

## STRUCTURE

- ❖ **Management Committee.** The annually elected committee operates in a voluntary capacity and meets monthly.
- ❖ **Administration.** A part-time administrative officer at BMCH main office provides effective coordination and continuity for the wide range of tasks that underpin the smooth running of the organisation. Qualified managers at the two Op Shops (Katoomba and Blaxland) are assisted by a roster of volunteer staff. These three officers are the only employed personnel, and are responsible to the management committee.
- ❖ **Therapists.** Specialist therapists are drawn from the community and deliver complementary therapies to clients and their carers at a reduced rate. Clients and carers pay a sum of \$20.00 per session and the balance of the therapy fee is paid to the therapist from funds raised by the organisation.
- ❖ **Volunteers.** Generous volunteers provide essential contributions to BMCH according to their individual skills and interests, ranging from manning Op-shops, providing specialised therapies, assisting individual clients' needs, assisting with office tasks and responding to demands of specific fund-raising ventures.

## SERVICES

- ❖ **Therapies Available for Clients and Carers**
  - Massage
  - Oncology Massage & Lymphatic Drainage
  - Acupuncture
  - Counselling
  - Reiki
  - Reflexology
  - Support Groups
  - Yoga / Medical Qigong
  - Naturopathy
  - Hypnotherapy
  - Others as available
- ❖ **Groups.** Interactive groups are held twice monthly facilitated by a trained counsellor and registered nurse.
- ❖ **"Living Well."** This is a twelve week, weekly programme, developed by the renowned founder and inspiration of the Gawler Foundation and open to cancer clients and their family /carer. The course emphasises the principles of healthy living, physically, emotionally and mentally, for persons with a cancer diagnosis. The presenters for this course are specifically trained at the Gawler Foundation. Participants are welcome to attend the monthly support groups offered by BMCH.

## HIGHLIGHTS 2010-2011

- ❖ Increase in service provision to clients:  
2009-2010 – 1391 therapy sessions;  
2010-2011- 2130 therapy sessions
- ❖ Provision of counselling services to Bosom Buddies group
- ❖ Staff and Volunteers OHS training in April (Glenbrook Training Solutions)
- ❖ Gawler Course presented in February and August over twelve weeks
- ❖ OHS policies approved by Management Committee
- ❖ Therapists' clinical supervision made available
- ❖ Honda Jazz acquired through *Community Building Partnerships Program* in April (Phil Koperberg's office)
- ❖ Annual General Meeting held in October
- ❖ Canteen & raffle at Springwood's Ivy Market in November
- ❖ Business Management consultant/ forward planning
- ❖ Extended shop premises acquired at Whitton Street, to open in July 2011
- ❖ Scenic World, Hammon family donation of \$10,854
- ❖ Donation of \$1000 by Rotary Katoomba
- ❖ Rotary's Paul Harris award to BMCH President
- ❖ Leura Garden Festival donation of \$3000
- ❖ Girl Guides Bluegum Trefoil guild donation
- ❖ Greeting cards designed by Christina Frost-Clayton printed and made available for sale at the Op Shops. A Christmas designed card will be available later in the year.

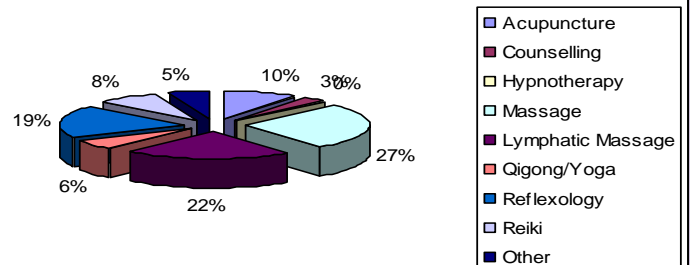
## TRAINING AND SUPPORT

- ❖ **Volunteer Orientation.** The annual Orientation training day was held in March, and provided an introduction to the organisation for twelve newcomers and also an opportunity for initial "networking" for everyone, across the different strands of volunteer service delivery
- ❖ **Volunteer Training** – Six volunteers attended Nepean Community College
- ❖ **OHS Training.** Five staff attended the Occupational Health and Safety training day arranged at the Katoomba office in April
- ❖ **Oncology Training** Subsidies were provided for seven therapists to Oncology training at levels 1 & 2, and one to complete Lymphoedema training
- ❖ **Therapist Meetings.** Evening meetings for nurses and therapists were held bi-monthly at alternating Katoomba and Springwood locations, for sharing of information, discussion of training and client issues and contributing to the united identity of BMCH. Clinical Supervision is made available for therapists as required
- ❖ **Gawler Conference.** Conference fees were subsidised for two therapists attending the Gawler Conference in Melbourne.

## Blue Mountains Cancer Help Membership

The organisation has a current membership of 294, comprising 164 clients, 70 volunteers, 48 therapists, as well as sponsors and supporters. In the year 2010 – 2011, 84 new client memberships have been admitted.

THERAPIES DELIVERED 2010 - 2011  
TOTAL 2130



## FROM THE TREASURER

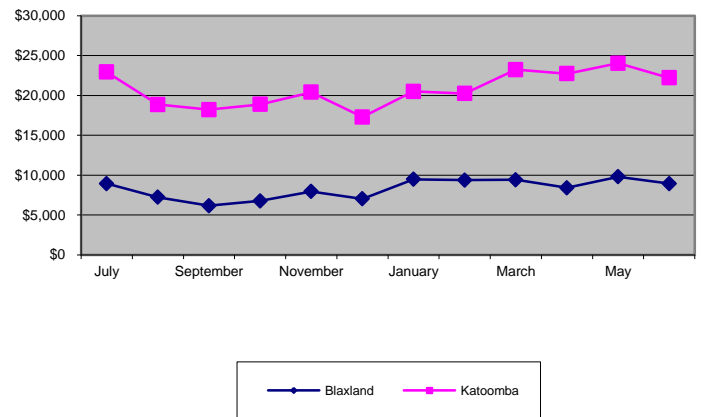
I am extremely pleased with the increase in revenue from our Op Shops (up 40% on the previous year). Clearly the community has embraced our organisation with generous donations of goods and support from our donors, and I thank them for their support.

This has allowed us to increase our client services to \$72,000 which represents 26% of our gross turnover and 90% of our net profit.

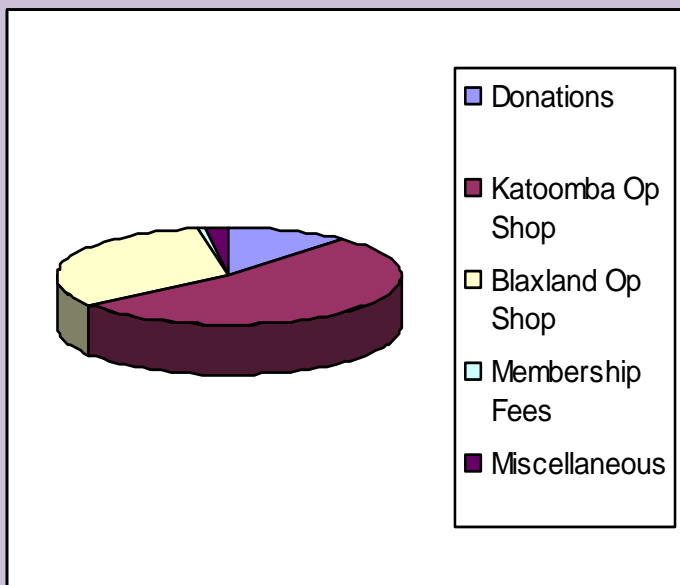
In the coming financial year, 2011-2012 we will launch our sponsorship to help fund our ever increasing client numbers, and would ask the reader to be mindful of any support via sponsorship that can be given.

Bob Yates  
Treasurer, Blue Mountains Cancer Help

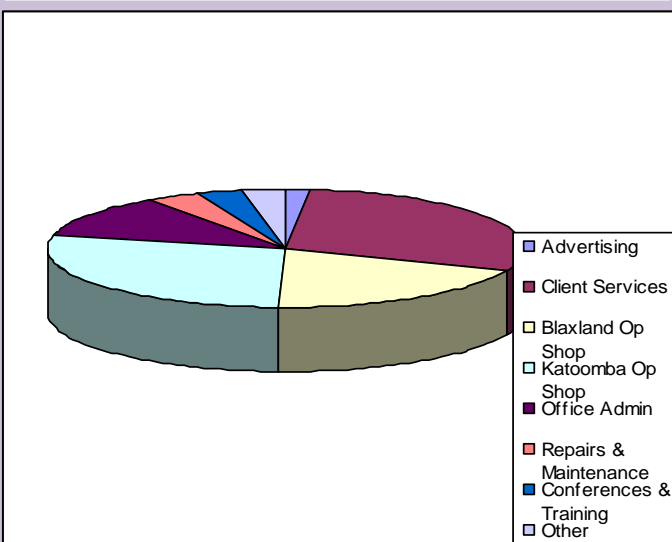
## OP SHOPS INCOME 2010 - 2011 TOTAL - \$249,606



## TOTAL INCOME 2010 - 2011 \$291,648



## TOTAL EXPENDITURE 2010 - 2011 \$280,310



## FUND RAISING

- ❖ **Memberships.** Membership is open to clients, carers, volunteers, staff, supporters and interested members of the community. Cost is an initial \$15 to join and \$10 per subsequent years.
- ❖ **Op Shops at Katoomba and Blaxland** attract an abundance of good quality donations. Under the capable management of Lynne at Katoomba and Melissa at Blaxland, our shops are a popular destination for bargain shoppers, whose support we value. We acknowledge and appreciate the work of our volunteers who contribute to the success of the shops. In July 2011, rental of the shopfront unit adjoining the current premises in Whitton Street Katoomba will provide greater floor space and accommodate furniture items donated for sale at the Op Shop.
- ❖ **Donations**  
As well as major donors listed, many other generous and enterprising groups and individuals raise funds by sales, special events and personal choice. Blue Mountains Cancer Help acknowledges and appreciates the goodwill of all these people.  
**All donations over \$2 are Tax deductible.**
- ❖ **Sponsorship.** Sponsors (business and private) make a commitment to an annual contribution to BMCH. Gold Sponsors contribute a minimum of \$2000, Silver Sponsors \$1000, and these are acknowledged on our Website and in this report. We thank Nepean and Blue Mountains Prostate Support Group as our first official Gold Sponsor.
- ❖ **Bequests.** A lasting gift for the assistance of people living with cancer can be made by adding to your will Consider adding to your will a clause such as:

***"I give to Blue Mountains Cancer Help Inc (ABN 67 202 763 705) the sum of ..... free of all duties and testamentary expenses for its general purposes and I direct the receipt of the Chief Executive Officer shall be sufficient discharge to my executors for this bequest".***

# Acknowledgements

## Major Donors

- ❖ Scenic World
- ❖ Maurice Cooper OAM
- ❖ Rotary Katoomba
- ❖ Rotary Wentworth Falls Sunrise
- ❖ Country Women's Association Leura
- ❖ Leura Gardens Festival Committee
- ❖ Springwood Community Ivy Market
- ❖ Crest Blue Mountains 40

## Suppliers

- Metropole Hotel
- Office Choice; Peter Feldtmann
- BMCC Printing
- Cleanaway
- Blue Mountains Gazette
- The Echo
- Blueberry
- Penrith Press
- Penrith Star
- Bennett's Printing

Special thanks to Pam Seaborn, for her assistance in many fundraising activities.

## In the coming year –

- ❖ Promotion of Sponsorships
- ❖ Second Arty Bra Project
- ❖ Purple Tie Week, highlighting awareness of men and cancer – Wentworth Falls TAFE student project
- ❖ Expansion of fund raising in the Nepean area
- ❖ Extension of Katoomba Op Shop
- ❖ Honda Heroes - People Mover application
- ❖ Volunteer Recruitment Drive
- ❖ Getting On with Grief Project, in conjunction with Blue Mountains Palliative Support Service
- ❖ Participation in Sunshine Day, organised by Lyndal Walsh at Emu Plains
- ❖ BMCH Cancer Conference



## Management Committee 2010-2011

Robyn Yates, President  
Kevin Stapleton, Secretary  
Bob Yates, Treasurer  
Christine Killinger  
Bob Reid  
Annette Barron

## Locations

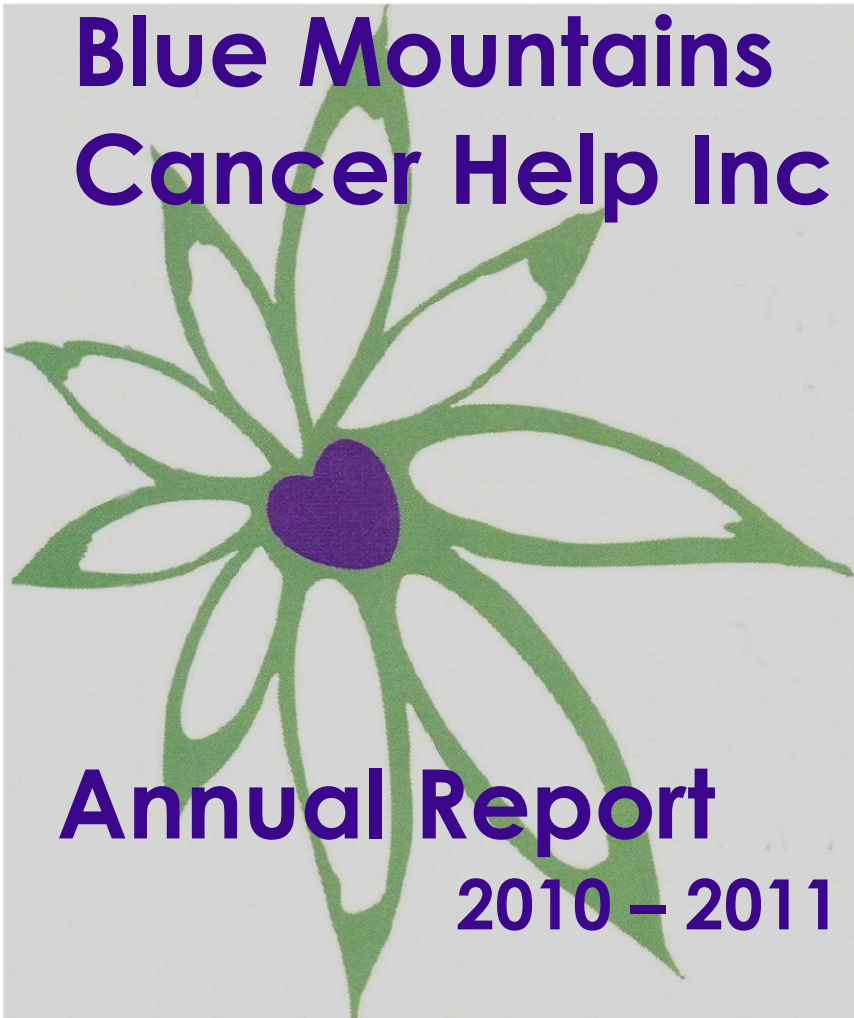
**Administration Office** Lurline and Gang Gang Streets Katoomba (basement of Metropole Hotel)  
PO Box 18 Katoomba 2780  
Phone: 02 4782 4866  
Fax: 02 4782 9466

**Katoomba Op Shop:** Unit 2/27 Whitton Street Katoomba  
Phone: 02 4782 6076

**Blaxland Op Shop:** 148 Great Western Highway Blaxland  
Phone: 02 4739 9905

**ABN: 67 202 763 705**

# Blue Mountains Cancer Help Inc

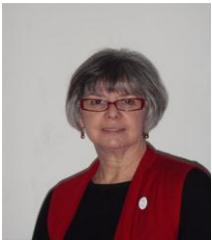


## Annual Report 2010 – 2011

### Mission Statement

**Blue Mountains Cancer Help** 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 and respect.

### From the President



Blue Mountains Cancer Help exists to extend support, relief and assistance to individuals and families living with cancer.

We achieve this by providing opportunities for a variety of therapies and interventions which meet individual needs as they arise. This report highlights and details our activities and achievements of the 2010-2011 year.

The year has seen a steady increase of demand for services in the Nepean area. Our aim is to seek sponsorship from Nepean based businesses and community organisations. Our first sponsorship was received from the Nepean Blue Mountains Prostate Support Group.

Blue Mountains Cancer Help relies on the constant and generous dedication of volunteers, therapists, fund raisers, managers and committee, as well as the support of the Blue Mountains community. The backing of business, private donors and sponsors has been invaluable, not only in service provision but also in further enhancing therapists' skills. We extend our sincere thanks to all these contributors.

I am constantly inspired by the courage with which so many of our clients face their diagnosis and the determination they show in regaining control / power in order to live well and in the moment, whatever the circumstances.

Robyn Yates  
President, Blue Mountains Cancer Help Inc.