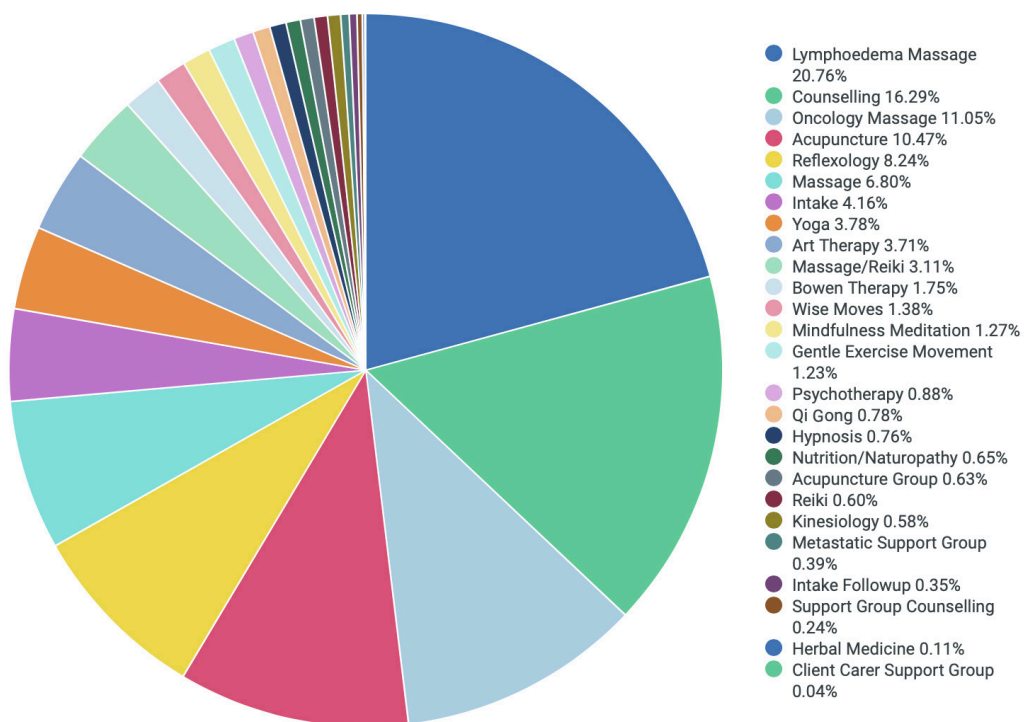
THERAPIES DELIVERED 2020-2021

	Deal Custom Field value	Deals
1	Lymphoedema Massage	962
2	Counselling	755
3	Oncology Massage	512
4	Acupuncture	485
5	Reflexology	382
6	Massage	315
7	Intake	193
8	Yoga	175
9	Art Therapy	172
10	Massage/Reiki	144
11	Bowen Therapy	81
12	Wise Moves	64
13	Mindfulness Meditation	59
14	Gentle Exercise Movement	57
15	Psychotherapy	41
16	Qi Gong	36
17	Hypnosis	35
18	Nutrition/Naturopathy	30
19	Acupuncture Group	29
20	Reiki	28
21	Kinesiology	27
22	Metastatic Support Group	18
23	Intake Followup	16
24	Support Group Counselling	11
25	Herbal Medicine	5
26	Client Carer Support Group	2

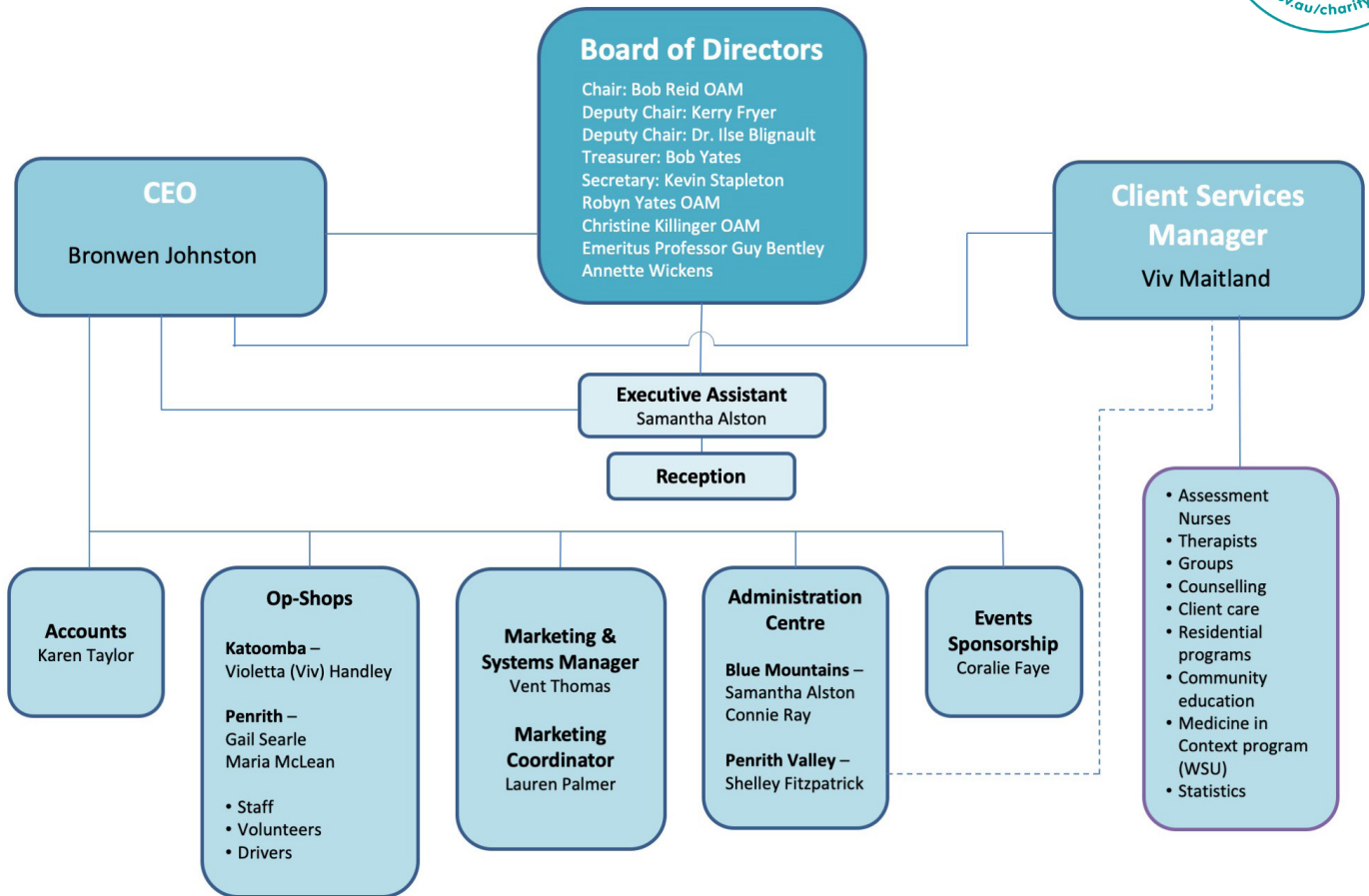
Total number of Therapies delivered in 2020-2021

4,798

THERAPY TYPES 2020-2021



Organisation Structure



Robyn Yates OAM
Founder



Bob Reid OAM
Chair



Kerry Fryer
Deputy Chair



Dr Ilse Blignault



Bob Yates
Treasurer



Kevin Stapleton
Secretary



Christine Killinger
OAM



Emeritus Professor
Guy Bentley



Annette Wickens



Strategic Planning 2020 - 2021

Vision

That people in the Blue Mountains and Penrith Valley regions experiencing cancer will have the opportunity to access affordable therapies and services to assist them and their families to cope more effectively with their diagnosis and to feel supported by their local community.

Mission

Cancer Wellness Support is a non-profit, non-denominational charitable organisation committed to helping cancer clients and their families retain their sense of control and balance through innovative, integrated and holistic therapies and education, whilst at all times giving hope for those facing challenging circumstances. We treat everyone with compassion, care, confidentiality and respect.

GOAL 1

Provide, strengthen and expand subsidised therapies, education and services to clients and their families living with cancer in the Blue Mountains and Penrith Valley regions

GOAL 2

Grow the organisation and achieve adequate funding to undertake Goal 1

GOAL 3

Engagement of local community support and participation on all levels

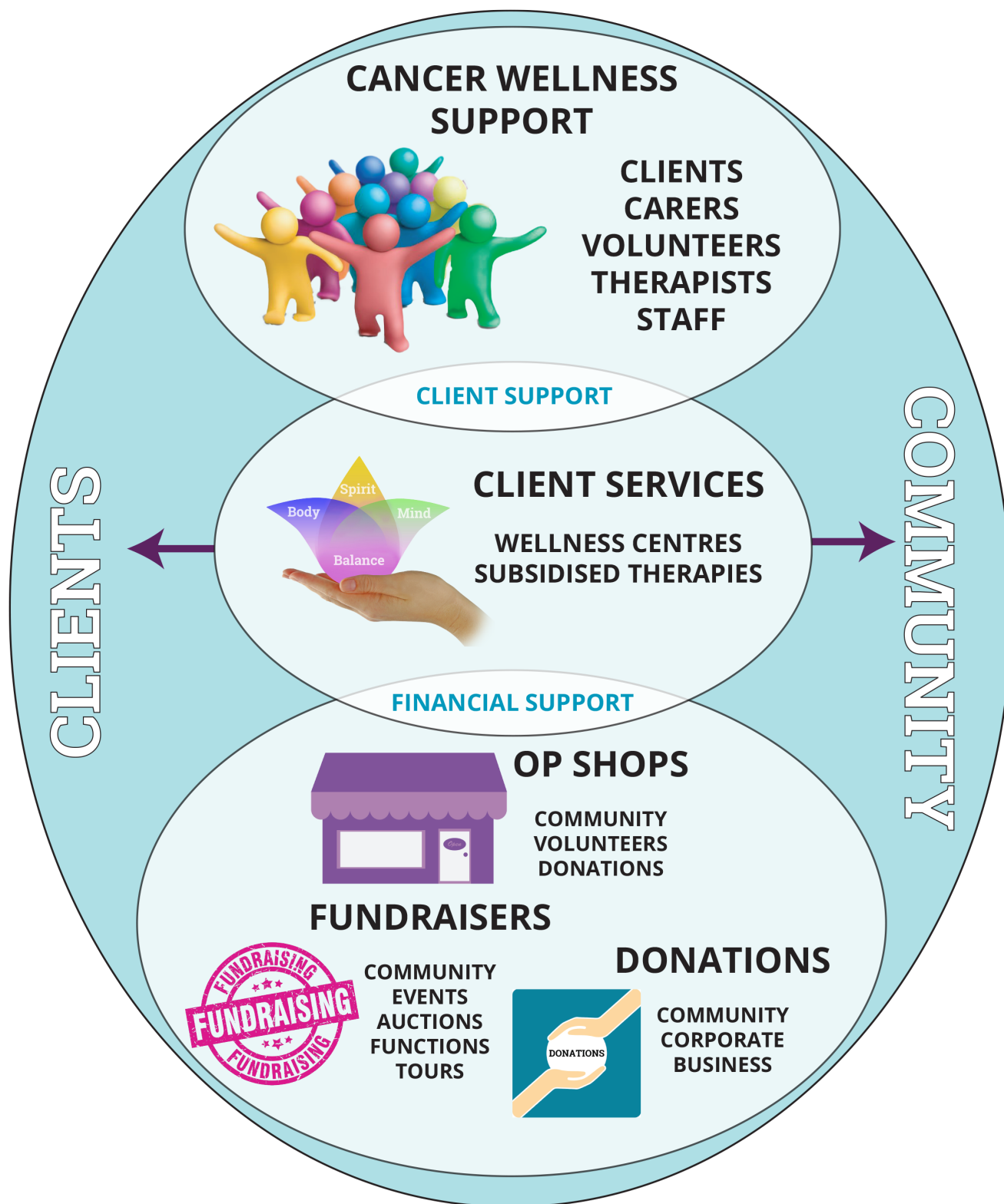
GOAL 4

Best practice Corporate Governance



Our Ecosystem

“With the community working together we can truly achieve anything”



Marketing and Systems

Marketing

Cancer Wellness Support's marketing efforts enable the organisation to undertake more therapies, better targeted to membership needs, and promotes this work to the community at large by keeping them engaged, informed and up to date on the work in the community.

This year has again seen a significant increase in marketing activities. The web site has had a design refresh and continues to improve awareness of Client Services and fundraising activities through the web site and social media.

Social media reach has increased by 20% over the year and followers have increased by 87%.

Over 200 live interactions with members, customers and the general public through the new live chat feature on the web site.

In addition, a range of support web apps that provide easy access through QR codes and the web site for Donations, Getting and Giving Help, and Intakes.

To guide people through Cancer Wellness Support and what is offered to clients, carers and family members, a new interactive 'Cancer Wellness Support Guide' has been developed.

Cancer Wellness Support is proud to have been nominated as Finalists in the Western Sydney Awards for Business Excellence (WSABE) in three categories: Excellence in Innovation, Excellence in Social Enterprise and Excellence in Marketing.

Systems

The systems have been expanded and improved to provide better and more detailed reporting of membership status, therapy deliveries and intake interviews, including the updating and standardising of the diagnostic groupings.

Online Op Shop

In response to the initial COVID lockdown, the online Op Shop was launched and is stocked with goods from both the Katoomba and Penrith Op Shops. The online shop is projected to process \$50K+ in sales annually.

Customers can create their own Wish List in the online Op Shop, they can also sign up for SMS Flash Sale notifications, and there are a number of additional sales incentives integrated into the online Op Shop.

Vent Thomas

Marketing & Systems Manager



Sponsorship and Events

SPONSORSHIP AND MEDIA PARTNERSHIPS

'We've Got Your Back' Business Sponsorship

In partnership with Radio Blue Mountains, Cancer Wellness Support collaborated on a cross-promotional, "We've Got Your Back" business sponsorship partnership sharing and promoting exposure across their social media platforms, during events and live radio.



Giving Back

Cancer Wellness Support was featured as Radio Blue Mountains first recipient in their new "Giving Back" radio program where the listener had an opportunity to "give" to a charitable cause. Staff were interviewed during the month to encourage public support and donations.

Corporate Connections

Cancer Wellness Support is a member of Penrith Valley Chamber, Penrith CBD Corporation, Blue Mountains Regional Chamber of Commerce and Women With Altitude. The Sponsorship Coordinator regularly attended both real and virtual networking functions with the aim of increasing the organisations profile as a major local Not For Profit, working to support the local community with the goal to build business relations and sponsorship opportunities.

FUNDRAISING EVENTS

Dry July Campaign

2020 Dry July Campaign kicked off with a beneficiary team of seven individuals making a decision to go Dry for the month of July while encouraging family and friends to support their efforts. As part of the Dry July Campaign, a Devonshire Tea fundraiser was held at the Robyn Yates Centre, all managed within COVID guidelines.

Sausage Sizzle Fundraiser

Three sausage sizzle fundraisers at Bunnings Katoomba were successfully held in October 2020, December 2020 and June 2021 with Cancer Wellness Support staff and volunteers cooking and serving.

Raffles

Local businesses generously donated items towards our Gigantic Christmas Hamper Raffle, while the Mother's Day Raffle listed online or by QR code and was drawn at Cancer Wellness Support Collectables Fair.



Sponsorship and Events (cont.)

COACH FUNDRAISING TOURS

Due to COVID health risks and restrictions, this planned fundraising event program was to some extent interrupted, however tours took place.

Gardens of the Mountains & Beyond Coach Tour

Spring colours were enjoyed at the October 2020 tour to the Campbell Rhododendron Gardens while the afternoon offered a ploughman lunch and wine tasting at Dryridge Estate before again boarding the heritage coaches for an historic tour of the Hydro Majestic.

Christmas Paddlewheeler Cruise

After two previous cancellations due to flood and the pandemic, the Paddlewheeler Cruise with Christmas lunch on the Hawkesbury River was held with a full coach of attendees.

Bathurst Coach Tour

Bathurst was the destination of the March 2021 historic tour with lunch in the grounds of Abercrombie House while the afternoon offered a visit to the National Motor Museum.

Cancer Wellness Support fundraising tours were successful due to the generous provision of Fantastic Aussie Tours coaches and drivers.

Coralie Faye

Sponsorship & Events Coordinator



Sustainability

Cancer Wellness Support is proud to be aligned to sustainability; environmentally, socially and economically.

Socially we support our community by providing subsidised therapies to people living with cancer.

Op Shops strongly support the principles of reuse, reduce, recycle and we continue with our waste management plan for our Katoomba and Penrith Op Shops which enables dry waste to be recycled into Process Engineered Fuels (PEF). This enables us to recycle 90% of waste from the Op Shops.

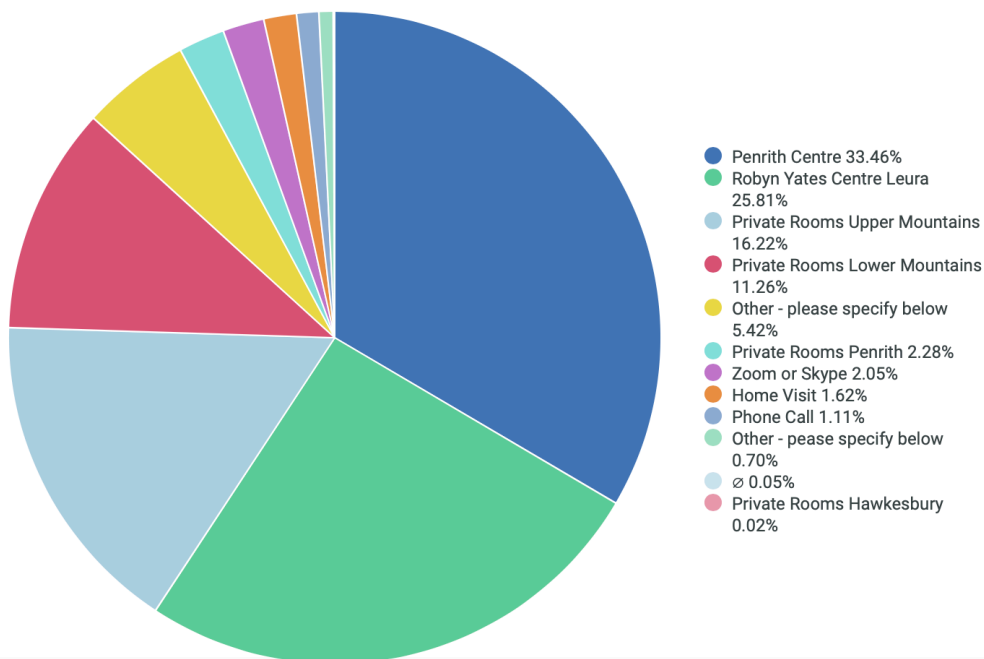
Our organisation is 90% funded by our Op Shops making us economically sustainable.

REUSE 
REDUCE
RECYCLE

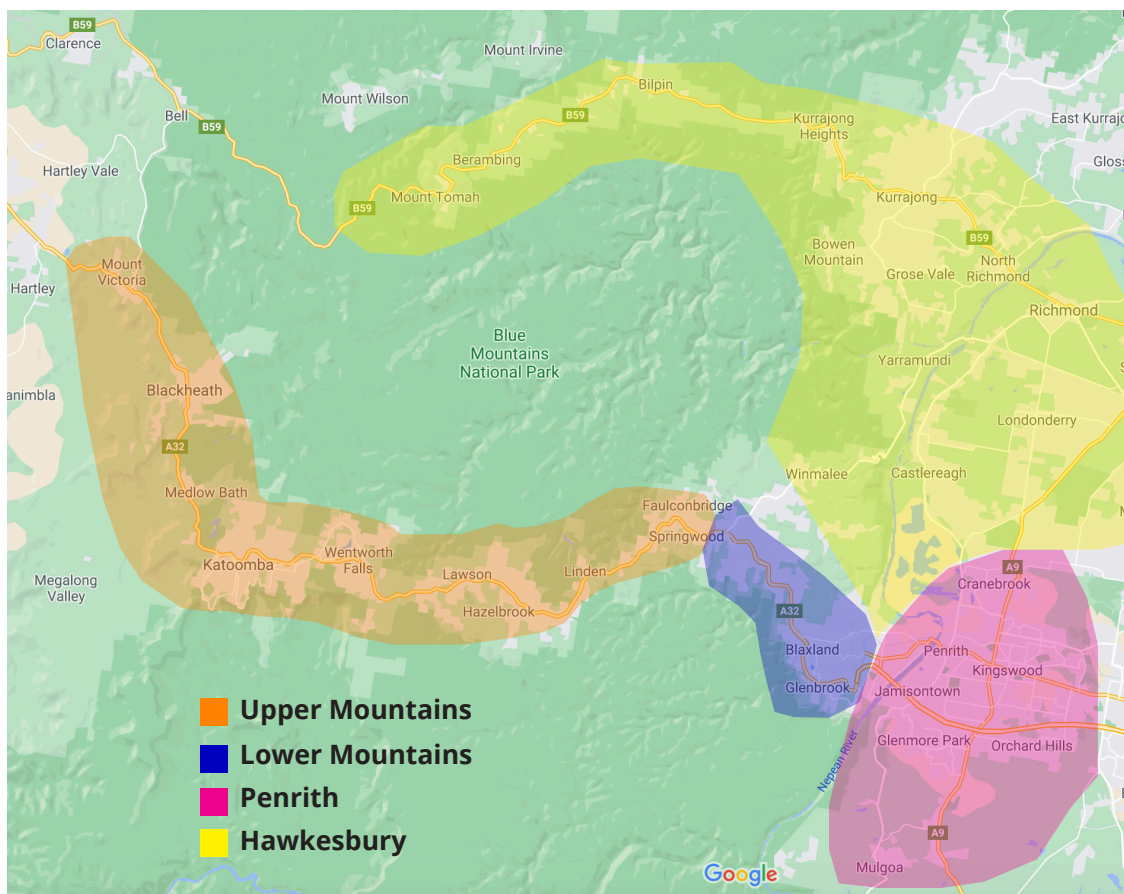


Subsidised Therapies Delivered 2020-2021

Therapy Locations 2020-2021



Service Areas



GOAL 1

Provide, strengthen and expand subsidised therapies, education and services to clients and their families living with cancer in the Blue Mountains and Penrith Valley regions

Therapies

From the initial contact with Cancer Wellness Support, to the intake assessment, to designing the right mix of therapies, to finally beginning therapies, we encourage clients to feel empowered in their choices with the open invitation to revisit these choices to ensure the therapies are continuing to meet their changing needs as they travel through their cancer journey.

Investing in your personal “Wellbeing Path” is an essential component of being well. Complementary therapies ‘complete’ the overall health approach. Selecting therapies is a personal choice with guidance from the intake nurse, counsellor, or other therapists who may identify a need and suggest another therapy that they believe will enhance wellbeing.

Each client’s journey through the various types and phases of cancer will manifest a variety of outcomes from either their medical treatment or their medical condition.

**Total number of
Therapies delivered
in 2020-2021**

4,798

840 Members

554 Clients

97 Carers

45 Therapists

133 Volunteers

11 Supporters



Our Therapies

Body Wellbeing Therapies

Acupuncture

A traditional form of Chinese medicine in which fine sterile needles are inserted into points along the energy channels in the body to re-balance energy. Acupuncture may address both the symptoms of various cancers as well as the side effects of chemotherapy and radiotherapy.

Bowen Therapy

Consists of a series of gentle rolling moves on the skin over muscle, tendons and ligaments in the body. Frequent pauses, usually two minutes, are allowed between moves to give the body time to respond. It is gentle, effective, relaxing and addresses the body and mind from a truly holistic approach.

Kinesiology

Is a form of therapy that uses muscle monitoring (biofeedback) to look at imbalances that may be causing disease in the body. Kinesiology aims to detect and correct imbalances that may relate to stress, nutrition or minor injuries.

Lymphoedema Management

Lymphoedema can occur when lymph nodes are removed by surgery or damaged by radiotherapy. Early attention to the risk can help to avoid the condition. There is no cure for diagnosed lymphoedema, but a whole of body and mind approach supports lymphoedema care. A combination of diet, massage, meditation, breathwork and exercise, along with measuring of the affected part by the Sozo machine, compressive bandaging, including specific drainage techniques and garment fitting. Only specialist lymphoedema massage therapists deliver this service.

Mindful Foodies

Learn and experience the art of healthy, creative, delicious and budget conscious food. Building internal body health plays a major role in stimulating your immune system, creating the ability of your body to maintain health and better ensure the bodies long term resistance to disease in the long term.

Oncology Massage

This form of massage is specific to people experiencing cancer and must be delivered by qualified therapists. Massage can reduce muscular tension, pain, fatigue, anxiety, depression and nausea. Oncology trained therapists provide the expert safe and gentle touch needed for clients during and after treatment.

Nutrition/Naturopathy

Naturopaths can offer specific nutritional advice regarding diet and supplementation before and after cancer treatment to maximise recovery and improve outcomes. Diet and nutritional supplements can be extremely helpful in managing symptoms of disease and of treatments, specifically fatigue, stress, digestive upset and lowered immunity.



Our Therapies (cont.)

Reflexology

Reflexology is the application of pressure, stretching and movement to the feet and hands to trigger healing in corresponding parts of the body. It complements conventional cancer treatment by relaxing the body and reducing stress. It is especially effective for clients with post treatment neuropathy.

Reiki

Is a safe, natural and simple method of promoting wellbeing benefitting physical, emotional, mental and spiritual energies. Clients often find that Reiki relieves pain, anxiety, nausea and fatigue. Reiki may also support recovery from surgery and reduce side effects of treatment.

Movement Wellbeing Therapies

Gentle Yoga

Yoga therapists design and combine gentle movements with specialised breath techniques to relax and calm both the body and mind, lower heart rate and blood pressure. The poses can be altered to suit you and your needs – there's no tying yourself into pretzels. Relaxation is an important part of yoga and all the classes will include a relaxation period.

Joyous Exercise

A gentle class that will mobilise all your major joints, lightly stretch your large muscle groups plus give you peaceful thoughts through a meditation phase. All movements can be done in a chair. No special clothes, equipment or anything needed. Open to all fitness levels and ages. Do as much or as little as suits you. The goal of the class is to feel fabulous and enhance your healing.

Qi Gong

Is a mind-body approach that uses gentle physical activity to harmonise the body, mind and spirit. Medical Qi Gong for health and healing consists primarily of physical movements and breathing exercises combined with meditation. The combination of specialised movements with conscious breathing techniques help change neural pathways to assist you in opening up new ways of placing meaning on your inner and outer world.

Very Gentle Movement

These sessions can be from the comfort of your home via zoom or in the centre. You can enjoy exploring stretching, reaching, twisting accompanied with calm music and the approach is always kind and gentle to the 'all of us', suitable for everyone. All the moves are done seated. You don't need any equipment or prior experience.

You will be surprised how good you feel after what seems like a few easy moves.



Our Therapies (cont.)

Wise Moves (Feldenkrais)

Regular movement and exercise helps improve your balance, motor and brain function including better cognition. Your blood and oxygen flow increases positively affecting mind and body health. This approach helps you become more aware of how your state of mind and body movements together not only shape your muscle tone and strength but also your overall sense of wellbeing.

Mind Wellbeing Therapies

Art Therapy

Art Therapy is the therapeutic use of art within a professional relationship and works across health & medical fields. Clinical studies show that art therapy helps reduce tiredness, anxiety, pain and depression. Artistic talent is not necessary for people to benefit from art therapy. Art therapy groups are small, intimate and confidential.

Counselling

Cancer can be an unfamiliar and uncharted territory for a person and for their family and friends.

Counselling can help create the space to look at and make sense of your thoughts and feelings. A counsellor's task is to provide a non-judgmental 'listening' space to allow you to explore your thoughts and feelings. Even though you may begin to engage in counselling based on your cancer diagnosis it does not mean that your counselling is only about your cancer story, it is always about what you need to share.

Hypnosis

Hypnosis is an effective tool in cancer diagnosis, treatment and recovery. It has been consistently shown to improve clinical outcomes. The vast majority of cancer patients will undergo surgery, chemotherapy and/or radiotherapy which may be accompanied by pain, nausea, fatigue, anxiety and depression. Hypnosis has a powerful place in your healing journey as it sustains you at times of pain, fear and stress.

Mindfulness Meditation

Research shows that regular mindfulness practice is effective in reducing stress and thereby improving immune function and health outcomes. It also results in improved mental function and reduced levels of anxiety, depression and chronic pain. Group sessions are held at both Cancer Wellness Support centres.

Support Group

Support group provides the opportunity to share what is happening on an emotional level in a confidential and supportive setting and without judgement. It is also a place to connect with others who share your experience be they the person with a cancer diagnosis or their carer and most of all, share laughter and supportive friendship.



Our Therapies (cont.)

Metastatic Group

Cancer is now a story of living with a chronic disease rather than an acute short term illness. A return of cancer can be, at times, a very fearful event, there are often many different medical approaches to consider and time out from the stress of trying to make new decisions is important. This group is only for people with a metastatic diagnosis so there is a wealth of support within this group.

Retreats

There are opportunities to attend live in retreats which focus on different areas of mind, body and spirit care. You may choose a particular themed workshop which best meets your needs at the time, and then pack your bags for some time away to focus, reflect, explore and rest. We have a relationship with two major leaders in complementary therapies, Gawler Foundation Victoria and Quest for Life NSW.

Workshops

Workshops give you an opportunity to gain a deeper understanding of a particular issue you may be experiencing. These workshops may be delivered by one of our therapists who specialised in the issue and/or by an invited guest who is a leader in this field. Workshops can be a mix of one day or two day events and are often delivered from our centres.

Events

These are times of fun and relaxation with the idea of giving you time out from your normal days of appointments. They can be held at our centres, opportunity shops or other venues but at all times the focus is on time out, getting back to being a part of the world outside medical and therapy appointments.

Tours

Isolation is a side effect of living with cancer in both the short and long term. You may find your days are filled with medical and therapy appointments so there is no time left for socialising and you just might be exhausted. The day long tours give you an opportunity to sit, relax, enjoy the passing scenery and be completely cocooned for the day. The tour may include visits to interesting sights, even wineries for wine tasting, lunch is always provided and time enough is left for sleeping on the way home.

Financial Peace of Mind

We have a commitment to you to ensure our therapies are not only effective health choices but they are affordable. We subsidise both your individual, group therapies and retreats with income raised from our opportunity shops located in Katoomba and Penrith. We ensure that finances will not impact on your access to wellbeing.



GOAL 2

Grow the organisation and achieve adequate funding to undertake Goal 1

Cancer Wellness Support is 90% funded by our two thriving Op Shops located in Katoomba and Penrith. Through generous saleable donations, the shops continue to be supported and loved by our followers, with many customers being on a first name basis with our staff and volunteers.

The dedication and expertise of our managers, staff and volunteers, underpins shop growth. Katoomba Op Shop is managed by Violet Handley and Penrith Op Shop by Gail Searle assisted by Maria McLean.

Added support is provided by other casual staff and volunteers. The managers have a key role in retail management, combined with staff and volunteer supervision, training and implementation of WHS practices.

Katomba Op Shop

Coming into the Op Shop as the new manager was very exciting and challenging as I had very big shoes to fill. It has been the most rewarding position I have ever undertaken and love working with an amazing team of people who care so greatly about Cancer Wellness Support and good customer service.

As we have experienced setbacks due to lockdowns, the resilience and dedication from our committed staff and volunteers saw enormous changes take place in the shop over the last few months. As we worked, laughed and cried together our vision created a beautiful vibrant new store that our customers and recipients continue to admire.

I am deeply proud to be part of the future of Katoomba Op Shop and the many more changes that will take place as we learn to navigate through a safer way of living and avoiding future lockdowns.



Violet Handley
Manager Katoomba Op Shop



GOAL 2

Grow the organisation and achieve adequate funding to undertake Goal 1

Penrith Op Shop

As the manager of the Penrith Op Shop, I enjoy the positive community vibe, people donating goods, volunteers working hard to sort the goods and staff selling stock to directly benefit those who have been touched by cancer. The relationships that develop through the shop are wonderful. We thrive on providing our valued customers with outstanding service and encourage them to return time and time again.

We are extremely lucky to have such a dedicated group of volunteers that have been working hard through COVID. Their work is so important to the organisation and we have an amazing group at Penrith, now open seven days a week.

Gail Searle
Manager Penrith Op Shop



"I have been volunteering at the Cancer Wellness Op Shop in Penrith for 4 years.

For me, it has been a very rewarding experience and also an opportunity to give something back to the community. It has also been very personal for me, as I lost my father to cancer a few years ago.

At Penrith, it is more like a family environment and we all really enjoy coming in. I love the fact that our actions, big or small will impact on someones life.

Volunteering at the shop has made me step back and reflect on my own life and be more thankful for what surrounds me."

Jane Sullivan



Our Centres

Service delivery at our two centres in Penrith and the Blue Mountains has progressively consolidated with a regular schedule of therapists, groups and activities now available at both centres and including service delivery in the therapists own professional rooms.

Subsidised therapies such as, massage, counselling, reflexology and acupuncture provide opportunities for client members to access vital therapeutic services. Clients can also access a range of locations throughout the mountains and Penrith Valley.

In addition to our library of books, CDs and DVDs relating to wellness and living with cancer, both centres offer a range of wigs which are available for loan.

Groups including Yoga, Qi Gong, Wise Moves, Gentle Movement, Mindfulness Meditation and Art Therapy are offered weekly and specialised workshops are programmed throughout the year.



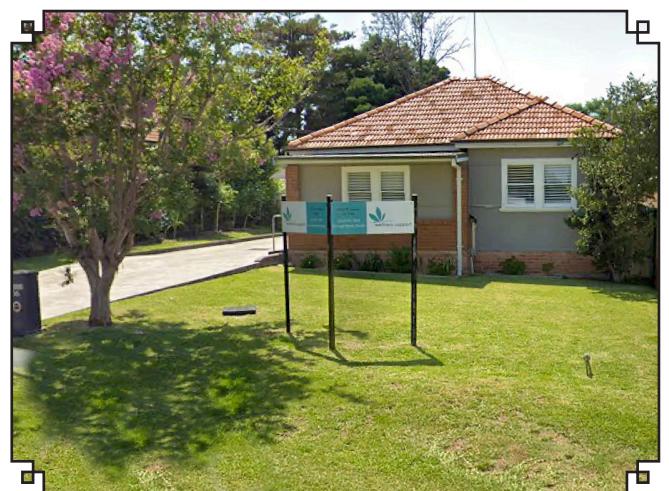
Robyn Yates Centre Leura



Samantha Alston
Executive Assistant



Shelley Fitzpatrick
Manager, Penrith Valley Centre



Cancer Wellness Support Centre Penrith



Corporate Sponsorship & Grants

Corporate Sponsorship offers an opportunity to not only raise funds but to build strong long-term business relationships that are mutually beneficial to both parties. The sponsorship strategic objectives are to partner with Blue Mountains and Penrith Valley businesses for a period of three years. Sponsorship levels are Platinum at \$5000 per year, Gold at \$2500, Silver at \$1000 per year and Bronze at \$500 per year.

Sponsorship benefits depend on the level selected and may include brand placement and a link on the website, social media opportunities, invitations to events, inclusions in newsletters, business name and logo on signage at Penrith and Katoomba Op Shops. Corporate sponsorship involvement also demonstrates to staff, volunteers, customers and stakeholders, the sponsor's commitment to their local community.

Cancer Wellness Support is a member of Women with Altitude, Penrith Valley Business Chamber and the Blue Mountains Regional Chamber of Commerce and Penrith CBD Corporation. The Sponsorship Coordinator regularly attends networking business functions with the aim to increase the organisation's profile as a major local Not For Profit, working to support the local community with the goal to build business relationships and sponsorship opportunities.

Grants

The Dry July Beneficiary Grant of \$6700 enabled the purchase of a Lymph Scanner to support the long term treatment and management of the medical condition, lymphoedema

We would like to thank Susan Templeman, Federal Member for Macquarie and Trish Doyle, Member for Blue Mountains for their continued support.

Platinum Sponsors



RICHARD CROOKES
CONSTRUCTIONS

Gold Sponsors



G&S Henwood Property

Media Partner

Silver Sponsor



Bronze Sponsor

GRACE FUNERALS



GOAL 3

Community involvement is an essential component of Cancer Wellness Support involving therapists, Op Shop donors and shoppers, fundraisers, Board members, supporters and a large band of volunteers.

Services provided by Cancer Wellness Support are delivered by qualified and personally insured specialist therapists. Our impressive group of therapists agree to provide their services at a subsidised cost. Service recipients make a part-payment of \$30 to the therapist and the balance is paid from the funds raised by the Op Shops. We thank all our therapists for their dedication and care of clients.

Various groups undertake localised fundraising enterprises and contribute to us through community market sales, music groups, coffee clubs, personal donations and social events. These ventures draw on community assistance in a variety of ways and the Blue Mountains and Penrith Valley communities give generously. The hours, energy and expertise devoted to planning and completion of these projects could never be estimated and are greatly appreciated.

Community involvement is significantly demonstrated by the generosity of donors to the Op Shops, the enthusiasm of our shoppers who appreciate the opportunities to buy recycled goods at reasonable prices. Shoppers also value the good management and cheerful atmosphere at the shops, as well as the user-friendly layout and accessibility of goods.



A beautiful crochet or knitted knee rug or handmade quilt is given to each new client.

For many, these rugs symbolize comfort and care as the client attends their various therapies. Rugs are made and donated by various community members and groups and other donors.

We thank everyone for their generous participation and support. It is the community's contributions that enable us to provide services for people experiencing cancer and their families.

Over
17,600
Volunteer hours contributed annually to the work of Cancer Wellness Support, at the shops, in administration, raising community awareness, or in fundraising activities and Board of Management commitments.



GOAL 4

Best practice Corporate Governance

Corporate Best Practice

- The organisation is legally compliant. Board members are appointed by members' vote for a two year period at the Annual General Meeting and contribute a range of experience and skills in business, health, welfare and management
- Workplace Health and Safety awareness, training and First Aid training (where appropriate) is provided for staff and volunteers
- The Volunteer Handbook is updated and distributed to each volunteer at orientation
- New accounting systems have provided upgraded reporting for the organisation's financial management
- Annual financial statements are externally audited and made available on the Cancer Wellness Support website www.cancersupport.org.au
- Appropriate insurances are upgraded to cover changing requirements

Treasurer's Statement

As was the case last year COVID Delta strain played havoc with our business plan and budget. Although comparisons with previous months, in the main, were up on the corresponding months last year. Yet we were still able to provide over 4,700 subsidised therapies, which is the main purpose of our organisation.

All staff and volunteers are to be commended for their tireless efforts in presenting the Op Shops in such a cheerful light.

On a much sadder note the organisation lost the Founder, my wife Robyn to Motor Neurone Disease (MND). The family were able to nurse her at home until the end which was her wish. Her passion for Cancer Wellness never ebbed and whilst this debilitating disease left her speechless she would listen intently to all the monthly board zoom meetings and write her many responses on her well-worn chalk board.

During the last financial year the organisation changed from MYOB to ZERO. Unfortunately the transposition in particular the wages from one format to another caused problems with reconciliation. This was identified by the auditor and following a meeting with the auditor and bookkeeper measures have been set in place to rectify the situation.

Hoping that COVID and other tragedies are behind us and the new year brings peace and prosperity to all.

Bob Yates
Treasurer



LITHGOW TAXATION & BOOKKEEPING SERVICES

CHARTERED ACCOUNTANT • TAX AGENT • BUSINESS ADVISOR

Cancer Wellness Support Inc
ABN 67 202 763 705
Independent Auditor's Report to the Members

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of Cancer Wellness Support Inc (the association), which comprises the Statement by Members of the Committee, the Income and Expenditure Statement, Detailed Balance Sheet as at 30 June 2021, a summary of significant accounting policies and the certification by members of the committee on the annual statements giving a true and fair view of the financial position and performance of the association.

In our opinion, except for the effects of the Association's incorrect determination of wages, client services income and client services expenses the accompanying financial report presents fairly, in all material respects, the financial position of the association as at 30 June 2021 and its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the Associations Incorporation Act 1991.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the association to meet the requirements of Associations Incorporation Act 1991. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee for the Financial Report

The committee is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the Associations Incorporation Act 1991 and for such internal control as the committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.



CHARTERED ACCOUNTANTS™
AUSTRALIA • NEW ZEALAND

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under Professional Standards Legislation

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T • 02 6352 3152 F • 02 6351 3219 E • rodwells@bigpond.net.au

Cancer Wellness Support Inc
ABN 67 202 763 705
Independent Auditor's Report to the Members

Responsibilities of the Committee for the Financial Report (continued)

In preparing the financial report, the committee is responsible for assessing the association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the committee either intends to liquidate the association or to cease operations, or has no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

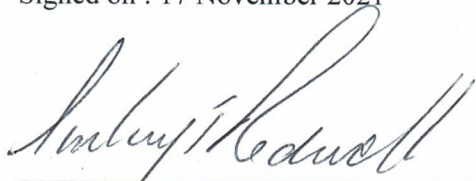
- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the committee.
- Conclude on the appropriateness of the committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

**Cancer Wellness Support Inc
ABN 67 202 763 705
Independent Auditor's Report to the Members**

Auditor's Responsibilities for the Audit of the Financial Report

We communicate with the committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Signed on : 17 November 2021



Shelley June Rodwell,

Chartered Accountant, Member Number 78555

Financial Statements

For the year ended 30 June 2021

Cancer Wellness Support Inc.

ABN 67 202 763 705

Shelley June Rothwell
21 Main Street | PO Box 395
Lithgow NSW 2790
Ph: 02 6352 3152

Cancer Wellness Support Inc
ABN 67 202 763 705
Income and Expenditure Statement
For the year ended 30 June 2021

	2021	2020
	\$	\$
<hr/>		
Income		
Op Shop Income	1,881,450.48	1,349,245.59
Client Service Fees	190,610.43	127,419.91
Fundraising Income	27,609.75	27,631.81
Grants & Sponsorship	35,662.40	45,677.05
Client Services	2,836.00	2,926.50
Membership Fees	25,524.95	11,765.80
Robyn Yates Memorial Fund	4,045.00	
Donations	31,430.51	12,716.21
Support Groups	6,197.30	5,145.25
Government Stimulus Payments	35,035.00	26,259.00
JobKeeper Payments	237,000.00	102,000.00
Work-for-the-Dole	13,659.09	21,246.97
Interest received	32.54	114.61
Other income	3,949.48	439.13
Wages Subsidies		15,000.00
Total income	2,495,042.93	1,747,587.83

Expenses

Advertising & promotion	15,497.02	9,526.17
Audit fees	6,150.00	1,300.00
Bank fees & charges	5,857.35	2,635.13
Cleaning & rubbish removal	3,144.10	2,762.81
Client Services	233,772.58	135,762.60
Client Therapies	201,181.85	141,808.00
Computer Expenses	15,463.63	7,457.52
Consultants fees	1,113.00	3,600.00
Depreciation - Buildings	2,223.00	1,235.00
Depreciation - Other	16,679.00	12,211.00
Fees & charges	124.00	
Flowers & Gifts	5,826.51	4,195.69
Fundraising Expenses	16,338.29	7,590.09
Funeral & Memorial Expenses	6,233.69	
Gardening & Grounds Maintenance	10,909.53	3,331.21

The accompanying notes form part of these financial statements.

Cancer Wellness Support Inc
ABN 67 202 763 705
Income and Expenditure Statement
For the year ended 30 June 2021

	2021	2020
	\$	\$
Insurance	10,748.26	10,591.72
Interest - Australia	3,812.13	20,980.93
Internet	23.86	
Meeting Expenses	2,525.09	3,093.34
Membership Cards Stickers Pins	251.92	276.71
Motor Vehicle Expenses	8,750.36	26,862.54
Op Shop Expenses		
Katoomba	396,271.14	119,806.85
Penrith	369,097.67	137,693.96
Office Administration		
Leura	26,682.46	22,178.12
Warwick	58,589.73	46,075.35
Postage	671.84	1,722.88
Printing & stationery	9,102.30	7,021.63
Rates & land taxes	6,599.33	6,923.66
Repairs & maintenance	16,402.11	6,304.08
Staff training	2,198.02	384.55
Subscriptions & Memberships	6,158.69	1,589.08
Travel Expenses	411.61	365.58
Volunteer Expenses	1,750.83	1,561.23
Wages & Employment Expenses	387,258.45	737,342.69
Total expenses	<u>1,847,819.35</u>	<u>1,484,190.12</u>
Net profit attributable to the association	<u>647,223.58</u>	<u>263,397.71</u>
Total changes in equity of the association	<u>647,223.58</u>	<u>263,397.71</u>
Opening retained profits	1,938,108.90	1,675,613.91
Net profit attributable to the association	<u>647,223.58</u>	<u>263,397.71</u>
Closing retained profits	<u>2,585,332.48</u>	<u>1,939,011.62</u>

The accompanying notes form part of these financial statements.

Cancer Wellness Support Inc
ABN 67 202 763 705
Detailed Balance Sheet as at 30 June 2021

	Note	2021 \$	2020 \$
Current Assets			
Cash Assets			
Cash At Bank - Bendigo Bank		151,930.28	124,770.33
Cash At Bank - Donation A/c		392.54	2,037.13
Cash At Bank - Bendigo Bank D/Card		5,166.05	2,534.29
Cash At Bank - CBA Cheque A/C		3,729.95	28.35
Petty Cash		(1,001.52)	243.38
Cash Floats		1,425.00	1,025.00
		<u>161,642.30</u>	<u>130,638.48</u>
Receivables			
Trade debtors		12,850.00	
Sponsorship Pledges		(1,116.34)	2,656.39
Memberships Due		(1,085.00)	155.00
		<u>10,648.66</u>	<u>2,811.39</u>
Current Tax Assets			
GST payable control account		(5,141.69)	(382.05)
Input tax credit control account		11,782.00	9,276.90
		<u>6,640.31</u>	<u>8,894.85</u>
Other			
Rental Bond - Penrith		7,975.00	7,975.00
		<u>7,975.00</u>	<u>7,975.00</u>
Total Current Assets		<u>186,906.27</u>	<u>150,319.72</u>

The accompanying notes form part of these financial statements.

Cancer Wellness Support Inc
ABN 67 202 763 705
Detailed Balance Sheet as at 30 June 2021

	Note	2021	2020
		\$	\$
Non-Current Assets			
Property, Plant and Equipment			
Land & Building - Robyn Yates Centre		2,353,878.33	2,353,878.33
Building Improvements - Admin		30,399.81	30,399.81
Less: Accumulated depreciation		(10,956.00)	(9,583.00)
Leasehold Improvements - Penrith		34,295.00	34,295.00
Less: Accumulated depreciation		(3,693.00)	(2,756.05)
Leasehold Improvements - Katoomba		14,878.23	5,532.78
Less: Accumulated depreciation		(988.00)	(138.00)
Plant & Equipment - Admin Office		46,435.03	25,972.80
Less: Accumulated depreciation		(11,066.86)	(4,898.86)
Plant & Equipment - Katoomba		4,122.54	2,304.36
Less: Accumulated amortisation		(1,462.00)	(990.00)
Plant & Equipment - Penrith		11,397.07	8,260.71
Less: Accumulated depreciation		(4,569.00)	(2,757.00)
Client Services Equipment - At Cost		17,282.97	9,357.52
Less: Accumulated depreciation		(8,130.00)	(6,903.00)
Motor vehicles - At cost		87,272.45	87,272.45
Less: Accumulated depreciation		(66,375.00)	(60,310.00)
		2,492,721.57	2,468,937.85
Total Non-Current Assets		2,492,721.57	2,468,937.85
Total Assets		2,679,627.84	2,619,257.57

Cancer Wellness Support Inc
ABN 67 202 763 705
Detailed Balance Sheet as at 30 June 2021

	Note	2021 \$	2020 \$
Current Liabilities			
Payables			
Unsecured:			
Trade creditors		28,327.28	62,368.63
Other Creditors		5,463.88	5,603.51
		33,791.16	67,972.14
Current Tax Liabilities			
Amounts withheld from salary & wages			4,388.00
Superannuation Payable		5,784.38	4,421.49
		5,784.38	8,809.49
Other			
Memberships In Advance			6,785.00
			6,785.00
			6,785.00
Total Current Liabilities		39,575.54	83,566.63
Non-Current Liabilities			
Financial Liabilities			
Secured:			
Bank Loans - Bendigo Bank		858.50	540,006.92
		858.50	540,006.92
Provisions			
Employees entitlements		53,861.32	56,672.40
		53,861.32	56,672.40
		53,861.32	56,672.40
Total Non-Current Liabilities		54,719.82	596,679.32
Total Liabilities		94,295.36	680,245.95
Net Assets		2,585,332.48	1,939,011.62

The accompanying notes form part of these financial statements.

Cancer Wellness Support Inc
ABN 67 202 763 705
Detailed Balance Sheet as at 30 June 2021

	Note	2021 \$	2020 \$
<hr/>			
Members' Funds			
Accumulated surplus (deficit)		2,585,332.48	1,939,011.62
Total Members' Funds		<u>2,585,332.48</u>	<u>1,939,011.62</u>

The accompanying notes form part of these financial statements.

“

The genuine warmth and care I receive at Cancer Wellness Support has made a world of difference to my sense of wellness”

Kasia Rettig (client)

Bequests

A lasting gift for the assistance of people living with cancer can be made by remembering Cancer Wellness Support in your Will.

Consider adding to your Will a clause such as:
'I give to Cancer Wellness Support (ABN 67 202 763 705) the sum of free of all duties and testamentary expenses for its general purpose, and I direct the receipt of the Chair shall be sufficient discharge to my executors for this bequest'.

or go to www.cancersupport.org.au/bequest to download a Bequest form

Acknowledgments

ActiveCampaign

Australia Red Cross, Springwood Branch

Bendigo Bank, Katoomba

Bennett's Printing, Katoomba

Big W Katoomba

Blue Mountains Gazette

Bunnings Katoomba

Bunnings Penrith

Caring Hearts Quilters

Denique Faye

Elizabeth Hart

Fantastic Aussie Tours

Geoffrey Brown

Gerlinde Thomas

Glenbrook Panthers Women's Bowling Club

Greg Palmer

Hominy Bakery, Katoomba

James Craib

Josophans Fine Chocolates

Katherine Hawes

Kerry McKenzie

Maurice Cooper, OAM

Michael Hay-Cunningham

Michael Small - Photography

Mitre 10, Katoomba

Mondy Financial Services

Pamela Purcell

Penrith Valley Chamber of Commerce

Philip Hammon

Robyn Hunter

Radio Blue Mountains 89.1

Rotary, Katoomba

Sandra McDonald

Susan Templeman MP

The Bunker Leura

Tony Brown

Trish Doyle MP

Upper Mountains Womens Probus

Wendy Hambly

Western Weekender

*Thank
You*



Cancer Wellness Support

Robyn Yates Centre Cancer Wellness Support

104 - 105 Railway Parade, Leura NSW 2780
PO Box 18, Katoomba NSW 2780
Ph: (02) 4784 2297 #1
Email: headoffice@cancersupport.org.au
Web: www.cancersupport.org.au
ABN: 67 202 763 705

Penrith Valley Centre Cancer Wellness Support

56 Warwick Street, Penrith NSW 2750
Ph: (02) 4784 2297 #2
Email: penrith@cancersupport.org.au

Op Shop Locations

Katoomba

Units 1-3/27 Whitton Street, Katoomba NSW 2780
Ph: (02) 4784 2297 #3
Email: katoombaopshop@cancersupport.org.au

Penrith

201 - 211 High Street, Penrith NSW 2750
Ph: (02) 4784 2297 #4
Email: penrithopshop@cancersupport.org.au

Online

opshop.cancersupport.org.au



Complementary Therapies | Community Generosity