



Mending Casts

changing lives one cast at a time



Introducing Mending Casts Inc. - Mending Casts is a registered DGR charity which provides free respite retreats to people dealing with cancer. What is unique about our programs is that we use the health and well-being benefits of fly-fishing to reconnect people to nature, provide relief from their personal challenges and share their experiences with others in a non-clinical and supportive environment.

These retreats are delivered through men's and women's programs called "Reel Recovery Australia" and "Casting for Recovery Victoria" respectively.

- ✦ Casting for Recovery Victoria is a program for women with breast cancer. We will expand this program to hold retreats for women with all types of cancer next year.
- ✦ Reel Recovery Australia is a program for men with any form of cancer.

These programs have been running in the USA for over 20 years and we are licensed to use them in Australia. The retreats run for 2½ days and are free to the participants as we provide all meals, accommodation, education and equipment. We have been operating since 2019 and have held 7 retreats in that time serving more than 60 people from all over Australia. Our plan is to hold a minimum of 4 retreats a year as well as several fund-raising events to cover our costs.

Why fly-fishing and cancer? The concept is to take participants away from their day-to-day world of treatments, appointments, pain and anxiety for a few days of respite in beautiful natural surroundings. The physical and mental positives of fly-fishing have been researched and documented in numerous professional journals. We are currently collaborating with Deakin University to host a study into the long-term benefits of fly-fishing on mental health. Being supported within a small group of people who all share similar health issues encourages conversation and rejuvenation through ongoing support and friendships. We have found this is especially true of men who often struggle to express emotions and share conversations. There are some great videos on our [YouTube Channel](#) that provide an insight into the participants experiences through interviews taken at our retreats.

Donations Needed: Our organisation is run solely by volunteers and we must raise funds to cover the cost of our retreat programs. On average this is between \$13k and \$16k for each event and we rely heavily on fund-raisers, donations and sponsorships to continue helping our cancer patients. Your support would be very much appreciated and will help us to continue this life-changing work.



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