



Impact Report 2022

bowelcancernz.org.nz



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Our Vision

That no New Zealander will die of bowel cancer

We may not ever completely eradicate bowel cancer, but through better screening, treatments and support, we can catch it earlier – when it's most treatable. That's why we won't stop until we've beaten apathy, beaten embarrassment, beaten the lack of awareness and funding ... and above all, beaten bowel cancer.

Our Mission

We aim to combat bowel cancer on every front

Bowel Cancer New Zealand is a nationwide, patient-focused charity dedicated to reducing the impact of bowel cancer in our communities through awareness, education, advocacy, research and support. Our goal is to lead the world with solutions to reduce New Zealand's bowel cancer statistics and free future generations from the impact of bowel cancer.

Support

We're supporting New Zealanders recovering from treatment and those living with bowel cancer, and their whānau.

Awareness

We work to spread the word about the high incidence of bowel cancer in New Zealand – and its signs and symptoms.

Education

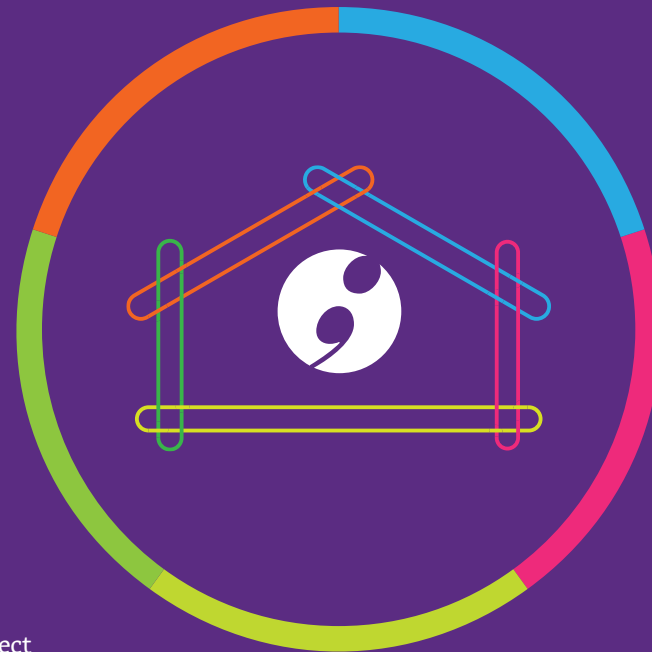
We create and share information about preventing bowel cancer – to both the public and health professionals.

Research

We support world-class researchers in their vital work to develop new treatments and drugs.

Advocacy

We've lobbied for nationwide screening to detect bowel cancer earlier, and we continue to advocate for more testing and funding for this beatable disease.



Chair Report

The last year has been a strong one for BCNZ despite the many ongoing challenges as a result of Covid-19. We have continued with our strong and consistent voice in the media, raising awareness of bowel cancer and urging people not to wait if they have concerning symptoms just because we are in the middle of a worldwide pandemic.

BCNZ has built momentum year-on-year with our Bowel Cancer Awareness Month by sharing with New Zealanders some of the key facts around bowel cancer. To do this we used radio, print and social media to build understanding and support within NZ.

We were also delighted to welcome on board Victoria Thompson as our new Nurse Support Coordinator. Victoria is looking after our patient wellbeing programme and has a dedicated phone line, chat bot and also looks after our online support groups as well as being available to give education talks nationwide both to businesses and community groups.

Stefan Corbett



GM Report

What a rollercoaster of a year 2021 has been. I know my team is very proud of all we've achieved despite the challenges of Covid-19.

The undoubted highlight has been the launch of our Wellbeing Programme, made possible through funding from our generous donors and the grants we've been fortunate to receive. The support we can now offer patients in the form of free physio and counselling sessions is very timely and particularly needed with the stress and uncertainty we're currently living with.

Advocacy continues to be a focus for the charity, and we have established partnerships with The Medicine Gap and Patient Voice Aotearoa to this end, particularly around unfunded drugs. In addition, Jenny-May Clarkson continues to be a strong advocate for us in her role as an ambassador, assisting where she can with media and in her role as Breakfast TV presenter.

I want to extend my deepest thanks and appreciation to all our supporters, ambassadors, sponsors, and the larger bowel cancer community. Without you, none of our successes would be possible.

Rebekah Heal

Tamsyn's Story

"I have a great appreciation for my scars – they're beautiful proof that I am alive and I'm here."

At just 31 years old, Tamsyn was diagnosed with Stage 3B bowel cancer in August 2020. She had suffered from Inflammatory Bowel Disease for 22 years, and initially thought it was further symptoms of the IBD. "At first, I thought it was a flare up – a bad one, I definitely knew something was really wrong though."

Unfortunately, this all happened during Auckland's second lockdown. Tamsyn's specialist organised a colonoscopy, and several polyps were discovered. She then was admitted to hospital straight away and recalls being very distraught as she was not only extremely overwhelmed, but Level 3 restrictions meant family and friends weren't allowed into the hospital – so she felt very alone.

More tests ensued, including a CAT scan and MRI. Tamsyn then received a phone call from the hospital to come in and bring a support person, despite lockdown. "I thought, okay, something is really wrong because we weren't allowed to bring anyone else at that stage. I knew it wasn't going to be good news, so I'm very grateful that my Mum was with me. Being told that I had Stage 3B bowel cancer and would need surgery and possibly chemo was really full on."

About a month later, Tamsyn had a subtotal colectomy to remove most of her large intestine, as well as an ileostomy (to create a stoma pouch or 'bag'). "I always knew I might end up having that

surgery anyway because of having IBD," she says. "I've always tried to be as healthy as possible, taking care of myself – I eat healthily and keep active."

Tamsyn started chemotherapy as the cancer had "wiggled its way into the lymph nodes, so they need to make sure it's gone." After experiencing severe side effects with the first two treatments, Tamsyn was put on a more tolerable chemo for six months, and her ileostomy was able to be reversed.

"Hearing the words 'you have cancer' is terrifying, but it has also given me a second lease on life. I have a great appreciation for my scars – they're beautiful proof that I am alive and I'm here, which is very special."

"Bowel cancer can be hard to talk about as it's kind of 'taboo', and for many people, having these conversations can be challenging. I was lucky that I was already comfortable talking about these things. It's so important to listen to your body if something different is going on – early detection is hugely helpful in terms of fighting the cancer."

Our People

We're all here to help more Kiwis beat bowel cancer. At Bowel Cancer New Zealand we pride ourselves on being patient-focused, as many of our Board and team have been personally affected by this disease. It's what drives us to make a difference.

The Team



Rebekah Heal
General Manager



Mary Bradley
Communications
and Funding Manager



Cheryl McCormick
Database Administrator



Victoria Thompson
Nurse Support Coordinator



Jo Morgan
Grants Coordinator



Loren Quarrie
Office Coordinator

Board Members

Stefan Corbett Chair
Kevin Jones Treasurer
Peter Krijger

Louisa Graham Secretary
Sarah Derrett
Trisha Cooney

Annika Lim Deputy Chair
Rachel Afeaki Taumoepeau

Our Patron

Hugh Fletcher

Our Medical Advisors

We are privileged to work closely with a dedicated group of medical advisors who share our commitment to reducing New Zealand’s bowel cancer statistics.



◀ **Frank Frizelle**

Professor of Colorectal Surgery, Christchurch Hospital and Editor in Chief, NZ Medical Journal.



◀ **Anne Mathieson**

Anne Mathieson, GP and bowel cancer survivor, offers a unique perspective from both sides.

Sue Crengle ▶

GP, Public Health Physician and a Professor (Hauora Māori) at Otago Medical School.



Alasdair Patrick ▶

Gastroenterologist who consults at both Auckland’s Middlemore Hospital and in private practice in Remuera.



◀ **Dragan Damianovich**

Dragan Damianovich is a Medical Oncologist at Auckland Hospital and Auckland Oncology.



◀ **Kate Ellison**

NZ Registered Dietitian and Nutritionist, and bowel cancer survivor.

Our Ambassadors

These well-known Kiwis, and our community ambassadors, share our values and have a personal connection to our cause that motivates them to do all they can to raise awareness of bowel cancer.

Duncan Heyde ▶

Duncan is best known as a DJ on The Rock and says he couldn't be more proud to be an ambassador for Bowel Cancer New Zealand.



◀ Jenny-May Clarkson

Breakfast TVNZ presenter Jenny-May Clarkson lost her brother to bowel cancer at age 56, so she knows first hand how important it is to seek help early. "While he had all the classic symptoms, I'm not certain he was aware that it was cancer." By the time he was diagnosed, it was already advanced and he spent two years undergoing various treatments before finally succumbing to the disease.



◀ Kevin Biggar

Adventurer, TV presenter and motivational speaker Kevin Biggar recently and suddenly lost his mother to bowel cancer. He believes that an earlier diagnosis might have made a difference so he's determined to see a nationwide screening programme put in place – and to help educate others on the importance of getting checked early.

Claire Turnbull ▶

As an author, speaker and nutritionist in the media, Claire Turnbull has created a number of books, videos, articles, blogs and programmes to help New Zealanders eat well, take care of themselves and 'make healthy happen in their lives' (see claireturnbull.co.nz).



Jane Lowe ▶

Jane Lowe nearly lost her mother to bowel cancer. Her mum survived, but the experience has left her determined to help more Kiwis prevent and beat bowel cancer – which is why she has come on board as a Bowel Cancer New Zealand ambassador.



◀ Liana & Simon Doull

Former Black Caps fast bowler and cricket commentator Simon Doull and his wife Liana have joined Bowel Cancer NZ as ambassadors, because bowel cancer has touched their lives in many ways. Simon's parents both died of bowel cancer and Liana was just 36 years old when she was diagnosed with bowel cancer in 2014.

Community Ambassadors

- ◀ Wayne Fa'asega
- Tamsyn Cornwall
- Rachael Ferguson
- Joanna Sharpe
- Natalie Reynolds
- Alan Sciascia
- Sue Soper
- Owen Malpas
- Chelsea Halliwell

Support

We're here for you. We provide nationwide, accessible patient support from diagnosis through to survivorship

This year, with much pride, we launched our Wellbeing Programme. We have supported over 1,500 bowel cancer patients and whānau through our:

-  **Free physio rehab sessions**
For patients going through or finished treatment
-  **Active online support groups**
Support from those who have walked a similar path
-  **Free counselling sessions**
Talking to someone can be hugely helpful
-  **Live website nurse chat**
Our registered nurse is here to help
-  **Free phone helpline**
We're here for you – just a phone call away

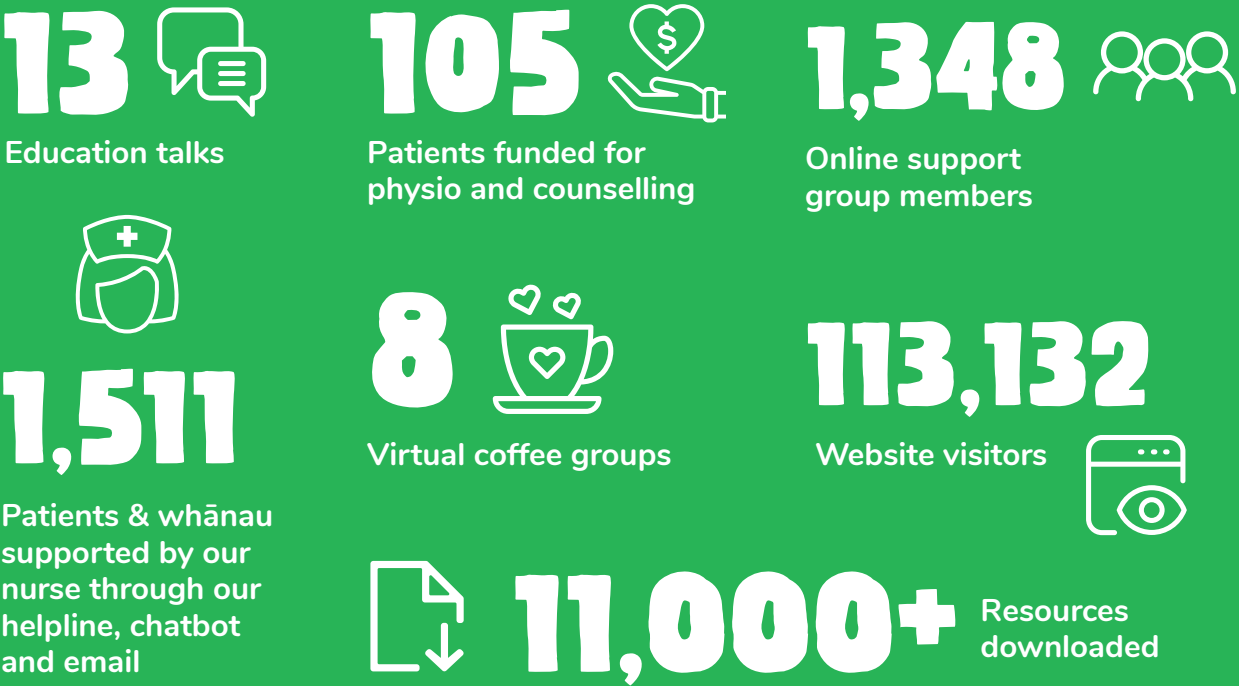
“For me personally, this (counselling) support has been invaluable. I don’t have a support network, so it has been good to talk to someone, and I really appreciate Bowel Cancer NZ for organising and funding these sessions.”

Erica, bowel cancer patient

Our new partnership with HealthLink means health professionals nationwide can refer patients directly to us. The new e-referral form in CareSelect means GP’s and health professionals can now access our free counselling and physio rehab programmes for their patients. We’ve had amazing feedback from patients, and we know it’s been a lifeline for many.

We're making a difference

A snapshot of how we've helped bowel cancer patients and their whānau during the most difficult of times.

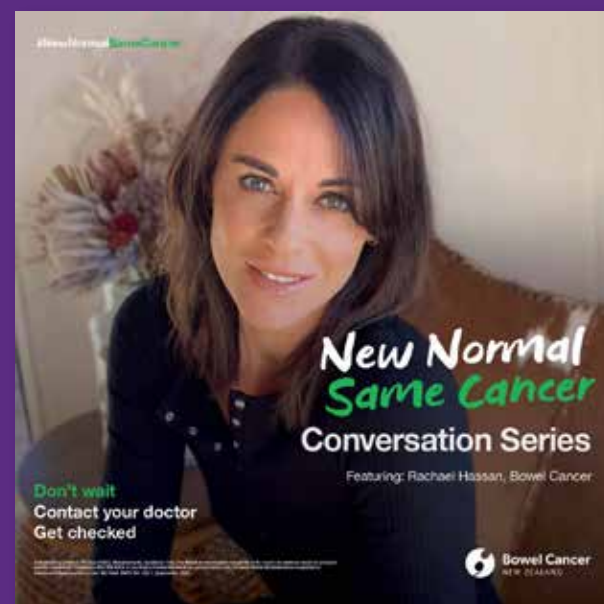


Statistic source dates: 1 April 2021 to 31 March 2022



“The Bowel Cancer NZ online support group has been a tower of strength and knowledge for me. When I got the diagnosis, I was naturally in shock but after an initial cry and some anger, I switched into how do I make this journey my journey, without just being taken on it.”

Julie Morse, bowel cancer patient



Awareness

We work to spread the word about the high incidence of bowel cancer and its signs and symptoms, in Aotearoa New Zealand

At the forefront of all we do is raising awareness of this preventable, treatable and beatable cancer. New Zealand has one of the highest rates of bowel cancer in the world so work in this area is crucial.

Bowel Cancer NZ joined other cancer organisations across New Zealand to launch a campaign to tackle COVID-related reluctance to come forward for testing and routine follow-up treatment for cancer. The New Normal Same Cancer campaign aimed to reduce delays in cancer being diagnosed and treated.

This was an important campaign for our charity to be involved in, and we led from the front with our ambassadors and patients speaking out in mainstream media. We thank Anna Heritage-Sao and Rachael Ferguson for sharing their stories and the message 'Don't wait. Contact your doctor. Get checked.' Learn more at newnormalsamecancer.co.nz

Our annual Never Too Young campaign also ran although it was impacted due to Covid-19. In spite of this it continues to raise vital awareness that bowel cancer strikes at any age, so a huge thanks to our fantastic partner, Q Brand Builders, and founder of the campaign, Chelsea Halliwell.



"Thank you to Anaru's family and Bowel Cancer NZ for sharing his story. It's a powerful message that is hard to ignore when you see his face and how young he was, looking at you on the way to school. He looked like a lovely person."

Lisa from Christchurch



Chris, a beloved husband and father, tragically passed away in 2020 at just 38 years old.

Education

We create and share information about preventing bowel cancer with the public and health professionals

The current pandemic has not slowed us down one bit, with the team working harder than ever on a wide range of education projects.

A lot of focus and work has gone into resources over the last year with 14 new fact sheets now completed. They cover a range of topics from information on symptoms and colonoscopies to support for those just diagnosed, staging and grading of tumours to chemotherapy and unfunded drugs. Our fact sheets are available in print and are also downloadable from our website.

Another exciting education project we've rolled out is our Workplace Wellness Seminars. Raising awareness of this deadly but largely preventable disease within small and large businesses is a proactive way to look after employee health.

Wendy Chittock, Health & Wellbeing Advisor at Pan Pac Forest Products, who had our nurse talk to their staff, said, "I am so pleased we decided to bring Colin the inflatable colon to Napier. He generated lots of conversation and definitely made the sessions interactive."

We tailor our seminars to suit the organisation and employees, and we believe bowel health education is an essential part of any workplace health and wellness programme.



"Thank you, Victoria, for your outstanding efforts! You were an absolute pleasure to deal with and a superstar in your field as an educator and specialist support nurse for Bowel Cancer NZ."

Wendy Chittock – Health & Wellbeing Advisor at Pan Pac Forest Products.



Wendy Chittock & Victoria Thompson

Research

We support world-class researchers in their vital work to develop new treatments and drugs

Apart from early detection, research is the most important way to save lives. Bowel Cancer NZ continuously supports a variety of research projects thanks to invaluable funding from our partners. This goes towards critical research, creating further learnings and discoveries on ways to detect and treat bowel cancer in Aotearoa New Zealand.

This year we committed funding towards early-onset bowel cancer research that will compare the gut microbiome of people with early versus late-onset colorectal cancer (CRC). Dr Rachel Purcell (pictured) leads the project and is a Senior Research Fellow with the University of Otago, Department of Surgery.

Despite an overall reduction in CRC, there has been a marked increase in CRC in those younger than 50 years of age in the United States, New Zealand, Canada, Australia and France. The increase in young CRC patients in these Western populations is largely driven by the increased incidence of distal colon and rectal carcinoma. In New Zealand we have shown that among patients aged under 50 years, the incidence of distal colonic cancer in men increased by 14 per cent per decade, while the incidence of rectal cancer in men increased by 18 per cent and that in women by 13 per cent.

The government-run National Bowel Screening Programme does not detect early-onset colorectal cancer due to the age limit, so it's important we develop the correct tools



Dr Rachel Purcell

to identify it. This study will benefit researchers and clinicians working in the field and may impact future research into screening and treatment development.

We're also proud to be funding a Kaupapa Māori qualitative study in partnership with Johnson & Johnson NZ, led by Dr Maxine Ronald (FRACS).

The purpose of the project is to understand how Māori living in Northland believe that the National Bowel Screening Programme can be delivered in a more culturally appropriate manner to ensure optimal uptake.

The project recognises that there are a number of barriers to equitable bowel screening for Māori and aims to mitigate some of those barriers. It is hoped that information gained from the project will inform actions to improve access and reduce barriers to the bowel screening program.



Advocacy

We continue to lobby for nationwide bowel screening, and to advocate for more testing and drug funding for this beatable disease



Pharmac has not funded any new bowel cancer drugs in 20 years. It is for this reason our charity not only joined the Lie Down for Life march to call for change with Patient Voice Aotearoa but also continued to apply pressure through our collaboration with The Medicine Gap campaign.

"It's not a maybe, it's a definite. People that defer investigations, who have issues with key access to healthcare and treatment – they have worse prognoses. And that means, put simply, that some of them will die."

Professor Frizelle

As our supporter and bowel cancer patient Catherine Edwards said, "I think we have to ask ourselves if we are comfortable living in a country where only the rich can access medicines." Too many patients have to sell and mortgage everything to afford unfunded drugs just to keep them alive. New Zealand needs access to modern medicines to treat bowel cancer now, as we are failing too many patients.

Covid-19 meant bowel cancer screening was stopped and our concerns rose for those experiencing symptoms or needing diagnostic tests. Professor Frank Frizelle, our medical advisor, warned people would die if hospitals do not ramp up screening and diagnostic tests like colonoscopies.

Our focus and advocacy was needed to speak out over these delays during the Covid-19 pandemic.

Kiwis helping other Kiwis beat bowel cancer

We couldn't achieve all we do without **YOUR** amazing support!

Bowel Cancer New Zealand does not receive any Government funding, and due to Covid-19, we had fundraising events cancelled. So we needed the support of our bowel cancer community more than ever, and boy, did you deliver.

627 incredible Kiwis signed up to Move their Butts in June



312 people donated directly to our charity



15 fundraisers created their own event to support us



4 people set up Give in Memory pages for a loved one



21 beardy heroes joined Decembeard to raise funds



43 runners fundraised for us for the Auckland Marathon

Statement of Financial Performance

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 \$	2021 \$
Other income		-	1,336
Donations		425,781	296,628
Grants		432,506	114,999
Bequests		876	1,923
Sponsorship		60,000	45,478
Movement in fair value of investment		1,214	6,508
Interest		3,435	4,085
Total income		923,812	470,957
Staff costs		287,409	177,918
Professional Services		25,821	14,533
Research		17,317	-
Administration		19,954	9,641
Meetings & conferences		17,384	3,535
General Expenses		9,323	15,716
Fundraising & awareness		165,741	148,890
Wellness Programme		167,978	38,016
Depreciation		3,344	2,445
Movement in fair value of investment		-	-
Total operating expenditure		714,271	410,694
Net surplus for the year		209,541	60,263

Statement of Financial Position

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 \$	2021 \$
Cash and cash equivalents	3	423,456	447,482
GST receivable		12,875	8,805
Total current assets		436,331	456,287
Income in advance		65,683	164,803
Creditors		9,796	43,536
Accruals		4,315	2
Total current liabilities		79,794	208,341
Investments	5	152,788	51,574
Property, Plant & Equipment	4	2,604	2,868
Total non-current assets		155,392	54,442
Net Assets		511,929	302,388
Accumulated funds		511,929	302,388
Total equity		511,929	302,388
Total equity and liabilities		511,929	302,388

Notes to these financial statements can be accessed via Charities Register (CC44166)

Statement of Changes in Equity

FOR THE YEAR ENDED 31 MARCH 2022

	Accumulated funds \$	Total equity \$
Balance as at 1 April 2021	302,388	302,388
Total comprehensive income for the year		
Net surplus for the year	209,541	209,541
Other comprehensive income	-	-
Total other comprehensive income	-	-
Total comprehensive income for the year	209,541	209,541
Balance at 31 March 2022	511,929	511,929
Balance as at 1 April 2020	242,125	242,125
Total comprehensive income for the year		
Net surplus for the year	60,263	60,263
Other comprehensive income	-	-
Total other comprehensive income	-	-
Total comprehensive income for the year	60,263	60,263
Balance at 31 March 2021	302,388	302,388

Statement of Cash Flows

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 \$	2021 \$
Cash flows from operating activities			
<i>Cash was provided from:</i>			
Donations		425,781	301,824
Sponsorship		60,000	45,478
Bequests		876	1,923
Grants		333,386	267,834
Interest		3,435	4,085
		823,478	621,143
<i>Cash was dispersed to:</i>			
Payments to suppliers		(727,107)	(395,975)
Research Grants		(17,317)	-
		(744,423)	(395,975)
Net cash flows from operating activities		79,055	225,168
Net cash flows from investing activities		(103,080)	-
Net cash flows from financing activities		-	-
Net cash movement	6	(24,025)	225,168
Cash balances at beginning of year		447,482	222,313
Cash balances at year end		423,456	447,482

Notes to these financial statements can be accessed via Charities Register (CC44166)

Bowel Cancer New Zealand is grateful for the support of all our donors

Corporate Sponsors



Trusts & Foundations

- Lottery Community Fund
- Freemasons Foundation
- The Ted Manson Foundation
- Dry July NZ
- Louisa and Patrick Emmett Murphy Foundation
- Grassroots Trust
- One Foundation
- Pub Charity Limited
- Four Winds Foundation
- Lottery Covid-19 Community Wellbeing Fund
- BlueSky Community Trust
- Dragon Community Trust
- Aotearoa Gaming Trust
- The Lion Foundation
- Foundation North

In-Kind Support

HGM

hgmlegal.com

Q Brand Builders

qbrandbuilders.com

Individual Donors

Thanks to all those who have participated in events, sponsored others to participate, made a one-off donation or a monthly donation.

Special thanks to Joy Shivas for her generous support of research.

The bottom line is, we couldn't do what we do without you all. Thank You!

Entity Information

Charity Structure

Bowel Cancer New Zealand Inc. is an incorporated society registered under the Incorporated Societies Act 1908.

The charity is governed by an executive committee of eight unpaid members, which meet quarterly, and a General Manager. The organisation was registered as a charitable entity with the Charities Commission on the 10th of May 2010, with the registration number CC44166.

Its operations are governed by its constitution, which aligns with and supports the requirements in the Incorporated Societies Act 1908.

Legal name of entity

Bowel Cancer New Zealand Incorporated

Postal address

PO Box 301517, Albany, Auckland 0752

Entity type and legal status

Bowel Cancer New Zealand Inc. is an incorporated society under the Incorporated Societies Act 1908.

Registration number

CC44166

Contact

Phone: 0800 226 968

Email: info@bowelcancernz.org.nz

Website: bowelcancernz.org.nz



A symbol of bowel cancer... and of hope

There's more to our logo than meets the eye. The distinctive shape of a semi-colon within the logo not only cleverly represents the bowel post-operatively, it also references the shape of a koru, an integral symbol of Māori culture that symbolises new life, growth, peace and strength.



Bowel Cancer
NEW ZEALAND

*Reducing the impact of
Bowel Cancer on our community*

E. info@bowelcancernz.org.nz

POST. PO Box 301517, Albany, 0752 Auckland

WEBSITE. bowelcancernz.org.nz

