

COUCH in 2022



COUCH
wellness centre



Chairman's Report

– Michael Nelson

On the eve of the AGM and as Christmas approaches it is the perfect time to reflect on the year that was. It is satisfying to acknowledge that every year COUCH has grown bigger and better, supporting individuals and families impacted by Cancer. This has been done in recent years with the backdrop that has been Covid and the challenges that it has placed on everyone.

Directors, staff, clients and volunteers have been instrumental in contributing to the ongoing success and growth of COUCH and the amazing work of the Wellness Centre. Our team at the Wellness Centre lead by Donna-Maree, Kath and now Karen has given us a very stable structure that will take the Wellness Centre into 2023 and beyond.

This year has seen enhanced efforts in events and fundraising and our profile in the community continues to grow. In fact I don't believe COUCH's position in the community has been stronger than what it is right now. At the start of the year, the Board made the decision to put in some dedicated resources into this area and it has paid dividends. I would like to acknowledge the passion and vigor that has been brought into this part of the organisation and has seen it go to the next level. This publication highlights some of the great events that have assisted the Charity realise its vision to provide access to excellent care for the people of Far North Queensland throughout their journey of living with cancer. I would also like to extend our gratitude and heartfelt thanks to all the supporters, event organisers, donors, participants, volunteers and attendees for what has been an incredibly busy but very successful year.

There are so many to thank for the great support and involvement throughout the year and whilst mentioning names can be perilous, special thanks needs to go to the Mills family, the North Qld Primary Health Network and the bequest from the estate of Lorraine Winks. These financial contributions have been integral to the operation and expansion of the Wellness Centre and its services.

Partnerships and relationships with individuals, organisations and the community are crucial now and into the future. Our health partnerships enable us to provide improved care for clients and it has been rewarding to work with the Liz Plummer Centre, ICON, the Cancer Care unit at the Cairns Base Hospital, Canteen, the McGrath Breast Care Nurses, the Leukaemia Foundation, Prostate Cancer support group, medical practitioners and allied health service providers across the region. A particular highlight is our proposed MOU with ICON which will see our two organisations strongly align into the future.

2023 will see the completion of Stage 2 of the Wellness Centre and finalisation of future development plans for the organisation. This will be an exciting stage in its evolution and will see COUCH continue to entrench its place as an essential part of the health landscape of our community.

I would like to thank all the staff, volunteers, our sponsors and donors who all play a role in providing leadership, support and comfort to those in our community.

At a Board level, we strengthened our Board this year with Dr Scott Davis joining us, and with that massively enhancing our knowledge and subsequent governance in the health space. This Board gives significant time to COUCH. All of it is voluntary. Time is a very precious commodity especially given the quality of Directors we have at COUCH. I would like to pay tribute to each and every Director. Your efforts and contribution are incredibly appreciated and I have enjoyed working with each of you as COUCH continues its journey.

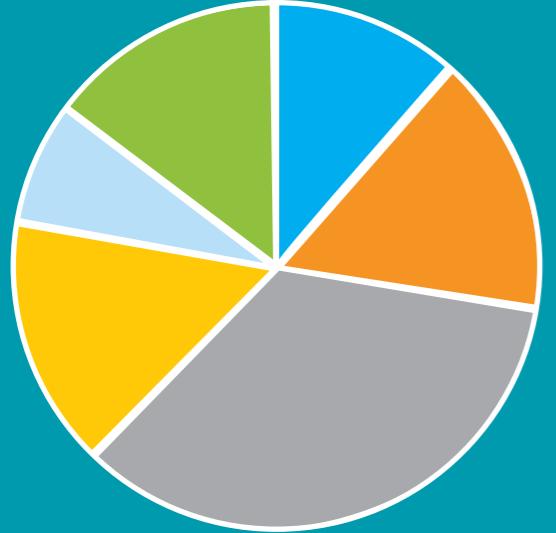
This is my last COUCH AGM as I am retiring from the Board after 13 years. When I reflect on what COUCH was back in 2009 compared to who COUCH is now in 2022, it has been an incredible journey and one that I have been both very proud, but also very fortunate to have been a part of. I wish COUCH every success and look forward to seeing it continue to fulfill its objectives of seeing residents of the Far North with the very best Cancer care.



Front cover image credit:
Veronica Sagredo,
Blue Click Photography.

Champion Volunteers

Once again, the Volunteers proved to be amazing in their support of COUCH in 2022. They continue to gift their time with energy, experience, and passion for the roles they undertake. 54 Volunteers were active with COUCH from 31/10/2021-1/11/2022 with 1985.31 hours recorded.



Volunteers

- Administration Assistance
- Garden and Maintenance
- Cafe Support
- Client Support
- Centre support
- Events/Fundraising

We have also had generous support from Leo who continues to fundraise through Containers for Change. Also the amazing Deb, Kim and Toni offering Clay Play to clients and Look Good Feel Better workshops being offered to clients regularly throughout the year.

Centre Support continues to be the largest area in which volunteers gift their time.



Their support has been crucial to the smooth operation of the Centre.

A special shout out to the Mariners Club who donated a day in the garden in August with 19 volunteers participating. We have also welcomed new volunteers who continue to give the Centre and gardens some much needed TLC and the buildings a sparkling outlook.

Life Stories

Clients of COUCH have had the opportunity to tell the story of their life and have it recorded during a series of guided conversations with Susan Darby, a COUCH Volunteer. Individuals receive the draft and can then choose how they wish to present their life story. Susan as a listener/recorder and a former educator who believes every life is exciting, eventful, and worth recording.



Events

Volunteers were also integral to the success of the fundraising events throughout the year including the Cairns Airport IRONMAN 70.3 Cairns, Cairns Food and Wine Festival, Melbourne Cup events, Your Wardrobe and many more.

COUCH once again attended the annual VEXPO (Volunteer Expo). An opportunity for the COUCH brand to be out there and to let the public know what we do and how we engage volunteers. A great forum to build relationships and networks with other volunteer organisations.



Corporate Volunteers Survitec Group

We were privileged to have three of Survitec's (Survival Technology Solutions Provider) employees come into the Centre on October 20th and gift a half a day to COUCH on their annual Purpose Day. Robbie, Sean and Jim gave the COUCH Wellness Centre an external spruce up. An amazing job was done and we wish to acknowledge the twelve volunteer hours that they gifted to us.

Café

We are progressing the volunteer run café aiming to open five days a week. We have some dedicated volunteers involved in the operation of the café to serve clients, friends, and family. We want to give an enormous shout out for their commitment in undertaking this task. A menu has been developed using the Cancer Council Food star rating and feedback from a survey that was distributed at the Centre. A competition is now open for the naming of the café.



VOLUNTEER'S FEEDBACK

"I had an absolute ball at the Melbourne Cup. Put me down again for the event next year."

"I really like gardening. I find it therapeutic."

"Staff are most friendly and appreciative of volunteers"

"I believe I am achieving the reason I want to volunteer."

"Working atmosphere is really positive"

"Wow, 3 years, it's been wonderful for me to be able to contribute in a way that is a little unique"

"Thank you and COUCH for the great experience, meeting some wonderful people I will not soon forget."

"How delightfully upbeat and cheery a place. What wonderful people I have the privilege to work with. Best wishes for continuing care at the Centre in spite of the current stresses on the system,"

Caring for Clients

Our client base has continued to grow over the year. As of 31st October 2022, we had 223 clients and 91 family members/carers registered with us.

The highlights from the clinical team continues to be the reward we get caring for clients coming into the COUCH Wellness Centre (CWC) as they make progress towards wellness.

We have said some goodbyes to clients who have moved away, gone back to their working careers or their lives have simply moved on to life after COUCH. We have sadly said some goodbyes to clients who have passed away and to those and their loved ones we would like to pay our respects. We often reflect on how lucky we were to know them and to be a part of their lives. In their own special way they have left lasting memories with us and gifted us some valuable lessons in life.

As our clinical team is growing, our model of care is under review as we believe a multi-disciplinary approach better reflects the way we work and interact with clients and the wider community.

As a team we continue to develop the 'What Happens Now' program. This program will feature

a series of modules aimed at assisting those who may have finished treatment, are on maintenance therapy or who just need some answers to 'What happens now'.

The expansion of gym opening hours has allowed us to employ an additional gym instructor (Victoria) to support the work that Shona does. We look forward to developing fitness programs that will address the different needs of our clients.

Psychologist, Cecilia Gilders, joined the COUCH team in March 2022. Cecilia comes from a background in private practice. She has also worked with mining, construction, and employee assistance programs for large government and non-government organisations.

Cecilia focusses on providing strategies for clients to assist with what is going on for them right now. This may include debriefing, making sense of and reframing experiences, recognising and minimising unhelpful thinking styles to reduce distress, understanding emotional responses to situations, identifying and planning to work towards future goals, and skills training

such as improving sleep and managing anxiety through mindfulness and meditation. Cecilia offered telehealth to COUCH clients while travelling from June to October, 2022.

Psychologist, Swaran Austin, joined the COUCH team in September 2022. Swaran has nursing, midwifery, business and a psychology background. Swaran has worked and lived in Malaysia, the United Kingdom, Papua New Guinea and Australia. Swaran is a strong advocate of self-care by prioritising "me time", improving sleep, resilience building, managing stress and anxiety through active scheduling and breathwork. Swaran believes in a holistic approach to well-being which incorporates mental, emotional, physical, social and spiritual health. Swaran is particularly interested in challenging self-defeating thoughts, focusing on the 'power of now' and creating self-awareness which helps us to tune into our bodily sensations, thoughts and feelings.

Both Swaran and Cecilia have been available for individual consults and will be contributing to group programs next year.



Relay for Life 2022

Staff Changes in 2022



2022 has been a bonza year for staff arrivals. We started the year with the arrival of Bec Dent, in the role of Events & Partnerships Officer and she has certainly revolutionised our links and profile in the community. She is everywhere, at all events and is never dull.

Beau Pennefather-Motlop came to COUCH on secondment from the Department of Youth Justice and immediately brought colour and culture to the Wellness Centre through his art, education and passion.

Whilst many people already knew Manz O'Shea, she joined our permanent workforce in the role of Community Development Officer and has established great relationships with external partners as well as delivering workshops, training and support group activities. Her energy is contagious!

Emma Klein joined the nursing team bringing knowledge, calmness and care to her interactions with clients and families. The nursing team has also been supported at times throughout the year by Shirley-Ann Rowley, better known as the master of the ukulele, but with a wealth of health experience. The team has a new recruit, Heather Robertson who joined the team in November and we are thrilled to now have a full team of nurses joining Andrea, lead by Kath as Operations Manager.

Recognising that an area of need was support for mental health, the centre employed Cecilia Gilders and Swaran Austin, psychologists who can focus on social and psychological well-being of clients and families. Their approaches are outlined in Caring for Clients.

We also welcome back Karen Mounsey who has started in the role as Corporate Services Manager as Donna-Maree has reduced her hours and is now working on a few strategic projects for the organisation. Yvonne continues to manage our Volunteer program and Carmel is the happy face that meets you when you come to the Wellness Centre. We feel fortunate to have the skills, commitment and experience in our team to offer our clients the best possible service to support their health and well-being.

Community Development & Engagement

Internal & External

Workshop & Activities rolled out in Centre

We created and facilitated over 22 workshops between April and December 2022 with over 240 participants including clients, supporters, families and carers being involved. These workshops provided social connection and included mind and body sessions, nature activities, food and nutrition, art therapy and crafting.

It was noted in the recent client survey that there is a need to continue these workshops in 2023 as they have been well received in the space. The relevance of the activity ensured that it was a positive experience for all involved.



COUCH Wellness Centre's Big 3rd Birthday and Volunteers Week celebration - Mad Hatters tea Party

We had a number of clients, partners and volunteers come together for a special day of celebration. There was music, food, trivia and a lot of laughs.



Support Group Connections

Several local support groups have engaged with our centre as a hub to facilitate support group meetings and social gatherings in our café. This has built partnerships with these organisations and clients and allowed for collaboration on our support care model. Currently we have Canteen, Leukaemia Foundation, a newly formed prostate support group and we hope to have a breast cancer group formed in 2023, all using the café space and the centre's services.

To continue this engagement our community development officer has recently undertaken the Support Group Facilitation training through the cancer council. This will ensure that all support group leaders have a person in the centre to support them when required.



External Community Engagement Activities

Collaborating and connecting with local service providers and community groups through attending events, expos, launches, face-to-face meetings, educational talks and brochure distribution has enabled health professionals, GPs, cancer referring agencies, hospitals and community groups to develop a greater understanding of what COUCH does and enhanced our brand recognition across the region.



Uncle Hendrick Fourmile

The Wellness Centre received its second Yidinji Smoking Ceremony by Uncle Hendrick Fourmile, who also took the time to educate participants about the land on which the Wellness Centre stands. All felt honored by this powerful experience of deep listening and understanding about the history of this healing land and its spiritual impact.



Feedback - Client

"I just wanted to send a big thank you for the ongoing support from COUCH. It's been a very emotional time over the last few months and the clay play, companionship and support has been so important. I will see you in a couple of weeks. Best Wishes Dawn"

"I am always happy with the care, supervision and friendliness of staff, a beautiful setting, peaceful place which has been of benefit through my cancer journey."

"I am so grateful for the COUCH Wellness Centre and what it is doing. All the staff are great, supportive, good customer service and very helpful."

EVENTS AND PARTNERSHIPS WRAP

It has been an incredible year for COUCH in our community, and we are so grateful for the generosity and support of Far North Queenslanders and local organisations who donate, sponsor, volunteer, choose COUCH as the charity partner for their fundraising activities or get behind ours.

We are a human-centred organisation, powered by the community. We cannot continue to support locals impacted by cancer with the services offered at the COUCH Wellness Centre without you. So, thank you for every dollar and every ounce of energy you have given to our charity. We truly appreciate you.

Here is a snapshot of the year. We can't show you everything that has happened and all of the fun we've had - but please like and follow us @CairnsCOUCH on Facebook and head to couch.org.au for future updates.



Chill Day Out 2022

There's nothing better than enjoying a slice of paradise with amazing company - and that is exactly what Chill Day Out is all about! It's an opportunity to celebrate women in tourism in the Far North and raise money for their chosen cause - this year it was COUCH.

Thank you to Maryanne from Cairns Discovery Tours and the committee for organising the event, and thank you to all in attendance for their generosity and support. Thank you to the Barron Falls Hotel Kuranda, Libby Sterling Photography, Spirit of Cairns Dinner Cruises and the crew and team at Frankland Islands Reef Cruises for your donations and creating a magical day.

We Found the Fastest Tradie in FNQ

It was the race that stopped the Century Cranes Tradies & Ladies Race Day at the Cairns Jockey Club in March. With an incredible field of thoroughbred tradies racing in The Fastest Tradie in FNQ COUCH Classic down the straight at Cannon Park.

It was a strong field and everyone put on a good showing but here's our official top 4 results!

- 1st #6 "PRIDE POWER" - Malique Douthat from the Kenfrost Homes Northern Pride U21 side
- 2nd #7 "BRIGHT SPARK" - Jason Christiansen from PJ Electrical and Airconditioning
- 3rd #9 "PHARLAP" - Thomas Davon - from Century Cranes
- 4th #3 "Far from Fit Fieldsy" - Adam Fields - from Dawsons Engineering

We would like to thank Chris Kingsbury and Totally Workwear Cairns for sponsoring this event. We would also like to thank and acknowledge our Media Sponsor Triple M, The Cairns Jockey Club for their incredible support, backing this novelty event and choosing COUCH as their charity partner for this race day. And a huge shout out to our Tradies for being part of it and entertaining the masses.

Thanks to all of the supporting businesses - Dawsons Engineering, Audi Centre Cairns, Property Shop Cairns, The Northern Pride, PJ Electrical and Airconditioning Services, Cow Cuddling Co., Century Cranes and Jill from Simply Hampers.

The official track time is 11.81 seconds - a blistering pace for our 100m sprint on a wet track. If you think you can beat it sign up for next year's race by emailing info@couch.org.au.

Celebrating Women with Salt House and Stratford Deli

International Women's Day is held in March every year, with opportunities to gather together to connect with and celebrate women, and be inspired by their stories.

We are grateful to Salt House and the Stratford Deli, for creating amazing events and nominating COUCH as their chosen charity to support.

Thank you to Joanne Turner and the team at Salt House for the Sunday Luncheon, that was filled with good times and great vibes. We'd also like to acknowledge and thank Phoebe Nasser, a beautiful COUCH Client who shared her story with those in attendance.

Thank you to Stella and Gail Grossman from Stratford Deli for organising the International Women's Day Up Late night and our panel of women Sonya Barber, Joyce Lester, Petra Meikle and Sarah Hamilton who made us all feel pumped to be a woman.



The Ride Against Cancer

Sunday May 15th - saw the Inaugural T.R.A.C - The Ride Against Cancer roll out of AMX and up to Port Douglas before finishing at the COUCH Wellness Centre.

T.R.A.C is a motorcycle ride created by Ryan Godfrey and Les Magyar, inspired by Les's own ongoing fight with cancer. The goal was to bring people together to show support and raise funds for locals affected by cancer. 80 riders participated and raised over \$8000.

Thanks to the organisers, sponsors and supporters for all of their support: AMX, Wayne Leonard Motorcycles, North Queensland Finance Solutions, AMAC Motorcycles, Our Place Restaurant, Harley Davidson Motorcycles, Art by Jaye Harris, Fastfit Batteries, The Grand Hotel, Honda, La Fettuccina Restaurant and Bar, WBSS, Team Moto, The Woodward Family CaPTA Group and Expressway Signs & Printworks.



Image Credit: Korupt Vision

COUCH Charity Fun Run

It was a sea of colour and smiles at the 5km COUCH Charity Fun Run along the Cairns Esplanade, June 10. This was an official Cairns Airport IRONMAN Cairns Festival Event - with all the proceeds being donated to COUCH. Our gratitude goes to every participant and volunteer who supported the event and the entire USM Events team for choosing COUCH as their charity partner and using their incredible event management expertise to make this event sing.

The theme was all about COLOUR! Why? There are so many different types of cancer, all represented by a different awareness colour. Participants were invited to wear whichever awareness colour they would like to represent or wear them all! We invite you to join us June 16, 2023.



Image Credit: Mira Thornbury, Adhesive.

Cairns Airport IRONMAN 70.3 Cairns

Taking on the Cairns Airport IRONMAN 70.3 Cairns is no small feat. Athletes complete a 1.9km ocean swim, 90km bike ride and wrap up with a 21.1km Run... just a regular Sunday, right!?

As the official Charity Partner for the event, COUCH has the opportunity to have 'Fundraising Entries' where participants commit to completing the course, as well as raise awareness and funds for COUCH. The 19 teams and 6 Individuals who took on the challenge in 2022 raised \$40,000! and we cannot say thank you enough for all they accomplished. We know it made crossing that finish line that much sweeter, and we were so glad to be there to welcome you with cowbells and cheers at the COUCH Finish Line Marquee. A huge thank you to our sponsors and supporters who got behind 'TEAM COUCH' in 2022:



Elite Executive, Colony Group, L.L.C - Lymphoedema Lipodema Care, Northampton Events, Heightened Security Solutions, Lotsa Print and Signage, Adhesive, Pinnacle Tourism Marketing, The Float Studio Cairns, Holding Redlich, Cairns Private Hospital, Alive Pharmacy, Health Management Dietitians, Andersens, Cairns Bank, PFD Food Services, Total Food Network and Brumby's Bakery Edge Hill.

COUCH has been chosen as the official Charity Partner of the Cairns Airport IRONMAN 70.3 Cairns for another three years! We are so grateful to the IRONMAN Group for their continued support and how much they give back to the local community through this event. If you'd like to sign up as a sponsor or participant for 2023, please contact info@couch.org.au.



Matt 'Chuppas' Owens, Mick Fanning, Angelika Schriber, Matty Hasler, Joel Parkinson and Jon Hasler at The Balter Long Lunch at Rattle N' Hum.
Image Credit: Ruaridh McKenna

The Magnifique C'est Bon French Restaurant

Sunday, June 19 saw C'est Bon French Restaurant transform the laneway next to the restaurant into a giant catwalk dressed with a white carpet to showcase local designers and creators for their Fashion White Lunch.

Thank you to Nicolas, Camille and the entire C'est Bon team for creating an amazing menu and experience for all in attendance and being such huge supporters of COUCH.



C'est Bon Fashion White Lunch

The Balter Long Lunch at Rattle N' Hum

Rattle N' Hum Cairns put on a cracking afternoon in June with The Balter Long Lunch. Over \$37,000 was raised from the charity auction and donations. We are so appreciative of every single person in attendance and everyone behind this phenomenal event - the Rattle N' Hum, Jon Hasler, Angelika Schriber, Matty Hasler, Michael Bowmaker, CUB and the Balter Brewing Company team including Founders; World Champion surfers Mick Fanning and Joel Parkinson, Stirling Howland and the man behind the brew -Scotty Hargrave (Head Brewer at Balter) - who joined us for the good times and donated a signed surfboard and brewery tour. We discovered the only thing better than their beer - were the people behind it.



Rollin' for COUCH at The Port Douglas Gran Fondo Festival

2022 saw the Inaugural Port Douglas Gran Fondo Festival take place in Port Douglas in September. COUCH was pleased to be a chosen charity for this event. Thank you to the organisers Bade Stapleton and the Connect Sport Australia team and all who chose to ride for COUCH and locals affected by cancer.

The 'COUCH-Mobile' made its way to Port to participate in the Choo Choos Family Ride on the Saturday afternoon, turning a few heads and raising awareness in a super fun way.

Dear Volunteers

We send our heartfelt appreciation to our amazing volunteers who are invaluable to the success of our events. Thank you for every moment you dedicate to COUCH, we are grateful to each and every one of you and the difference you have made this year!



The Mayor's Charity Golf Day and COUCH Races

We were grateful to be selected as one of the chosen charities for the 2022 Mayor's Charity Golf Day at The Cairns Golf Club in June.

We held the inaugural COUCH Races in front of the club house, with enthusiastic racers pushing or riding their armchairs around the course and across the finish line. Congrats to the team from X-Golf Cairns - who had the fastest couch in the north on the day and took home the trophy and the title!

We raised \$17,000 from everyone's participation and donations on the day. Thanks to the Mayor, the Council event team, the Cairns Golf Club and everyone who sponsored or participated to make such a great day with a huge result!

Breast Cancer Awareness Month

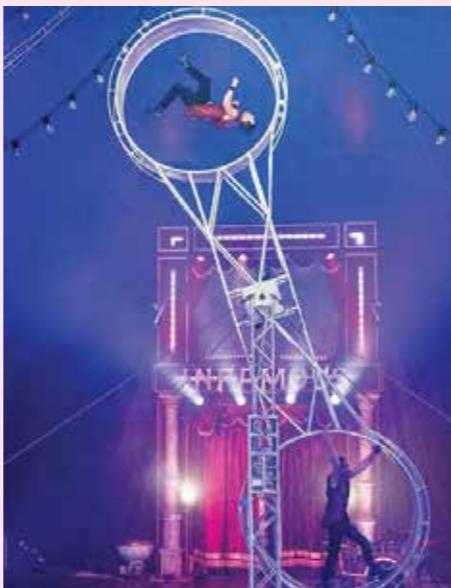
October is Breast Cancer Awareness Month and this year we teamed up with our friends at The McGrath Foundation for a few events to raise funds and awareness.

A big thanks to those individuals and businesses who organised, supported, donated or attended these events. Thousands of dollars were raised and so many special memories were made as we all came together for a common cause.

It all started with INFAMOUS the Show hosting a special cirque-cabaret performance for us. We appreciate all of the performers for sharing their talents so generously to support us.

The Cairns Business Women's Club invited us to co-host their incredible October Luncheon, which gave us an opportunity to reach so many beautiful humans in one room with our message. We'd like to acknowledge the speakers Deidre Maunsell from The McGrath Foundation and Karen Mounsey, who shared her lived experience with Breast Cancer, inspiring the room.

We also want to shout out to Marty and the Lotsa Print and Signage Team for their incredible printing support, Dale and Bec from Jackley's Bakehouse for making our 'Boobie' Fundraising Cupcakes with so much love and BOC Gas and Gear for donating the Balloon Helium for our fundraising draw.

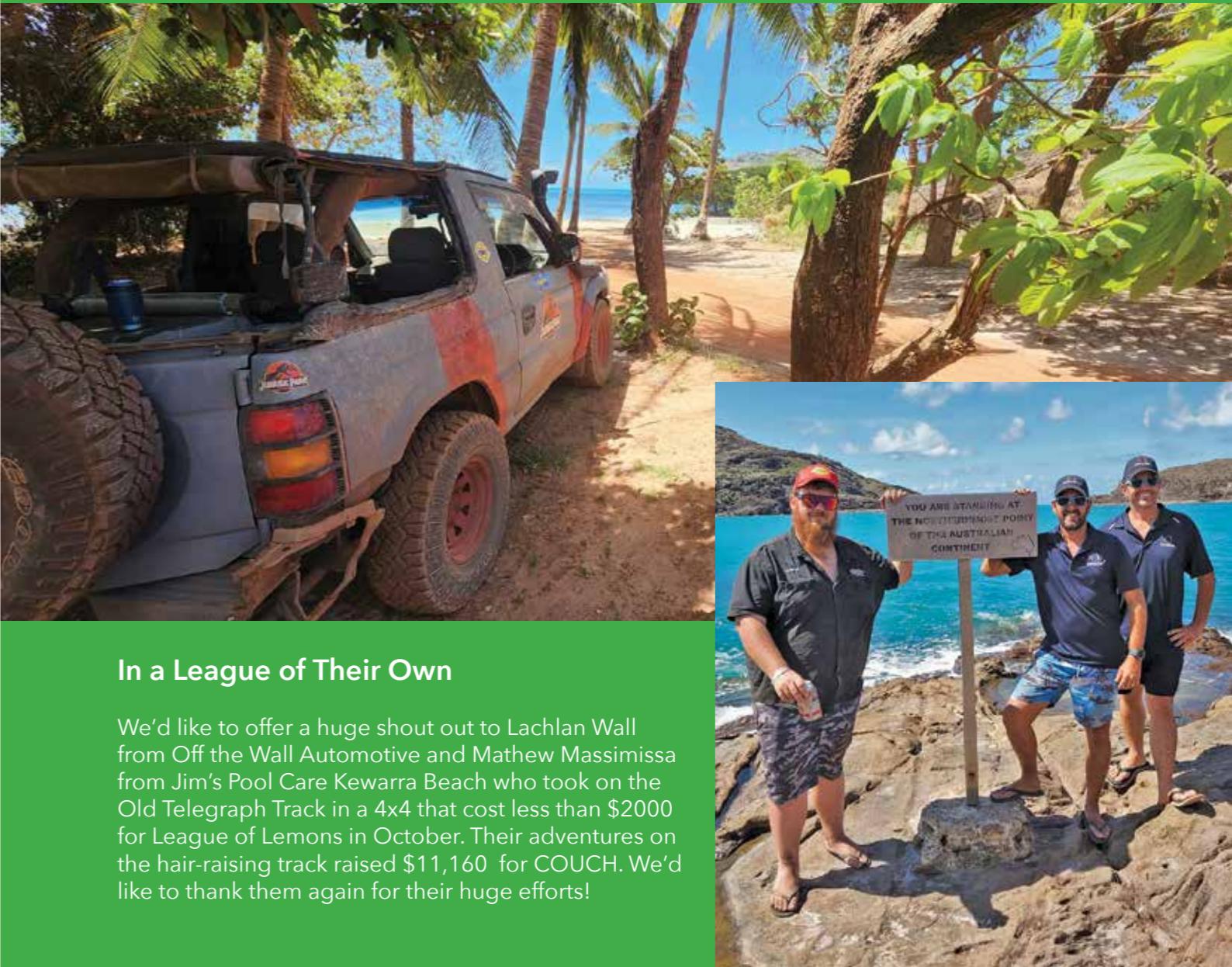


The Pink Row and Run

This year The Cairns Rowing Club participated in their inaugural Breast Cancer Awareness Row, in a special Pink boat commissioned and named in memory of Amanda Jessop-Shaw. They were joined by members of the Outriggers (all wearing Pink) and raised \$1000.



We also saw dozens of runners participate in the 'Pink Run' with Get Fit Results Training providing support to the row and local families who have gone through the devastation and heartbreak of cancer. These will become annual events, so get rowing or running in preparation for 2023.



In a League of Their Own

We'd like to offer a huge shout out to Lachlan Wall from Off the Wall Automotive and Mathew Massimissa from Jim's Pool Care Kewarra Beach who took on the Old Telegraph Track in a 4x4 that cost less than \$2000 for League of Lemons in October. Their adventures on the hair-raising track raised \$11,160 for COUCH. We'd like to thank them again for their huge efforts!



They're M.A.D About COUCH



This year's Rotary Club of Cairns West Mystery Adventure Drive put the 'fun' into fundraising. Just ask our COUCH Team 'Michelin Chefs' who took out the prize for best dressed and highest fundraisers! Teams solved clues and followed the directions to arrive at a mystery destination in FNQ, having a great time along the way. Thank you to Mel and Col Craig and the entire Club for their hard work in putting this event together and the sponsors who made it possible; Totally Workwear Cairns, Kalani Pty Ltd, Autobarn Cairns and Johnston Joinery. We'd also like to thank everyone who participated.



Melbourne Cup

It doesn't just stop Cairns, it stops the nation and we were lucky to be the chosen charity of a number of Melbourne Cup events around Cairns in 2022.

Thank you to Cazalys, The Reef Hotel Casino, Ochre Restaurant and The Benson for backing COUCH and raising a combined \$17,500. We know how much work goes into these signature functions and appreciate every effort and dollar raised.

The walls of the Wellness Centre, got a makeover with incredible local imagery shot by Steve Cooke Photography. We appreciate Steve's generosity - donating four gorgeous canvases to the Centre. It is so wonderful to have the beauty of FNQ on display and bringing so many peaceful feelings into our healing space.



Cairns Food and Wine Festival

The Cairns Food and Wine Festival also chose COUCH as their charity partner this year and we were there to welcome 1000 guests through the gates of Munro Martin Parklands to enjoy a day of food, wine and amazing entertainment. Thank you to Nathan Lee Long and the organising committee for this opportunity to connect with the community.



Connecting Families Lunch

The COUCH Wellness Centre and Canteen collaborated on a "Connecting Families Lunch" in November. The event connected local families that are impacted by cancer, with those in attendance sharing their stories, enjoying lunch and activities and the opportunity to chat with like-minded families. This is the first of many events in collaboration with Canteen and we look forward to assisting families in our space.



SCA Charity Embrace Partnership

COUCH was chosen at the Southern Cross Austereo (SCA) Charity Embrace Partner for the 2022/ 2023 Financial Year. What does this mean? It means SCA has been and will continue to support our media campaigns and events throughout the year with in-kind advertisements and promotion on HIT and Triple M Cairns. This is a huge opportunity to promote our events and raise awareness of COUCH within the community. We are so thankful to have been selected and look forward to another six months of invaluable media support.



Do-Nuts for COUCH

OMG Decadent Donuts Far North QLD got behind COUCH with a donut drive throughout November and December with \$1.00 donated to COUCH for every donut ordered. Now that is some tasty charity! We are grateful for the generosity of Ray, Sharyn and Cassie.

Smithfield Dental

We would like to recognise the extraordinary efforts of Smithfield Dental, who have been supporting COUCH since 2015 with special Checks and Cleans Days. The two events they held this year make their contribution to COUCH over \$45,000 to date! We'd like to thank them for being COUCH Community Champions and donating their time and skills to our charity.

Piccones IGA

Thank you to Piccones IGA, who have been supporting COUCH and so many other community organisations through their Community Benefits Program. Over the last year, simply by shopping at Piccones and nominating COUCH at the check-out - you have collectively raised \$6000 to support COUCH. Thank you to everyone who nominated us and the amazing team at Piccones for being community champions.

CAIRNS COUCH

ABN: 20123 878 026

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2022

| | Note | 2022 | 2021 |
|---|------|--------------------|--------------------|
| | | \$ | \$ |
| Revenue | | | |
| Grant income | | 475,334 | 371,619 |
| Wellness Centre trading revenue | | 74,455 | 39,013 |
| Donations & fundraising received | | 927,500 | 507,756 |
| Membership fees | | 140 | 140 |
| Interest received | | 100 | 114 |
| Government subsidies | | - | 175,980 |
| Other income | | <u>25,282</u> | <u>19,309</u> |
| Total revenue | | 1,502,811 | 1,113,931 |
| Expenses | | | |
| Wellness Centre trading expenses | | (91,960) | (48,031) |
| Consultancy fees | | (70,300) | (63,250) |
| Fundraising expenses | | (55,293) | (15,460) |
| Insurance | | (29,703) | (26,773) |
| Wages and salaries | | (510,300) | (580,951) |
| Superannuation | | (62,690) | (53,719) |
| Depreciation | | (140,127) | (134,008) |
| Amenities, repair and maintenances expenses | | (30,996) | (28,429) |
| Other expenses | | (81,565) | (92,266) |
| Total expenses | | (1,072,934) | (1,042,887) |
| Surplus / (deficit) before tax | | 429,877 | 71,044 |
| Income tax expense | 2(a) | | |
| Surplus / (deficit) after tax | | 429,877 | 71,044 |
| Other comprehensive income | | | |
| Total comprehensive income / (loss) for the year | | 429.877 | 71.044 |



Board of Directors

Michael Nelson - Chairman
 Vanessa Maruna - Deputy Chair
 Vicky Johnston - Treasurer
 Michael Woodward - Secretary
 Bill Davidson
 Pip Woodward
 Rob Giason
 Scott Davis

The COUCH Wellness Centre is located at
 100-114 Reservoir Road, Manoora
 Access from the end of Kauri Street
 PO Box 900, Edge Hill Cairns 4870
 Website: couch.org.au
 Phone: 07-40320820

