

# COUCH

Change cancer impacted people's lives

## A Year in Review

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# 2023



# Chair's Report

Cancer care is changing at a fundamental level with improvements in cancer treatments and survival rates. One in two Australians will be diagnosed with cancer by the age of 85 and is a growing area of future demand. COUCH plays a crucial role in supporting the local cancer impacted community as part of the broader cancer health eco-system. In my role as Chair, I reflect on the impact that COUCH's evidence-based services have had on the physical and emotional wellbeing of our clients supporting them to live well.

COUCH believes in the power of community collaboration to provide care and support where government agencies may face challenges. Over the past year, COUCH's reach has expanded with demand for services increasing. Sustaining these services is contingent on ongoing support from community donors and government funding. As the sole community-owned cancer organisation, COUCH continues to actively work with others to ensure the future fulfillment of community needs.

COUCH continues to prioritise and strengthen purposeful partnerships. In addition to working side by side with local service providers, we initiated a collaborative workshop with national and local cancer service providers with the goal to amplify our impact for those living with cancer Far North Queensland.

We acknowledge North Queensland Primary Health Network's funding support over the last three years which has contributed to COUCH Wellness Centre's establishment and service development phase. With funding ceasing in August 2024, the Board is proactively exploring new partnerships and opportunities to secure long-term sustainability to continue to provide support to individuals and families impacted by cancer in Far North Queensland.

It is a significant year for our Board as we farewell our Co-Founder and Director, Pip Woodward, and Director Rob Giason; their legacy and valued contributions

**COUCH acknowledges the Gimuy Walubara Yidinji people and the Bama for which our location holds special significance as a healing space, and we pay our respects to Elders past present and emerging.**

are part of our foundation. We welcomed two new Directors, Daniel Hughes and Toni Sisson, who strengthen our Board skill set.

Through contributions from Anne Mills, The Mills Foundation, bequests from Robert Jones, Noel Gregor and Matthew Cunningham, we have been able to expand our Wellness Centre infrastructure. Our sincere thanks go to Ron Holden for his unwavering dedication to the project along with Bill Kelly and his friendly and highly skilled team from WC Kelly.

The unwavering dedication and contributions of our volunteers, staff, and contractors are indispensable to our success. I extend my heartfelt gratitude and appreciation to all those who generously donate their time and energy to our cause. Their selfless support is invaluable and forms the backbone of our operations. I also want to express my thanks to my fellow Directors for their contributions.

I'm mindful of the significant impact COUCH has made in our community and I'm profoundly grateful that COUCH can provide essential services and advocate for improved outcomes through collaborative partnerships. We are indebted to the support from individuals and businesses who believe in our mission and provide support to COUCH to help us make a difference. Thank you for all that you enable us to achieve.

**Dr Scott Davis**  
Chair



# Impact

As a snapshot, over a relatively short period of time we are able to demonstrate our growth and impact for cancer impacted people's health and wellbeing.

As an example, for the period 1 January to 30 June 2023, we provided 3313 individual services to clients (known as Episodes of Care - EoC).

A comparative analysis over the last three years for the quarter April to June demonstrates growth and impact without workforce or funding increase.

- **126% increase in clients accessing services**
- **15% increase in nursing services**
- **156% increase in group classes**
- **55% increase in touch therapies**
- **512% increase in clients accessing gym sessions**
- **776% increase in client accessing allied health services**

## Our Resources

- Staff 65%
- Contractors 10%
- Volunteers 25%



Rob Giason, Dr Scott Davis & Pip Woodward  
(LEFT TO RIGHT)

There is growing evidence our range of services add value within the health eco-system by reducing the burden of other chronic conditions that may arise as a result of treatment; physical and emotional e.g. heart disease, obesity, cholesterol, blood pressure, mental health.

Evidence-based therapies empower our clients to enhance their wellbeing, leading to increased energy, improved mobility, and a heightened sense of vitality. Consistent with the broad wellness approach, clients access a range of mind and body practices including counselling, support groups, and mindfulness programs, experiencing significant improvements in their resilience, wellbeing and overall quality of life.

With our continuing growth and development, we continue to evolve, mature and strengthen in our systems, relationships and services. The strengthening relationships with service providers and cancer-related support groups has greatly enhanced how we develop and adapt our services and approach. Our strength is our agility to respond to identified unmet needs from client feedback and engaging with support groups; locally, regionally and nationally.

Integrative Oncology and Wellness Centres have emerged in response to consumer desire to be empowered to achieve better outcomes. In studies of people with cancer, over 50% believe the integrative oncology improves overall wellbeing during and after treatment (Samueli Foundation 2022; Crudup 2021).

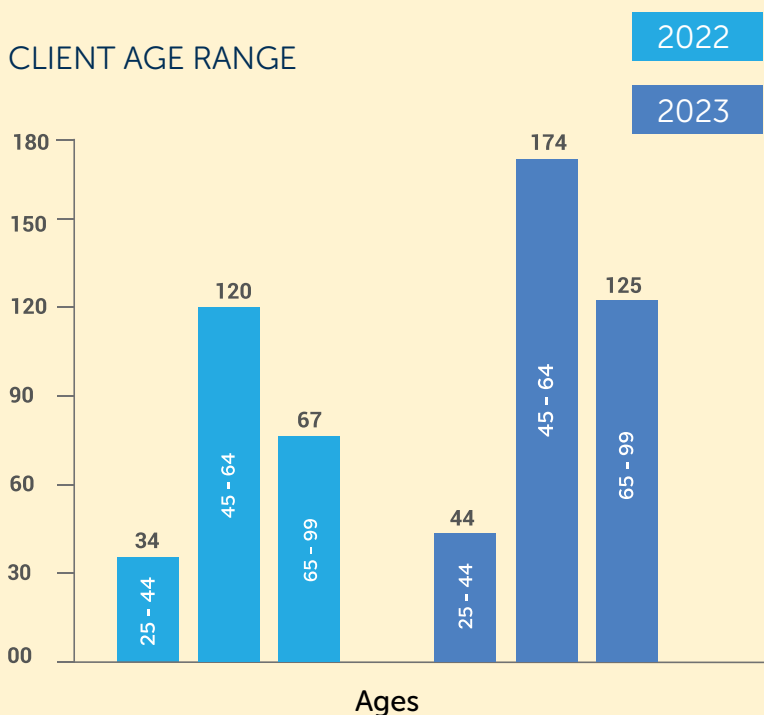
Each day in Australia approximately 400 people receive a cancer diagnosis. Today 1.1 million people live with a cancer diagnosis. By 2040, 1.9 million Australians will have a diagnosis of cancer, a 70% increase on today.

# Our Clients

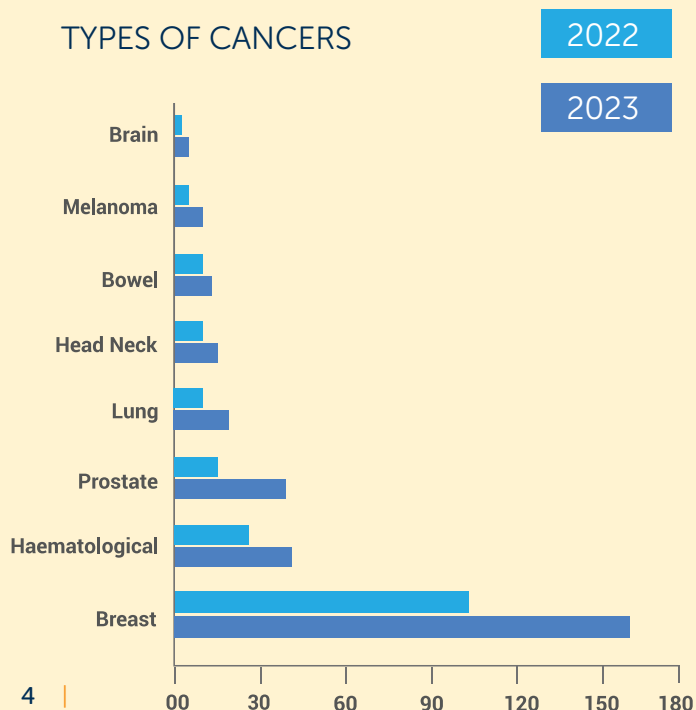
COUCH has been a vital source of comprehensive support for our clients and their families. Our approach is consistent with the growing evidence-base that people who engage in these services report positive experiences, which ultimately result in a feeling of empowerment, better outcomes and greater capacity to continue to adhere to traditional treatment regimes. Our clients' feedback is consistent with this evidence.

## Who are they?

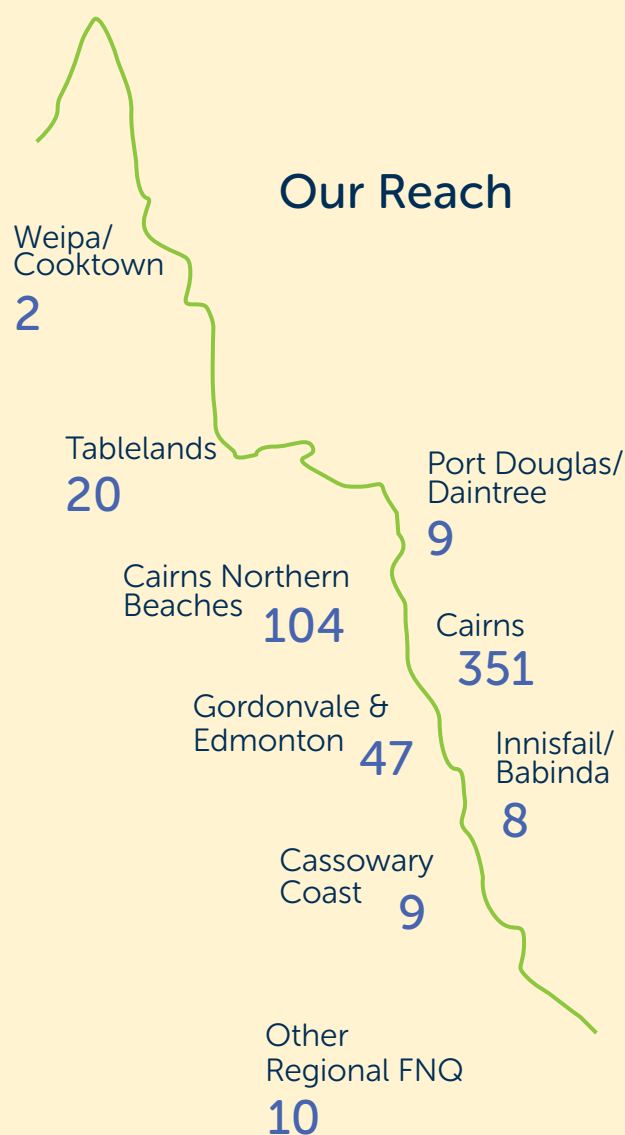
CLIENT AGE RANGE



TYPES OF CANCERS



## Our Reach





## In Their Own Words



*COUCH has been life-changing for myself and my late wife Barbara. We fell in love with the rainforest and the strong friendships we've developed. Our journey at COUCH enhanced Barbara's physical and mental strength through gym workouts, meditation, and pilates. For me, there's a real sense of community which I have continued to embrace. I have been transformed by my dedication to the gym, visiting four times a week, helping to relax my neck muscles and targeted exercises to strengthen my knees. I enjoy playing rummikub with Traci and Wayne in the cafe.*

**Brian M.**



*COUCH has been my sanctuary since my cancer diagnosis after relocating to Cairns. I sought alternative and holistic therapies, and discovering COUCH through an open day felt like fate. The warm welcome on arrival and the instant sense of comfort and connection were remarkable. The support I've received goes beyond physical healing, encompassing the essential elements of mental, spiritual, and emotional wellbeing. This holistic approach has been invaluable to me. Moreover, the affordability of these therapies at COUCH has made a significant difference. Four years into my journey, I'm healthier and happier, visiting COUCH twice a week as it has become an integral part of my life. The love and support I've found here have been truly life-changing, and for that, I am profoundly grateful to COUCH.*

**Erica S.**



*In August 2021, my Dad, Mum, and husband were all diagnosed with cancer. As their caregiver, I felt overwhelmed trying to balance their care with work and managing our household. But COUCH became our lifeline, our safe space, offering indispensable support during our cancer journey. It's not just about physical health; it was a sanctuary for our emotional wellbeing. COUCH has been transformative for my Dad. Under the guidance of COUCH's exercise physiologist, he received a personalised program that helped rebuild his strength. As a result, he could once again enjoy activities like bushwalking. Wayne said, "Pilates, gym and yoga are therapeutic and have helped me manage stress providing mental release."*

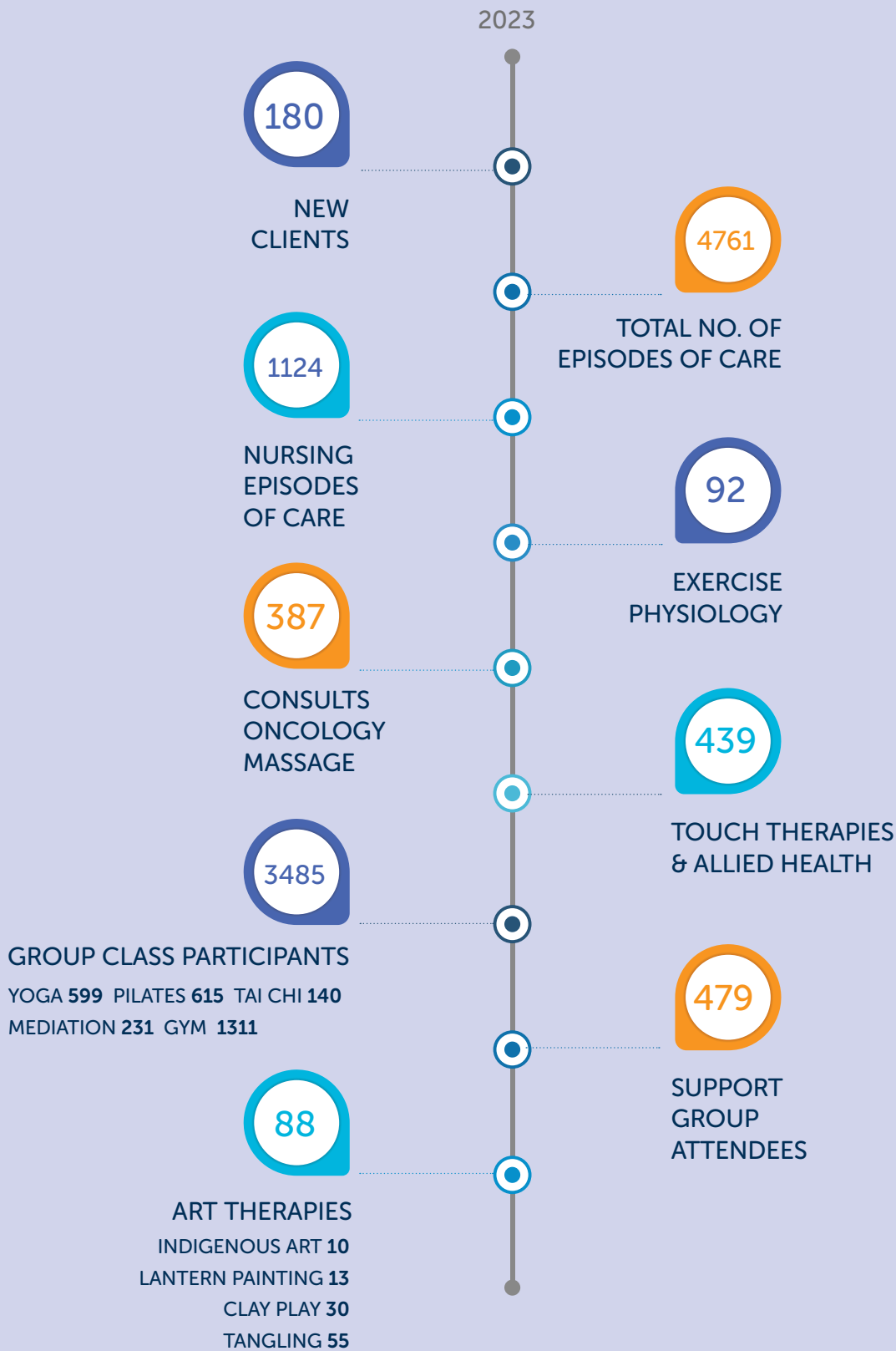
**Wayne V & Tina R.**



*I'm 46 and COUCH is my rehabilitation. As I no longer work, COUCH has become a crucial part of my life. The emotional, physical, and mental strength I've gained from my experience here is invaluable. I developed a support system on my cancer journey (that none of us asked for, but somehow found ourselves on). I greatly appreciate COUCH providing companionship and evidence-based support.*

**Tiffany B.**

# Services provided over the last year:



# Supporting our Clients

Focusing on wellness and quality of life through our Living Well Survivorship Client Pathway, our dedicated team tirelessly provide a range of exceptional services and care which have been described by others as “gold standard”.



## EXERCISE PHYSIOLOGY, PERSONAL TRAINING, GYM CLASSES, PHYSIOTHERAPY, ONCOLOGY MASSAGE & LYMPHEDEMA

Exercise physiology, gym programs, physiotherapy, lymphedema therapy and oncology massage are integral to the holistic care of clients. Our dedicated Exercise Physiologist collaborates closely with clients to create tailored, safe, and effective exercise regimens that enhance physical strength, flexibility, and endurance. These programs are pivotal in helping clients manage the side effects of cancer treatments, not only benefiting them physically but also positively impacting their wellbeing, reducing the stress and anxiety commonly associated with cancer.

Oncology massage and lymphedema therapy plays a crucial role in our comprehensive approach. Cancer treatment can lead to lymphedema, causing discomfort and swelling. Our specialised therapists offer lymphedema management strategies, utilising massage and compression techniques to alleviate symptoms and improve overall quality of life.



“

*After completing chemotherapy, I joined the gym and struggled to climb a single step. Thanks to my consistent gym routine, I've made significant progress and can now ascend a flight of stairs effortlessly. I cherish the social connections I've discovered through this fitness journey.*

”

- Barry A



## GROUP CLASSES

Group classes have proven to be immensely beneficial with an extraordinary 3,485 people attending sessions this year. These classes offer a supportive community where individuals facing similar challenges can connect, share experiences, and provide emotional support to one another. The physical, social and emotional benefits of group exercise, meditation, and other wellness activities help improve strength, reduce stress, and enhance overall wellbeing. The sense of camaraderie and the opportunity to form friendships play a crucial role in the sense of wellbeing, reinforcing their resilience in the face of the challenges they experience.

The Breath and Qi pilot program, supported by the Commonwealth Bank Grant, successfully wrapped up this quarter with a total of 176 participants continuing since its initiation in March. Reflecting the initial level of engagement and positive impact, the program has seamlessly integrated into our regular weekly schedule ensuring clients continue to benefit from the program.

### Services:

- Yoga
- Pilates
- Tai Chi
- Meditation
- Group Gym Classes
- Breath & Qi



The QCF Grant funded client workshops, supporting nutrition and diet with healthy eating options, meal planning and preparation, and myth busting sessions. Feedback was extremely positive, reflecting the 67 clients who attended these sessions with further planned.

“

*COUCH has turned my life around. I'm a different woman than the one that came into COUCH two years ago. After my treatment I lost 80% of my auditory acuity, I also lost my body hair and wasn't able to exercise or leave the house with confidence. The wonderful emotional support received for my mental load was encouraging. In other words, YOU MAKE LIFE DO-ABLE.*





# Peripheral Neuropathy

Peripheral neuropathy affects one in three people following chemotherapy treatment and refers to damaged nerve endings in the hands and feet, causing painful, burning, tingling sensations which significantly impacts quality of life.

Developed by our Exercise Physiologist and nursing team, a six-week tailored peripheral neuropathy program was launched in July after recognising an unmet need from our clients. The program aims to improve sensory symptoms and balance through gentle exercises and activities. The positive feedback and increasing attendance demonstrate the program is making a positive impact.



“

*It worked really well. The daily at home exercises, resulted in a lot less pain experienced at nighttime. I am sleeping better, and have reduced numbness and tingling. The support from COUCH has left me feeling less isolated. Group meetings with others in similar conditions provided a sense of connection and enjoyment, making a significant difference to my experience.*

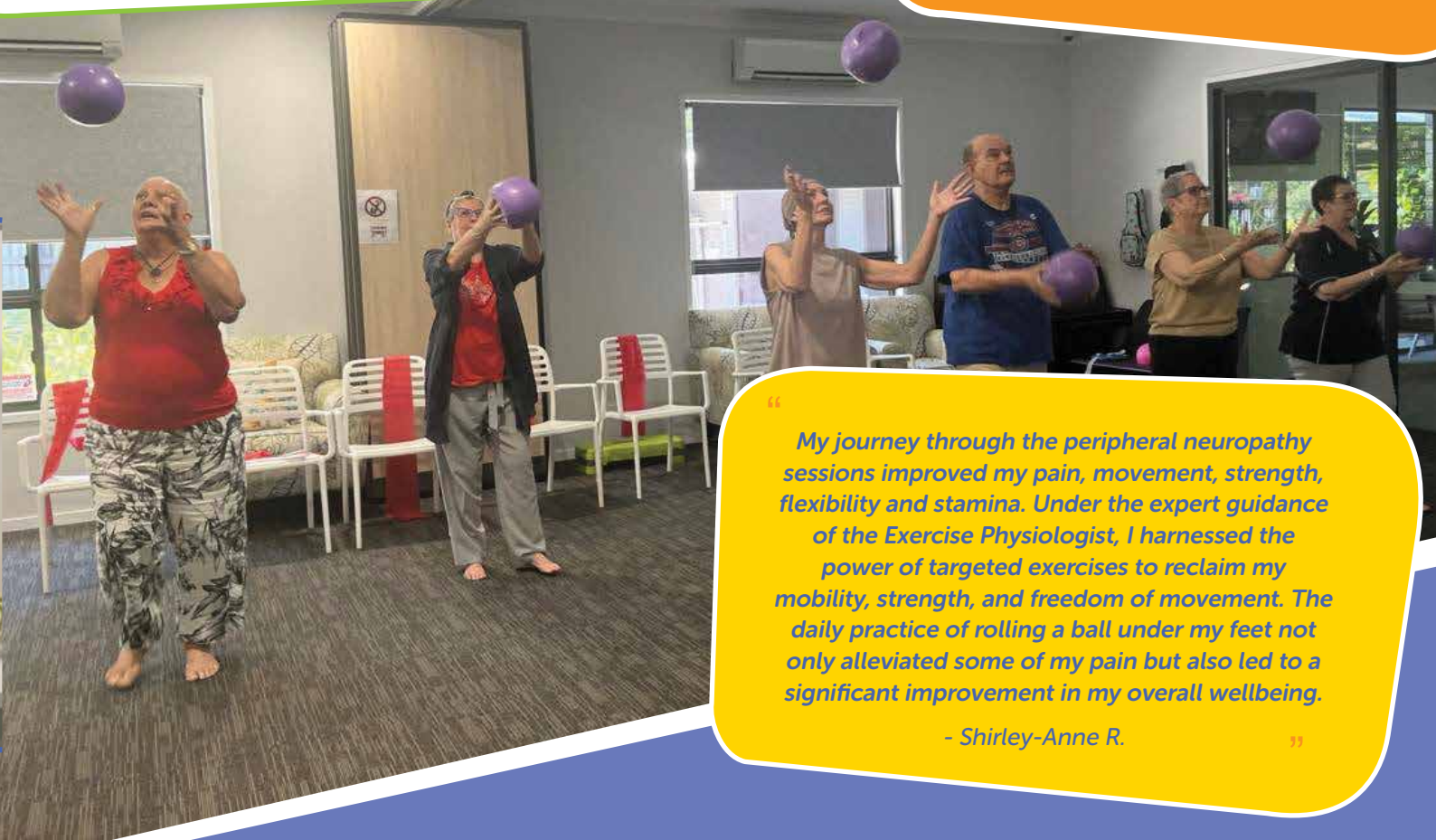
”

- Kim S

*As someone who suffers from peripheral neuropathy in both hands and feet, this class gave me more confidence, increased strength, flexibility, and stamina. Not only did it help me physically, it had a positive effect on my stress levels. I had some concerns on the effects. However, the exercise physiologist provided me with a full understanding of my condition and its different forms. This helped alleviate my worries and gave me a sense of control.*

- Judy B

”



“

*My journey through the peripheral neuropathy sessions improved my pain, movement, strength, flexibility and stamina. Under the expert guidance of the Exercise Physiologist, I harnessed the power of targeted exercises to reclaim my mobility, strength, and freedom of movement. The daily practice of rolling a ball under my feet not only alleviated some of my pain but also led to a significant improvement in my overall wellbeing.*

- Shirley-Anne R.

”

# Art Therapy

Engaging in a concentrated art-based activity, participants reported that it helped soothe and calm their minds and unravel their thoughts, granting them a feeling of command over their physical wellbeing and overall life. The generous support of the Commonwealth Bank Foundation Community Grant Program has enabled us to expand our offerings and introduce a series of community art therapies, from clay play to crochet fostering a sense of community and connection, promoting wellness.

These innovative classes including Indigenous Art, Weaving the Wellness, Clay Play, Tangling and Scrape Art provide clients with an opportunity to explore their creativity, as well as encouraging them to reflect on their personal wellbeing.

The sense of community and support is invaluable in navigating the challenges of cancer treatment and recovery. It's powerful and humbling to see clients share stories, offer encouragement, and build lasting friendships.



“ It was the first time my Mum and I had worked with clay and Kim helped us to make some great pieces. Being creative was a good break from my school work, but also healing. I was able to escape from the stresses of my chemotherapy and connect with an amazing group of people who made me feel welcome and were a great source of emotional support

- Georgia, 15.

”

“ A great way to relax and learn new skills. It was such a therapeutic experience, allowing me to get out of my head and just focus. There was no pressure to talk about our personal lives or share our struggles. It was comforting to know that everyone in the class was in a similar position. The location, with the birds chirping outside, added a touch of tranquillity to the whole experience.

- Linda C

”



# Support Groups

We prioritise collaboration to improve our services, supporting initiatives like prostate cancer support groups and women under 55 affected by cancer. These connections meet our clients' specific needs, fostering emotional wellbeing, education, and a sense of wellbeing. Our dedication to strengthening the collaborations has resulted in partnerships with the Prostate Cancer Foundation of Australia (PCFA) and CANTEEN, among others. Through these collaborations, we've established supportive environments where clients freely express themselves, access resources, practice self-care, find solace, and build strong networks. Teaming up with these organisations strengthens our support, making our clients' journey more manageable and less isolating.

*A heartfelt thank you to Glenda Hardiman for leading the She'll Be Right initiative, which raised \$50,000 for prostate cancer support. Your dedication and hard work, along with your supporters, are truly appreciated.*



## PROSTATE SUPPORT GROUP

Provides assistance to individuals affected by prostate cancer in collaboration with the PCFA. A valuable hub offering targeted insights, materials, and prostate cancer-related resources. The group fosters peer connections, enabling clients to interact with others who share comparable journeys, nurturing a sense of community and empathy. By exchanging personal anecdotes, treatment encounters, and coping tactics, it empowers and provides reassurance to clients.

241 ATTENDEES  
70 MEMBERS  
10 MEETINGS

## CANTEEN (CHILDREN/FAMILIES)

Family gatherings, co-organised with Canteen, offer assistance to families impacted by cancer. These events promote unity and empathy among families confronting parallel difficulties, encouraging them to build connections, share their concerns, and a much-needed break from the challenges of treatment. They offer an opportunity for families to enjoy themselves, engage in meaningful quality time, and forge positive memories.

60 ATTENDEES / 3 EVENTS

## WOMEN SUPPORTING WOMEN GROUP (UNDER 55)

Acknowledges the unique needs and challenges faced by women, providing them with specific and relevant support. Creating a safe and empowering space where women can connect, share, and uplift each other. Facilitating crucial emotional support, allowing women to build connections with those in similar situations. This sense of community becomes a vital source of emotional strength during this challenging period.

71 ATTENDEES  
40 MEMBERS  
6 MEETINGS

# Purposeful Partnerships

It is critical that those within the cancer health eco-system collaborate and work together to ensure those affected by cancer are able to live well during and post treatment, including those who are palliative.

COUCH is deeply committed to fostering strong purposeful partnerships with local and national service providers, with the primary aim to explore how, collectively, we can further amplify our impact for those individuals and families impacted by cancer in our region. Through deliberate and strategic collaboration, our mission is to bolster the capacity and resources available for Far North Queensland (FNQ) cancer care. This endeavour revolves around implementing a unified framework, one that holds the potential to effect profound and positive changes in the lives of the individuals we serve.

*Cancer accounts for 1 in 9 hospitalisations with 40% of working age (24-65 years old). This is equivalent to 9% of the current health expenditure, but more importantly accounts for 18% of chronic disease burden. Loss of productivity is estimated at \$2B annually due to people leaving the workforce.*

## NATIONAL ALLIANCE FOR INTEGRATIVE ONCOLOGY AND WELLBEING

COUCH is now a member of the National Alliance for Integrative Oncology and Wellbeing. Membership of the Alliance which includes representatives from Chris O'Brien Lighthouse, Peter Mac Centre, Solaris Cancer Care (WA), Olivia Newton-John Centre, Bloomhill Cancer Centre.

## Our Region; FNQ Snapshot

- **1813 new cancer cases per year; 60% male**
- **Most common cancers**
  - Colorectal
  - Lung
  - Melanoma
  - Breast
  - Prostate



## FNQ CANCER ECO SYSTEM WORKSHOP

Our inaugural “cancer eco-system” workshop conducted in Cairns elicited a response of appreciation and enthusiasm. The workshop served as a platform for local, regional and national service providers to gain valuable insights into each other’s offerings, identify gaps, and address unmet client and patient needs. It also provided an opportunity to delve into the dynamics of a collaborative framework, along with the potential challenges that may arise in the process. We are delighted to announce that a second workshop is underway. Moreover, we are heartened by the eagerness of new service providers to participate in this collaborative initiative. Through this ongoing partnership, we aspire to enhance the quality and availability of cancer services, ultimately making a substantial and positive difference in the lives of those we serve.

### STRENGTHENING OUR COLLABORATION WITH OTHERS



Cairns and Hinterland  
Hospital and Health Service



“

*The collaborative workshop facilitated by COUCH with key stakeholders in cancer care has been truly transformative, reinforcing the power of partnerships in enhancing patient outcomes. With newfound inspiration and shared knowledge, we are eager to forge stronger alliances and foster innovative collaborations that will continue to improve Icon’s radiation oncology service, ensuring a brighter future for our patients.*

”

- Icon Cancer Centre

“

*Being a part of the integrated cancer care workshop provides Melanoma Patients Australia with the opportunity to work towards our vision of creating a world where no one affected by melanoma walks alone – including Australians residing in the Far North Queensland community. Melanoma Patients Australia vision of creating a world where no one affected by melanoma walks alone – including Australians residing in the Far North Queensland community.*

”

- Melanoma Patients Australia

“

*Working together to develop a collaborative framework for supporting patients impacted by cancer in the Far North Queensland community is a great initiative. I look forward to the next workshop.*

- Lung Foundation Australia

”

# Volunteers

Over the past 12 months, 117 volunteers donated over 5,000 hours; an increase of 191% compared to 2022. From assisting at our events to setting up classes, handling administrative tasks, maintaining our facilities, tending to the gardens, ensuring cleanliness, and providing invaluable support at our café, your contributions have been invaluable, not only providing sustenance but also a friendly face and a listening ear to those who need it most.

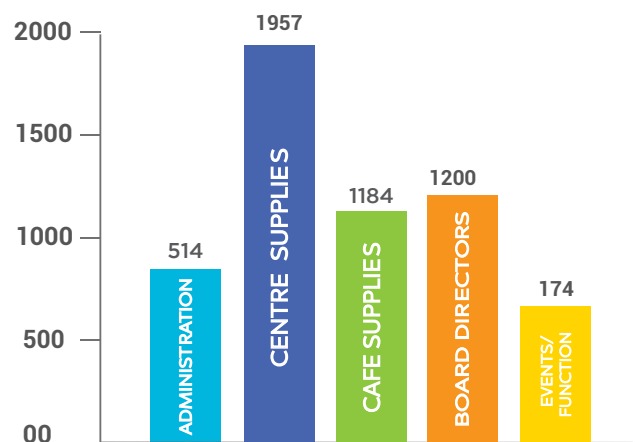
Our deepest gratitude and admiration for the incredible volunteers who make COUCH possible. Without their selfless dedication and unwavering support, we simply could not accomplish what we do. We are blessed with a highly skilled and diverse volunteer Board of Directors and committee members that provide governance oversight and strategic direction for the organisation.

Our volunteers are the lifeblood of our organisation, their commitment to our cause and willingness to donate their time and energy is truly inspiring. We

are humbled by their generosity and inspired by their passion for making a difference in the lives of those affected by cancer.

We want to emphasise that their contributions extend far beyond the tasks they undertake. Their presence alone brings a sense of hope and community to our Centre, reminding everyone that they are not alone in their journey. Thank you for being the driving force behind COUCH, for embodying the spirit of giving, and for making a profound difference in the lives of those impacted by cancer.

## Volunteer's Contribution



Student volunteer's from  
St Andrew's Catholic College

## VOLUNTEERS (CONTINUED)

“

*My biggest motivation is people, to give my time and know that I am having an impact is the reason I keep coming back. Working in the cafe has taught me to adjust my recipes to cater for food allergies and intolerance with a focus on wellbeing, (it helps that I have an international chef on hand). There have been too many memorable moments to express. Everyone touches my heart; this is true. I recognise that it's important to make our clients laugh; they might not feel great when they arrive but I have them feeling good by the time they leave. I see and hear first hand how clients feel after they finish a treatment or a class. Volunteering at COUCH is a rewarding experience, a great place to volunteer any of your services, because there is somebody out there for everybody. The connections you make and the experiences you have will stay with you forever.*

”

- Traci Montague

5029  
HOURS

VOLUNTEERS ARE 25%  
OF OUR WORKFORCE



“

*I've been volunteering at COUCH for the past three years, focusing on maintenance and gardening tasks. As a handyman and electrician by trade, I enjoy getting my hands dirty and ensuring that the Centre is in top shape for all the visitors. From fixing electrical issues to repairing furniture and tending to the gardens, I try to contribute wherever I can. My motivation stems from a personal experience. My wife battled cancer a few years ago, and I felt a strong desire to give back and help others going through similar challenges. Volunteering at COUCH has opened my eyes to the importance of providing a supportive and nurturing environment where people can find solace and strength. Being able to contribute to that environment through my maintenance work brings me a sense of fulfillment. It's a truly rewarding journey, and I am grateful every day for the opportunity to give back.*

”

Dennis W.





# Our 2023 Talented Team



Karen Mounsey



Emily Rossi



Amanda O'Shea



Rebecca Dent



Carmel Thompson



Kay Judd



Emma Klein



Andrea Lupson



Swaran Austin



Cecilia Gilders



Heather Robertson



Kath Turner



Yvonne Petrusma



## Spotlight on One of our Community Support Heroes

In a touching tribute to flying under the radar and community spirit, COUCH proudly announced the inaugural Chair's Award to Leo Pauli for his exceptional contributions to the cause of supporting those impacted by cancer.

Leo's journey is nothing short of remarkable, with its origins tracing back to his days working alongside a close friend at Ansett. At the close of each working day, Leo, and his mate, Alan Neven (fondly known as Nevo), embarked on a mission of their own. They would meticulously sort through the aircraft galley's refuse, separating recyclables and diligently collecting aluminium cans, which they later exchanged for cash.

Their dedication was rewarded at an approximate rate of one cent per can, and over time, this humble initiative blossomed into a substantial contribution that resulted in \$40,000 donated to the Endeavour Foundation. However, their benevolent journey took an inspiring turn when they decided to channel their funds toward COUCH. Nevo's friendship with Max and the late Liz Plummer, strong supporters of COUCH, cemented their decision.

Since 2006, Leo, Nevo, and the unwavering support of Nevo's wife, Lesley, have traversed the streets of Cairns and the Tablelands. Their mission: to collect a diverse array of recyclables, exchange them for cash, and donate every cent earned to COUCH. When asked about the driving force behind his selfless dedication, Leo's response was poignant:

*"Too many people suffer and lose their loved ones to cancer, including my own brother-in-law. Families are affected by this disease all too frequently."*

The trio initially set their sights on a goal of \$50,000, then \$100,000, and in October 2023 they have hit their next milestone, **surpassing \$150,000 in contributions to COUCH.**

COUCH Chair, Dr. Scott Davis, expressed his heartfelt sentiments: "We are privileged to present Leo Pauli with the inaugural Chair's Award, recognising his extraordinary commitment to COUCH. This inspiring journey underscores the significant impact of small acts can make over a period.

Leo's aspiration is to assemble a team of like-minded individuals who can carry forward the mission they started. If you have spare time and a willingness to be part of this impactful effort, COUCH welcomes your involvement.

Please reach out by calling 4032 0820 to express your interest. Alternatively, you can directly support COUCH by donating your recycling refunds during your personal drop-offs at designated collection points, quoting reference number C11006825.



Leo Pauli (LEFT)  
Scott Davis, Chair (RIGHT)

# Fundraising & Events

We are an organisation built by the community, for the community. We are beyond grateful for the continued support of individuals and businesses who host fundraising events, contribute raffle prizes, and donate their time to support the work of COUCH. Every dollar donated goes back into our organisation and helps us provide innovative and tangible services and support for locals and their family members through the COUCH Wellness Centre.

While it's impractical to individually acknowledge every person and organisation, your generous contributions and support for COUCH have not gone unnoticed. Your involvement is essential to our mission, and we couldn't make a difference without you. The strength of our community shines through in their actions to support those in need. We are privileged to be surrounded by people who genuinely care. Our community's ongoing commitment to enhancing the lives of others makes it a truly special place to live and an organisation to be proud of.

It has been a year marked by wonderful connections, a lot of fun, cherished memories, and the significant funds raised for COUCH.

*Thank you!*

A FEW OF THE  
MANY EVENTS  
IN 2023

## BULLS MASTERS SPORTSMAN'S LUNCH



Bulls Masters, a non-profit organisation that aims to be a positive influence on people's lives through interaction and education using their personnel as the vehicle to deliver benefits to local cricket clubs and charitable organisations, **chose COUCH as their charity partner to donate over \$20,000** from their inaugural "Remembering Roy" luncheon held in Cairns and Port Douglas golf day in May. The Bulls Masters generosity, partnered with the generosity of the sponsors and all who attended made this incredible result possible.

When asked why Bulls Masters selected COUCH, Jimmy Maher said **"what your organisation has achieved for Far North Queenslanders and the Cairns Community is phenomenal and an absolute inspiration and we want to support you in raising vital funds in order to continue to have a positive impact on the lives of those affected by cancer."**

COUCH is thrilled to be the charity partner for the Bulls Masters events in 2024.



## CAIRNS AIRPORT IRONMAN 70.3 CAIRNS

We are immensely grateful to TEAM COUCH and all the individuals and organisations supporting the Cairns Airport IRONMAN 70.3 Cairns, where COUCH has proudly served as the charity partner since 2014 with Team COUCH raising an incredible \$85,000 in 2023, showcasing dedication and heart. Special recognition goes to Louise Stout, the highest fundraising individual, and "Riptide," the highest fundraising team. We also acknowledge long-standing supporters like WGC Lawyers, Signature Staff, and Nick Loukas, along with every athlete who participated. As part of the event, the COUCH Charity Fun Run was another great success and fun for all participants.



## A few of the many events in 2023

### WE DANCED THE NIGHT AWAY



The Totally Workwear North Queensland Dance Sport Championships Black Tie Gala Ball held in July was a spectacular evening. Thanks to Just Dance Cairns for selecting COUCH as the charity partner. With the support of attendees, dedicated COUCH volunteers, and sponsors, the event raised an impressive \$5805. We extend our heartfelt appreciation to all involved.

### SALT HOUSE INTERNATIONAL WOMEN'S DAY CELEBRATIONS



Again we celebrated The Salt House International Women's Day Luncheon that celebrated women of the Far North. We extend our gratitude to the Salt House team. Special thanks to our panel of inspirational women, Vanessa Allen, Amanda O'Shea, and Tahlia Burchill-O'Brien, sharing their insights and their perspectives on this year's International Women's Day Theme 'Embrace Equity.' We appreciate everyone who attended and showing their support for COUCH.

### WE PUT ON OUR RUNNING SHOES

This was our first year participating in the 7 Cairns Marathon as a COUCH Team. We are so grateful for our athletes who represented and fundraised for COUCH. They took on the full, half and 10km events and although we were a small team – they were mighty. Together raising an incredible \$7650! Congratulations and thank you to our COUCH Champions!





## THE WOOLWORTHS GREAT PYRAMID RACE

Being invited to participate in the iconic Great Pyramid Race, as their charity partner was an honour. We received all profits from the fun run and are grateful to all who supported COUCH. We're thrilled to support the event in 2024.



## SMITHFIELD DENTAL

Smithfield Dental, a beloved local business, has donated over \$50,000 to COUCH since 2010. Their philanthropic fundraising journey began with Relay For Life and transitioned to the innovative "Clean For A Cure". Biannually, staff volunteer their time on Saturdays, while the practice owners Pam and Dr Meglin Rathnasamy supply materials and supplies for patients' dental cleanings, with 100% of the proceeds benefiting COUCH. They chose COUCH due to their personal connections to cancer and are very proud supporters. Patients enthusiastically support this heartfelt fundraiser, highlighting how small acts of kindness can have a profound impact. Smithfield Dental's commitment to their community and their compassionate efforts exemplify the power of giving back.



## PORT DOUGLAS GRAN FONDO FESTIVAL

COUCH is grateful to be chosen as the charity partner for the Port Douglas Gran Fondo Festival. The event raised \$4,835 through raffle ticket sales, donations, merchandise, and fundraising efforts.



## GRILL'D LOCAL MATTERS

A shout-out to Grill'd on the Cairns Esplanade for their fantastic Local Matters program and to all the burger enthusiasts who placed their tokens in the "COUCH" jar, contributing to generous donations from Grill'd. Their support is making a significant difference not only to COUCH but to various other organizations each month.





# A few of the many events in 2023

## MELBOURNE CUP 2023

Once again we extend our heartfelt gratitude to Ochre Restaurant & Catering and Cazalys Cairns for their ongoing dedication in hosting fundraising lunches for Melbourne Cup.

These events have become synonymous with fun, fabulous frocks, delectable food, and top-notch entertainment. Your ongoing support makes a significant impact, and we look forward to many more memorable Melbourne Cup celebrations with you. Cheers to making a difference in style!



OCHRE  
RESTAURANT  
& CATERING



CAZALYS  
CAIRNS



# Financials

Statement of profit or loss and other comprehensive income for the year ended June 2023.

	2023 \$	2022 \$
<b>REVENUE</b>	<b>1,079,996</b>	<b>1,502,811</b>
Grant Income	535,089	475,334
Wellness Centre trading revenue	97,525	74,455
Donations & fundraising received	424,821	927,500
Membership fees	170	140
Interest received	140	100
Other income	22,251	25,282
<b>EXPENSES</b>	<b>(1,284,051)</b>	<b>(1,072,934)</b>
Wellness Centre trading expenses	(66,035)	(91,960)
Consultancy fees	(59,473)	(70,300)
Fundraising expenses	(51,225)	(55,293)
Insurance	(36,036)	(29,703)
Wages and salaries	(709,236)	(510,300)
Superannuation	(81,114)	(62,690)
Depreciation	(141,379)	(140,127)
Amenities, repair and maintenance	(42,863)	(30,996)
Other expenses	(96,690)	(81,565)
<b>SURPLUS / (DEFICIT) BEFORE TAX</b>	<b>(204,055)</b>	<b>429,877</b>
Income tax expense	(204,055)	429,877
Surplus / (deficit) after tax		
<b>OTHER COMPREHENSIVE INCOME</b>		
Total comprehensive income / loss for the year	(204,055)	429,877

# Reflections

In this Year In Review, we celebrate your vital role in our ongoing journey. We remain steadfast in our commitment to making a difference in the lives of those impacted by cancer. Your support is a beacon of hope for all, and we are truly grateful for your trust in our work.

As we reflect on the past year, we are deeply grateful for the unwavering support and generosity of our dedicated sponsors, partners, volunteers, fundraisers, donors, and the entire community. Your collective commitment to our mission has allowed COUCH to make a significant impact on those touched by cancer. **We extend our heartfelt gratitude to each and every one of you for your invaluable contributions.**

With your collective efforts, we can continue to provide evidence-based services and therapies that enhance the quality of life of those impacted by cancer. Every dollar donated enables us to furnish innovative and tangible services and support to our local residents and their families.

We understand that our region is home to numerous commendable community not-for-profit charitable organisations, and we are deeply appreciative that you have chosen to and will continue to stand with COUCH. Your support illuminates the path for countless individuals in their cancer journey, and for this, we are profoundly grateful.

Thank you for your unwavering support and dedication to COUCH.

## OUR BOARD OF DIRECTORS



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**THANK YOU**  
for your continued support



## COUCH

(Cairns Organisation United  
for Cancer Health)

📍 100- 114 Reservoir Rd,  
Manoora, QLD, 4870

☎ (07) 4032 0820

✉ [admin@couchwellness.com.au](mailto:admin@couchwellness.com.au)

🌐 [www.couch.org.au](http://www.couch.org.au)

📱 @cairnscouch

ABN 20 123 878 026