



Chinese Cancer & Chronic Illness Society of Victoria

維省新生會

A Volunteer-based Charity

Annual Report

2023 - 2024

Mission & Values

Mission Statement

To alleviate distress and suffering, and sustain the quality of life of people from a Chinese background who are affected by cancer and or chronic illness

Aims and Objectives

The Society aims to

- provide direct relief and support services and programs to people of Chinese descent who are affected by cancer and or chronic illness
- deliver information and community education about cancer and or chronic illness in the Chinese language to people of Chinese descent
- advocate for cultural needs of people who are affected by cancer and or chronic illness

使命

幫助華裔背景、受癌症及慢性疾病影響的人士減輕痛苦，儘量保持其生活質量

目標

支援華裔背景受癌症及慢性疾病影響的所有人士
呼籲社區關注華裔背景受癌症及慢性疾病影響人士的特殊需要
提供防癌教育工作及有關癌症和慢性疾病的各種資料

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- **HEARING FROM OUR VOLUNTEERS**
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Chinese Cancer and Chronic Illness Society of Victoria acknowledges the traditional custodians of our lands, the Wurundjeri people of the Kulin Nations, and pays respect to their Elders, past and present.

Committee of Management & Advisors



Dorothy Yiu OAM JP
Chairperson & Founder



Wina Kung
Deputy Chairperson



Mandy Lee
Hon. Secretary



Jacob Lee
Treasurer



Dr Frank Y Wang
Committee Member



Margaret Yung
Committee Member
Resigned in June 2024



Frieda Si
Committee Member
Commenced in June 2024



Rebecca Chan
Committee Member
Commenced in June 2024

Benefactor of Datuk Fook Kim House (CCCIS Box Hill Centre)

Mr K.H. Lai

Patron

Ms Alice Wong

General Advisor

Ms Sue Herbst

Financial Advisor

Mr Tony Xie

Legal Advisor

anonymous

Insurance Advisor

Frankie Chen

IT Advisor

Mr Richard Bradford

Medical Advisors

Dr Michael Cheng
Breast & Endocrine Surgeon

Dr Kevin Siu AM
Neurosurgeon

Dr Aaron Wong
Palliative Medicine Specialist
Medical Oncologist

Dr Paul Ng
Psychiatrist

Dr Margaret Ma
Neurologist

Chairperson's Report

It is my pleasure to present to you the CCCIS 2023-24 president's report. As a charity dedicated to supporting individuals facing significant life challenges, such as a cancer diagnosis, it is heartwarming to see the difference we are making for those who need us most during their most tough time. Here are some highlights from the past year:

Support Services

Our Family Support Team has continued to work their best, even amidst staff changes due to parental leave. With the help of social work interns, who shared the workload while gaining valuable experience and training, we supported 325 service users in navigating the healthcare system and fostered their wellbeing. Our staff, both paid and pro-bono, continued to outreach to Box Hill Hospital to talk to the cancer patients. However, due to limited resources, our Wellbeing Centre visits at Peter MacCallum Cancer Centre were discontinued. Our ten support groups continued to meet regularly, with some transitioning to online and chat group meetings. The group atmosphere remained welcoming, supportive, cheerful, and sometimes teary.

Meals Program

One of the basic challenges for people living with cancer and Parkinson's Disease is food preparation. Recent increases in the cost of living have also impacted their food security. Thanks to the generous support of an anonymous foundation, the Opalgate Foundation and other sponsors, we have been able to continue delivering free meals to our members and clients on a short-term basis. Our volunteers also connected with them during delivery, providing a warm greeting or welfare check. This year, we delivered 4192 meals to 193 clients. Feedback from our clients and referral agencies has been overwhelmingly positive.

Horticultural Therapy

In addition to supporting the physical wellbeing of our service users, we also focused on their mental wellbeing. Our horticultural program continues to thrive, off-

-ering both group and individual sessions. Participation has increased, with many clients showing great interest in the program. We also participated in the City of Whitehorse Spring Festivals and Activation Pod Program, raising awareness about sustainable gardening and raising funds by selling home-grown vegetables. This year, we introduced an intergenerational program aimed at fostering connections between the young and the elderly, improving their physical and mental health. We regularly invited children from our neighbouring early childhood centre to our Centre, where our members engaged in gardening activities with them. The joy expressed by both parties was immense. More information about this program can be found in this annual report.

Music Therapy: CCCIS Choir

Our CCCIS choir is back in action with the support of a music therapist who practices with the members fortnightly. Her goal is to foster harmony and emotional well-being through singing together, rather than focusing on performance. The choir serves as an additional therapeutic intervention for our service users, aiding in stress relief and mood enhancement.

Research Partnerships

We have been invited by various universities and hospitals to partner with or support their cancer care research projects. In October 2023, we held a focus group discussion for the North Eastern Melbourne Integrative Cancer Service (NEMICS) to consult on the needs of the diverse (CALD) community for their Victorian Cancer Plan 2024-2028 submission. Additionally, we conducted another focus group discussion for an Austin Health research project in May on how health system-

-s (data collection) identify patients from CALD communities. We also supported Deakin University in recruiting carers from a Chinese background for their research project on carers' needs and Flinders University's Advancing Cancer Survivorship research project.

International Collaboration

In March, we had the pleasure of hosting an overseas study tour from the Tung Wah Group of Hospitals in Hong Kong. Their visit to our centre was an enriching experience, as they came to learn about our service in supporting people with terminal illness. This exchange of ideas and practices has been invaluable, allowing us to learn from each other and enhance our services for those at the end stage of their life.

Service Monitoring and Evaluation

We are committed to maintaining high-quality services through regular monitoring and evaluation. By conducting surveys, we gather essential feedback that helps us understand our users' needs and continuously improve our services.

Financial Position

The Society is pleased to report a strong financial position at the end of the 2023 fiscal year. This stability is due to the generosity of our donors, corporate sponsorships, a small government grant, and prudent financial management. Our treasurer will provide a detailed financial report following my report.

Acknowledgements

On behalf of the Committee of Management, I extend our heartfelt thanks to Joe Lai, our landlord, Alice Wong, our patron, all our partners, funding bodies, business sponsors, and donors for their generosity, and advisors for their invaluable contributions. A special thank you goes to our dedicated staff team for their dedication to supporting people with chronic illness, and to our volunteers who tirelessly devote their heart and soul to CCCIS services. I am deeply grateful and proud of their efforts.

Future Focus

Building on our legacy as a Chinese organisation specialising in cancer support and bereavement service, we are committed to strengthening our capabilities to meet the evolving needs of our clientele. We look forward to continuing our mission to support people living with a chronic illness, and exploring new opportunities that will ensure the Society's future sustainability. ■

Dorothy Yiu OAM JP
Chairperson & Founder
Chinese Cancer & Chronic Illness
Society of Victoria



主席報告

姚沈宛 OAM JP

維省新生會

創辦人兼主席



我很榮幸代表「維省新生會」向大家呈現2023-2024年度的主席報告。作為一家致力於幫助面臨重大生活挑戰（例如癌症診斷）的人士的慈善機構，能看到我們對那些在最艱難時期需要我們的人士所帶去的支持與幫助，讓人倍感溫暖。以下是過去一年的一些成果和亮點：

支持服務

儘管我們的團隊因員工育嬰假而有所調整，家庭支援團隊依然努力不懈，致力於提供最優質的服務。社工實習生在獲得寶貴經驗與培訓的同時，幫助分擔了部分工作。本年度，我們共支持了**325**位服務對象，幫助他們導航複雜的醫療體系並提升他們的福祉。無論是員工還是義工，我們的團隊繼續定期前往Box Hill醫院，為癌症患者提供交流與支持。然而，由於資源有限，我們已停止前往Peter MacCallum癌症中心的探訪。我們的支援小組依然保持定期會面，有些已轉為線上或聊天室會議。這些聚會充滿了溫馨、支持與愉快，有時甚至因感動而流下眼淚。

福飯計劃

對於癌症和帕金森病患者來說，食物準備是一項日常基本挑戰。隨著生活成本的上漲，許多患者的食物保障也受到了影響。感謝匿名基金會、Opalgate基金會以及其他企業的慷慨支持，我們得以繼續為會員和客戶提供短期免費餐食。在配送過程中，義工們與客戶建立了連結，並送上溫馨的問候。今年，我們總共向**193**位客戶共配送了**4,192**份餐食。來自客戶和轉介機構的反饋一直十分積極。

園藝治療

除了照顧我們服務對象的身體健康，我們也重視他們的心理健康。我們的園藝計劃持續發展，提供個人和團體服務，並吸引了越來越多的參與者。許多客戶對這項計劃充滿興趣。我們也積極參與了白馬市的春季節日和Box Hill Activation Pod活動，藉此提升大眾對可持續園藝的認識，並透過銷售自家種植的蔬菜來籌集資金。今年，我們還推出了一項跨代計劃，旨在促進年輕人和長者之間的聯繫，增進他們的身心健康。鄰近幼兒中心的小朋友經常來到我們的中心，與會員一同進行園藝活動，雙方都洋溢著無比的喜悅。更多關於這個項目的詳情可以在本年度報告中找到。

音樂治療：新生會合唱團

在專業音樂治療師的指導下，我們的新生會合唱團再次活躍起來。治療師每兩週與成員們在中心一起練習，透過合唱來促進和諧與情感健康，而非單純追求表演。合唱團已成為我們服務的一部分，幫助緩解壓力並改善情緒、增進身心健康。

研究合作

今年，我們受邀參與多所大學和醫院的癌症護理研究項目，並提供支持。2023年10月，我們為北東墨爾本綜合癌症服務中心（NEMICS）舉辦了一場焦點小組討論，針對其2024-2028年維州癌症計劃的提交材料，諮詢了來自多元文化背景社區（CALD）的需求與意見。此外，5月份我們也為Austin醫院的一項研究項目舉辦了另一場焦點小組討論，探討如何透過數據收集識別多元文化背景的患者。我們還支持Deakin大學招募華裔照顧者，參與一項關於照顧者需求的研究，並協助南澳Flinders大學的「促進癌症倖存者健康」研究項目。

國際合作

在今年三月，我們非常榮幸接待了來自香港東華三院的海外考察團，參觀我們的中心並深入了解我們在支持臨終病患方面的服務。這次豐富的交流不僅讓我們彼此學習，也提升了我們為生命末期患者提供服務的能力，對雙方都極具價值。

財務狀況

我們很高興地報告，在2023-24財年結束時，協會的財務狀況依然穩健。這一穩定性得益於善心人士的慷慨捐助、企業贊助、部分政府撥款，以及我們審慎的財務管理。我們的財務主管將在稍後提供詳細的財務報告。

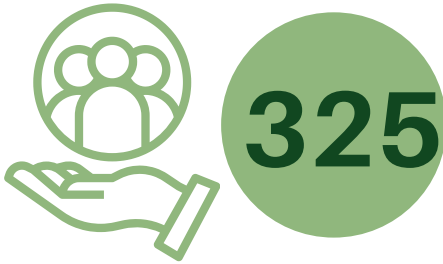
致謝

我謹代表管理委員會，向我們的屋主Joe Lai、贊助人Alice Wong、撥款基金、合作夥伴、相關企業、捐款人士以及所有顧問表示衷心的感謝。特別感謝我們的團隊為癌症患者不懈地提供服務，以及我們的義工，他們無私奉獻，支持新生會的各项工作。對於他們的努力，我深感感激與自豪。

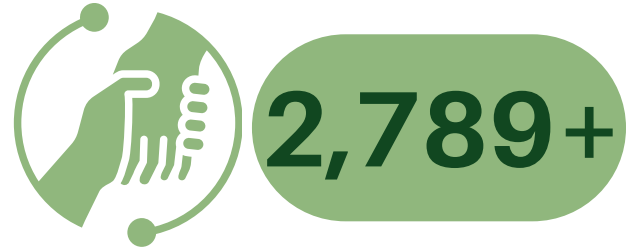
未來展望

作為一家專注於癌症支援與喪親服務的華人組織，我們將繼續發揮我們的傳承，應對社區中客戶不斷變化的需求。我們將堅守使命，為患有慢性疾病的人士提供支持，並不斷探索新的機會，以確保協會的持續發展和未來繁榮。 ■

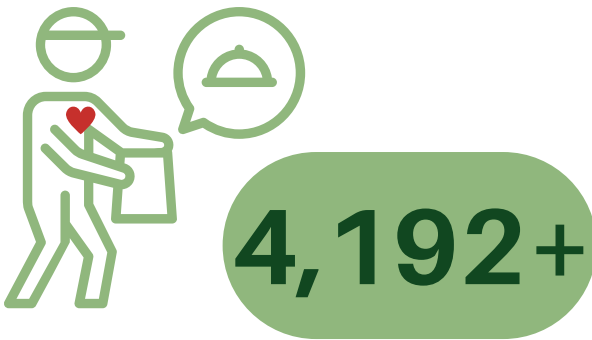
Our Impacts



clients supported, including their carers and family members



individual support sessions provided by staff and volunteers



free Chinese meals and emergency food-packs delivered to people's home

Top 5 LGA (Service recipients)

Whitehorse	28%
Manningham	19%
Monash	14%
Boroondara	7%
Knox	7%
Others	25%



hours of wellbeing and respite support provided to clients with *Home and Community Care Program for Younger People* in partnership with mecwacare



health related community education sessions & wellbeing activities held (in-person and online)

Community Education, Activities & Events

In 2023-24, we hosted

8

health related community education sessions (in-person and online)

15

wellbeing activities and cultural events



Support Groups

In 2023-24, CCCIS continued hosting the following **10** support groups across Melbourne metropolitan areas, combined with face-to-face gatherings and online meetings.

Cancer Support Groups

- **Box Hill Fortnightly Cancer Support Group:**
 - Facilitator (Cantonese & Mandarin): Dorothy Yiu (Volunteer)
- **Box Hill Monthly Mandarin Cancer Support Group:**
 - Group Leader: Jenny He (Volunteer)
- **Footscray Cancer Support Group (Cantonese):**
 - Group Leader: May Lui (Volunteer) Online
- **Springvale Cancer Support Group:**
 - Group Leader (Mandarin & Cantonese): Angie Lee (Volunteer) Online
- **Cancer Support Group @ Wellbeing Centre Peter MacCallum Cancer Centre**
 - Group Leader (Mandarin & Cantonese): Frieda Si (Volunteer, discontinued since January 2024)

Chronic Illness Support and Wellbeing Groups

- **Hoppers Crossing Irregularly Wellbeing Group:**
 - Facilitator (Mandarin & Cantonese): Candy Law (Volunteer)
- **Parkinson's Disease Monthly Support Group:**
 - Group Facilitator: Jenny He (Volunteer) & Debbie Wan (Family Support Worker)
- **Dementia Support Group:**
 - Group Facilitator: Debbie Wan (Family Support Worker) & Wing Siu (Family Support Worker)
- **Box Hill Fortnightly Horticultural Group:**
 - Facilitator: Dorothy Yiu (Volunteer) & Lai Lin Soon (Volunteer)

Seniors Active Groups

- **Box Hill Chinese Dancing Program**
 - Facilitator: Jiulian Fan (Pro bono)
(Discontinued since December 2023)
- **Box Hill Irregularly Mindfulness Workshop**
 - Facilitator: Angie Lee (Volunteer)



Chinese Meals Free to People In Need Program

福飯送溫暖



這個短期免費中餐服務已不經不覺踏入第五年頭，一直服務那些因疾病或其他困境而無法自炊的華裔家庭，例如一些正接受治療、身體虛弱的癌症病患者；或是一些剛接受手術而需要日夜照顧的長者，家中照顧者因而無暇外出購物、煮食；甚或是一些伴侶剛過世，其配偶正處於哀傷之中.....我們福飯團隊盡力提供營養豐富，味道鮮美的膳食，在備餐時亦遵守食物衛生的規例，希望為這些有需要的家庭送上一點點的支持和溫暖。

當物價高漲的時候，今年有幸找到一間魚店平價出售魚翼給我們，增添我們的菜單，受惠者非常開心，真有福氣。

難忘....人多好辦事的日子裡...

在7月15日是墨爾本最寒冷的日子，也是我們團隊的新挑戰，因為當天我們需要煮143盒福飯，亦要在嚴寒的天氣下、大清早上，大家冒著天寒地凍毛毛雨下，提早過來幫忙。

在10人的團隊下，大家切切洗洗，炒炒蒸蒸，似乎嚴寒的天氣給我們的熱誠溶化了。最後我們在下午一時左右完成143盒餐的創舉！

常常收到福飯受惠者的感謝和讚賞：

" 每樣菜都搭配得很好, 費心了 "

" 你們做的魚非常好吃 "

" 多謝福飯在我們困難期間受到幫助 "

" 服務好好，減少手術後外出的感染風險 "

" 感謝維省新生會的全體人員，多謝你們兩個月以來對我們的關心和幫助！ 給我們送美味新鮮的餐品，給我們帶來溫暖 "

Now in its fifth year, our short-term free Chinese food service has been dedicated to supporting Chinese families facing hardships such as illness or other challenges. We provide meals to cancer patients undergoing treatment, elderly individuals recovering from surgery, and caregivers who are unable to leave home to buy and cook food.

Our Free Meals Program is committed to delivering nutritious and delicious meals while adhering to strict food hygiene protocols. Our goal is to offer warmth and connectedness to these families in need.

Our entire team was encouraged by many positive feedback. We extend our heartfelt gratitude to all the the volunteers for their collective efforts. We also thank our sponsors, including Hong Kong Supermarkets and Oriental Merchants Pty Ltd. for their generous support. Together, we continue to make a positive impact in the Chinese community, serving the vulnerable at their most difficult time.

這些正面的回饋亦是我們整個團隊的動力。衷心感謝福飯團隊所有義工，大家群策群力，亦多謝其他贊助商，香港超市及中達食品等支持我們這個福飯的項目，我們才能衆志成城，繼續在華人社區裡發熱發光，服務有需要的家庭。

Candy Ma





Gardening Program

Lai Lin Soon

Our office has fully utilised the front patch with seven planters and the back for gardening. We have a group of committed volunteers and members who come every Tuesday to manage the garden. Our work involves planting, watering, weeding, and harvesting. We grow vegetables according to the season of the year. During winter, we grow snow and sugar peas, broccoli, cauliflower, Gai Lan, kale, Chinese mustard, etc. In summer, we grow melons and beans. We also have flowering plants like roses, orchids, and African violets. A self-watering system is also installed in our garden.

Every quarter of the year, we have a plant sale at the Activation Pod in Box Hill. Our activity involves the distribution of seeds to encourage people to grow vegetables at home and DIY projects to grow succulents. Using this opportunity to meet people in the neighbourhood, we hope that many will come to know CCCIS.

Gardening can draw you to nature, where you can feel fresh, relaxed, and joyful seeing your plants flower and produce food. It also creates an environment for people to connect with each other, exercise, and learn a new skill.



Inter-generation Events

Early Learning Centre's Visit to CCCIS Hope Garden

A group of children from an early learning center recently visited our Hope Garden Centre, each child accompanied by one of their childcare center staff and a team member from our garden center. During their visit, the children had a great time touring the garden, finding and counting the number of pumpkins and shark fin melons, looking for the fish in the ponds, and listening to the wind chimes. The highlight of the visit was when the children potted a succulent themselves, which they could take home to their parents. The children enjoyed refreshments offered by the Centre and left with happy smiles on their faces.

This event is one of the Society's inter-generational activities, aimed at connecting children with seniors. We hope that this experience will inspire the children to appreciate nature and develop a love for gardening.

We will continue to provide opportunities to other childcare centers and further explore the impact of this intergenerational program on our service users.



Festival Celebrations



Our Staff

(July 2023 - June 2024)

Dorothy Yiu, **Manager** (Pro bono)



Family Support - Social Workers/ Counsellors:

Debbie Wan (1/6/2023 - 30/3/2024, on leave)

Doris Leung (1/6/2024 - current)

Elaine Tsang (18/3/2024 - 17/6/2024))

Elsa Lau (18/3/2023-current)

Queenie Lam (1/7/2023-14/11/ 2023)

Wing Siu (13/11/2023- current)



Account/ Bookkeeping:

Fung Ying Yip



Social Work Interns:

Anson Kwong, Kayla Chan, Hazel Shao

Leo Su, Lorraine Guan, Qiwen Wang



"I had a wonderful time during my placement at CCCIS. Everyone was very friendly, and I learned a lot of things including valuable interview techniques. Helping clients gave me a great sense of fulfillment."

**Qiwen Wang, Social work Intern
University of Melbourne**

Our Team of Volunteers



新生會的義工團隊一向都是新生會的骨幹，因為我們為會員及服務對象提供的大部分服務，例如：福飯送暖、希望園圃和家居探訪等，其實都是由義工協助完成的。雖然每年總有新舊義工的更替，但義工總人數一直維持在40至50人之間。

今年的新義工中，有好幾位都是能說普通話的，她們的加入對我們家居探訪的服務起了很大的幫助。我們更有兩位退休醫生加入義工隊，她們現在主要幫助新生會到醫院和家居探訪正在接受化療的病友。另外，今年的新義工 Yvonne Cui 是一位專業的音樂老師，她的加盟令新生會的歌詠團可以重新啟航，這對會員來說實在是一個很大的喜訊呢！

今年最令人惋惜的是我們痛失了一位元老級義工 Diana Cheung，她在今年三月因病離世。她在新生會的義工隊服務了差不多二十年，亦曾擔當委員會的工作。在此我代表新生會義工隊向 Diana 的熱心服務致敬，我們永遠懷念妳。

Mandy Lee
Volunteer coordinator (Pro Bono)

RIP

We bid farewell to Diana Cheung in March 2024 at our annual memorial day event. Diana was one of our longstanding volunteers, dedicating over two decades to supporting CCCIS in numerous ways. She was well-loved and respected by the team and consistently supported those who were most vulnerable.



Manager: Dorothy Yiu

Gardening Program: Lai Lin Soon (team leader), Angie Lee, Dorothy Yiu, Grace Lim, Mandy Lee, Mackie Chun, Kathy Li and Simon He, Portia Wong, Wing Hong Lee, Yau Fong Tang

Meals Program: Candy Law (team leader), Hoi Cheung, Sylvia Leung, Angela Lung, Angela Ong, Fanny Shuen, Joan Chen, Mackie Chun, Marion Fok, Michelle Wong, Mandy Lee, May Lui, Pinky Ta, Simon He, Jennifer Zhang (resigned)

Support Groups:

- Facilitators: Dorothy Yiu, Jenny He, Angie Lee, May Lui, Candy Law
- Chefs: Mary Xu, Kim Szeto and Portia Wong,
- Helper: Yau Fong Tang, Grace Lim

Outreach: Ada Ip, Echo Lee, Franklin Lee, Joan Chen, Jenny He, Pui Fun Cheung, Wilina Chung

Bunnings Sausage Sizzles: Dorothy Yiu (team leader), Anna and Michael Xie, Dr. Sim, Agatha Ooi, Frieda Si, Grace Lim, Hoi Cheung, La Lin Soon, Mandy Lee, Pinky Ta, Rebecca Chan, Sylvia Leung, Simon He, Winnie, Victor Le, Wilfred Ng, Wing Siu and daughter, Yvonne Yuen, Zoe ZHANG

Fundraising Sale: Lai Lin Soon, Edith Tse (resigned)

IT, Website and Graphic: Frieda Si, Miranda Liang, Annie Lee

Environmental: Portia Wong and Grace Lim

Chefs: Kim Szeto, Mary Xu and Portia Wong

Lawn Service: Henry Tsang, Joseph Choy, Louis Check, Steve Cheung, Kwan Heung Cheng, Kwon Keung Kong

Choir Conductor: Yvonne Cui

Bookkeeping: Portia Wong

VOLUNTEER OF THE YEAR

Lai Lin Soon
Angie Lee

Hearing from Our Volunteers

As a volunteer from CCCIS, I visited 81 patients and /or their relatives in Box Hill Hospital from May to August 2024. The Patients were originally from various places in Mainland China, Hong Kong, as well as Malaysia, Vietnam, Cambodia, Thailand and Mauritius; 43 patients/relatives speak Mandarin, 25 Cantonese, 12 English and 1 Cambodian. They were introduced to the work and activities organized by CCCIS. Some had contacted CCCIS previously and were very grateful for the assistance they received. For those requiring help, they were referred to the CCCIS office for follow-up. It was a very satisfying experience for me as most patients appreciated the work of CCCIS. In July, I was fortunate to have participated in the "Diversity Equity Inclusion" workshop organized by Eastern Health. Through discussion, I realized CCCIS work matches up well with the goals of " Diversity and Inclusion" and responds effectively to the needs of diverse clients.

Wilina Lim

十年前我與我的父母一起來到了墨爾本,這個人們譽為世界前五名最適宜居住城市之一,休息了幾天後我們就開始為了留下來而努力,初期由於我的努力學習逐漸有了一些明顯進步以及沒有滋生雜念的條件,我的進度非常穩定,然而隨著生活逐漸穩定我開始慢慢的受到了雜念的干擾,導致距離目標越來越遠最後失去了留下來的機會。

幾年後經過了一番艱苦的努力後我又一次來到了墨爾本,但是這次想要獲得留下來的機會的難度也增加了不少,以及面對部分生活的壓力。隨著學業進行我迎來了實習階段,就這樣我在迷茫與疑惑中又度過了幾年時間。最後在一些機緣巧合下我獲得了留在澳洲的機會,我們再也不用為此不停的準備資料與等待回覆。所以父親希望我借此機會多承擔一些家庭責任,但是我對此非常的不以為然,我從小就十分貪玩,而且經常聽到大人們說長大成人進入社會後就不會有時間娛樂了,因此我總有一種在下一刻到來之前就盡可能的玩吧的心態。直到我明顯的觀察到父母面對店鋪的工作越來越力不從心,我才察覺到一點點不對勁,幾個月後隨著經營越來越困難,我們決定結束店鋪的經營,好好的享受生活時卻收到了一個噩耗。父親的生命已經進入了倒數,儘管現在表面上身體還比較健康,我的大腦瞬間一片空白,所有的娛樂瞬間失去了意義。經過了幾天思考後我有了一個目標,我要一份工作來給父親提供盡可能好一點的生活,來抓住任何康復的機會。但是現實是殘酷的又過了好幾個月父親的病情開始緩慢而不可逆的惡化,同時我所在的工作單位的營收也在慢慢的陷入低谷,我與我的上司的矛盾正在迅速增加。隨著父親的病情進入到最後階段,我與上司的衝突也惡化到了不可調和的地步,一個月後父親帶著不捨離開了我們,儘管我沒有因為他的離開而被擊垮,但是我的內心已經因為失去了目標而陷入了迷茫,終於我丟掉了自己的工作。

在一些機緣巧合下我們搬到了博士山,安定下來後我就在為了找到一份新的工作而迷茫的忙碌中,而母親為了改變心情來到了新生會,畢竟我們心裡明白父親不希望我們因此一蹶不振。幾個月過去了母親有了不小的改變,而我卻沒有絲毫進展。所以母親建議我來新生會也許我也可以得到一些啟示,而且新生會也需要我這個年輕人的幫助,希望我能空出一些時間來到這裡。我也覺得與其想無頭蒼蠅的樣子虛度光陰,不如用我的一部分時間幫助有需要的人。我第一次來新生會幫忙時大家的目標是為有需要的病人準備福飯,而讓我百思不解的是每個人對於如何完成這個目標都有著不同的想法,然而大家卻很少會因此發生爭吵,這裡的氣氛非常的融洽與和諧,讓人在不經意就會慢慢的放鬆下來,跟著她們的節奏一起做。在父親最後的一年時間里他一次又一次的教導的如何使用刀處理食材,儘管收效甚微。而之前在工作崗位時老同事們的刀法都比我好非常多,讓我很佩服但又對自己感到失望,感到自己浪費了父親的教道。而這次在新生會處理食材時可能是心情比較輕鬆,做得不錯,比以前的好,我才發現自己的刀法已經有了不小的改進,父親教導的理念得到了檢驗,而且我也在這裡重新找回丟失以久的自信心和久違的笑容。

Simon He

Hearing from Our Service Users

Thank you for your effort managing such a informative organisation for Chinese . For me as a stage 4 lung cancer patient find it very challenging to get support or information for this cancer journey in Australia. As a Chinese Migrant from Malaysia I'm totally lost and stressful to search and find all related information. Learning some information by activity or talk by your organisation is much appreciated. Thank you, you are always very supportive n prompt reply even I didn't manage to attend n participate personally in activity at your organisation.

刘老师請代我向新生会的各位老师表示感谢🙏这次的盒菜实在太好了配上很多蔬菜类的食物。辛苦他们了!

我非常喜欢参加会里举办的各种活动，谢谢所有的工作人员和义工，更要感谢姚太太二十多年来的辛勤付出，衷心的感谢🙏

感謝感恩得到你們的熱心，關懷，細緻的照顧和服務安排。

谢谢你，姚太！不仅给我们送菜，又给我们糕点。我和太太一起再次感受到你们的温暖。

諸位義工，您們好。

今天是維省新生會創辦人姚太太第二次親自送來飯菜，仍然十分温暖，十分感恩。記得當我首次打開飯盒時看到各款家常飯菜，清淡不油膩，品相悅目吸引食欲。品嚐後絕對是一道道能吃出媽媽味道的暖心美食。讓我最深刻的是“芋頭炒雞”，擺放得十分講究，底層是白蘿蔔，然後是雞塊，最面層是排列整齊的芋頭條，看出是一絲不苟的作品。每當我享用“福飯送温暖”時，腦海裡滿是呈現維省新生會義工團隊採購食材、洗淨、切/摘食材、烹飪、包裝、儲存、運送.....少一點管理，少一點愛心絕不能持之以恆去完成及延續這個艱鉅而不謀利的慈善使命。我在此衷心代表受患者向各位義工、慈善基金會、贊助者致敬。施比受更有福，人在做天在看，您們行善積德，定必福有攸歸的。

對新生會的一切活動非常滿意

希望多些醫療常識

希望可以拓展服務地區範圍

很感谢贵会对患者和家人热心周到的帮助

非常感谢你们志愿者的热心

没有意见

非常好

Good service

支援

legal

愿新生会越办越好

暫時沒有 community 工作人员很细心并且非常尊重别人，这是我最有感触的

更多活动 喜欢线上讲座

保持下去

感謝感恩得到你們的熱心，關懷，細緻的照顧和服務安排

Hearing from Our Service Users

more

Hi Dorothy, I received the meals from Candy earlier today. No words can express our gratitude towards all the volunteers at CCCIS for bringing care and hope to our family in this challenging time. I've made a donation online to thank you and all the other volunteers and to support the great work that you do. I'm sure I will get more involved in one way or another in the future.

工作人员很细心并且非常尊重别人，这是我最有感触的。

非常感谢你们志愿者的热心

谢谢福饭在我们困难期间受到帮助希望越办越好。希适当收费可让福饭持久办下去。福饭解决的核心问题不是贫穷吃不起饭，而是没劳力做饭。再次感谢新生会的服务。

很感谢贵会对患者和家人热心周到的帮助，支援。

福飯好有營養，對我幫助很大

我们血压高，心脏不好，觉得福饭很清淡很适合我们吃，而且有鱼觉得很喜欢。

除了福饭的实际帮助，新生会真诚的助人精神更是让我感觉到被关怀和温暖。将来有能力一定会用这份精神去帮助别人。

'Timely and flexible service, catered to individual client's nutritional needs, friendly volunteers making connection with our clients.'

'This short-term meals services have helped cover the service gap before clients receive their on-going support and services.'

...

Feedback from Migration Information Centre (MIC)
Access and Support services and care finder program



新生

Kathy Li (Horticultural therapy recipient)



十一年前我和我的先生来到了墨尔本，这个气候宜人、风景美丽的城市。经过短暂的休息后我们就投入到了移民后的生活中，一起经营了一家小小的鱼薯店。共同经历了许许多多的欢乐与忧愁，面对并克服了重重困难，收获了很多难忘的快乐时光……

正当我们距离所追求的悠闲生活已近在咫尺的时候，他被确诊为癌症晚期，而且是一个不能进行手术的时间。尽管病情一直都很稳定，然而我们的努力仍然没有阻止死神逼近，并在半年前将他带走。他的离开让我的心情如落冰窟，我眼中的世界变得灰暗，所有的快乐都从心中的伤口流失，让我变得麻木与茫然。我不止一次的想要改变，学习英语、电子琴、阅读大量电子书，然而并没有改善。因为逃避是无法阻止思念，尽管心里明白他并不想让我就此沉沦。直到想起维省新生会。

一踏入新生会我就被这里各式各样的植物吸引了，其实大部分的植物我都不认识，但是看着它们心里面感到了一点点平静。那天一位社工向我介绍了这些植物，而园艺组的李先生也向我讲述了一些有关植物种植的知识。以前我与先生一起散步的时候，也遇见过各种各样的植物，我们也曾经尝试过种植一些植物，此时在新生会再次遇到了它们，便唤醒了我沉睡的记忆，我希望通过在新生会的学习延续过去的梦想，他应该也会为我感到高兴吧。其后，我成为了园艺组的新成员，开始学习如何维护这些花草草的事情，同时我也购买了一些新生会的植物，来实践学到的知识，并开始学习种植部分蔬菜，虽然也遇到了各种各样的困难，但是随着知识的积累与大家的帮助，我成功的将它们一一克服并逐渐从中收获到成就感。

当我看到新生会的植物结出果实时，我的内心感到了无比喜悦和宁静。到家后我迫不及待地与他分享这些点点滴滴，我突然发现，面对他的相片不再只有忧伤的回忆，终于我想通了。往后的每一天我都和他分享了生活中的开心、焦虑与不安的事情，并开始鼓起勇气好好的品味这来之不易的生活。

[English Translation]

Eleven years ago, my husband and I arrived in Melbourne, this beautiful city with its pleasant climate and stunning landscapes. After a brief rest, we threw ourselves into our new life as migrants, running a small fish and chips shop together. We shared countless moments of joy and sorrow, faced and overcame many challenges, and created many unforgettable memories of happiness.

Just as we were getting closer to the relaxed life we had been striving for, my husband was diagnosed with late-stage cancer, at a point where surgery was no longer an option. Although his condition remained stable for a while, all our efforts could not stop death from coming closer, and six months ago, it finally took him away. His passing left me feeling as though I had fallen into an icy abyss. My world turned grey, and all the joy in my heart seemed to drain away through the wound left by his absence, leaving me numb and lost. I tried many times to change, learning English, taking up electronic keyboard lessons, reading countless e-books, but none of it made any difference. I realised that no amount of distraction could stop the overwhelming sense of longing for him, despite knowing deep down that he wouldn't have wanted me to remain stuck in grief. That's when I remembered the CCCIS.

From the moment I stepped into CCCIS, I was drawn to the variety of plants there. To be honest, I didn't recognise most of them, but simply looking at them brought a sense of calm to my heart. That day, a social worker kindly introduced me to the different plants, and Mr. Lee from the gardening group shared some knowledge about growing them. Back when my husband and I used to go on walks together, we would often come across different plants, and we even tried growing some ourselves. Encountering these plants again at CCCIS brought back those long-forgotten memories. I began to think that by learning at CCCIS, I could continue pursuing the dreams we once shared, and perhaps, he would feel happy for me too. I later joined the gardening group, learning how to care for the plants. I even bought some plants from CCCIS to practise what I had learned, and I began growing vegetables. Although I faced many challenges along the way, with the accumulation of knowledge and the help of others, I managed to overcome them, and slowly started to feel a sense of accomplishment.

When I saw the plants at CCCIS bear fruit, I felt an immense joy and inner peace. At home, I couldn't wait to share every little moment with my husband. I suddenly realised that when I looked at his photo, it was no longer filled with just sadness. It all made sense to me now. Now, every day, I share with him the joy, anxiety, and uncertainties of life, and I've started to find the courage to truly appreciate this hard-earned life.

Hearing from the Chinese University of Hong Kong

Dr. Eric AU YEUNG

Director of Field Instruction
Social Work Department, The Chinese University of Hong Kong

With more and more students concerned with end-of-life education and the relevant services, it is crucial for our department to provide abroad experience for them to learn and apply their practice to Hong Kong further. On behalf of the fieldwork team of Social Work Department, I sincerely thank for Ms. Dorothy Yiu and her team of Chinese Cancer & Chronic Illness Society (CCCIS) of Victoria for their professional guidance and coaching offered to our students. From the feedback of the students who had been placed in CCCIS in previous years, they learned not only the skill and knowledge in working with people in the terminal period, but also the humanistic approach which was upheld by the organization for a long time. I am grateful to have such a wonderful and dedicated partner for our non-local placement.

Mr. Xue Lei Leo SU

Placement Student 2024
Social Work Department, The Chinese University of Hong Kong

The three months of work experience have left me wanting more, and I have even considered moving to Melbourne. The New Beginnings program has provided me with many learning opportunities and has made me feel the warmth of a home. The most precious thing, however, has been the life experiences shared by the volunteers and the goodness and humanity they radiate, which has given me a deeper understanding of life.

Ms. On Shin Anson, KWONG

Placement Student 2024
Social Work Department, The Chinese University of Hong Kong

CCCIS demonstrates how person-centered social work can be done. I see social workers doing their best to help every client, challenging themselves, constantly expanding service scopes and updating service delivery modes to fit their needs. At the same time, they set professional boundaries, like time for contact and gate keep certain services to protect the welfare of clients who need them the most. The close knit relationship built with clients and volunteers is also refreshing and heart warming. Having my placement here definitely gave me a lot of insights and raised my passion for devoting myself to the social work field.



Our Generous Supporters

We thank everyone and all the organisations that have supported CCCIS financially this year. With your generous support, CCCIS is able to continue providing the level of services we offer to our clients, carers, and their families. We are most grateful for this support and encourage members of our community to help us in any way they can.

List of Individual Donors

Alan Tong & Priscilla Tong	Jing Xie	Shun Huai Chen
Amelia Siu	Johanna Kwok	Siew Foong
Amy Yu	John Ma	Sim Ooi
Andy Leung	Kai Wai & Yuk Chu Chan	Simon He
Angela Fung	Kam Yin Tse	Sui Siong Nheu
Anne Tsiang	Kin Ting	TAN HWA
Catia Sicari	Liang Liao	Tiffany Ong
Cecilia Sham	Lisa & Sam	Virginia Ramos
Chak Ming Sam	M.Y. Leung	Xiao Hua Lu
Danny Fung	Maria Chan	Xue Qin Chang
Diana Cheung	Mark Li	Ya Jiong Gu/Will Kong
Dorothy Yiu	Michelle Goh	Yi Qun Liu
Duc Nghu Do	Ming Sam Chak	Yvonne Yuen
Fan Wang	Mona Leung	Queenie Lam
Frankie Cheung	Peter Poon	Samson Yiu
Hon Wah NG	Qianxian Wang	Sheung Huang
Jennifer, Yip	Shuang Liang	

Businesses & Organisations

- 'Anonymous' Foundation
- Bunnings Box Hill South
- Chinese University of Hong Kong Alumni Association (Victoria)
- CHI CHIO TONG Donations
- Flamingo Hearts Pty Ltd
- Federal Government: Department of Social Services
- HK Chinese University Alumni Association (Melbourne)
- Num Poon Soon Charitable Trust
- Opalgate Foundation
- Oriental Merchant Pty Ltd
- Victorian State Government (Multicultural Seniors Grant)
- Zee Cheng Khor Moral Society Inc

Our Fundraising Activities



Treasurer's Report

Statement of Profit or Loss and Other Comprehensive Income For the year ended 30 June 2024

	2024	2023
	\$	\$
Revenue	171,350	162,480
Interest Income	<u>23,028</u>	<u>9,734</u>
Total Revenue	194,378	172,214
Expenses		
Administration Charges	(239)	(109)
Community Education Expenses	(351)	(633)
Depreciation Expense	(7,018)	(5,930)
Electricity, Water & Gas	(3,692)	(3,637)
Function Expenses	(1,603)	(1,742)
Fundraising Expenses	(1,329)	(1,077)
Insurance Expense	(3,844)	(3,521)
ICT Expenses	(3,390)	(3,616)
Meeting Expenses	-	(74)
Minor Assets Purchased	(2,531)	(572)
Office Expense	(1,424)	(1,894)
Other Staff Costs	-	(73)
Payroll Expenses	(125,881)	(162,261)
Program Expenses	(30,884)	(29,473)
Rent and Council Rates	(731)	(314)
Volunteer Expenses	<u>(573)</u>	<u>(2,049)</u>
Total Expenses	<u>(183,489)</u>	<u>(216,976)</u>
Total Profit / (Loss) for the year	<u>10,888</u>	<u>(44,762)</u>
Other comprehensive income for the year, net of tax	<u>-</u>	<u>-</u>
Total comprehensive income / (deficit) for the year	<u>10,888</u>	<u>(44,762)</u>

Treasurer's Report

Statement of Financial Position As At 30 June 2024

	2024	2023
	\$	\$
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	208,875	216,614
Trade and other receivables	1,663	5,257
Other financial assets	570,137	548,657
Other assets	<u>13,011</u>	<u>14,022</u>
TOTAL CURRENT ASSETS	<u>793,686</u>	<u>784,550</u>
NON-CURRENT ASSETS		
Property, plant & Equipment	<u>21,082</u>	<u>28,100</u>
TOTAL NON-CURRENT ASSETS	<u>21,082</u>	<u>28,100</u>
TOTAL ASSETS	<u>814,768</u>	<u>812,650</u>
LIABILITIES		
CURRENT LIABILITIES		
Trade and other payables	2,518	9,389
Provision-Annual Leave	<u>3,769</u>	<u>5,668</u>
TOTAL CURRENT LIABILITIES	<u>6,287</u>	<u>15,057</u>
TOTAL LIABILITIES	<u>6,287</u>	<u>15,057</u>
NET ASSETS	<u>808,481</u>	<u>797,593</u>
EQUITY		
Meals Reserve	32,761	63,537
Store Reserve	45,000	-
Retained Surplus	<u>730,720</u>	<u>734,056</u>
TOTAL EQUITY	<u>808,481</u>	<u>797,593</u>

Treasurer's Report

Statement of Changes in Equity

For the year ended 30 June 2024

2024

	Meals Reserve \$	Kitchen Reserve \$	Store Reserve \$	Retained Surplus \$	Total \$
Balance at 1 July 2023	63,537	-	-	734,056	797,593
Surplus for the year	-	-	-	10,888	10,888
Transfer from retained surplus to reserve accounts	(30,776)	-	45,000	(14,224)	-
Balance at 30 June 2024	32,761	-	45,000	730,720	808,481

2023

	Meals Reserve \$	Kitchen Reserve \$	Retained Surplus \$	Total \$
Balance at 1 July 2022	72,813	50,000	719,541	842,354
Surplus for the year	-	-	(44,762)	(44,762)
Transfer from retained surplus to reserve accounts	(9,276)	(50,000)	59,276	-
Balance at 30 June 2023	63,537	-	734,056	797,593

Statement of Cash Flows

For the year ended 30 June 2024

	2024 \$	2023 \$
CASH FLOWS FROM OPERATING ACTIVITIES:		
Receipts	176,778	366,719
Interest received	513	1,518
Payments to suppliers and employees	(185,029)	(221,790)
Net cash provided by (used in) operating activities	(7,739)	146,447
CASH FLOWS FROM INVESTING ACTIVITIES:		
Purchase of Property Plant & Equipment	-	(5,311)
Payments for Investments	(21,480)	-
Proceeds from Investments	21,480	-
Net cash provided (used in) investing activities	-	(5,311)
Net increase (decrease) in cash and cash equivalents held	(7,739)	141,136
Cash and cash equivalents at beginning of period	216,614	202,113
Cash and cash equivalents at end of the period	208,875	343,249

HOW YOU CAN HELP US

Financially:

Our services are provided free of charge. Your generous donations, no matter how big or small, will help us to continue to support our Chinese community by providing the much-needed support services to people facing a life-threatening illness and their families and friends.

Chinese Cancer and Chronic Illness Society of Victoria Inc. is a charity registered with the Australian Taxation Office as an Income tax Exempt organisation. All donations over \$2 are tax deductible.

Volunteering:

CCCIS is proud of having a group of dedicated volunteers who not only make a difference to our clients and their families, but also make CCCIS a safe and welcoming place where people feel supported and have a sense of belonging.

To find out more or to join our team, please contact us through:

W: cccis.org.au/volunteer-with-us

T: 03 9898 9575

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