

2021 ANNUAL REPORT

CANCER SUPPORT IN A CHANGING WORLD



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ESCA CancerSupport (ESCA CS) is a not-for-profit association made up of professionals and trained volunteers who understand the impact of a cancer diagnosis. Since 2000, ESCA CS has been the only association of its kind to respond to the needs of the international community in the Lake Geneva region. We provide emotional support, practical help and physical well-being activities free of charge and in English to cancer patients, their caregivers, and their families.

Our services are provided in English, but we welcome any and all nationalities. Our CancerSupport Centre, with its professional staff and trained volunteers, is a place to welcome visitors and provide a friendly and confidential space where those affected by cancer can find support.

Thanks to the generosity and fundraising efforts of the community and the highly appreciated support of our donors, we continue to expand our CancerSupport network and offer help that is year-round, free of charge, and accessible to everyone.

OUR VISION

No one faces cancer alone.

OUR MISSION

To provide emotional support, practical help, well-being activities and a welcoming community in English to anyone affected by cancer.

MESSAGE FROM THE PRESIDENT



Firstly, I would like to say a huge thank you for remaining constant and positive during the continuing pandemic. Your efforts have allowed ESCA CancerSupport to continue to grow and thrive, despite our Centre being closed for much of the year. With your help and commitment, we have continued to deliver our services online and have developed new ones for our clients.

The year 2021 was marked by transitions. I thank Gary Buell, Board President until 2021, for his wonderful support. Under his leadership we started the search for the new ESCA CS Director, and ultimately succeeded in finding the ideal candidate to take the reins from the talented and capable hands of Patsy Allen and Nicola Bowers. We welcomed Elina Viitaniemi on December 1st as the new Director, and are grateful to Patsy and Nicola for their huge support during this transition.

ESCA CS remains on track with our three-year strategy. We have made excellent progress on our objective of diversifying funding sources. The broader base of funding surpassed our expectations and enabled us to further professionalise our services and support structure. Our portfolio of services continues to develop. Two new groups – a Teen Support Group, and a Prostate Cancer Group – have been created and both are operational. In addition, the foundations for two new services have been established: the Work and Cancer service, which will help clients who encounter issues related to work and the workplace, and the Gardening Group, which will help clients become part of a community and improve physical and mental well-being.

Due to the uncertain Covid-19 related circumstances, we decided to cancel the annual Paddle for CancerSupport fundraiser 2021 for a second consecutive year. However, our 2021 Steps for CancerSupport campaign proved to be extremely popular, with more ‘steppers’ than before, and participation from around the globe. We thank everyone who walked for our cause and made this a successful event.

This forward momentum would not be possible without the time, effort and contribution of all our supporters that enable us to ensure our vision that *no one faces cancer alone* continues to go from strength to strength.

So, again, thank you one and all and I look forward to working closely with you throughout 2022.

With best wishes,

A handwritten signature in blue ink, appearing to be 'RA' with a stylized flourish.

Ramona Azarnia

DIRECTOR'S REPORT



I am delighted to have joined ESCA CS as its new Director in December. In ESCA CS, I have found an organization with a clear mission and vision as well as a warm and bright spirit. I am impressed by the dedication and expertise of our staff and volunteers and am committed to guiding ESCA CS as it evolves further to meet the increasing need for cancer support in the communities we serve.

I would like to thank Patsy Allen and Nicola Bowers for their incredible work leading ESCA CS as co-Directors for the past three years. I am inspired by their dedication, energy and dynamism. Under their stewardship the organization flourished. I greatly appreciate the efforts they made to ensure a smooth transition between directors and am thrilled that they both will continue their work at ESCA CS in different roles.

Learning from the experience of moving our services online during the previous year, in 2021 we built on our digital presence and solidified the rich offer of counselling and support services available in new formats. This shift has allowed for continuity even in challenging circumstances and in many cases also enabled more people to access our services. That being said, I am excited to see the Drop-In open and buzzing again and look forward to welcoming other services back to the Centre!

In 2022, we will keep improving our services and exploring new ways to support the increasing number of clients. We will expand our collaboration with a variety of partners and work to ensure that our services are better known and accessible to anyone affected by cancer in the region. We will also revise our fundraising strategy and modify our staffing and volunteer structure as the organisation continues to grow. I look forward to working with the whole ESCA CS community, our supporters and friends in 2022!



Volunteer tea welcoming ESCA CS' new director

Having lost my best friend to cancer, volunteering at ESCA CS is my way to honour her memory and thank all who helped her through her journey.

Mark Levin, Volunteer

Alex Ginsburg, Volunteer

Volunteering at ESCA CS means much more than helping out – it involves being part of a community.

SUPPORT SERVICES

Counselling and Support Services lie at the heart of ESCA CS. Throughout the year, our team provided emotional, physical well-being, and practical support as well as information. We offered a total of 18 different support services, of which two were new, and provided a total of 2,512 client service hours, both in-person and online.

The success of the Support Services, enthusiastically appreciated by our clients and reflected in the continued increases in participation across the services, is, as always, a result of the unwavering dedication and ongoing commitment of the peer supporters, volunteers and facilitators whose heartfelt engagement and hard work enable ESCA CS's Support Services to continue to thrive.

COUNSELLING



Christian



Antonia

As in 2020, our services were offered online owing to restrictions related to Covid-19. This had the benefit of making our services more widely accessible and also we experienced an increase in demand. Although meeting in person is often preferable, some of our clients are not always able to visit the Centre. Therefore, we will continue to offer both in-person and online services to make sure everyone's needs are met.



Patricia



Raynelle

The counselling team – Christian, Antonia, Carey, Christina, Patricia, Raynelle, and Rosemarie – have been an inspiration. They worked with incredible determination and skill throughout the year, navigating through the complications presented by the pandemic and responding with sensitivity to the changing needs of individuals and their families living with or sadly succumbing to cancer. The counselling team remains in awe of the clients we serve and we admire their courage, grace, resilience, and humility. We are grateful to one of our board members, Thea McFarlane, who gave strong support to the team, providing specialised monthly case supervision that ensured a high quality of care.



Christina



Carey

There were several trends evident this year. Many of our clients relived earlier traumas that were triggered by their cancer treatments. Several families with younger children suffered terribly from the loss of a close relative. In addition, we saw a noticeable increase of patients with glioblastoma. These situations required the team to provide greater support for families and for us to change our counselling policy to allow for the provision of longer-term support.



Rosemarie

The counsellor-led groups included the Bereavement Support Group, Geneva Support Group, Mindfulness-Based Cognitive Therapy, the Prostate Cancer Group and the Teen Support Group. In total, 35 group sessions were held with 31 clients and 80 attendees.

We welcomed Rosemarie Chopard to the counselling team. Based in Lausanne, Rosemarie is a play-therapist and grief counsellor for children and young people. We said goodbye to Maria Huchberger, who made a significant contribution to the team.

SUPPORTING VIRTUALLY

We continued to offer our services virtually, thanks to the overwhelmingly positive feedback we received in 2020.

We offered an 8-week Bereavement Support Group for those suffering the loss of a parent or family member. The group was led by counsellors Antonia Calame and Maria Huchberger.

We also introduced a new Art Therapy for the Bereaved course. Art therapist Eileen Wiley created the 4-week virtual course and provided instruction at each session. Feedback was extremely positive. Participants particularly appreciated the specially curated "Art Boxes" they received in advance of the course, which contained all the materials they needed for the sessions.

A new Prostate Group began in May, facilitated by counsellor Christian Holyoak, together with peer supporter Gary Buell.

In September we ran an 8-week Mindfulness-Based Cognitive Therapy for Cancer Patients (MBCT-Ca) course, guided by counsellors Raynelle Arcaini and Antonia Calame. Thanks to the virtual format, we were once again able to include participants from other parts of Switzerland.

In October, a Teen Support Group commenced for teens who have a family member undergoing cancer treatment. The group was facilitated by counsellor Christina Grivea, together with a peer supporter.

In November, we held the Look Good Feel Better workshop online for the second year, thanks to the support of the Swiss Look Good Feel Better Foundation and the skilled guidance of volunteer Agnes Jarlet.

Weekly Bosom Pals Gym classes were given by peer supporter and physiotherapist Karin Delamarter. Now in its 12th year, this class continues to have a loyal following.

Our weekly Gentle Yoga, Yoga for Recovery & Healing and Pilates classes, as well as our monthly Bosom Pals Coffee meetings, and the Geneva and Lausanne Support Groups, all continued to flourish online.

In response to our clients' wishes to be able to continue to receive support throughout the year, we once again offered many of the emotional support groups and exercise classes during July and August.

IN-PERSON SUPPORT

Not overlooking the importance of being together in person, we were able to restart the Geneva and Lausanne Walk'n Talk groups in the spring. Additional walks were also organized during the summer months.

PEER SUPPORTERS

In 2021, ESCA CS had 38 trained peer supporters, many of whom have themselves been affected by cancer directly or indirectly. These dedicated individuals provide invaluable support to people with a cancer diagnosis as they move from their diagnosis to treatment and recovery, as well as to their families. Some of our peer supporters also served as facilitators or co-facilitators of support services. The peer supporters are warm, friendly and incredibly caring, with a deep understanding of the cancer experience. They work in close collaboration with the ESCA CS counsellors to ensure that they provide the best care possible. In addition, they attend monthly sessions that are facilitated by the counselling team in order to continuously improve how they work. The team attended a Mental Health First Aid and Resilience training in November.

SPOTLIGHT



YOSHIE NOGUCHI VOLUNTEER

When I received a breast cancer diagnosis, I immediately contacted ESCA CS, after hearing about it on an English-speaking radio station. On the day of my operation, an ESCA CS volunteer drove me to the clinic very early. She gave me practical help, and explained that she herself was a breast cancer survivor of more than 20 years. Ever since that time, I had been hoping to volunteer myself one day. After I retired I was able to do so.

Recently, during a Bosom Pals online coffee hour, I told the group that it had been nearly 10 years since I finished with my oncologist. Someone commented that she couldn't imagine life after her cancer treatment, and that it was encouraging to know there are people living beyond cancer. I then realized that is exactly how I felt when I was with the volunteer that morning on my way to the operation.

Now it is my turn. I already feel that being able to help people in a similar circumstance, and being able to give back as an ESCA CS volunteer, gives me great pleasure.

NEW GROUPS – TO MEET GROWING NEEDS

The Teen Support Group kicked off in October. It was established to respond to a growing need for teens who were coping with a loved one's cancer diagnosis, to meet with peers. The group meetings provide a safe and confidential space for teens to openly talk about their feelings or concerns, helping them feel less isolated, and reducing anxiety and stress. The group members discover new ways of coping and gain insight from one another. Most importantly they come to realise that they are not on this journey alone.

The Prostate Cancer Group monthly meetings commenced in May 2021 with a group of men who sought both fellowship and information. Eight men attended the group sessions at various times throughout the year, discussing issues related to work, diagnosis and treatment, identity, sexuality and navigating the medical system. In this age of abundant information and misinformation, it can be difficult to separate fact from fiction or to map out a plan that one feels comfortable with. Healthcare professionals were invited to speak to the group, to share relevant information and respond to the group's questions.

SUPPORT LINE

The first point of contact a person normally has with ESCA CS is by telephone to our support helpline or by email to our dedicated support email address. People seek help ranging from practical information to emotional support. The ESCA CS representative, who is a trained counsellor, seeks to understand the individual's needs, and provides detailed information and recommendations for the support services that would best meet them.

The representative will then forward the request to other professionals who will work out an individualised support plan for the new client.

At every stage of support, our clients are invited to use our support helpline when they feel the need to speak to someone.

The support helpline and email continued to be accessible during the pandemic. Demand for the service increased by approximately 25% in 2021.

SUPPORT LINE
+41 (0) 22 723 22 31

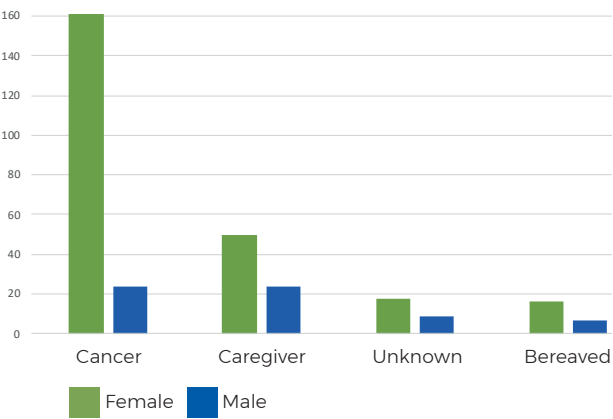
SUPPORT EMAIL
support@cancersupport.ch

ESCA CS SERVICES

STATISTICS

CLIENT PROFILES

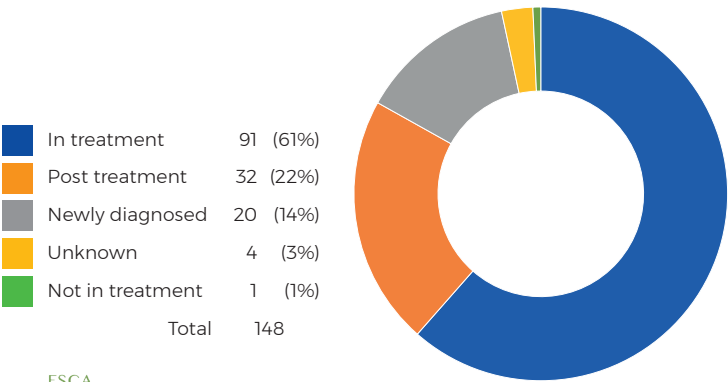
	Female	Male
Cancer	161	24
Caregiver	50	24
Unknown	18	9
Bereaved	16	7
Total	245	64
Total Clients	309	



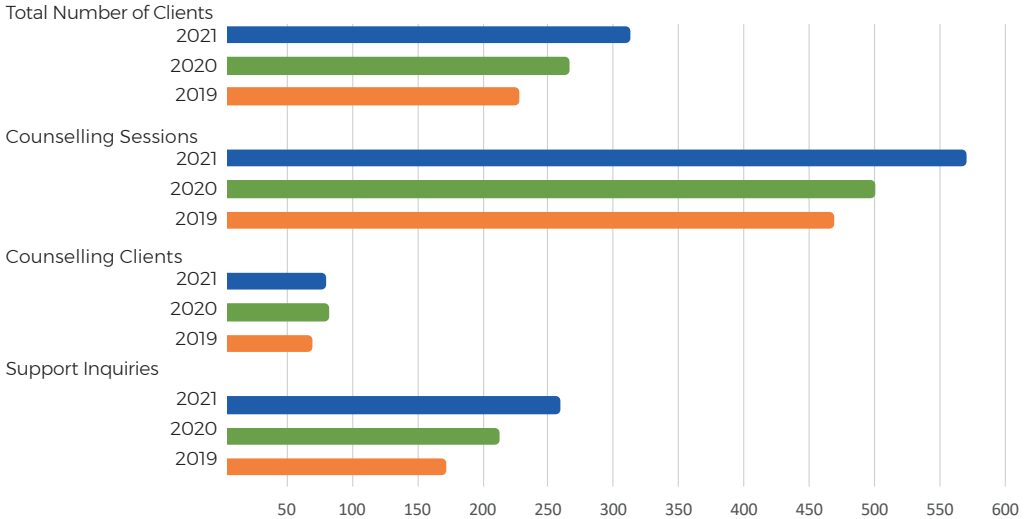
CLIENTS' CANCER TYPES

- Bladder
- Blood
- Bowel
- Bone
- Brain
- Breast
- Ovarian
- Uterine
- Larynx
- Soft tissue sarcomas
- Testicular
- Liver
- Lung
- Lymphoma
- Melanoma
- Head & neck
- Gastro-intestinal
- Pancreatic
- Prostate

SUPPORT INQUIRIES BY TREATMENT PHASE



SERVICE USER TRENDS 2019 – 2021



Note: Support inquiries are the number of people that initially contact ESCA CS, some of whom are then directed to a support service and/or counselling. The support service and counselling numbers include individuals new to ESCA CS as well as existing clients from previous years who may be continuing to access support. The total number of clients are those individuals accessing any ESCA CS service and include new and existing clients.

Sally Alderson, Peer Supporter

Having undergone surgery and chemotherapy for colon cancer back in 2000, I was so grateful to have had a positive outcome that I felt I had to give something back. I remembered that as a patient I had felt that I needed a real listener, someone to talk to about worries, hopes and fears, preferably in English! ESCA CS was just starting up and I joined, training as a volunteer and peer supporter. Learning how to listen helped make my own life more meaningful and rewarding.

When explaining the work of ESCA CS to our patients, they are always surprised to learn that so many support services are available to them for free and in English. These services are critical for the well-being of those patients not only during the acute phases of cancer treatment, but also for long-term survivors. We eagerly continue to strengthen our relationship with ESCA CS and to share their message with our patients.

*Dr. Sindy Monnier
Specialist FMH Gynecology and Obstetrics
Specialistin Senology/Breast Surgery
Medical Director, Breast Center of Geneva
Hirslanden Clinique des Grangettes*

SUPPORT SERVICES AT THE CENTRE

DROP-IN

The Drop-In, with its warm, safe and personal environment was the only support service that we were not able to replicate digitally. With an improved public health situation we were able to reopen the Centre in October, and followed strict procedures requiring Covid pass checks, masks, social distancing, limiting the number of people and room sanitising. However, by mid-December we were obliged to close the Drop-In again as a result of the tightening of Swiss federal regulations. In total, our Centre was open for a total of 22 days in 2021.



THE LIBRARY



For most of 2021, the Library remained closed. However, new books were added to the collection throughout the year so that we could continue to provide up-to-date information for members, volunteers and counsellors. We were still able to respond to requests to borrow books, usually by sending them by post. Our monthly newsletters often detailed information on new acquisitions, which prompted requests. Unfortunately, the Library was only open for in-person browsing for 22 days towards the end of the year. During that

time, ESCA CS installed new, made-to-measure shelving for displaying our Library's collection. Thanks to our volunteers, the process of transforming the Library space was quickly accomplished.

*How can I best sum up ESCA CS?
Three words come to mind –
Yes, we can! because we have
professionals and volunteers to give
support. I am indeed honoured to be part
of such an amazing association.*

Anna Stefanizien, Volunteer

ESCA CS is now present in Lausanne, where an expanding group of volunteers help support an increasing number of people affected by cancer in the Canton de Vaud. Two of our counsellors, Carey Kirk and Rosemarie Chopard, are based in Lausanne, and able to provide both in-person and online support.

The ESCA CS Lausanne team, led by Annabel Pulcrano and Bijou Hauck, currently offer two services – the Lausanne Support Group and the Lausanne Walk’n Talk – to over 30 regular clients.

The Lausanne Support Group met monthly on Zoom due to Covid-19 restrictions. These meetings allowed participants to connect with others in similar circumstances, supported by volunteers, peer supporters, and a counsellor.

In 2022, we hope to be able to gather face to face, whilst maintaining regular virtual meetings for those who are unable to join in person. We welcome anyone affected by cancer to come to our Lausanne Support Group.

The Lausanne Walk’nTalk group brought together ESCA CS clients, members and volunteers in order to walk and chat in an informal atmosphere. Walks were planned in both the city and countryside and everyone benefitted from the lovely surroundings and camaraderie.

SPOTLIGHT

BIJOU HAUCK VOLUNTEER



I recently shared that I had my 20th cancer-free anniversary with the Lausanne group on our Zoom meeting. This was met with a round of applause which we knew was for all of us.

That’s what we do, we share each others’ milestones, offer words of comfort and give reassurance to our courageous friends who are dealing with cancer. We want them to believe that they too will enjoy a rewarding new normal.

I will always be grateful for the peer support I received during the 18 months I underwent treatments in New York. I knew that I would want to contribute to a similar support group wherever I ended up living.

ESCA CS was the first resource I sought when I arrived in Lausanne in 2004.

Over the years, I’ve had the privilege of offering peer support to many clients in the area initially, during one-to-one visits and later through support group meetings. We persevered together during the last couple of challenging years, learning new skills and finding ways to provide support to those feeling isolated.

The privilege of offering support is also a healing process, so I am as grateful as those receiving our care and thankful to be part of the ESCA CS family.

AWARENESS

EVENTS & ACTIVITIES

At ESCA CS we cherish our place within the wider cancer support community and look forward to collaborating with our partners to support the numerous cancer awareness events in the Lake Geneva region. In 2021, we also focused on our digital cancer awareness campaigns.

MARCH

Services Industriels de Genève (SIG), honoured ESCA CS by lighting the *Jet d'Eau* in the ESCA CS colours of green and blue.



AUGUST

A small group of ESCA CS members and volunteers joined the March against cancer organized by the Ligue genevoise contre le cancer.

The Terry Fox Course de l'espoir went ahead this year with many ESCA CS members, their families and pets, and our Bosom Pal Gym members taking part.



OCTOBER

ESCA CS volunteers attended various breast cancer awareness events, including those in recognition of the 20th anniversary of the Réseau Cancer du Sein.

ESCA CS Board Member Korin Avigdor gave a talk at the Organization of Women in International Trade and we were invited to set up an awareness stand with the Fondation genevoise pour la dépistage du cancer in Petit-Saconnex.



NOVEMBER

As part of Men's Health Month in November, the ESCA CS Counselling and Support Services Manager spoke at the HUG Prostate Cancer Symposium and gave an interview to Otium's Open Day in line with Movember health awareness – raising activities.

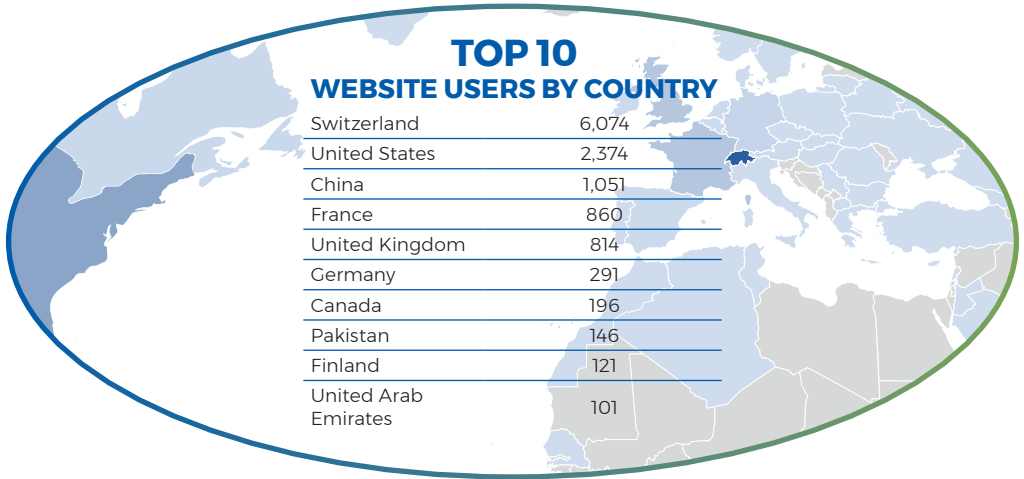
ESCA CS was invited to set up an information stand at Centre Otium's Open Day in line with Movember health awareness – raising activities.



Also in October, ESCA CS partnered with the Hirslanden Clinique des Grangettes during their *Octobre Rose* events, hosting an information stand and an art-therapy workshop.



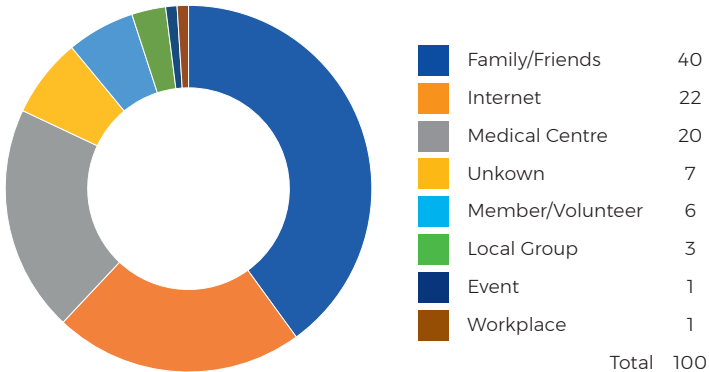
EXPANDING DIGITAL REACH



13,170

Total users who accessed
www.cancersupport.ch in 2021

HOW NEW CLIENTS HEARD ABOUT ESCA CS



FUNDRAISING

STEPPING FOR ESCA CS



Our second annual virtual fitness and fundraising challenge, Steps for CancerSupport, was again a great success. We brought together 875 participants with different levels of physical fitness from around the world. Participants included 113 individual walkers, 57 open teams and 21 corporate teams.

We set an ambitious goal. We hoped participants would take enough steps to go around the globe twice during the 20-day challenge. But we underestimated the determination of our participants to “out-step” each other. They reached our goal in just half the time! During the remaining 10 days, participants took enough steps to also walk the circumference of both the Moon and Mars, bringing our total steps to 201,955,950 million.

We would like to thank our generous donors whose contributions helped make this event a real triumph. The total money raised from registration fees, sponsorships and individual donations was over CHF 107,000. The funds raised during Steps for CancerSupport play a critical role in maintaining and expanding our counselling and support services for those who need it most.

STEPS FOR CANCERSUPPORT

KEY FIGURES



201,955,950
steps



875
participants

113
individuals



21 corporate teams
&
57 open teams

CHF 68,377
came from donations



CHF 38,900
came from registrations

CORPORATE TEAMS

Beckman Coulter 1
Beckman Coulter 2
Beckman Coulter 3
DragonboatEvents
Firmenich
Hirslanden Clinique des Grangettes
Centre Prostate
Centre du Sein
Integrative Medicine
Radio-Oncologie
Hôpital de La Tour
B2
Centre Prélèvement
Maternité
Orthopédie
Radiologie & Co.
Réception
Urgences
LGT Private Banking
CEESensation
Geneva Walks
Les Grouille-Toi
Moonwalkers 3
Positive Thinkers



SPONSORS

Beckman Coulter Foundation
Dragon Boat Events
Firmenich
Intuitive
Hirslanden Clinique des Grangettes
Centre de la Prostate
Centre du Sein de Genève
Physiothérapie des Grangettes
Centre de Médecine préventive
et intégrative
LGT Private Banking
La Tour Medical Group
Lenz & Staehelin
LumX Asset Management



Steps Corporate Team

Steps Open Team

COMMUNITY FUNDRAISERS

Each year, many of our ESCA CS members undertake their own fundraising initiatives. With the continuing Covid-19 restrictions it was necessary for them to be extra creative this year. They did not disappoint. Our community of fundraisers came up with fun and innovative activities which generated significant funds and helped ensure that we could continue to offer our services free of charge to anyone affected by cancer.

EMMA'S FRONT STEPS PROJECT



Our first fundraiser of the year was Emma's Front Steps Project. Local photographer Emma van Dort was motivated by her sister's breast cancer diagnosis. She applied her talents, taking photos socially distanced of families on their door steps in exchange for a donation to ESCA CS. It was a win-win situation. The families received beautiful portraits and we benefitted from generous contributions.

Amount raised: CHF 1,215

KYAN'S CYCLE AROUND LAKE GENEVA



In April, 14-year-old Kyan, the son of one of our volunteers, embarked on an epic 180km cycle around Lake Geneva in an effort to raise funds for ESCA CS. Having completed the route once before, this passionate cyclist was confident that his adventure would take him about 6 to 10 hours. Despite terrible weather conditions, he managed to complete the ride as planned.

Amount raised: CHF 2,145

BOOST FITNESS STUDIO



In support of Breast Cancer Awareness Day, Boost Fitness studio owner Diana Caballero generously donated the proceeds from her classes that day to ESCA CS. Diana invited us to set up our information stand which provided a wonderful chance for our volunteers to chat with the studio's clients as well as to raise awareness of the support that our organization offers.

Amount raised: CHF 745

POLAR BEAR SWIM



Capping off a wonderful year of fundraising, our intrepid volunteer Chris Swan, supported by her friend Erin Goeres, braved the icy waters of Lake Geneva on New Year's Eve on behalf of ESCA CS.

Amount raised: CHF 1,606

HOBBIES HELP - SUE HUDSON



Fundraising aficionado and volunteer Sue Hudson combined her three hobbies - crocheting, cooking and gardening - with her fundraising efforts. Some of her cakes ended up

feeding the ESCA CS gardeners in Versoix. Just before Christmas, Sue prepared an extensive "menu" of baked and cooked goods to raise funds. She says it was exhausting but good fun! She also sold crocheted items in aid of ESCA CS.

Amount raised: CHF 1,900

COLLABORATIONS AND PARTNERSHIPS

ESCA CS appreciates the relationships we have built with our many partners over the years. We look forward to working closely with them in person again as soon as we are permitted to do so.

- Action Margaux
- American International Women's Club of Geneva
- Centre hospitalier universitaire vaudois (CHUV)
- Centre OTIUM
- CERN
- Eli Lilly (Suisse) SA
- Fondation genevoise pour le dépistage du cancer (FGDC)
- Hirslanden Clinique des Grangettes
Centre de médecine préventive et intégrative
Centre du Sein de Genève
Centre de la Prostate Genève
Centre de la Prostate Lausanne
- Hôpitaux Universitaires de Genève (HUG)
- La Maison de Tara
- Ligue genevoise contre le cancer
- Ligue vaudoise contre le cancer
- Palliative Care Suisse
- Réseau de sénologie et onco-gynécologie genevois (SONGe)
- Réseau cancer du sein
- Resiliam
- Soins en Oncologie Suisse
- Union for International Cancer Control (UICC)
- Vivre comme Avant
- World Council of Churches
- Organization of Women in International Trade (OWIT)
- Zoé4life

SPOTLIGHT

HIRSLANDEN

CLINIQUE DES GRANGETTES



We happily signed a partnership agreement with the Prostate Cancer Centre at Hirslanden Clinique des Grangettes. We look forward to working together to assure that those who need cancer support in English know where to find it.



The quality of our partnerships is just as important as the quality of the medical care we provide for our prostate cancer patients. ESCA CS's services, especially the prostate cancer group, are invaluable for those patients wishing to hear personal experiences and receive professional encouragement in English. Our team is inspired by the work of ESCA CS.

Dr. Franz Schmidlin, FMH Urology,
Specialist in Surgical Urology
Medical Director Prostate Cancer Center
Hirslanden Clinique des Grangettes

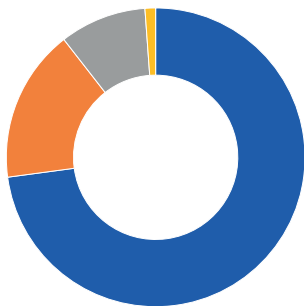
FINANCE

In late 2020, as a result of the continued uncertainty around the future of our Paddle for CancerSupport fundraising event and our increasing reliance on a small number of generous donors, the Association engaged an external fundraiser to assist in the diversification and de-risking of our donor base. The result of this action can be seen in the very healthy state of our finances at the end of the year. We will not take this situation for granted and ensure that their generosity is used to maximum effect on the well-being of our clients and their entourage.

The increased professionalism and breadth of our counselling team has resulted in a surge in demand for their services and as a result our expenditure on counselling support increased by a very significant 30% year-on-year. We anticipate this growth to continue and are fortunate that thanks to the continuing support of our donors we can raise awareness of these services on a solid financial basis.

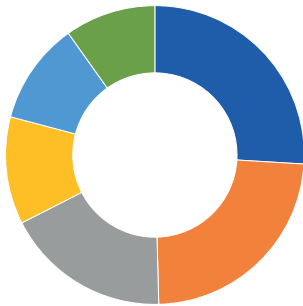
A full version of the audited financial statements are available on our website.

INCOME



Grants and corporate donations	CHF 518,222	(73%)
Fundraising	CHF 118,006	(17%)
Donations	CHF 66,740	(9%)
Membership fees	CHF 8,157	(1%)
Total Income	CHF 711,125	

EXPENDITURES



Surplus	CHF 184,631	(26%)
Other support services	CHF 167,983	(24%)
Counselling	CHF 127,334	(18%)
Administration	CHF 82,698	(12%)
Fundraising	CHF 78,526	(11%)
Awareness	CHF 69,953	(10%)
Total Expenditures	CHF 711,125	

ACKNOWLEDGEMENTS

VOLUNTEERS

Over the course of the year, our incredible team of more than 90 volunteers achieved more than 7,000 hours of dedicated service. This is an increase of 1,000 hours from 2020. We are always inspired by their dedication and commitment and touched by their compassion and kindness.

Management, operations & finance	2,068	(29%)
Indirect client support	1,542	(22%)
Fundraising/events	1,275	(18%)
Awareness & publicity	1,040	(15%)
Direct client support (including peer support)	637	(9%)
Drop-In Centre/Library	470	(7%)
Training & development	98	(1%)
Total Volunteer Hours	7,130	

Pro bono hours from the counselling and support services are reported separately alongside the counselling figures.

DONATIONS IN MEMORIAM

We would like to express our gratitude to generous family members and friends who made donations to ESCA CS in memory of someone special this year. Our Support Team often works with cancer patients and their families during the final days of a loved one's life and these donations pay tribute to this precious support.

PRINCIPAL DONORS

- Beckman Coulter Foundation
- **Commune de Cologny**
- Eli Lilly (Suisse) SA
- **Famille Sandoz**
- **Fondation Aletheia**
- **Fondation Alfred & Eugenie Baur**
- **Fondation Ernst Göhner**
- **Fondation NAK-Humanitas**
- **Fondation Philanthropique**
- FRTM (Fondation pour la recherche et traitement médicale)
- **Loterie Romande**
- Marguerite Foundation
- Oak Foundation

Bold indicates new donors for the year 2021

I joined ESCA CS as a volunteer at the onset of Covid-19. I work with data, facilitating its collection and storage, identifying the needs for reporting on statistics and evaluating how to enhance existing procedures and processes. For me, ESCA CS really is about not facing cancer alone. I look forward to soon becoming a peer supporter and being able to work more directly with people coping with cancer. I'd love to support families, helping the children to see there are others just like them and the parents to connect with other families touched by cancer.

Astrid Poffet, Volunteer

ESCA CS

FULL LIST OF SERVICES

EMOTIONAL SUPPORT

Support Line/Email

Counselling

Prostate Cancer Group

Teen Support

Drop-In Centre

Library and Resources

Peer Support

Breast Cancer Support (Bosom Pals)

Geneva Support Group

Lausanne Support Group

Mindfulness-Based Cognitive Therapy for Cancer Patients

Bereavement Support

Art Therapy for the Bereaved

Art Therapy for Cancer Patients

Art Therapy for Carers and Volunteers

PHYSICAL WELL-BEING

Gentle Yoga

Yoga for Recovery and Healing

Bosom Pals Gym Class

Pilates

Walk'n Talk Lausanne and Geneva

Look Good Feel Better

2021

BOARD OF DIRECTORS

President	Ramona Azarnia
Treasurer	Dave Mason
Members	Bill Laneville Conny Vrieling James Bissell Jessica Dunant Korin Avigdor Robert Leigh Thea McFarlane

2021

MANAGEMENT TEAM

Co-Director / Volunteer Coordinator	Nicola Bowers
Co-Director	Patricia Allen
Counselling and Support Services Manager	Christian Holyoak
Support Services Coordinator / Counsellor	Antonia Calame
Office Manager / Community Awareness / Data Protection	Andrea Hayes
Marketing and Communications Manager	Marina Teahon
Events Manager	Candice Richardet-Briand
Drop-In Coordinator	Margaret Stourton



ESCA CancerSupport
Chemin Auguste-Vilbert 14
1218 Le Grand-Saconnex

UBS Acct. Number: 243-341674.01F
IBAN CH500024324334167401F
BIC/SWIFT: UBSWCHZH80A