



PROSTATE & BREAST
CANCER FOUNDATION

ANNUAL REPORT 2020

TOGETHER CARING
TOGETHER CURING



“PAM IS JUST
THE LOVELIEST
PERSON. WE CAN
TALK ABOUT
ANYTHING AND
IT’S WONDERFUL
TO KNOW THAT
THERE’S SOMEONE I
CAN CALL IF I NEED
ANYTHING.”

MARION (PATIENT)



Welcome

In a year of unique challenges the Foundation has continued to achieve growth and impact in our areas of highest priority – the support of people with cancer.

This year saw a number of significant advances that will underpin our future growth. Early in the year, new systems, staff and software helped us improve our volunteer support and training programs. With the onset of COVID19, all in-person patient contacts ceased. Regular in-person contact was replaced by telephone and text. Given both the nature of the COVID virus and how susceptible our patients are, this was unfortunate but necessary, and fortunately short-lived. Some of the 'silver linings' of COVID will be a higher awareness and regard for science, public health and personal hygiene.

The defining feature of the Foundation's CanCare support service is a focus on those most in need, and the personal, one-to-one support that our volunteer Navigators provide. Throughout this report, the comments and feedback from our patients stand as a testament to our volunteers – their goodness, generosity, compassion and the personal quality they bring to giving themselves and their time to help those in need.

Financially, the Foundation is stronger on the bottom line than last year, though we continue to see pressure on our National Cancer Lottery ticket sales. New initiatives will include events, training and educational workshops, attracting wider audiences and support.

On behalf of the Board this year we would like to sincerely thank our volunteers, staff, donors and business supporters, all of whom help us bring a better quality of life and comfort to those in need.

Reg Woodleigh
Director
Samantha Connor
Director





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A close-up photograph of two women smiling warmly at each other. The woman on the left is older, wearing a white headscarf and a dark purple sweater. The woman on the right is younger, wearing a black and white patterned top. They are both smiling broadly, showing their teeth. The background is softly blurred, suggesting an indoor setting. A semi-transparent purple overlay covers the left side of the image.

Together caring, together curing

Mission

To improve the quality of life for people with cancer, with priority to those socially isolated, alone or lonely.

Values:

-  **Compassion:** Engaging with empathy, understanding and practical support
-  **Wholistic:** Committed to whole-person care, personal growth and empowerment
-  **Transparent:** Showing integrity through evidence-based practice and measurable, patient-centred outcomes

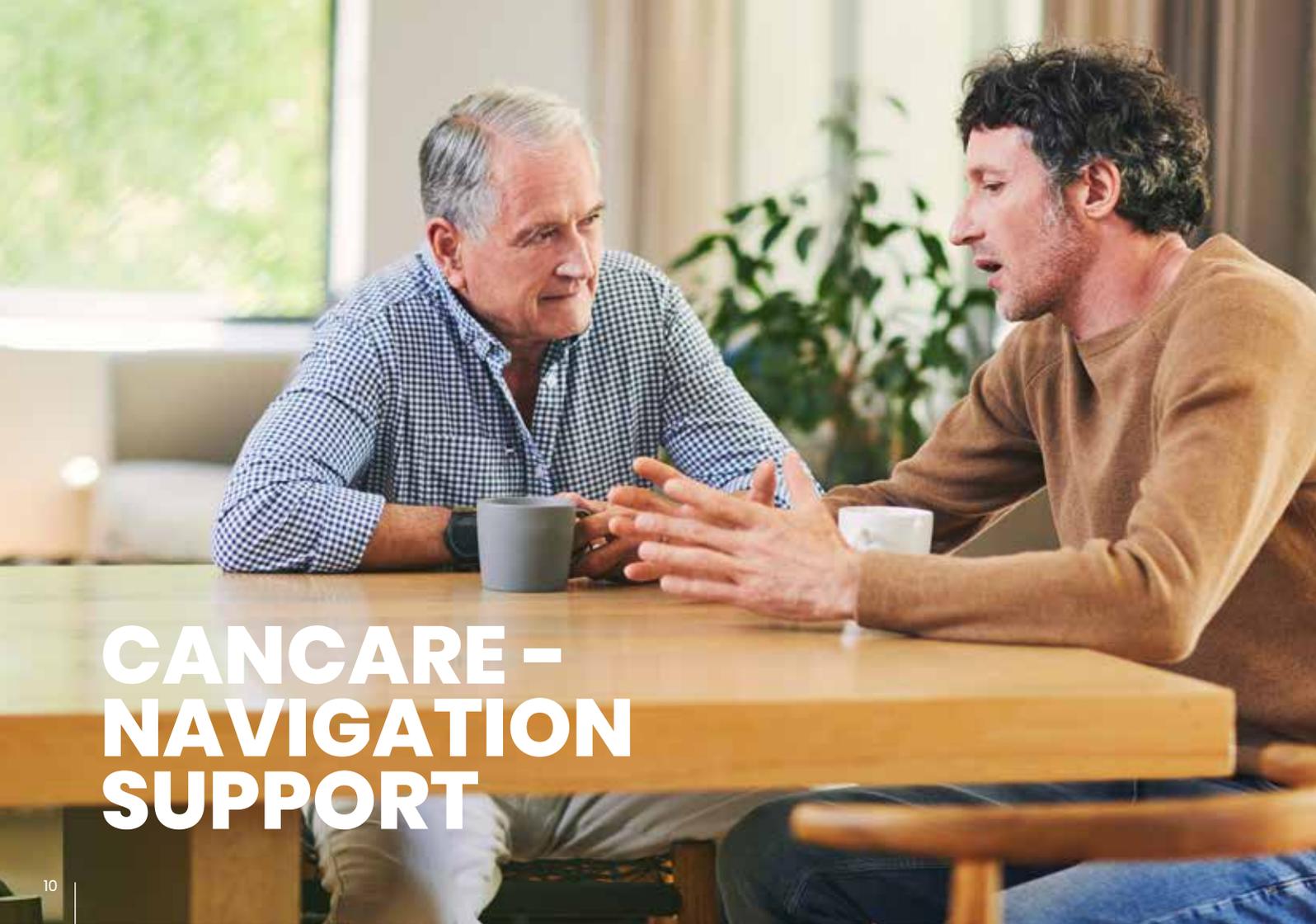


A large, dark, layered rock formation dominates the foreground and middle ground. The rocks are jagged and have a distinct horizontal layering. In the background, the ocean is visible with a few people swimming. The sky is a clear, bright blue. The overall scene is a coastal landscape.

**“I TRUST THE CANCARE
VOLUNTEERS AND I CAN’T
THANK THEM ENOUGH.”**

ERICA (CARER)

**Erica’s father
Frank (patient)**



CANCARE - NAVIGATION SUPPORT



Anyone who has known someone with cancer knows the many challenges they face.

Whether it's the side effects of treatment, staying healthy, the emotional roller-coaster or just getting to the hospital for treatment, the challenges are greater if you're alone or without the support you need. With one in four people today living on their own, many are without the support they need. A little bit of help can go a long way, and just being there can make a big difference to someone who finds themselves alone.

Volunteers

As volunteers, our CanCare Navigators are trained and supported to provide companionship and practical, one-to-one support, outside hospitals or clinics. Our Navigator's stay in touch with regular contact – in person or by phone, text or email, and are there until things are back on track. While regular contact and companionship is the heart of the service, Navigator's also lookout for areas of practical support, such as community services, transport, finding legal or financial advice or connecting to health professionals for advice on exercise, nutrition, or counselling.

There is now strong evidence showing that a person with cancer who is well supported and has their needs addressed will have a higher quality of life and better health outcomes.

This year patient referrals continued to grow, from:

- St George Hospital
- St George Private Hospital
- Sutherland Hospital
- Waratah Hospital / Genesis
- Gymea Medical Practice
- St George Cancer Clinic
- Anglicare Home Nursing

SOME OF THE TASKS PERFORMED BY NAVIGATORS:

-  Organised a mobile phone, home cleaning and gardening
-  Helping apply for early release of superannuation funds
-  Organising food & shopping when too sick to leave home
-  Encouraging a client visit psychologist to manage their anxiety
-  Assisted with Centrelink applications for financial support
-  Went Christmas shopping

Profile of CanCare clients referred in 2019–20:

51%

female

49%

male

71%

live alone

63%

have some family support

Cancer types included: breast, prostate, bowel, lung, brain and melanoma.

Areas: mainly Sydney's St George, Sutherland and south-west regions. Age range: from 40 to 91.



The background is a solid purple color with several large, abstract, circular brushstrokes in a slightly darker shade of purple. These strokes are centered and overlap, creating a sense of movement and depth. The text is positioned on the left side of the page, partially overlapping the brushstrokes.

TRAINING AND DEVELOPMENT

The success of CanCare Navigation relies on the quality of our training and support of volunteers. This year saw growth in the active volunteer base, with four new groups graduating. Within the active volunteers, the annual retention rate is now over 80% – reflecting the dedication, support and commitment of a wonderful team.



Advances this year included:

- Creation and development of an online training platform, to complement in class learning, for use by new volunteers and Westmead Navigators.
- Introduction of Zoom sessions – necessitated by COVID-19.
- Online assessment. An online facility now replaces paper. Training feedback has been exceptionally positive, and with further use of specialist speakers, video and our ongoing commitment to support and develop volunteers' skills, we expect to continue strong retention.
- The introduction of a volunteer contact database is now complete, allowing capture of all contacts, support tasks and patient interactions.
- First-Aid training as a regular part of the onboarding process, plus the introduction of workshops in the Accidental Counsellor.

CANCARE IN-HOSPITAL SUPPORT

New Patient gift packs

A new initiative this year, the New Patient gift packs were the brainchild of a hospital social worker who noticed that many patients were being admitted without some of the necessary toiletries they would usually have at home. As a trial, CanCare arranged for quality gift-packs for over 100 in-patients who were undergoing cancer treatment in-hospital in the south-east Sydney health district. The toiletries include toothpaste and brush, shaving cream, moisturiser, sleep-mask and a small soft towel, in a convenient travel bag.

Christmas gift packs

Being stuck in a hospital on Christmas Day is the last place anyone wants to be. As well as missing all your family and friends, many cancer treatments like chemotherapy or radiation can have terrible side-effects. For those patients who find themselves in hospital over Christmas, CanCare's Christmas gift-packs included a blanket, water bottle, a sleep mask, and personal toiletries (toothpaste, after-shave, oils, ointments)



Sutherland Hospital social workers helping distribute packs

Facetime-Video Tablets

Faced with very tight visitor restrictions in place during the COVID 19 pandemic, social workers at St George Hospital realised how important it was that cancer patients continue to remain in touch with their friends, family and loved ones. CanCare arranged to provide COVID safe laptops, configured to be Facetime & video-capable, helping patients who were unable to see their loved ones stay in touch.

With the support of CanCare, patients in St George were able to use the tablet, with a screen much larger than an iPhone to make video calls and connect to the outside world, while going through chemotherapy and in-hospital treatment. The devices were also used in end-of-life support and for patients in isolation on hospital wards, families overseas and unable to travel, and video links into a family meeting.



“This is a really fantastic way to provide support to our patients and their families and carers. It means that patients who are isolated in hospital can see and talk to their loved ones regardless of where they are. Thank you, CanCare.”



**THE NAVKIDS2 STUDY – MEASURING
NAVIGATIONS’ EFFECTIVENESS**

WESTMEAD ‘NAVKIDS2’ RESEARCH PROJECT

A significant step forward this year was seeing the “NavKids2” research project advance to a point where patient recruitment can commence. The study aims to measure improvements in the health outcomes of children who are being – or not being – supported by a Patient Navigator. Funded by NHMRC the study runs across 5 Australian sites.

The Foundation will deliver training and support to each of the sites, and analytics from the research will be extensive, across both clinical (health) outcomes and health economics. For CanCare, the study is important in helping to establish and verify the impact of social intervention (Navigation) on the health outcomes of patients.



CanCare Research – St George Cancer Centre

This year the Foundation continued to support advanced research at the St George Cancer Centre (UNSW), with investigations into the development of targeted treatments, chemo and radio-resistance in tumours and the development of innovative biomarkers.

This work aims to develop targeted cancer therapies to control prostate, breast, ovarian and other cancers. New therapies mean patients are more likely to live longer and with fewer side effects, as new treatments have a more significant impact on cancer or deliver less distressing or less debilitating side-effects. New methods to identify bio-markers mean that cancer in the body that may otherwise go undetected can be found and treated earlier – leading to much better health outcomes.



These new therapies mean patients are more likely to live longer and with fewer side effects, as new treatments have a more significant impact on cancer.

The funding of medical research at the St George Cancer Centre saw several important achievements in scientific outcomes. Published research this year included:

Exosomes in Cancer Radio-resistance

Published in *Frontiers in Oncology* (September 2019)

Liquid biopsy in ovarian cancer

Recent advances in circulating extracellular vesicle detection for early diagnosis and monitoring progression. In: *Theranostics* (2019 Vol. 9)

CHTOP in Chemo-resistant Epithelial Ovarian Cancer

A Novel and Potential Therapeutic Target. In *Frontiers in Oncology* (2019)

Inhibition of PI3K signalling pathway alleviates ovarian cancer chemoresistance.

In *BMC Cancer* (2019)

Cancer stem cells in prostate cancer radio-resistance

In: *Cancer Letters* 465/2019





“AS A CANCARE
VOLUNTEER, I
CAN MAKE A
BIG DIFFERENCE
– IT MEANS SO
MUCH MORE.”

JOHN (NAVIGATOR)

helping **DANIELLE**



When Danielle took her first Pilates class she felt acute pain and knew something was wrong. What she would discover changed her life forever.

On visiting her GP, she recalls “I remember the look on her face when she felt my stomach, but no one was saying the ‘cancer’ word”. At just 48 years old, she endured a 14-hour surgery to remove

her appendix, gall bladder, spleen, and a full hysterectomy. It was a long and painful recovery. Even with supportive parents, she knew she would need some extra help and that’s when she

was introduced to CanCare. In no time at all, CanCare’s Navigator Heidi helped her apply for the disability pension, arranged a cleaner and arranged other practical and most importantly, emotional support.



“She’s got a gorgeous soul and whatever I need, she just gets it done. Nothing is ever too much trouble”.

As her volunteer Navigator Heidi said: “Battling cancer can be very lonely, and it’s isolating as you don’t have

the energy or motivation you normally do and there’s a lot to take in both emotionally and physically. Just knowing someone is there who they can talk honestly with and provide support really makes a difference to their lives”.

“Just knowing someone is there who they can talk honestly with and provide support really makes a difference...”

HEIDI





DIRECTORS

Reg Woodleigh

B. Comm (UNSW),
FAMI, CPM



With a background in corporate and non-government sectors, Reg has extensive experience in marketing, IT, finance, fundraising & community development in the environment, wildlife, health and youth services sectors.

Samantha Connor

B. Human Movement,
B. Education, Dip. Business
& Sports Mgt



With over 20 years' experience in the sport, recreation and fitness industries, Samantha brings expertise in project management, the management of fitness and recreation centres and working with volunteers & local communities to achieve positive social outcomes.

Philip George Brunner

Legal



Phil is an experienced advisor to employees on workplace relations issues including the development of management contracts, collective agreements, discrimination and disciplinary issues.

Warren Johnson

BA, GAICD



For most of his career Warren has operated at CEO level in the not-for-profit sector. As a chief executive, he has driven growth through the development of innovative, evidence-based programs and revenue streams across government grants, corporate partnerships and fundraising.

Natasha McGrath,
Social Worker
(University of Ulster)



Natasha has worked in hospital and community health centres in the UK and Australia. In 2016, she became an Accredited Mental Health Social Worker to consolidate years of experience working with people living with a mental health issue.
(to 9/6/2020).

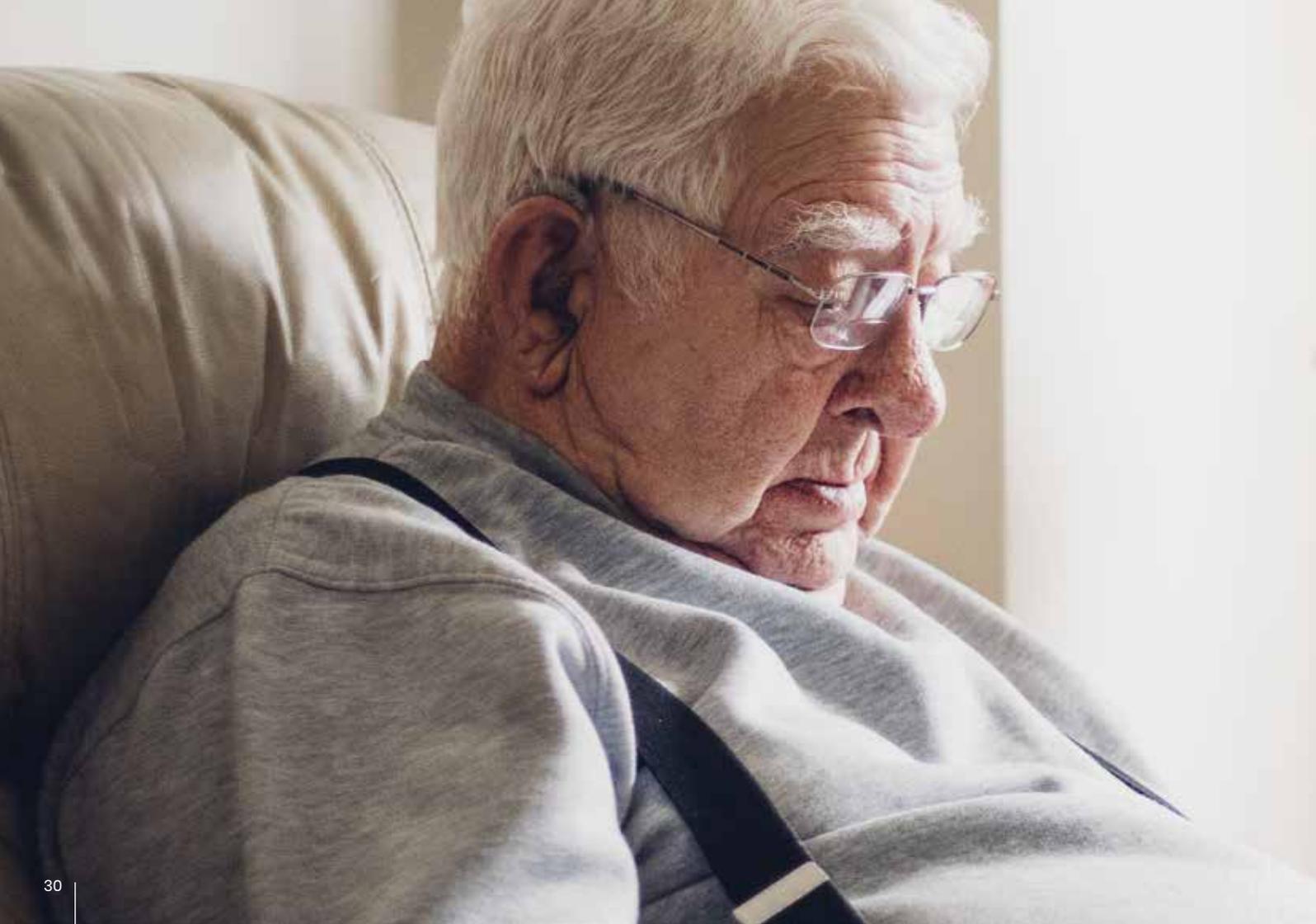
Prof. Ian Webster
Patron, AO



Physician and Emeritus Professor of Public Health and Community Medicine, UNSW. With a deep commitment to social justice, Ian was foundation Professor of Public Health and Community Medicine at the University of NSW and has held senior appointments

at Monash, Sheffield and Sydney University. He has played a key role in developing new clinics and community health services for the homeless, indigenous, poor and drug or alcohol affected. Ian's research and publications have been in medicine, community health, drug and alcohol, mental health, homelessness and issues of social justice. In June 1995, he was appointed as an Officer to the Order of Australia.







“GLORIA WAS
THE BEST
SUPPORT I HAD. I
ALWAYS LOOKED
FORWARD TO
SEEING HER, SHE
ALWAYS HAD TIME
TO SIT AND CHAT
ABOUT HOW I
WAS FEELING”.

DAVID (PATIENT)

FINANCIALS

PROFIT & LOSS 2019–20

INCOME

Lottery Sales	\$353,323
Donations	\$37,696
Other (sales, grants, interest)	\$91,876
TOTAL INCOME	\$482,895

EXPENSES

Income generation	\$120,001
Administration & governance	\$31,453
Programs & services	\$289,917
Other expenses	\$17,185
TOTAL	\$458,556
Surplus 2019–2020	\$24,339

Income generation: the cost of fundraising, essential to day-to-day running, includes sale of our National Cancer lottery tickets and finding long-term supporters so our work can continue and grow.

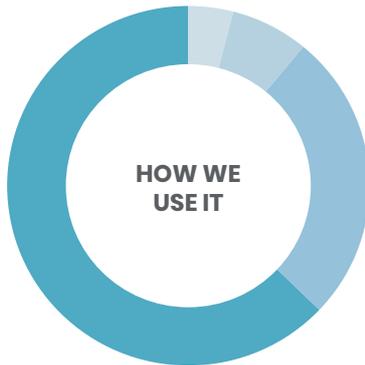
Administration: these costs are vital to support our operations and donors, such as banking, receipting, insurances to protect our volunteers and auditing and compliance costs that are legally required and ensure transparency and good governance.

Programs and services: These funds go to support and carry out the services that directly benefit patients. They include all the costs of health promotion, training, supervising and supporting our volunteers, and initiatives like the gifts-in-hospital, COVID-19 tablets and any costs our volunteers incur while providing one-to-one support.



Where our income comes from

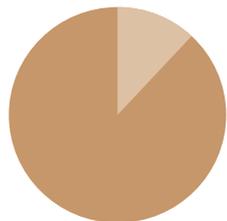
■ Lottery Sales	73%
■ Donations	8%
■ Other (sales, grants, interest)	19%



How we use it

■ Programs & services	63%
■ Income generation	26%
■ Administration & governance	7%
■ Other expenses	4%

PROGRAM EXPENDITURE



88%

Patient Support

12%

Research



82%

Volunteer Navigator
retention >2 year

Example of tasks completed:

- Reconnected a patient with advanced cancer to their only remaining (interstate) family member. They now have more ongoing support, both practical and emotional
- Arranged occasional cleaning for a breast cancer patient who was at home but unable to get out of bed after chemotherapy
- Helped a young man with bowel cancer apply for Centrelink support, and then to Centrelink for financial support, and move from couchsurfing and partial homelessness into permanent accommodation



544

Patient Support
(hours)



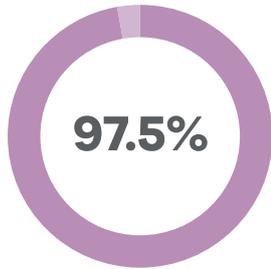
8

Research
(papers published)



90

Volunteer Net
Promoter Score



Funds spent on research and patient support

*Aside from Covid-19 support, the Foundation receives no corporate or government grants. Our work for cancer patients is 100% paid by committed individuals like you.

Key Performance Indicators

Efficiency



Administration



Income Generation
& Others



Programs &
Services



Net fundraising
Surplus

A middle-aged man with a receding hairline is laughing heartily, his head tilted back and eyes closed. He is wearing a dark blue long-sleeved shirt. The background is a kitchen with white cabinets, a microwave on the left, and a fruit basket on the counter. The lighting is soft and natural.

The best thing about volunteering as a navigator is:

**“KNOWING THAT YOU ARE
MAKING A DIFFERENCE IN
SOMEONE’S LIFE.”**

A man with a beard, wearing a grey beanie and a grey hoodie, is smiling and looking down in a kitchen. In the background, there is a sink with a chrome faucet, a wooden knife block with several knives, and a hanging plant with dark leaves. The scene is dimly lit, creating a warm and intimate atmosphere.

**“MAKING PEOPLE SMILE AND FORGET
WHERE THEY ARE FOR A WHILE – LIKE
WHEN THEY SMILE WHEN THEY SEE ME.”**

STATISTICAL MEASURES

Patient Profile

SEX:

67%
FEMALE

33%
MALE

AGE:

1%

18-30

2%

30-39

14%

40-49

12%

50-59

23%

60-69

28%

70-79

16%

80-89

4%

90+

MARKETING & PROMOTIONS









With thanks to

- 🕒 St George Hospital
- 🕒 St George Cancer Centre & UNSW
- 🕒 St George Private Hospital
- 🕒 The Sutherland Hospital
- 🕒 Waratah Private Hospital
- 🕒 Hurstville Private Hospital

Keep up with CanCare throughout the year at:

www.cancare.org.au

www.facebook.com/cancareaustralia



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