



PROSPECTUS

2023 - 2025

OUR MISSION

Mending Casts Inc is a registered not-for-profit Charity which promotes the health and well-being benefits of fly fishing and fly casting to people dealing with cancer. We host several free support programs and community-based events each year aimed at introducing people of all ages and backgrounds to the sport. This includes the Casting for Recovery program in Victoria, the Reel Recovery program throughout Australia, plus fly-fishing events and gatherings around the country.

We support adult cancer survivors of all ages, from any background or ethnicity and at any stage of their cancer journey.

Contact Us

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OUR GOALS

- Give retreat participants a respite from day-to-day pressures and routines in a natural setting by providing a welcoming environment, free of family responsibility and other concerns that encourage participants to take charge of their own wellness.
- Provide a free weekend of fun, education and support whilst sharing the experience of fly casting and fishing.
- Allow participants to participate in group conversations through which they share their experiences and support each other.
- Provide the opportunity for participants to learn and practice fly fishing skills.
- Provide participants with an opportunity for healing at no expense.
- Offer the opportunity to meet new friends, network, exchange information and take away referrals to their local fly-fishing clubs.



OUR HISTORY : Operating retreats from 2019 to 2023

Mending Casts Incorporated has been operating in Australia since January 2019. Our primary focus is on running free live-in fly-fishing retreats for people dealing with cancer through the Casting for Recovery and Reel Recovery programs. Originally started to run the Casting for Recovery programs for women with breast cancer in Victoria, our portfolio has since expanded to provide Reel Recovery Australia retreats for male cancer sufferers.

As a registered not-for-profit Charity staffed solely by volunteers, we require independent funding to provide our programs and services. These funds are obtained via donations from a broad range of supporters, sponsorships or government grants plus partnerships with corporate groups. 100% of every dollar is invested back into our programs and the activities which support them, so we appreciate every cent that is given to us. Between 2019 and 2023, we have run seven of these cancer retreats and positively impacted the lives of over 60 people. Our Strategic Plan will see us host 4 retreats a year by 2025.



WHAT IS THE CASTING FOR RECOVERY PROGRAM?

The Casting for Recovery (CfR) concept was founded in 1996 in Manchester Vermont USA by a breast cancer reconstructive surgeon and a professional fly fisher. Casting for Recovery's innovative program focused on breast cancer survivorship and improving participant's quality of life, but has since obtained numerous endorsements as to the health & well-being benefits of the program from medical and psychosocial experts. To date, CfR has conducted more than 600 retreats, helping more than 8,000 people in the USA, Australia, Canada, UK/Ireland, Italy and New Zealand. The ACT Fly Fishers were the first to conduct retreats in Australia starting in 2016. In 2018 licensing was ratified for Mending Casts Inc to provide the US program in Victoria. Mending Casts launched our first CFR retreat event at Eildon in September 2019, then others were held at Ballarat in April 2022 and Marysville in April 2023. Further CfR retreats now are in the planning stage for 2023-24 including hosting an event in Tasmania.

WHAT IS REEL RECOVERY IN AUSTRALIA?

In Nov 2019, Mending Casts secured an exclusive agreement with Reel Recovery USA to run their cancer retreat program in Australia. Those programs commenced in May 2021 at Omeo in Victoria, with a second retreat held at Marysville in May 2022 and a third at Ballarat in November 2022. The mission of Reel Recovery is to help men with any type of cancer in their recovery by introducing them to the healing powers of the sport of fly-fishing while providing a safe, supportive environment to share their personal cancer experiences with others. Its purpose is to address the growing demand for and limited supply of support services specifically tailored for men with cancer with the overarching goal being to improve the lives of the men we serve. We aim to give these courageous men a respite from their day-to-day concerns so that they might gain a fresh outlook on their cancer journey. We facilitate discussions that give them strength, encouragement and the support of a new network of friends and also provide them with new outdoor skills that bring joy, enthusiasm and renewed hope as they confront the challenges of their cancer journey.



PROGRAM HIGHLIGHTS

- The two and a half day live-in retreats are offered at no cost to the participants. All food, lodging, fishing equipment and materials are supplied.
- These retreats incorporate both fly casting and fishing instruction coupled with social support, culminating with guided catch-and-release fishing.
 - A maximum of 12 participants are accepted into each retreat, subject to each passing the application process. We are committed to embracing ethnic, gender, socioeconomic and cultural diversity.
- Trained personnel and volunteers run each retreat event. Group discussions are facilitated by qualified personnel and all fishing activities are led and supported by experienced volunteers and guides.
- Participants range in age from 18 to 90+ and are from all socioeconomic and cultural backgrounds.
- These programs are available to people who obtain a medical release from their General Practitioner or Oncologist/Specialist.
- Mending Casts is constantly reviewing these programs as we are dedicated to innovation in order to better serve the diverse community.

FUNDING

As an Incorporated Association registered as a not-for-profit Charity with the ACNC, Mending Casts Inc requires independent funding to be able to provide its services. Retreat costs range from \$13,000 to \$16,000 per event, depending on the number of participants attending, the location, the accommodation and the time of year at which they're held. These costs are covered solely through our own fund-raising activities. These include;

- Donations of money, goods or services – via our Website, PayPal, EFT or Cash
- Fund Raising – Trivia Nights, Fishing Events, Dances, Auctions and Raffles
- Arrangements with sponsors including Fishing Businesses, Fly Fishing Clubs, Community Groups, VFA and Corporates
- Grants – Funding provided under local, state & Federal government programs
- Partnerships – with Peter MacCallum Cancer Centre, Reel Recovery in the USA and Deakin University.
- Our projected funding requirement over the next 3 years is \$200K. This will allow us to ultimately host 2 men's and 2 women's retreats per year by 2025 and help put another 150 people through our cancer retreat programs.

FUTURE DIRECTIONS

Our Strategic Plan outlines the priorities for consolidation and expansion of our programs over the next 3 years. The main objectives include.

- Leverage from our ACNC Charity status and ATO DGR registration to create new relationships with corporate sponsors, donors and philanthropists.
- Establishing a Mending Casts Gala Dinner as a high-profile annual fund-raising event that also aims to reunite retreat participants
- Host a minimum of 2 retreat events each year for each program
- Hold retreats in different locations around Victoria and interstate to benefit local communities and give residents greater opportunity to participate
- Entrench key partnerships with national cancer organisations including Peter MacCallum Cancer Institute, Olivia Newton John Foundation, Breast Cancer Network Australia, The McGrath Foundation and the Cancer Council.
- Establish pathways for our retreat participants to take up memberships with local fly-fishing clubs.





TESTIMONIALS

"I had given up and wanted my cancer to take me. This experience has been life-changing and I don't want to be isolated anymore. I have rediscovered myself through fly-fishing and want to keep going"
Allan - Reel Recovery Omeo 2021

"There's a lot of new things I've learned ...it's been a wonderful experience just being with all the girls and the volunteers have been absolutely amazing"
Helen – Casting for Recovery Ballarat 2022

"I just completed my Reel Recovery program... I genuinely feel that the bonding I experienced with a top group of guys has lifted a heavy weight off my shoulders. Huge "Thank You" to all staff, volunteers and buddies who made sure we were not wanting for anything. Amazing accommodation and most informative. I am so thankful to have been able to be a part of this amazing program... a time which I will cherish forever."
Furio - Reel Recovery Marysville 2022

"Absolutely brilliant!! The retreat was so well organized, volunteers were just beautiful people and it made me have such a great weekend. Thank you to all! I don't believe they could do anything better. I'm going to go home and fly fish now!"
Kerryn – Casting for Recovery Eildon 2019

"Fantastic retreat & greatly appreciate the opportunity as I start my road to recovery. Buddy system & mateship is outstanding...Thank You"
Carl - Reel Recovery Marysville 2022

"An awesome concept, so valuable as an escape from every day and health stresses. Wonderful to connect with others in similar situations. All volunteers were so compassionate and patient and welcoming. I feel very humble to have such beautiful "angels" give up their weekend to share their skills, talents and hospitality with me. I feel like a princess. Thank you. I do so much appreciate this. xxx"
Patricia - Casting for Recovery Eildon 2019

"We are all incredibly grateful to have had the opportunity to be together and share a Casting for Recovery Retreat. There is far more to this experience than learning the basics of fly-fishing. You'd be forgiven for thinking breast cancer survivors and fly-fisher people are unlikely bedfellows, but it just works. This is because – at the heart of it – the essence of community, and a shared understanding, provide the opportunity for volunteers and participants to connect with one another through experience, passion and generosity of spirit....."
Sheryl – Casting for Recovery Ballarat 2022

