



# Casting for Recovery

Victoria, Australia



## Who and what is Casting for Recovery?

**Casting for Recovery Vic** is a health and well-being program run by Mending Casts Inc. whose members volunteer their time to hold FREE retreats for people with, or who have had breast cancer. Participants are taught the basics of fly-fishing, including casting and fly-tying to introduce them to the calming and relaxing nature of the sport. An afternoon of pampering is included to allow participants to relax and enjoy the beautiful, peaceful and natural environment. A menu of healthy, delicious food is provided for the entire retreat. The Casting for Recovery program was started in the USA and has been running for over 20 years with resounding success. Mending Casts Inc brought the program to Victoria in 2019.

*Thank you for a wonderful time. I had a great time, made new friends and caught some great fish. This retreat is such a beautiful program.*  
Michelle, participant 2023

*The entire program was a lot of fun. I would highly encourage others to attend this type of retreat. I thoroughly enjoyed learning a new skill.*  
Amanda, participant 2023



*Fantastic and feel very humble to have such 'angels' give up their weekend to share their skills, talents, hospitality to me. I feel like a 'princess'. Thank you, I do so much appreciate this.*

Pat, Retreat participant 2019

## Why Fly Fishing and Breast Cancer?

The concept is unique. On a physical level, the gentle, rhythmic motion of fly casting can be good therapy for the upper body as a way to encourage increased mobility in people after surgery or treatment. On an emotional level, our volunteers and staff provide resources to help participants address their fears, questions and frustrations after a breast cancer diagnosis. They experience fly fishing as a reprieve from the everyday stresses and challenges of cancer treatments and thereby improve their quality of life and long-term outlook. Participants share these experiences with others in a safe and supportive group environment, many of whom become firm friends.

**No fishing experience is necessary.** All you need to bring is a desire to learn something new, enjoy a little pampering, eat delicious healthy foods, make some new friends and stay in beautiful surrounds. We will do the rest.

If you or someone you know has been through the Breast Cancer experience, jump onto our website, read more about what we do and if you're interested fill out an application form and we'll be in touch.



Casting for Recovery Victoria  
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