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COUCH ACHIEVEMENTS

- An Endobronchial ultrasound (EBUS) machine purchased for \$300,000 for the Cairns Hospital in conjunction with FNQ Hospital Foundation.
- Two lymphatic mapping probes purchased for \$20,000 for Cairns Hospital.
- Submissions to the Federal Government resulted in the purchase of five chemotherapy chairs for \$500,000.
- A Bioimpedance spectroscopy device and two laser therapy units purchased for \$23,000.
- Establishment of the Liz Plummer Cancer Care Centre (Officially opened October 2011).
- Cancer Help & Wellness Centre Stage 1 Roadworks complete.
- A contribution of \$100,000 toward a PET-CT scanner purchased for Cairns Hospital in conjunction with FNQ Hospital Foundation.

About COUCH

COUCH (Committee for Oncology Unit at Cairns Hospital) is an action group that was formed by Charles and Pip Woodward at a public meeting they organised on 4 September 2006. This meeting was called after cancer sufferer, Liz Plummer, highlighted in The Cairns Post newspaper the inadequate cancer oncology services available in Cairns. The lack of radiotherapy oncology services caused unnecessary pain, suffering and cost by having to travel to Townsville or Brisbane for treatment and experiencing extended periods away from loved ones. Alarming statistics have revealed that people with cancer in regional areas are 35% more likely to die within 5 years of diagnosis than patients in larger cities, and mortality rates increase the further away the patients live. For some cancers, remote patients are up to 300% more likely to die within 5 years of diagnosis. The aim of COUCH is to improve these statistics for the people in Far North Queensland.

A commitment in the COUCH Constitution is **"To improve the health and wellbeing of people in the Far North Queensland community that may suffer the disease of cancer."**

Originally the main objective of COUCH was to ensure that Cairns had radiation oncology facilities.

With the Liz Plummer Cancer Care Centre now in place chiefly due to the activities of COUCH, local sufferers of cancer can now be treated here in Cairns in world-class facilities rather than suffer through journeys for treatment.

COUCH is also committed to improving health care services in general for Far North Queensland residents evidenced by the list of COUCH achievements.



What's Next

However, COUCH is still not finished. In recognition of the fact that radiation treatment is just one step in improving the prognosis of cancer sufferers, COUCH now aims to build and operate a Cancer Help & Wellness Centre to further enhance the likelihood that people will beat and survive this insidious condition.

This focus on post treatment care will provide Cairns with a broader concept of wellness and a more holistic approach to health care.

The World Health Organisation defines Wellness as:

"A state of complete physical, mental and social well being, not merely the absence of disease or infirmity."



HOW WE USE THE PROCEEDS OF FUNDRAISING AND DONATIONS

Fundraising and donations are the main sources of income for COUCH. COUCH does not pay wages or administration costs to staff or Directors. This means that all funds raised or donated by individuals will be used for the planned Cancer Help & Wellness Centre in Manooora or will be allocated to supporting Cancer Patients.

PROPOSED FACILITIES, TREATMENTS AND SERVICES

COUNSELLING

- Education – Living with cancer
- Benefits / Subsidies – Availability and how to access
- Support / Family / Carers
- Services availability / Information
- Stress Reduction
- Social / Spiritual
- Bereavement

EXERCISE

- Personal training
- Assessment
- Gym

MASSAGE

NUTRITION / DIET

MIND THERAPIES

- Relaxation
- Meditation / Tranquillity
- Yoga / Tai Chi / Reiki etc

ACUPUNCTURE

LOOK GOOD AND FEEL BETTER

- Personal appearance
- Hairdressing

OTHER ACTIVITIES

Art Therapy
Aromatherapy
Music Therapy
Gardening and Green Therapy

The Cancer Help & Wellness Centre Vision

The Woodward Family has donated land to COUCH on Reservoir road where a Health Care Precinct will be situated. A quarter of this area will become the COUCH Cancer Help & Wellness Centre.

The Wellness Centre will be set amongst the natural forest setting to create a tranquil, complete healing and wellness experience.

Wellness encompasses a holistic approach to health care and includes balancing the following dimensions of our lives:

- Social and environmental
- Occupational
- Spiritual
- Physical
- Intellectual
- Emotional dimensions

As patients with a life threatening illness face the consequences of that illness, they often express a need to balance the medical facets of their

care with spiritual and emotional aspects in order to better cope with the disease.

Patients involved in wellness programs learn new skills that help them to regain control of their lives, reduce feelings of isolation and restore hope, regardless of the stage of their disease. They become active participants in the journey of their illness.

The COUCH Cancer Help & Wellness Centre is being built to care for all people affected by cancer and includes:

- Patients
- Survivors
- Carers and Family



Ways that you can support COUCH

Volunteers

COUCH is always looking for volunteers to help with fundraising events. Contact COUCH on Ph: 4041 9474 or email: info@couch.org.au to register your contact details and we will be in touch the next time we need your assistance.

Fundraising Support

COUCH regularly holds fundraisers or is nominated as the benefitting charity for various events and fundraisers. Look for these opportunities on our website and follow us on Facebook. We appreciate any support of these fundraising events by way of financial donations and sponsorship, donated prizes (for raffles and competitions) and volunteers to assist at the event.

Donations

Donations made to COUCH are tax deductible and are very much appreciated. There are several ways to donate to COUCH, you can send a cheque or money order made payable to Cairns COUCH Ltd to COUCH at PO Box 1230 Cairns QLD 4870, or go online and make a credit card donation via our donation portal at <http://www.couch.org.au/donations/>

Bequests

If you wish to nominate a bequest to COUCH in your will, please consult your solicitor. All bequests are gratefully received.

Donations in lieu of flowers at Funeral Services

If you lose a loved one, donations can be made at the service in lieu of flowers to COUCH which becomes a lasting tribute to their memory. Upon request, we can provide special envelopes for this purpose.



Artist Impressions of Cancer Help & Wellness Centre

