

DRAGONS ABREAST AUSTRALIA

Annual Report

2017 – 2018



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DRAGONS ABREAST AUSTRALIA

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Dragons Abreast Australia

PO Box 380, Cannon Hill, QLD 4170

www.dragonsabreast.com.au

ABN: 33 104 261 029

DRAGONS ABREAST AUSTRALIA **Annual Report 2017-2018**

Board and Advisory Panel

Board of Directors

Mabel Sansom - Chair

Jo Parry

Anne Stowe

Marion Blake

Pearl Lee (resigned October 2017)

Pru Menzies (appointed Casual Director January 2018)

Megan Tozer (appointed Casual Director January 2018)

Hannah Bodilly (appointed Casual Director January 2018)

Advisory Panel Members

Rosalie Thomas

Patricia Hancock

Sue Bowen

Dragons Abreast Australia celebrates their 20th anniversary in 2018. This is a significant achievement but more importantly it means that thousands of breast cancer survivors have paddled their way to improved health and fitness after treatment. Often survivors are on their own after treatment has finished and left to ask 'what next'? Paddling fills that void and has been medically proven to benefit breast cancer survivors. Paddlers come in all shapes, sizes and age groups and many haven't done any sport since leaving school.

Dragons Abreast Australia offers all survivors and their supporters the opportunity to participate and everyone is assured of a warm welcome. At DAA we are committed to ensuring all those diagnosed with breast cancer have the opportunity to enjoy the benefits of paddling. There are over 30 groups in Australia with over 1200 members who paddle at least once a week, if not more. Our groups are always looking for new members and regularly schedule 'Come and Try' days and/or other events.

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As we entered this financial year, excitement was building because 2018 was the 20th Anniversary of DAA. It is quite an achievement for any business, never mind a charity, that relies solely on donations to exist. We are proud to say that many members who were with us in the beginning are still paddlers or members today. This achievement is only made possible through the commitment of member groups around Australia with the assistance of the Board and national office in Brisbane. DAA brings a national group of volunteers together who continue the mission to help breast cancer survivors improve their health.

To celebrate this milestone, a special logo was designed which we are proudly using on all communications.



Here are some key highlights from this past year!

Our Events – Connect.Move.Live

Dragons Abreast Festival – October 2017

The 10th Annual Dragons Abreast Festival at Darling Harbour in Sydney was again a success. Under the capable management of Angie O'Reilly and her committed group of volunteers, this corporate/social event is our only major fundraiser. Funds raised at this event allow DAA to do more for existing groups and to help with the start-up of new groups. Some highlights of the event are watching paddlers who have never been in a dragon boat win a race (very exciting), the Chinese Youth League Lion Dancers and of course the Flowers on the Water ceremony where we take time to remember those who sadly have joined our Angels Abreast team. They are never forgotten.

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Ord River Challenge

While DAA encourages participation first, competition does happen. Our members love a challenge, particularly a personal one. With that being said, the Board of DAA has organized an exclusive DAA Ord River Challenge which will happen in June 2019. Early planning is important for success and is already a sold out event for DAA paid members. Paddling the Ord is a 'bucket list' item for many members and this involves a 55km paddle down the mighty Ord River from Lake Argyle to Kununurra. Plenty of good times will be had with amazing scenery along the way.

IBCPC Dragon Boat Festival – Florence, Italy

Over the past couple of years, great excitement has been building in member groups as the International Breast Cancer Paddler's Commission event approached. The Festival is only held every four years and this time it was in Florence, Italy! This is an international, non-competitive participatory event.

The two-day paddling event took place in early July but planning has been under way for a couple of years. Groups were able to fundraise to offset some of their costs such as registration fees. Not all groups were able to send a full team so DAA organized three composite boats and coordinated all payments including payment for exclusive T-shirts designed by our own Linda Papworth. This enabled more of our members to participate.

Approximately 500 DAA survivors and supporters travelled to Italy. The training that had taken place certainly paid off and DAA groups were competitive as ever, even winning a few races. In addition to the paddling, it was an amazing experience to explore Florence and meet new friends from around the globe.

Grazie IBCPC e Firenze, un evento davvero eccezionale in una bellissima città.

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The Business of DAA

Board appointments and thanks to our sponsors

In early July 2017 Dragons Abreast Australia were pleased to announce three new staff members joined the team as part of a restructure. They are:

Karen Jones – Office Administrator

Vanessa Scott – Communications Guru

Collette McCaffrey – Bookkeeper Expert

This has meant during the past year we have been able to give all members and groups enhanced service and assistance.

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Dragons Abreast Australia relies solely on donations and receives no funds or grants from government or other sources. We have been very grateful during the past year to receive donations from not only our sponsors but also our groups. Each dollar we receive means we can provide services to our groups and individual members.

Thank you to all who so generously donated.

Dragons Abreast Australia continues to build relationships where we can share information that will benefit members such as Mother's Day Classic, International Breast Cancer Paddling Commission and we are also a full voting member of the Australian Dragon Boating Federation.

Conclusion

As we conclude another year, there are so many to thank for our success such as Member Group Coordinators, DAA members, sponsors of our events, corporate and individual donors. DAA could not succeed without you and thank you for your contribution. Your spirit, support and energy are very much appreciated by the Board. You ensure that the DAA message of participation, inclusiveness and awareness is heard around the country. Without you, there is no Dragons Abreast Australia.

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The Dragons Abreast core values remain:

- Promotion of a healthy and positive outlook towards life after diagnosis
- Competition is secondary to camaraderie and the provision of a supportive post treatment environment; and
- Assist in raising breast cancer awareness within the community, helping to change associated stigmas.

Mabel Sansom (Chair) on behalf of the Board:

Jo Parry

Anne Stowe

Marion Blake

Pru Menzies

Megan Tozer

Hannah Bodilly

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