



Mending Casts 
changing lives one cast at a time

Casting for Recovery

Victoria, Australia

PROSPECTUS

2019



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Casting for Recovery Victoria



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www.castingforrecoveryvic.org

OUR GOALS

- Give each participant a respite from familiar surroundings and routines in a natural setting where well-being can flourish
- Provide a welcoming environment, free of family responsibility and other concerns, helping participants take charge of their own wellness
- Provide a weekend of fun and support incorporating the wonderful activity of fly casting & fishing
- Allow participants to enjoy the peace and tranquility of the outdoors and to be in the moment
- Provide the opportunity for participants to practice fly fishing skills
- Provide participants with an opportunity for healing at no expense
- Offer the opportunity to meet new friends, network, exchange information and have fun.

OUR MISSION

Our mission is to enhance the quality of life for women with breast cancer through a unique retreat program that combines breast cancer education and peer support with the therapeutic activities of fly casting. The program offers opportunities for women to find inspiration, renew their energy for life and experience the healing gained from networking with others and reconnecting with nature. We support breast cancer survivors of all ages, in all stages of recovery. We also provide participants with post-retreat referrals to their nearest fly fishing club so they can continue to participate in these activities into the future. Our aim to host several unique free live-in weekend retreats each year for up to 14 participants at a time. Casting for Recovery Victoria activities are run by Mending Casts Inc, a Melbourne based non-profit organisation licensed under agreement with Casting for Recovery in the USA.





HISTORY

The Casting for Recovery (CfR) concept was founded in 1996 in Manchester Vermont USA by a breast cancer reconstructive surgeon and a professional fly fisher. Casting for Recovery's innovative program focused on breast cancer survivorship and improving quality of life, and has garnered endorsements from medical and psychosocial experts. To date, CfR has conducted more than 600 retreats, helping more than 8,000 people.

CfR has non-profit status and has inspired international efforts in Australia, USA, Canada, UK/Ireland, Italy and New Zealand. The ACT Fly Fishers were the first to conduct CFR retreats in Australia starting in 2016. In 2019 licensing was ratified for Mending Casts Inc. to run the Casting for Recovery program in Victoria. A CfR Vic sub-committee oversees the program & has started raising funds to launch our first retreat event in Eildon during September 2019.

WHY FLY FISHING & BREAST CANCER?

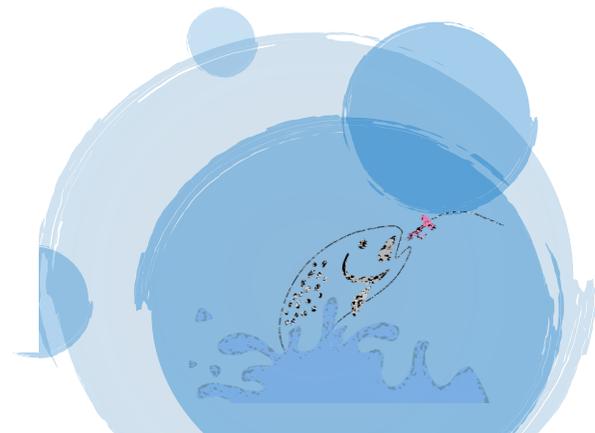
The concept is unique. On a physical level, the gentle, rhythmic motion of fly casting can be good therapy for the upper body as a way to encourage increased mobility for women who have had surgery or radiation as part of their breast cancer treatment. On an emotional level, women are given the opportunity to experience a new activity in a safe environment amongst a supportive group of peers. The retreats provide resources to help address quality of life issues after a breast cancer diagnosis, and a new outlet "fly fishing" as a reprieve from the everyday stresses and challenges of life. A large number of volunteers are involved state wide including medical and psychosocial professionals & qualified fly fishing & casting instructors.

- 70% of people who attend CfR retreats have never been to a support group.
- Beyond the retreat, annual alumni events are organised & many alumnae return as volunteers with Casting for Recovery

THE BENEFITS

CfR provides an opportunity for people whose lives have been profoundly affected by breast cancer to gather in a natural setting and address quality of life and survivorship issues with others in similar circumstances. Post retreat evaluations show that after attending a retreat:

- 100% would recommend the program to others.
- 99% felt connected with other participants.
- 94% gained a new support base with new friends.
- 93% felt better able to cope with their situation.
- 94% felt more aware and accepting of themselves.
- 94% learned something new about living with breast cancer





PROGRAM HIGHLIGHTS

- The two and a half day live-in weekend retreat is offered at no cost to the participants.
- The retreat incorporates both fly casting and fishing instruction coupled with social support ending with a half day of guided catch-and-release fishing.
- Maximum of 14 participants are randomly selected to attend each retreat, based on service area of the program. We are committed to ethnic, socioeconomic and cultural diversity.
- At least one medical professional, one psychosocial counsellor, and four accredited fly fishing/ casting instructors staff each retreat event.
- Participants range in age from 20 to 90+ and are from all socioeconomic and cultural backgrounds.
- The program is appropriate for people in all stages of treatment and recovery from breast cancer (medical release required).
- Casting for Recovery is constantly reviewing our programs as we are dedicated to innovation in order to better serve the diverse community of those with breast cancer.

FUNDING

As a registered non-profit organisation, Mending Casts Inc. requires independent funding to be able to run the Casting for Recovery program in Victoria. Those funds are obtained through donations from a broad range of supporters, sponsorships from other organisations plus partnerships with corporate groups or government grants. Each retreat event costs between \$10,000 and \$12,000, depending on the location and the time of year at which they're held. These cost are covered solely from our fund raising activities including;

- Donations – via GoFundMe, Website PayPal and EFT
- Fund Raising – Trivia Night, Auctions, Raffle and Bunnings Sausage Sizzle
- Sponsorships – arrangements with sponsors including Fishing Businesses, Fly Fishing Clubs, Community Groups
- Grants – Funding provided under local & state government programs

Our Estimated funding requirement is \$110K over the next 3 years.

FUTURE DIRECTIONS

Our strategic plan outlines the expansion of CfR Vic programs over the next 5 years. The main objectives include.

- Establishing CfR Vic Gala Dinner as a high profile annual fund raising event
- Events - hold a minimum of 4 retreat events each year
- Locations – hold retreats in different locations around Victoria to benefit local economies and give local people greater opportunity to participate
- Entrench key partnerships with major breast cancer organisations including Peter MacCallum Institute, Olivia Newton John Foundation & Cancer Council.
- Establish a pathway for retreat participants into local Fly Fishing clubs.





14,500

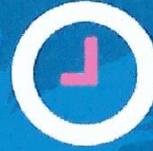
new cases of breast cancer are diagnosed each year in

Australia



150,000

Australian women have a history of breast cancer



30^{every}minutes

one woman is diagnosed with breast cancer in Australia



1 in 8 women in Australia

will be diagnosed with breast cancer in their lifetime

TESTIMONIALS

"At the retreat I was able to really clear my mind. My river guide said something about the calmness of the area and how you forget all the noise, and I realized I had not thought of cancer... at all...and a couple hours had passed! I hadn't thought of any issues or worries. I became emotional when I realized this. For the first time since getting diagnosed I felt I can live...not just survive and be consumed with the worry of a recurrence every day, but I can get out there and truly live." ~ CfR USA participant

"The retreat made a huge positive impact on my life. I am a two time breast cancer survivor. I was first diagnosed at age 35. I have survived the cancer but continued to struggle with early menopause, being unable to have children, weight gain and depression. These issues were never addressed. It wasn't until I attended the retreat that I have started to get my life back." - Mary, CfR retreat participant

"A CfR retreat, it's an amazing experience. You learn that you're not the only one dealing with this disease, but you learn it in a beautiful, peaceful setting, surrounded by wonderful, strong women. The best part is that you get the chance to experience a new skill that provides a challenge and hope to move forward. I've thought numerous times about standing in that stream with my river guide trying to cast my line to catch the elusive fish, and the sheer awesomeness of it all. And that gives me hope." Debbie, CfR retreat participant



Casting for Recovery

"For three days,
I put aside all worries of cancer, of chemo brain and of surgery scars and just thought about fishing..."