



You don't have to face cancer alone.
We're here to help.



ANNUAL 20 REPORT 19



CancerSupport OUR MISSION

To have a positive impact on the lives of those affected by cancer by providing emotional support, practical help and information in English in the Lake Geneva region and neighbouring France

OUR STORY

People come to ESCA CancerSupport (ESCA CS) for help for many reasons: to handle the initial shock of diagnosis, to manage cancer treatments and side effects, to cope with grief and bereavement and to deal with issues pertaining to children, family, relationships and work. Cancer treatments have greatly improved, and mortality rates have significantly decreased. This means more people than ever are now living with cancer, reintegrating into their social, and in some cases, professional lives.

The Tumour Registry in Geneva estimates that by 2030, there will be more than 40,000 people in Geneva living with cancer and more than 600,000 in Switzerland. In response to this, we are continually expanding our cancer support network.

Formed in 1999, ESCA CS began as the English Speaking Cancer Support Group (ECSG). William Faulkner, an American who was living and working in Geneva when he was diagnosed with cancer, had difficulty expressing himself in French. He approached his counsellor with the idea of setting up a cancer support group for the English-speaking community. As a result, six members began meeting in a local bookstore, and ECSG became a legal entity in 2000.

Dedicated volunteers, working actively on cancer awareness campaigns and collaborating with the Geneva, Vaud and Swiss Cancer Leagues, began gaining support from local oncologists. The news started to spread: help was available in English for cancer patients and carers, and services were free of charge. In 2018, the name was changed to ESCA CancerSupport. We wanted a name that reflected what we did: cancer support.

ESCA CS has grown significantly over the years, now offering a wide range of services, including professional counselling, peer support by trained and supervised volunteers, mindfulness, art therapy, yoga, Pilates and gym classes, as well as breast cancer, bereavement and general support groups, specialised cancer-related workshops and more.

Our services are in English but we welcome any and all nationalities. A Drop-In Centre with trained volunteers and an information library welcomes visitors and provides a friendly and confidential space where they can find support.

Thanks to the generosity and fundraising efforts of the community, the highly appreciated support of our major donors, and our hugely successful annual Paddle for CancerSupport Dragon Boat Festival, we will continue to offer help that is year-round, free of charge, and accessible to everyone.



MESSAGE FROM OUR PRESIDENT

On behalf of the board, I'd like to thank you for being part of ESCA CancerSupport. During our 19th year, we helped an increasing number of people with cancer, providing support in both Lausanne and the Lake Geneva region. We expanded our services and boosted the number of volunteers who are committed to making our association a source of solace.

Since ESCA CS was formed, we have witnessed remarkable changes in the detection and treatment of cancer. While the incidence rates of cancer have slowly risen, it is the survival rates that have greatly improved, leading to far more people living with cancer today. Importantly, it is also people who are often diagnosed with cancer at the stage of life when they have jobs, young families and working partners. In response to this challenge, we introduced new courses designed to help them return to work.

With the expansion of our services it was clear that we were outgrowing our premises at the Ecumenical Centre. Therefore, in 2016 we began searching for a larger space for our counselling and Drop-In Centre which would also have the flexibility of weekend and evening use. This search will culminate in our February 2020 move to the Château du Grand-Saconnex. We are fortunate to have secured this magnificent new facility which will maintain and enhance the safe, supportive environment that ESCA CS provides. We look forward to using the Château for many new courses and events in the coming years.

The ability to fund our new space and expanded services is made possible by several major donors. It is their confidence in us, together with the dedication of our staff and volunteers, that constitutes our future financial stability.

Nine ESCA CS volunteers served as board members in 2019. They guided the direction of our association and provided the fiscal oversight of our activities. One member, Daniel Avigdor, has been our Treasurer for six years. During this period, he has overseen a doubling of the ESCA CS budget and his tireless efforts have been central to our expansion.

Finally, in the following pages one can see how many of this year's accomplishments were a result of the efforts of our volunteers. These notably include the Paddle for CancerSupport festival, Rock Against Cancer and peer support. But there are so many other behind the scenes volunteer activities, from running the library to managing the website and even pulling together this very report.

I hope you will enjoy reading about all that we have achieved this last year.

Gary N. Buell
Gary Buell

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MEET OUR PRESIDENT

Gary Buell chaired the ESCA CS board this past year, during many important developments in the association.

He first heard about ESCA CS in 2007 when Paddle for CancerSupport (PfCS) began looking for dragon boat sponsors. Having joined a research lab in Plan-les-Ouates in 1991, he was fortunate to work in a company that raised a team that year and for every subsequent PfCS. During the '90s the research company increasingly steered its efforts towards oncology and there were many enthusiastic dragon boat participants. After six years of paddling, Gary retired from the company in 2012. However, he continued at PfCS as a tent team volunteer and has never missed the event at the Lac de Joux.

Since those first days as a PfCS volunteer, Gary became an ESCA CS client, peer supporter and subsequently board member as of 2015. With a professional background in research and pharmaceuticals, he joined ESCA CS with a knowledge of cancer's relation to genes and antibodies. But like many scientists, this background was not sufficient to help with the personal trauma that each ESCA CS client experiences. Gary often comments on learning so much about cancer support from our counsellors and from other volunteers.

It is learning to help that is his most valued lesson at ESCA CS.

"It was never about what volunteering means to me. It was about what volunteering could mean to someone else. Doing something from your heart to give hope and support to another human being, to remind them that they don't need to walk this path alone. ESCA CS makes that difference".
- Christina Grivea

THIS IS



DROP-IN CENTRE

The ESCA CS Drop-In Centre welcomes anyone whose life has been touched by cancer. Some 25 dedicated volunteers staff the Centre on rotation together with at least one peer supporter present. They offer a warm welcome and can provide information in a secure environment on support services, activities and other local resources. The centre affords visitors the opportunity to chat informally and confidentially. It also hosts support group courses, volunteer-training sessions and meetings. It represents the warm heart of ESCA CS and reflects the kindness, support, reassurance and expertise underpinning all our services. During 2019, the Drop-In Centre was open for a total of 400 hours and welcomed more than 70 callers and visitors.

"My experience with ESCA CS has been extremely beneficial and supportive from the moment I initially contacted them to right now. This included initial telephone support following my diagnosis; having peer support during my treatment; attending yoga classes and an excellent Mindfulness Course; and participating in other ESCA CS activities such as the 'Walk'n Talk'.

The access to the many books in the Library has been helpful... just knowing that further support is available if necessary is wonderful".

ESCA CS client

LIBRARY

In the ESCA CS library, clients, counsellors, peer supporters and volunteers are able to find relevant books to help them either understand their diagnosis better or provide informed support for others as and when they need it. Every year, newly published books are regularly added to the collection, and out of date publications are removed, so the number of books in the collection remains relatively current and stable. This year we have been focussing on updating the section about specific cancers. In addition, we have ensured that the Macmillan booklets are also updated when new editions become available. These accessible publications, which can also be downloaded from the internet, provide a different kind of resource for all ESCA CS members. The booklets are not available outside the UK, so we are very grateful to our clients and volunteers, who have been kind enough to bring us copies when they return to Geneva.





DANGEROUSLY
RED ROCK FOR
CANCERSUPPORT

FEBRUARY



MARCH FOR
CANCERSUPPORT

MARCH



NORDISK
MARATHON
BIGFOOT
LITTLEFOOT

MAY

HIGH²⁰₁₉LIGHTS



LDC.
Louis Dreyfus Company

BAKE SALE

SEPTEMBER



International musician
Julie Tompkins-Wagner

BENEFIT
CONCERT

OCTOBER



PLAY PILATES
FUNDRAISER

OCTOBER



WHITE NIGHTS ROCK FOR CANCERSUPPORT

JUNE



ECOLINT LA CHÂT KERMESSE

JUNE



ESCA CS ANNUAL FUNDRAISER

SEPTEMBER



ECOLINT LGB WINTER MARKET

DECEMBER



HOOPING FOR A CURE

OCTOBER



LA COUPE DE NOEL

DECEMBER



Jams, homemade craft items

ESCA CS SALE

THROUGHOUT 2019

SUPPORT SERVICES

HELPLINE

+41 (0) 22 723 22 31

EMAIL

support@cancersupport.ch

The majority of our clients, whether cancer patient or caregiver, contact us by calling our support helpline or via email. Requests are responded to within one working day. In 2019, ESCA CS received 169 calls and emails requesting support. This compares to 118 in 2018, a 43% increase.

In 2019, 47 requests came via the support email address, and 20 calls were made to the support line. A further 30 requests were received via calls and visits to our Drop-In Centre which were forwarded to the Support Services Coordinator. An additional 72 support enquiries came directly to the Support Services Coordinator and via Peer Supporters.

FOLLOW
ESCA CS



www.cancersupport.ch

COUNSELLING AND PEER SUPPORT : VOLUNTEERS : AWARENESS

AT THE HEART OF ESCA CS

SERVICES AND PEER SUPPORT

At ESCA CS, we help all those whose lives are affected by cancer; people recently diagnosed, currently undergoing treatment, and those living with cancer, as well as their families and friends. We continuously strive to offer a variety of support services that meet the practical and emotional needs of our clients. We provide all our services free of charge.

Since ESCA CS's foundation, our support services have expanded to include professional counselling; art therapy; mindfulness based cognitive therapy; yoga, Pilates and gym classes; breast cancer and bereavement support groups and more. Our services are in English and we welcome any and all nationalities. The library and Drop-In Centre with trained volunteers, welcome visitors and provide a friendly and confidential space to receive support.

A volunteer spirit pervades ESCA CS, and the peer support team exemplifies this quality. The team came together eight times throughout the year. The meetings included case review and supervision, discussion of events and activities and theoretical formation. Seven new peer supporters were trained in 2019. Not only were the peer supporters involved in supporting individual clients but also in facilitating various support activities and representing ESCA CS in the wider community.

Karin De Lamarter, licensed physical therapist, provided weekly gym classes for the Bosom Pals. Jane Broere and Kate Parkyn facilitated the monthly Bosom Pals Coffee Mornings. Annabel Pulcrano, Bijou Hauck and Dani Glover facilitated monthly Lausanne Support Group meetings. Margaret Stourton, Sally Alderson, Jack Martin and Sandy Cunningham coordinated and led monthly Walk'nTalk Groups. More volunteer-led services are being planned for 2020.

"I am so happy to be part of this unique group of over 90 volunteers (and counting) with as many personal histories, united by their desire to provide support to people during a difficult moment in their lives".

- Finola McElgunn

COUNSELLING



Raynelle



Antonia



Patricia



Christina



Carey

The counselling team continued to broaden its capacity for meeting the changing needs of our clients. Personalised support for several members of the same family, including young children, was provided in a systematic approach. Those unable to access our premises were visited regularly in hospital. Internet support was provided to long-distance clients, and maximum flexibility was offered in order to accommodate some clients' limited mobility and availability. Raynelle, Antonia, Christina, Carey and Patricia provided a total of 909 individual counselling hours (363 direct paid, 102 direct pro-bono and 444 indirect pro-bono) to 66 clients and 48 hours of group counselling to 19 clients (576 hours).

ESCA CS counsellors engaged in professional development by attending related trainings, workshops and conferences in order to stay abreast of advances in the field and enhance their knowledge and skills. Tricia, Christina and Raynelle attended the Webster University conference on Nurturing Resilience. Tricia and Raynelle attended The Prague Reach to Recovery conference, where they were able to verify that ESCA CS stands among the best cancer support services represented there. Raynelle and Tricia participated in a one-day training at the HUG on Integrative Oncology. Tricia attended a two-day training on breast cancer at the HUG, a two-day Narrative Therapy Training and a two-day Mindfulness Inquiry Workshop. Antonia attended a residential five-day Specialist Teacher Training Course in Mindfulness-based Cognitive Therapy for Cancer (MBCT-Ca). Christina finished year two of a Somatic Experience training and attended a Play Therapy conference and a Complex Childhood Trauma workshop. She completed the MA in Counselling at Webster University by submitting her thesis entitled Third Culture Kids: Loss and Grief. Carey Kirk attended the Association for Contextual Behavioral Science (ACBS) World Conference in Ireland where she took part in sessions on the use of ACT with cancer patients. Each of the counsellors receives regular professional supervision.



BOSOM PALS BREAST CANCER SUPPORT GROUP

Our Bosom Pals (BP) support group continues to thrive, holding BP coffee mornings on the last Friday of each month in our Drop-In Centre in Geneva. In November, the meetings moved to the last Monday of every month, in order to provide some of our Friday yoga class participants the opportunity to attend. Facilitated by two BP peer supporters, Jane Broere & Kate Parkyn, this group is for women who have had or are currently dealing with breast cancer. They meet once a month in an inviting, relaxed atmosphere to listen to and share personal experiences. There were 10 meetings in 2019, with between 5-10 participants attending each time.

LAUSANNE SUPPORT GROUP

In April 2019, the group expanded to include anyone who has been touched by cancer. Renamed the Lausanne Support Group in April, it was facilitated by peer supporters Annabel Pulcrano and Bijou Hauck. The group came together on the second Monday of each month at the Ligue Vaudoise offices with a core group of between 5-8 participants attending each session. We are grateful to the Ligue Vaudoise for generously allowing the use of their premises.

You don't have to face cancer alone.
ESCA CS peer supporters
are here to help.

STRUCTURED SUPPORT GROUPS

MINDFULNESS - BASED COGNITIVE THERAPY FOR CANCER PATIENTS

Raynelle Arcaini and Antonia Calame facilitated two 8-week Mindfulness MBCT-ca courses. The participants learned to practice being mindful, more aware, centered and balanced in the ordinary experiences of every day. The course explores ways of responding differently to difficult situations rather than just reacting automatically, helping participants to gradually cope more effectively with the challenges of cancer.

BEREAVEMENT

Patricia Matthews facilitated a Bereavement Support Group in February. The group setting provided the participants the opportunity to experience, accept and adjust to the pain of loss and to learn to reinvest their energy in a safe, supportive environment.

ART THERAPY

We began the year with an Art Therapy course in January, led by Eileen Wiley, registered art therapist. Participants were invited to mindfully use art materials to explore some of the life changes that occur when living with cancer. The course placed a focus on the "whole person", harnessing the creative and healing energies within each participant.

"I have been so impressed by the dedication of all the volunteers. I am proud to say I'm an ESCA CS volunteer".
- Iain Darby

NEW WORKSHOP BEING NORMAL AGAIN!

In May, Jodie Cole facilitated a four-part programme for several clients. It was designed to assist participants who have experienced a cancer diagnosis and treatment in understanding the process of moving from "normal" to a "new normal" status.

LOOK GOOD FEEL BETTER

Once again in November, ESCA CS welcomed six women to our annual Look Good Feel Better workshop. This fun beauty event, facilitated by Agnes Jarlet, informs women about skin care and makeup techniques to help manage the appearance-related side effects of cancer treatment.

AVEDA Hairdressing Service

In collaboration with Marcello Palma at Aveda, ESCA CS continued to offer a one-off consultation and hairdressing service to clients who have suffered hair loss from chemotherapy. Marcello Palma provided specialist hair care advice on caring for and styling hair post-treatment, in a private and caring atmosphere.

PILATES

Our Pilates class, which we introduced in September 2018, grew in popularity. These small weekly classes are suitable for both men and women. They were led by Juliette Doerks, a specially trained Pilates instructor whose experience working with cancer patients enabled participants to reconcile changes in body movement and function, pre- and post-treatment.

YOGA

Demand remained high for both of our weekly yoga classes which were led by our dedicated and specially trained yoga teachers, Sari Galapo and Juliette Gray who joined this year. Juliette facilitated both of our yoga classes from September to December during Sari's sabbatical. These classes are specifically designed for people with cancer. They can improve sleep quality, pain management, and reduce anxiety. Clients had a choice between the Gentle Yoga classes for people in treatment and the Yoga for Recovery and Healing classes for clients post-treatment, on Tuesday and Friday mornings respectively.

BP GYM CLASS

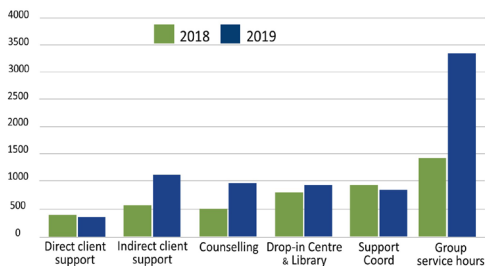
Thirty specially designed gym classes for breast cancer survivors were led by licensed physical therapist and peer supporter, Karin De Lamarter. Twelve participants met weekly for a one-hour workout followed by an informal coffee. They were encouraged and motivated by each other to overcome physical limitations and emotional barriers. They made excellent progress. Many thanks to Webster University for the free use of their gym and cafeteria.

ESCA CancerSupport services are FREE OF CHARGE

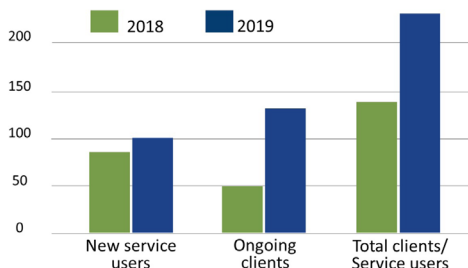
SUPPORT SERVICES STATISTICS 2019

| Support Service | No. of Classes/ Events |
|---|---|
| Art Therapy | 4x 2hr weekly classes |
| Aveda Hairdressing | Available by invitation |
| NEW! Workshop Being Normal Again! | 4x 2hr sessions May |
| Bereavement Support Group | 4x 2hr weekly sessions |
| Bosom Pals Geneva Breast Cancer Support Group | Monthly meetings Peer Supporter-led |
| NEW! Lausanne Support Group | Monthly meetings Peer Supporter-led |
| Drop-In Centre | Open 2 days / week 50 weeks a year |
| Bosom Pals Gym Breast Cancer Group | Weekly classes + Coffee hour (pro bono) |
| Look Good Feel Better | November |
| Support Line Support @ email | Available 365 days / year |
| Mindfulness-based Cognitive Therapy for cancer patients | 8x 2hr weekly sessions 2 courses Feb-April and Sept-Nov |
| Pilates | Weekly classes |
| Walk'nTalk | Monthly walks Peer Supporter-led |
| Gentle Yoga | Weekly classes + Coffee hour (pro bono) |
| Yoga for Recovery and Healing | Weekly classes + Coffee hour (pro bono) |

SERVICE HOURS PROVIDED



CLIENTS SERVED



"(I heard) from a friend that an English-speaking support group for cancer patients, past and present, was starting up in Lausanne. I was warmly welcomed into the group and have met some very positive understanding people.... Joining the peer support volunteer group will enable me to be present in any way that is positive, and useful to others – 'paying back' the wonderful support that I was lucky enough to be given at this difficult time".

– Sari Etter King

"After losing my husband after a very short battle with cancer ESCA CS has been great at supporting me and my children. It is an invaluable resource for English-speaking people in Geneva".

ESCA CS client

"My family and I have profited from the services of ESCA CS for many years, during the time my wife was fighting cancer and also when she lost the battle. ESCA CS still is a great help and support. It's not judgmental, and provides support in the most difficult times. When you feel that you are coming to the end of your strength and drive, the angels of ESCA CS are there to listen and help you to see things differently. ESCA CS is so important specifically in a place like Geneva, where most of us have not the usual family and friends network to support us in such difficult times. If it didn't exist one would need to invent it".

ESCA CS client

We have a new and improved website design!



Visit us at www.cancersupport.ch

VOLUNTEERS

At the end of 2019, we had 91 volunteers, 30 of whom joined us during the course of the year and attended orientation training. Additionally, seven other volunteers became new peer supporters by attending this full-day training run by the counsellors. In addition to this wonderful team, we are always grateful to have the help and support of so many extra volunteers during the Paddle for CancerSupport weekend. As we mark our 20th anniversary year in 2020, we will be able to look back with pride at what our volunteers, past and present have achieved.

SPOTLIGHT



CHRIS SWAN
PfCS Volunteer Coordinator

Late autumn, early winter 2018 I started volunteering for ESCA CS. My principal role has been that of Volunteer Coordinator for the Paddle for CancerSupport Dragon

Boat Festival. I loved being a part of this wonderful event, both as a paddler and a volunteer. I also have recently joined the team that organises the monthly Walk'nTalks – getting out into nature and putting one foot in front of the other is so very good for the soul on so many levels. The other way that I have been involved with ESCA CS is by fundraising. I participated in the annual Coupe de Noel. Teams swim in the cold waters of Lac Lemay; some swim against the clock, most in fancy dress. Most of my friends considered me to be totally bonkers and were wonderfully generous in donating to my madness to the tune of over CHF 1,000!



ASHLEY MACHEN
Volunteer

I am an oncology nurse from the USA who was delighted to find ESCA CS in 2018. I quickly got involved in leading a team of volunteers to update Oncolexic, a useful English-French phrasebook for anglophone cancer patients in a francophone setting. This collaboration project between ESCA CS and the Grangettes Clinic has proved very rewarding as it has required working as a team with medical professionals and other ESCA CS volunteers to ensure we produced the best possible version of this important resource. I have also enjoyed participating in awareness activities and helping to reinforce our partnerships in the community. Having recently completed the Peer Support training, I am looking forward to finding new ways to support the organisation and our deserving clients in the future.

Volunteer Training



HUG Palliative Care Conference



CHUV World Cancer Day

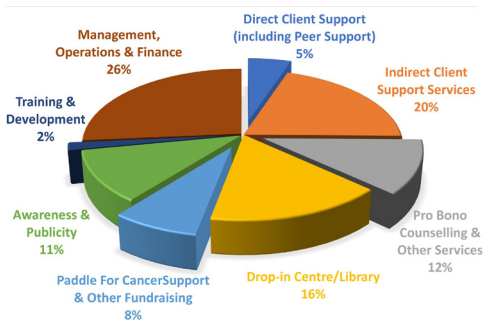


International Breast Cancer Support Conference - Prague



VOLUNTEER HOURS

Total volunteer hours: 5,470



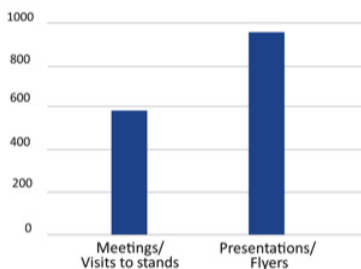
AWARENESS

Right from its very beginning, 20 years ago, ESCA CS has prioritised its integration into the local community. It is important for us to support as many cancer events and awareness campaigns as we can. Our members, volunteers and staff get involved each year in the Terri Fox Walk for Hope, the Ligue Genevoise Walk Against Cancer, Réseau Cancer du Sein's Pink Hockey night, the ESCALade as well as the many awareness initiatives at HUG, CHUV and clinics in Geneva and Vaud. We encourage all members and volunteers to help us increase ESCA CS's visibility in the community.

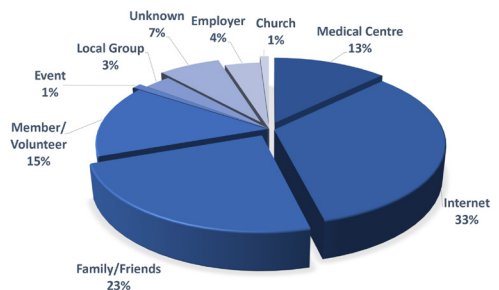
We actively seek to collaborate with other associations and the medical community in order to support as many people as we possibly can. By collaborating with other cancer support organisations, we can reach more cancer patients, their families and friends. This year, we estimate to have reached over 1,500 people with our message of the support we provide.

This year has seen a 54% increase in referrals through the internet. Word of mouth through members, volunteers, families and friends is still our most effective way of getting the word out about ESCA CS. We thank everyone who helped us with that!

AUDIENCE REACHED VIA AWARENESS EVENTS

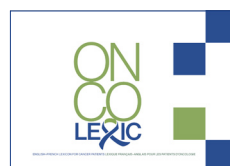


HOW NEW CLIENTS HEARD ABOUT ESCA CS



COLLABORATION PARTNERSHIPS

- Hôpitaux Universitaires de Genève (HUG)
- Centre hospitalier universitaire vaudois (CHUV)
- Hirslanden Clinique des Grangettes
- Fondation genevoise pour le dépistage du cancer
- Ligue genevoise contre le cancer
- Ligue vaudoise contre le cancer
- Réseau cancer du sein
- Association de soutien aux personnes touchées par le cancer de la prostate (PROSCA)
- Accuray
- American International Women's Club of Geneva
- CERN
- Palliative Care Suisse
- Réseau de sénologie et onco-gynécologie genevois (SONGe)
- Resiliam
- Soins en Oncologie Suisse
- Stephen Ministry
- Vivre comme Avant



Close collaboration with Hirslanden Clinique de Grangettes has led to the production of

ONCOLEXIC, an extensively updated and expanded second edition of "In Other Words". The ESCA CS English/French phrase book has proven to be a valuable tool for improved communication between English-speaking cancer patients and their families and French-speaking health personnel. In Other Words was popular with medical staff as well as patients.

Board member Dr. Conny Vrieling facilitated the contact between Hirslanden Grangettes and ESCA CS.

FUNDRAISING

Private fundraising generated substantial donations to ESCA CancerSupport.

Volunteers and members organised fundraisers throughout the year through sales of original crochet items, participation in the Escalade and other marathons, bake sales, concerts and more. We thank them all for their efforts and support.

To make fundraising for ESCA CS easier and more fun for everyone, this year we added a new Personalised Fundraising platform to our website. The first to try out this platform was ESCA CS volunteer, Chris Swan, who courageously participated in the Coupe de Noël, raising funds for ESCA CS at the same time. It was a huge success and Chris said she'd even consider doing it in 2020! Water temperature was a balmy 7°!

More examples of fundraising efforts include:

GRANTS CORPORATE and ORGANISATIONS

MARGUERITE FOUNDATION

FRTM Fondation pour la recherche et traitements medicales

OAK FOUNDATION

FIRMENICH
Bake sale by a staff member

LOUIS DREYFUS COMPANY
Bake sale

ACCURAY
Positively Pink fundraising

GAOS
Collection taken after musical event

KERMESSE
Donations collected at a stand by students from Ecolint La Chât

LUCKY DIP
Collège du Léman market
Tamsin Breare

CERN
Bake Sale and stand

CHURCH OF SCOTLAND
Christ Church Lausanne

PRIVATE

NORDISK EXTREME MARATHON
Christina Grivea and Caroline Hahn-Thomson, ESCA CS volunteers and members, competed in Denmark in this gruelling weekend-long marathon for the second time.

HOOPING FOR A CURE
Proceeds from the 3x3 FIBA basketball tournament organised by TJ Bullock and team

WINTER MARKET
Proceeds from the sale of lanyards made by two Year 5 students from Ecolint LGB

BENEFIT PIANO CONCERT
ESCA CS member and professional musician, Julie Tompkins-Wagner raised funds.

PILATES
PlayPilates held a fundraiser in October for Breast Cancer Awareness with proceeds going to ESCA CS.

BEAT FITNESS
A private fundraiser with proceeds donated to ESCA CS

ESCA CS

MARCH FOR CANCERSUPPORT
Over 100 people joined and we collected over CHF 1,200 via our donations box.

ROCK FOR CANCERSUPPORT
Our Dangerously Red and Summer White dinner dances held in February and June were both a huge success and great fun. Proceeds from both evenings totalled over CHF 12,000!

THANK YOU cards donated by ESCA CS volunteer, A. Stefanizen

DONATIONS IN MEMORY OF

Our Support Team often work with end of life. We would like to express our gratitude to generous family members and friends who request that donations be made to ESCA CS in memory of their loved ones. It means we can continue to support those who are terminal as well as their loved ones.



2019 AT A GLANCE

FUNDRAISERS CHALLENGE



TOTAL CHF 58,400
•WINNER•

All in Sync / Sync or Swim families and friends
 Ecolint La Grande Boissière
 CHF 19,230

•RUNNER UP•

BDragons
 CHF 12,200

FINAL RACES PLACEMENTS CORPORATE



1st The Flying HEcKers
 Executive MBA HEC Lausanne

2nd The daVincibles
 Intuitive Surgical

3rd Cargill/Alvean Drive

OPEN TEAMS MIXED GENDER

1st Sync or Swim

2nd All in Sync

3rd Nations Paddlers

ALL FEMALE

1st Blazing Paddlers

2nd Birds of Paradise

3rd Bosom Pals Paddlers

Open Mixed Champions



All-Female Champions



ESCA CS Bosom Paddlers



Thank you Jan!

Last year we said good-bye to Rob, who'd been our Technical Coordinator/ Founder. This year we also said good-bye to his wife, Jan, who was the founder of the Mini Regatta for children. Jan left the event in good hands though, and Stevie Black will take over in 2020. Thank you, Jan, for making sure our children had just as much fun, if not more, than the adults!

3 FESTIVAL PARTNERS

Centre Sportif
 Vallée de Joux
 Commune de l'Abbaye
 Office de Tourisme
 Vallée de Joux

19 CORPORATE TEAMS

Accuray
 BD
 Beckman Coulter
 Cargill/Alvean 2 teams
 Centre du Sein de Genève
 DNDi
 Eaton
 Eli Lilly
 Ferring
 Firmenich
 Fresenius Kabi
 Executive MBA HEC
 Unil Lausanne
 IMD 2 teams
 ING
 INEOS
 Intuitive Surgical
 La Tour Medical Group
 Lenz & Staehelin
 Merck 2 teams

13 OPEN TEAMS

All in Sync
 Chât-Eau
 Cougars & Co
 ESCA Paddlers
 Formosa Paddlers
 IIL Dons & Divas
 Intrepid Paddlers United
 IP Rules
 Nations Paddlers
 Paddle for Power
 Sync or Swim
 The Gorloks
 Zoe4Life

3 ALL-FEMALE TEAMS

Birds of Paradise
 Blazing Paddlers
 Bosom Pals Paddlers

continued ...



2019 AT A GLANCE ... continued

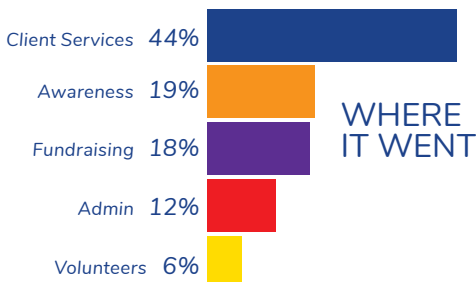
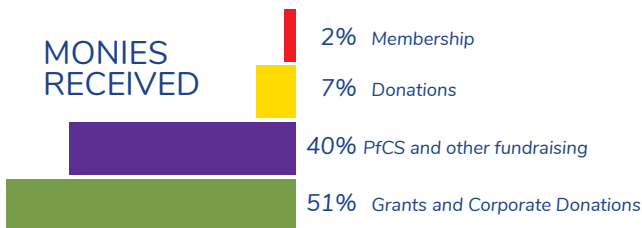
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| Co-Director | Patricia Allen |
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| Support Services Coordinator / Counsellor | Antonia Calame |
| Office Manager / Awareness / Data Protection | Andrea Hayes |
| Marketing Manager | Alicia Conill Biebernack |
| Drop-In Centre Manager | Margaret Stourton |

THANK YOU FOR YOUR SUPPORT!

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ESCA CancerSupport
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