

# Annual Report

For the financial year ended 30 June 2021





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# Our Organisation

## Vision

Each year thousands of Australians are diagnosed with leukaemia, lymphoma or myeloma, and many others are diagnosed with autoimmune diseases such as Multiple Sclerosis, blood diseases like anaemia and other non malignant diseases.

In many cases, a bone marrow or stem cell transplant offers the best prospect of recovery.

Our vision is to support these patients during the transplant process, and to help medical researchers find better treatments for diseases treatable by bone marrow and stem cell transplants.

## Mission

Our mission is to improve the survival and quality of life for patients with blood diseases treatable by bone marrow and stem cell transplants and provide support for their carers in Australia. We do this by:

- Funding medical research into the cause, prevention, treatment and cure of diseases that can be treated by bone marrow or stem cell transplant;
- Supporting patients and their families before, during and after bone marrow or stem cell transplant treatment; and
- Providing educational opportunities for registered nurses working in the field of haematology.



*Bone marrow transplant recipient and Arrow beneficiary - Frank Li (7 years old) with his siblings*



## History

For over 30 years Arrow has funded life saving research into bone marrow and stem cell therapies, whilst providing support for patients and their carers through treatment and beyond.

The inaugural meeting of the Arrow Bone Marrow Transplant Foundation (“Arrow”) was held on 25 February 1987. We were incorporated as an association in NSW in May 1988 and as a company limited by guarantee in February 2009.

The founding and original members of the organisation included patients and family members, doctors, nurses and staff associated with St Vincent’s Hospital in Sydney. St Vincent’s was the first hospital in Australia to undergo a bone marrow transplant. This strong relationship with St Vincent’s Hospital remains in force today. In the organisation’s first year an outstanding \$95,918 funding was raised, the majority of which was used to support research staff at St Vincent’s Haematology Department.

An early and significant achievement by Arrow in 1992 was the establishment and finance of the Australasian Bone Marrow Transplant Recipient Registry (ABMTRR). The ABMTRR is a unit that collects, collates and distributes transplant patient data across 52 hospitals in Australia and New Zealand. The unit produces an annual report of consolidated data that is a vital reference source for contributing hospitals, doctors, clinicians and other relevant persons in the field. Arrow continues to contribute towards the production of this report to this day.





# **Arrow has a strong 30 year history of medical research and patient support for bone marrow and stem cell transplants**



**Mark O Hara (Arrow Chairman) and Robyn Flood at the official launch of the Arrow Bone Marrow Transplant Foundation Patient Room at St Vincent's Hospital Haematology Ward**

In 1993 Arrow was introduced to the Hawkesbury Canoe Classic (HCC) Association. A team of volunteers hosting a major canoeing and fundraising event along the beautiful Hawkesbury River in NSW. The HCC are a major strategic partner and sponsor of Arrow. In 2019 we celebrated a 25 year partnership with the HCC during which time HCC have raised an astounding \$4.4 million for Arrow's medical research programs.

Arrow House, located in Leichardt Street Darlinghurst, was opened by the NSW Governor on 16 February 2005. Arrow House facilitates accommodation for transplant patients and their carers as they undergo post transplant treatment. Arrow's major financial contribution to the refurbishment of the terrace houses resulted in the accommodation, as owned by the Trustees of the Sisters of Charity, being named Arrow House. Arrow House also houses the offices from which we administrate the Foundation.

In 2005, Arrow in collaboration with the Bone Marrow Transplant Network of NSW, funded the production of a patient information guide for allogenic and autologous stem cell transplants. A useful and practical guide, this resource continues to be a valuable source of information for patients.

In 2006, Arrow awarded it's first Nursing Scholarship supporting the specialisation and furthering of skills for nurses in the education of oncology and transplantation. Also in this year, Arrow launched a new brand and look which lead to the development of a new website for the charity.

In 2018 Arrow raised \$300,000 for a specially designed room on the new Haematology, Blood and Marrow Transplant Ward at St Vincent's Hospital for bone marrow transplant patients. The room is specially designed with negative air pressure to improve infection control and is a private room providing greater comfort and privacy for patients during treatment and recovery.

Arrow's dedicated work over the past three decades has made significant impact to medical research discoveries, as well as the support of patients and education of nursing staff. With the help of our members, volunteers, sponsors and donors we will continue this work and progress the ambition of our founding members in the treatment of disease by bone marrow and stem cell transplant.



# Governance

## Board of Directors

Arrow is governed by a volunteer Board of Directors. The Board consists of a group of individuals united by their passion within the bone marrow transplant community either through their own personal experiences or their work within the field.

### Chairman – Mark O’Hara

Mark joined the Arrow board in 2004 after losing his good mate Greg Neate to acute myeloid leukaemia.

He served as Vice Chairman to Arrow for five years from 2008, before being elected as Chairman in 2013.

Mark is a Facilities Manager working in both the education and medical research sector. Mark has been involved in numerous multi million dollar building projects.

Mark has been a tireless fundraiser for Arrow, including as a Committee member and paddler for the Hawkesbury Canoe Classic, Arrow’s largest fundraising event.

### Director – Neil Pennock

Neil joined the Arrow board in 2015 following the passing of his partner Trace Richey, to graft vs host disease after a bone marrow transplant.

Neil established the Arrow Trace Richey Nursing scholarship, in memory of his partner, to support nurses to further their studies in the field of bone marrow transplant.

Neil is a passionate fundraiser and has raised a significant amount of funds for Arrow and related causes including \$300,000 for a specialised room in the St Vincent’s Hospital haematology ward, where Trace was treated.

Neil is also a finance consultant specialising in project finance and brings a wealth of financial risk management and cost control expertise to the Arrow Board.

### Treasurer – David Eden

David joined the Arrow board in 1996 appointed to the role of Treasurer.

David was diagnosed with chronic myeloid leukaemia in 1994. Following a failed bone marrow transplant in 2000, David has been successfully treated with medication since. David’s personal experience with transplants saw him contribute to the production of the Arrow patient information guides.

David has a strong financial background working at Westpac for 24 years prior to his diagnosis, followed by 12 years at Rabobank.

David has since retired from work however continues to remain very active in the community. David has contributed to his local Lion and Rotary clubs and is a Justice of the Peace. David was awarded an Order of Australia medal (OAM) in 2019 for his service to community health.

### Director – Leonie Wilcox

Leonie has been a member of the Arrow board since 2007. Leonie is Manager at the Australasian Bone Marrow Transplant Recipient Registry, a role which requires coordination within the wide network of clinical professionals involved in the transplant process. Since 2019 Leonie has been a board member of the Australian Clinical Trials Alliance (ACTA), the national peak body for clinical trials. Prior to the Registry, Leonie worked in the statistics department at Macquarie University for 12 years teaching and consulting. Leonie is also a trained nurse and midwife.



## Director – A/Prof Anthony Dodds

Associate Professor Anthony Dodds is a consultant haematologist with a particular interest in malignant haematology and bone marrow transplantation. Professor Dodds was the Department Head and Director of Haematology and Bone Marrow Transplantation at St Vincent's Hospital in Sydney, for 16 years until 2013.

After graduating from the University of Sydney in 1965 with honours, A/Prof Anthony Dodds then completed his internship and residency at St Vincent's Hospital. He then spent two years as a Research Fellow at St George's Hospital at the University of London.

Anthony is Associate Professor of Medicine at the University of NSW and a past Chairman of the NSW Bone Marrow Transplant Network. Anthony has been a member of the Arrow Board since 1994.

## Director – Bronwyn Lisa Cuthbertson

A director of Arrow since 2012, Lisa brings over 20 years experience of communications, marketing, project and change management experience to the Board.

Her support of Arrow stems from her own patient experience: Lisa is 36 years post bone marrow transplant for Acute Lymphoblastic Leukaemia. Lisa also champions the success of bone marrow transplantation by competing in the World Transplant Games, representing Australia in eleven summer and five winter Games in the sports of swimming and skiing.

## Director – Philip Hartog

Philip has been a director of Arrow since 2013. Born and educated in The Netherlands, Philip holds a Masters degree in corporate economics from Erasmus University in Rotterdam and a Masters of Business Administration (MBA) from Harvard Business School.

During his successful career Philip was Deputy Manager of Heineken Australia and Managing Director and owner of Australian Health Care Equipment. He is a Fellow of the Australian Institute of Company Directors.

Philip's wife Sylvia was diagnosed with myelofibrosis, a bone marrow disorder, in 2010 and sadly passed away in 2012 following a second bone marrow transplant. Philip and his three daughters established the Arrow Sylvia Hartog Nursing Award in honour of Sylvia, and in recognition of her clinical care team.

Philip is an active volunteer of various charitable organisations including as a Director of the Harvard Club of Australia and Chair of Wesley Nominees.

## Director – Colleena Presnell

In early 2001, Colleena was diagnosed with acute myeloid leukaemia and had two bone marrow transplants during her fierce battle to beat the disease.

Following her recovery, Colleena joined the Arrow Board in 2009 and established the 'Gifts of Friendship' program visiting patients and staff in the Haematology Ward at St Vincents Hospital offering friendship and support.

Colleena previously was a corporate trainer in business communication for 22 years, travelling widely through Australia, New Zealand, and South East Asia.

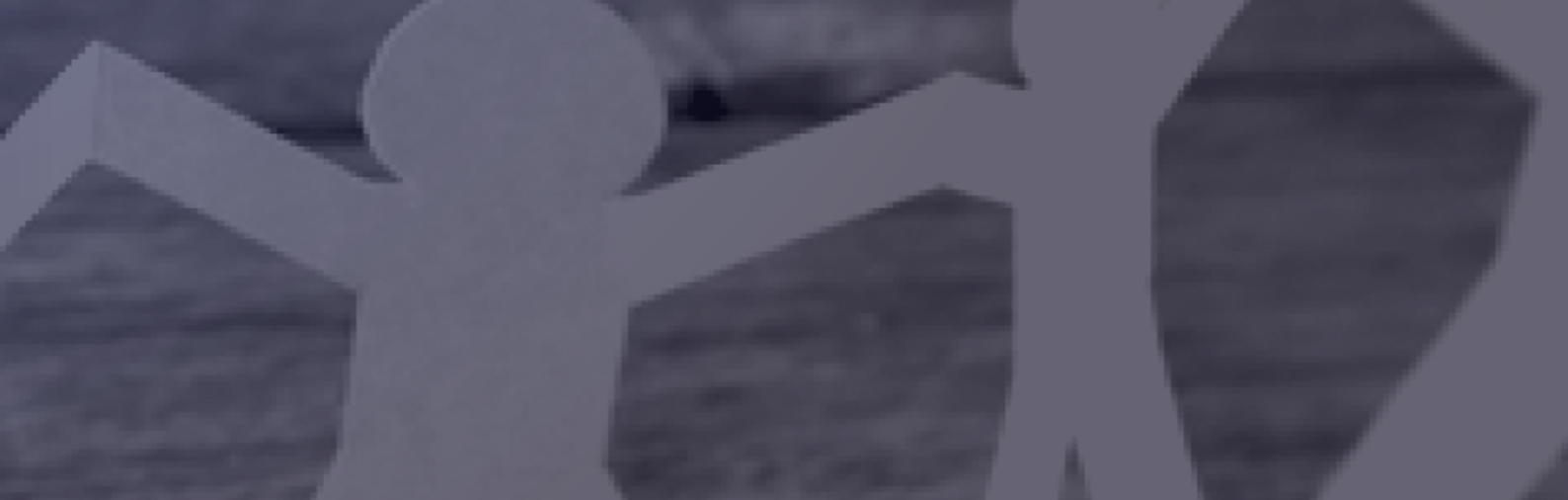
Colleena has also written a book and developed podcasts sharing her experiences of a bone marrow transplant and that of other patients. Colleena is a strong advocate of Arrow's patient support programs and an avid fundraiser.

## Director – Dr Keith Fay

Dr Keith Fay joined the Arrow board in 2018. Dr Fay is a Senior Staff haematologist based at both St Vincent's Hospital and Royal North Shore Hospital where he has worked in clinical and laboratory haematology for over 20 years.

Keith teaches medical students in haematology as part of Sydney University and the University of NSW medical programs. He holds membership on several medical bodies including St Vincent's Hospital Human Research Ethics Committee; Australasian Leukaemia Lymphoma Study Group, American Society of Haematology and the European Haematology Association.





Keith's special interest and experience in malignant haematology and the use of blood and bone marrow cell transplantation as a curative therapy, make him a valued member of the Arrow board.

## Director – Michael Quigley

Michael was the Chief Executive Officer of the NBN Co for its first four years, responsible for the rollout of the national broadband network in Australia. Prior to that Michael spent more than thirty years as a telecommunications engineer for French telecoms supplier Alcatel ultimately becoming the CEO of Alcatel USA based in Dallas, Texas and then President and Chief Operating Officer (COO) of Alcatel based in Paris.

Having undergone a bone marrow transplant for chronic myeloid leukaemia in 1991, Michael joined the Arrow Board becoming President in 1993 until the late 1990's when he relocated to America for work.

In early 2017, back home in Australia, Michael was diagnosed with acute lymphoblastic leukaemia and received a stem cell transplant. Following treatment, Michael rejoined the Arrow board in late 2018 with a strong focus and interest in medical research.

## Director – Dr Tim Molloy

Dr Tim Molloy joined the Arrow board in 2018. He is a senior research scientist in the Blood, Stem Cell and Cancer Research group at the St Vincent's Centre for Applied Medical Research. Tim undertakes translational research into blood and bone marrow diseases, specialising in the development of new therapeutic strategies for leukaemia.

Prior to this position Tim led the Functional Oncogenomics group at the Garvan Institute and Kinghorn Cancer Centre where his team used omics approaches to investigate treatment response in breast cancer.

Tim also holds a conjoint senior lecturer position with the St Vincent's Clinical School in the Faculty of Medicine, University of New South Wales.

## Director – Greg Arandt

Greg joined the Arrow board in 2018. He is a principal of Ironstone Capital which he co-founded in 2012 specialising in providing advisory services to the mining, infrastructure and energy industries and various governments, both State and Commonwealth.

Prior to Ironstone, Greg worked at various investment banks including Merrill Lynch, Chase Manhattan and the Royal Bank of Scotland in London and Sydney.

Greg holds a Bachelor of Commerce and a Masters of Economics. Greg is also Chair of the ZAMASA Foundation, which focuses specifically on immunotherapy research into Multiple Myeloma.

## Director – Amanda McLaughlin

Amanda joined the Arrow board in 2019. Amanda is a registered nurse and holds post graduate qualifications in cancer nursing and apheresis.

Amanda's transplant career began in 1994 at the Royal Melbourne Hospital caring for bone marrow transplant patients. Since moving to Sydney in 2005 Amanda has worked at St Vincent's Hospital as a Clinical Nurse Consultant in apheresis.

Amanda is an active contributor to the haematology team's education program supporting developing countries including Myanmar, Sri Lanka and the Philippines.

Amanda is heavily involved with the day to day coordination of stem cell collection and is very inspired by her work. Amanda's involvement in apheresis and hands on care of bone marrow transplant patients provides an invaluable contribution to Arrow's patient support programs.



## Farewell Robyn Flood

This year our Chief Executive Officer of 15 years, Robyn Flood, retired. We thank Robyn for her significant contribution to Arrow. Robyn has been a fantastic ambassador for Arrow creating and maintaining relationships that have been invaluable to Arrow's programs. Calm, committed and capable Robyn set a course of growth and expansion for Arrow while maintaining our high ethical standards in everything we do.

## Management

Arrow is managed on a day to day basis by part time Chief Executive Officer, Richelle Koller and our part time Scholarships and Program Coordinator Sue Hudson.

**Richelle Koller** joined Arrow in September 2020. She has extensive experience in the management of charitable organisations having worked for past 5 years as CEO of children's charity Little Wings.

Prior to the not for profit sector, Richelle worked in chartered and commercial finance roles, including a 10 year tenure at Chartered Accounting firm Deloitte.

As a qualified Chartered Accountant, Richelle ensures the sound financial management of Arrow. Combined with her strategic, fundraising and operational management experience, Richelle brings a strong set of skills to lead the future of Arrow. Her appointment this year has been a valuable addition to the charity.

**Sue Hudson** has been with Arrow since May 2019. Sue has experience in the disability and not for profit sector and combined with her strong administrative experience ensures the efficient management of our patient support and scholarship programs



*Richelle & Sue at the Tour de Cure Spring Lunch 2021*

## Structure

Arrow Bone Marrow Transplant Foundation is a company limited by guarantee (ABN: 42 135 196 244), registered with the Australian Charities and Not for Profits Commission (ACNC). We are a member of the Fundraising Institute of Australia and have a charity fundraising licence (CFN 10184). We are a deductible gift recipient (DGR) with the Australian Taxation Office meaning donations made to the charity are tax deductible. The organisation is governed by our ruling constitution and a board of volunteer directors.



# Chairman's Report

2021 has been a very interesting year! The effect of COVID-19 has had a huge effect on our activities throughout the year. The lockdown caused the cancellation of many events, there was no Hawkesbury Canoe Classic, the Allan Frenkel Dinner was cancelled for a second year, and all of our events, like the nurse's celebration, could not be held. Despite these disruptions, the year has still been extremely positive and our financial position is still sound due to the many donations we have received through the community's generosity.

COVID-19 may have stopped all other activities but it didn't stop people having to be hospitalized with blood cancers and other disease treatable through stem cell therapies. The obvious risk to these people caused by the potential threat of COVID due to having suppressed immune systems placed a huge responsibility on the nursing and medical staff. I'd like to pay a huge tribute to them for the amazing work they have done under extremely difficult conditions during the pandemic.

At the start of this year the Arrow Board decided to undertake the development of a new strategic plan. Kevin Wallis from Agilo provided his services pro-bono to guide the board on a path of self-assessment and reflection to determine where each board member saw Arrow headed in the future. Part of the process was to measure our own commitment to being an Arrow board member against the criteria outlined by Agilo that would be standard for many not-for-profit organisations.

This journey led us to the realization that amending our constitution and restructuring the board was best for Arrow's future. We then began to look both internally and externally for board members that were willing to make significant contributions enabling better decision making, improved governance, improved revenue raising and expansion of Arrow's reach throughout Australia.

As we continue this journey into the next financial year, with the intended appointment of a number of new directors, I look forward to updating you on the outcomes of this work. I also give thanks to Agilo Executive Coaching and Aims International Executive Search for their invaluable support throughout this process.

This has been a brave and bold step for the charity and one we believe will have us well equipped to take on the challenge of setting a new strategic vision and expanding Arrow's horizons into the future.

Mark O'Hara  
Arrow Chairman





# CEO's Report

This year, being my first year at Arrow, I have enjoyed meeting the wonderful and supportive community which surrounds Arrow. The Board, volunteers, staff, donors, patients, doctors, nurses, researchers and various other professionals within the bone and stem cell transplant industry that I have had the opportunity to meet, are a passionate group of people whose advice I appreciate as we discuss how Arrow can have the most impact. I am keen to explore these areas further as we embark on a formal strategic plan for Arrow's future.

As I compile this year's annual report, it is pleasing to reflect on the accomplishments of Arrow over the past year. These have occurred despite an uncertain and difficult time with COVID. Arrow has continued to be a source of strength for hundreds of transplant patients throughout their treatment and provided vital funding for important medical research projects. Pleasingly we have even been able to expand our level of support in some areas, including nursing scholarships, with twelve nurses being awarded a scholarship this year to further their studies in haematology and chemotherapy.

I have also gained an understanding and appreciation for the history of Arrow. A 30 year history of dedicated fundraising and investing in medical research as well as supporting patients in the bone marrow and stem cell transplant field. This is a testament to the founders of the organisation, and board members who have led the organisation throughout this period, including some of whom have been on our board for over 20 years.

As Arrow enters into its 35th year of existence, I intend on continuing that level of passion and dedication and build upon Arrow's amazing record of achievements. I thank Arrow for the opportunity to be a part of the team and look forward to leading the organisation into the future.

Richelle Koller  
Chief Executive Officer



# Financials

## Treasurer's Report

It is my pleasure to present the financial statements for Arrow for the year ended 30 June 2021. During a time of significant uncertainty with COVID we are pleased to be able to present a strong financial position for the charity this year.

Our investments performed higher than expected during the year returning investment income of \$119k resulting in an increase in our investment portfolio balance from \$2.6m to \$2.8m. We give thanks to our investment advisors Australian Unity for their expert management of our investments particularly during a volatile and uncertain time, maintaining positive returns across all our investment portfolios.

We also give thanks to the Federal and State Australian Government and the support they have provided us during this time. During the year we received \$40,900 of government assistance from the job maker scheme and a small business COVID-19 support grant. This assistance was greatly appreciated, helping us to maintain the ongoing operations of the charity, during a period of unstable fundraising revenue.

Cash balances have decreased this year from \$350k in the prior year to \$202k. This is representative of the number of projects we have invested in this year including significant medical research projects, the details of which are included in this annual report.

Our spend on medical research programs increased from \$99k to \$110k this year, as did patient and carer support from \$72k to \$95k. This increase in patient and carer support was largely due to an increase in demand in our wig library service as well as an increased number of nursing education scholarships being awarded this year.

Donation income increased this year from \$234k to \$256k. This was a particularly promising result given the cancellation of the Hawkesbury Canoe Classic due to COVID. Despite the cancellation of the event, many paddlers continued to support Arrow financially, and we thank them for their unwavering support.

Throughout the year we continued to maintain a cap on our operating expenses in line with our budget running a lean charity with minimal staff and overheads. Our aim is to largely fund our operating expenses, including staff costs, through our investment income returns so we can ensure that the maximum amount of donated income is spent directly on our charity programs. We were successful in achieving this outcome this year, thanks to a year of strong investment returns and stringent expense management.

Our overall profit for the year was strong with a surplus of \$88k. This was a particularly pleasing result given our budgeted loss expected with the current financial environment. Higher than expected investments returns resulted in a surplus for the year. This surplus will allow us to invest into additional impactful projects in future years.

David Eden  
Treasurer

# Statement of Financial Position

	2021	2020
	\$	\$
<b>Assets</b>		
<b>Current Assets</b>		
Cash and cash equivalents	208,124	352,032
Trade and other receivables	8,816	3,582
Other current assets	6,343	36,964
<b>Total Current Assets</b>	<b>223,283</b>	<b>392,578</b>
<b>Non-Current Assets</b>		
Other financial assets	2,842,923	2,601,021
Property, plant and equipment	-	-
<b>Total Non-Current Assets</b>	<b>2,842,923</b>	<b>2,601,021</b>
<b>Total Assets</b>	<b>3,066,206</b>	<b>2,993,599</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Trade and other payables	171,831	309,601
Employee provisions	7,776	10,196
<b>Total Current Liabilities</b>	<b>179,607</b>	<b>319,797</b>
<b>Net Assets</b>	<b>2,886,599</b>	<b>2,673,802</b>
<b>Equity</b>		
Retained earnings	2,730,863	2,642,110
Reserves	155,736	31,692
<b>Total Equity</b>	<b>2,886,599</b>	<b>2,673,802</b>

For further details refer to Arrow's full audited financial statements available at:

<https://arrow.org.au/about-us/#financial-reports>



# Statement of Profit or Loss

	2021	2020
	\$	\$
<b>Revenue</b>		
Revenue		
Donations and grants	256,106	236,960
Membership revenue	1,036	282
Interest received	424	502
Other income		
Investment income	119,371	86,256
Government support	40,900	22,000
<b>Total Revenue</b>	<b>417,837</b>	<b>346,000</b>
<b>Expenditure</b>		
Program expenses		
Patient and carer support	(95,541)	(72,349)
Medical research	(110,493)	(99,976)
<b>Total Programs Expenses</b>	<b>(206,034)</b>	<b>(172,325)</b>
Employee benefits expense	(97,519)	(60,227)
Rental outgoing expense	(4,591)	(4,238)
Audit, legal and consultancy fees	(5,500)	(5,100)
Marketing expenses	(2,608)	(5,352)
Fundraising expenses	(938)	(5,815)
Other expenses	(11,894)	(19,914)
<b>Total Operating Expenses</b>	<b>(123,050)</b>	<b>(100,646)</b>
<b>Total Expenditure</b>	<b>(329,084)</b>	<b>(272,971)</b>
<b>Profit for the year</b>	<b>88,753</b>	<b>73,029</b>

For further details refer to Arrow's full audited financial statements available at:

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# Programs

## Facts and Figures

**\$256,106**

Funds Raised

**\$110,493**

Invested in Medical Research Programs

**\$95,541**

Financial Support Provided for Australian Transplant Patients

**111**

Nights of Accommodation Provided in Major Capital Cities across Australia supporting 23 Patient Families

**313**

Nights of Accommodation supplied at Arrow House supporting 80 Patients

**14**

Families supported with Emergency Financial Assistance for household utilities

**37**

Children undergoing Transplant supported with our Patient Support Programs

**82**

Families provided with Grocery Card Assistance

**63**

Families provided with Petrol Card Travel Assistance

**12**

Nurses supported with further Education

**71**

New Wigs provided to Cancer Patients suffering from Hair Loss

**2**

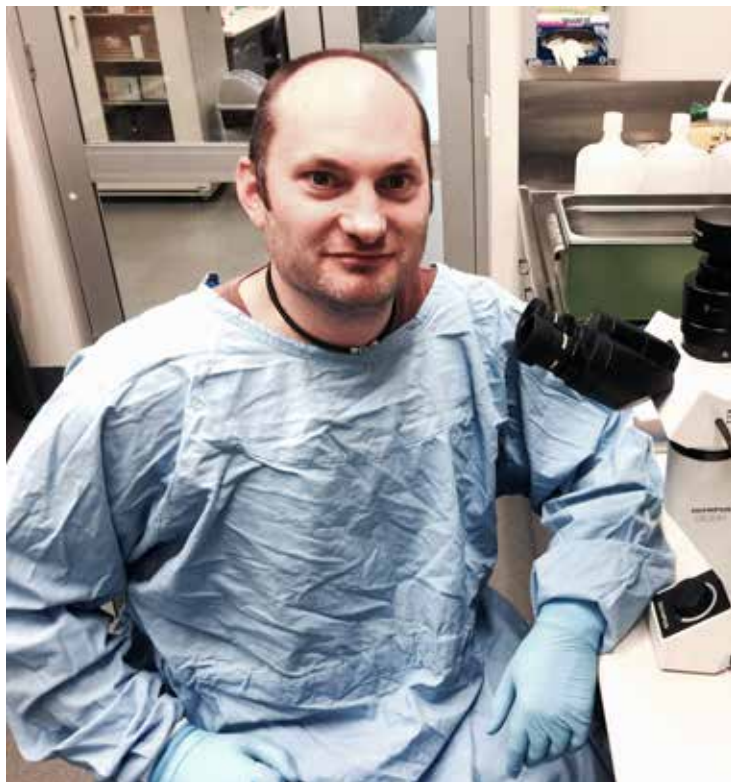
Patient Information Sessions Held



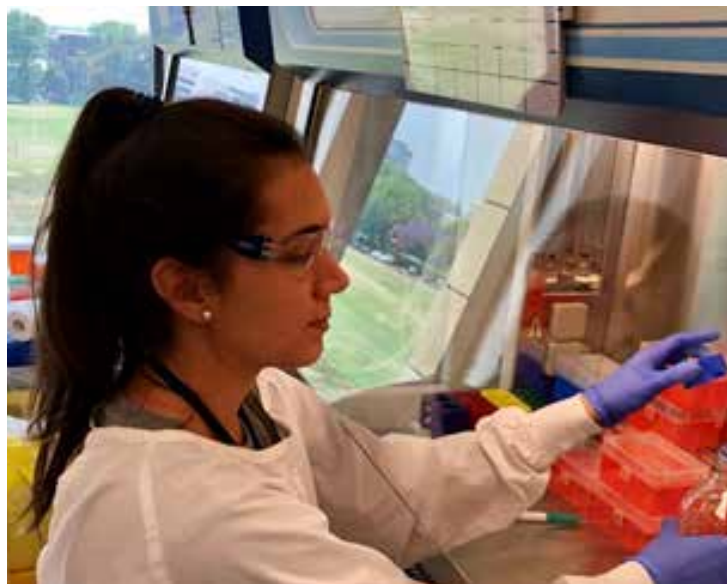
# Medical Research

## Hawkesbury Canoe Classic PhD

Natalia Pinello, from the Epigenetics and RNA Biology Program at the Centenary Institute is the proud recipient of this year's Hawkesbury Canoe Classic PhD scholarship. Arrow was first introduced to Natalia in 2019 when she commenced her research into the role of Ribonucleic (RNA) modifications in normal bone marrow development and acute myeloid leukaemia. Now in her third and final year of study, Natalia has made remarkable progress towards understanding new mechanisms of gene expression control in the development of blood cells that originate from the bone marrow.



*Dr Tim Molloy, Senior Research Scientist*



*Natalia Pinello, PhD student*

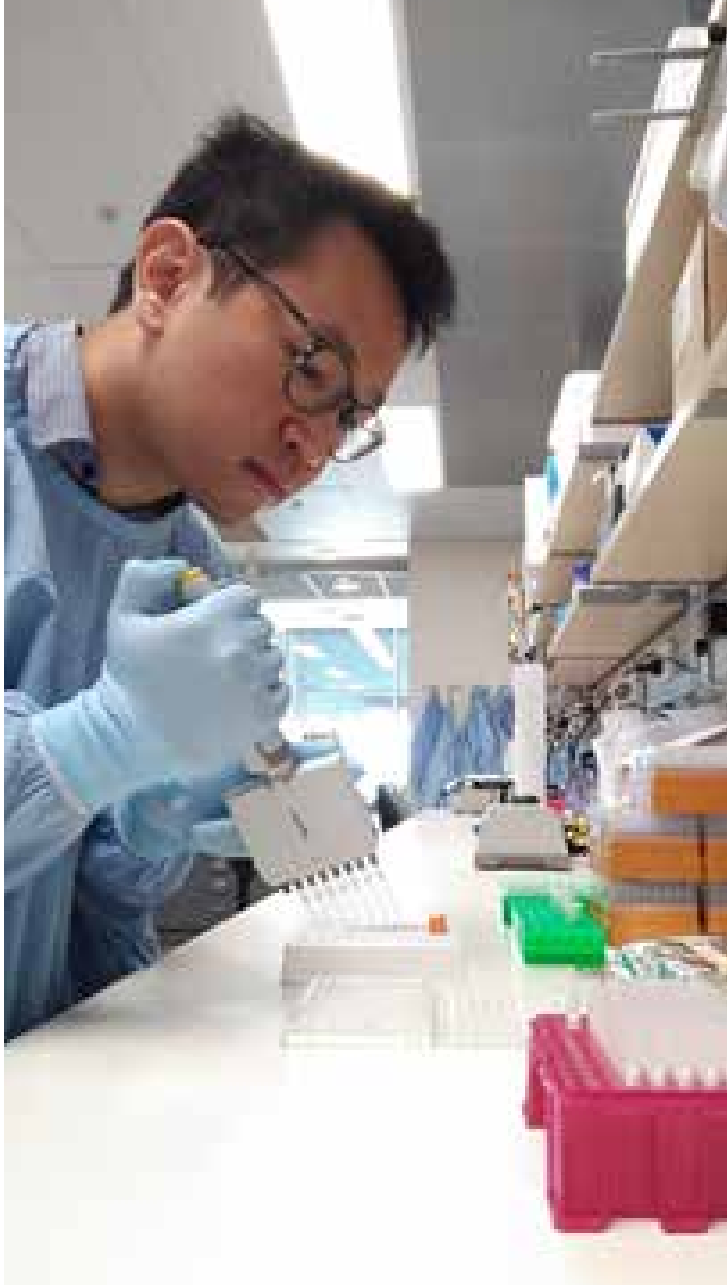
## St Vincent's Centre for Applied Medical Research

For over 15 years Arrow has covered the cost of employing a research scientist to work in the laboratories at St Vincent's Centre for Applied Medical Research.

Dr Tim Molloy, senior research scientist at St Vincent's Centre for Applied Medical Research, has focussed his work this year on the study of blood mutations in patients undergoing haematopoietic stem cell transplants (HSCT). Specifically, performing genome sequencing of HSCT patients before and after their transplant to determine whether specific mutations in the patient's blood which are identified after transplant are associated with subsequent post treatment complications.

***“Arrow's funding has been instrumental in enabling us to pursue these important medical research goals which we hope will translate into improved patient care and save lives in the not too distant future”***

Dr Tim Molloy, Research Scientist,  
St Vincent's Centre for Applied Medical Research



Kevin Hendrawan, PhD student

## Multiple Sclerosis research

Autologous haematopoietic stem cell transplantation (AHSCT) has been used in recent years as a therapeutic option for patients with aggressive auto immune disease, including multiple sclerosis (MS). It involves eradicating the patient's defective immune system using high dose chemotherapy and replacing it by transplanting the patient's own adult bone marrow stem cells. Put simply it "reboots" a patient's immune system, in the hopes of developing a new and healthier immune system.

Kevin Hendrawan, PhD student from St Vincent's Centre for Applied Medical Research, is investigating the response of our immune system following a transplant to fight multiple sclerosis, an autoimmune disease of the brain and spinal cord.

Kevin's work will specifically investigate the role that our T regulatory cells (or T regs) play in rebooting the immune system. T regs are our immune suppressive cells. In auto immune diseases, such as MS, our Tregs do not function properly. This results in our immune system which is supposed to eliminate harmful foreign molecules, instead turning against and attacking our own cells and organs.

The hope is that with a better understanding of how T regs work following a transplant, this could lead to the development of new transplant procedures for MS patients without the need for chemotherapy.

To conduct this important work, Kevin requires cytokine detection kits to measure the cytokine levels in patient's blood following AHSCT. Arrow has funded these kits with a grant of \$14,000 to help progress this important stem cell transplant research.

***"Future cell therapy could reduce the need for high-dose chemotherapy, which is not ideal for patients due to the side effects associated with it's toxicity"***

Kevin Hendrawan, PhD student

## Australasian Bone Marrow Transplant Recipient Registry

The Australasian Bone Marrow Transplant Recipient Registry (ABMTRR) Annual Data Summary is an important publication assisting clinicians and researchers by providing details of bone marrow, blood and stem cell transplants that have occurred during the year throughout Australia and NZ.

As the initial funder and establisher of the register, Arrow supports the registry with an annual contribution towards the publication of this important annual report. The latest report for 2019 can be obtained through their website at <https://www.abmtrr.org/index.php/annual-data-summary>



## GAMBIT

Following a major donation of \$1,000,000 by Michael and Vicki Quigley to Arrow in 2019 to kick start the GAMBIT project, a further \$68,000 in donations have been received this year from private donors keen to support research into age related diseases.

GAMBIT is a medical research program studying the Genomics of Aging-Acquired Mutations in Blood to Identify Therapeutics for Cancer, Cardiopulmonary, Metabolic and Blood Disorders in Australia. In short, it looks at the acquired gene mutations that accumulate in blood and bone marrow cells as our body ages.

These mutations are strongly associated with a broad range of common, debilitating disorders that affect older adults, including blood disorders, malignancies (leukaemia, lymphoma), autoimmune disorders, cardiovascular and metabolic diseases.

The GAMBIT project is being conducted by the Blood Stem Cell and Cancer Research Unit at St Vincent's Hospital in collaboration with other research centres across the country. The project will analyse thousands of blood samples that have been collected over many years from older Australians. The goals of this large scale project are ambitious, however there is potential for significant findings including the development of targeted drugs for many age related diseases.

This year Arrow has distributed \$135,000 of funds to the GAMBIT projects in line with the project's needs with plans to distribute further funding over the coming 12 months as the study ramps up.

## Musical Therapy

Significant numbers of post transplant patients have reduced quality of life, such as tiredness from anxiety, stress, depression and insomnia.

An innovative study is looking at a number of non drug based interventions to help improve a patient's well being after transplant.

This study being conducted by St Vincent's Hospital has started with it's focus on exercise and mindfulness training, which has seen significantly positive results. They are now moving on to the next phase of this project looking at the effects of musical therapy on patients.

Music listening is universal, adaptable to suit all ages, cultural backgrounds, personal preferences and emotional status of individuals. Selection and use of different types of music can empower a patient to take back control of their life.

Arrow has supported this next phase of this telehealth trial with a donation of \$14,600 for the purchase of essential tools and equipment for the musical therapy study.



# Patient Support

This year the demand for our patient support programs increased, particularly due to COVID, which put further financial strain on families already experiencing a difficult situation.

The assistance provided through our patient support program helps patients in a very practical way with the cost of everyday living whilst also assisting emotionally letting patient's know that we are there for them.

We give thanks to our sponsors, in particular the **Allen Frenkel Foundation, IGA, Mira Joksovic, the APS Foundation, Tour de Cure** and the many individual donors whose generous donations support our ongoing patient support programs.



WHERE THE *locals* MATTER

## IGA Grocery Cards

Thanks to our corporate sponsor, Independent Grocers of Australia (IGA), everyday costs of living were eased for transplant patients, with their \$20,000 donation in grocery gift cards.

This year Arrow provided 82 patients from across Australia with an IGA gift card averaging \$200 in financial assistance for each family.

This helped purchase daily food shopping items for family members during their hospital stay.

Bright Li, whose son Frank received a bone marrow transplant this year, said that receiving an IGA grocery card from Arrow whilst the family faced the challenges of his son's illness was very helpful.

“This support is very important; not only financially but more importantly, mentally. With this support, we know we are not alone and we are not forgotten. It's a big challenge for us but we know there is someone caring about us. It has made our life a bit easier”



## Financial assistance

When a transplant patient is in hospital, the ongoing costs of running a home continue to mount, placing financial pressure on carers. At times, the patient undergoing a transplant is the primary income earner of the family, causing additional stress.

Arrow assists by contributing towards ongoing household bills such as utility expenses whilst a patient is undergoing transplant treatment.

This year, Arrow funded \$4,708 of utility bills – water, electricity and gas – for 14 families who found themselves struggling financially. This helped to significantly alleviate the stress for these families and ensure the safe and continued running of the family home in the patient's absence.

***“This is amazing, this helps us more than you can imagine and relieves lots of stress for Evi, before she goes in for her transplant”***

Husband of transplant patient Evi

## Accommodation

Patients living outside of major metropolitan cities, where transplant centres are located, face the additional challenge of accommodation during lengthy treatment periods.

Arrow assists patients and their family members with accommodation near the hospital.

This year Arrow funded 111 nights of accommodation for 23 patient families staying in accommodation in Sydney, Brisbane and Melbourne.

Arrow House in Sydney housed an additional 80 patient families for 313 nights of accommodation for patients receiving transplant treatments at St Vincent's Hospital in Sydney.

## Travel assistance

Travel costs are a significant expense for patients travelling to and from their transplant centre.

By the time a patient reaches the point in their treatment of receiving a transplant, they have already incurred a significant amount of travel expenses.

For some families there are travel costs associated with relocating to the major city centre for treatment, and for others it is the constant commute between home and the hospital.

To assist with this financial burden Arrow provided 63 patients this year with petrol cards, averaging \$100 per family, to help cover travel costs.

Rosemary, a social worker on the frontline with patients says:

***“Transplant patients and their carers really appreciate assistance in the form of petrol cards. These cards are used by patients from the country or outer urban areas who need to travel distances to get to and from their medical appointments. Patients are always very appreciative of this assistance”.***

Arrow also covered flight costs for 2 families needing to urgently transport donor family members to the hospital for stem cell collection; and 1 family with taxi costs between hotel quarantine and the hospital when their child relapsed with leukaemia and needed urgent assistance.

## Hospital Referrals

We would like to take this opportunity to thank the social work and welfare teams at hospital transplant centres across Australia that work tirelessly on behalf of their patients to support them, before, during and after treatment.

It is the relationship that Arrow has with these teams that ensures our programs reach those patients most in need.

***“We appreciate Arrow’s ongoing work to assist our patients who are often in financial distress. Arrow are so kind and supportive to our team and the patients we care for. Our patients have significantly benefitted from the food and fuel vouchers to assist them while undergoing transplants, and the accommodation financial support has been a tremendous relief for patients unable to pay gap fee costs in commercial accommodation.”***

Royal Brisbane and Women’s Hospital Welfare team



Cheryl & Roslyn from The Individual Wig

## Tracey Scone Wig Library

Now in its 20th year of operation, the Tracey Scone Wig Library, has helped hundreds of cancer patients who have suffered hair loss as a result of chemotherapy. The wig library offers patients the loan of a wig, providing a much needed boost to confidence and self esteem.

This year, due to COVID-19, we needed to change the way we deliver our wig service in order to keep the service operational. We implemented additional safety and hygiene measures to protect our immune compromised patients. This resulted in us changing from our traditional wig library service, to a service which enabled patients to select a brand new wig with the financial assistance of Arrow.

We called on our existing relationship with local wig supplier, The Individual Wig in Darlinghurst, a retailer that supplies wigs to customers including cancer patients.

The team at the Individual Wig, Cheryl and Roslyn, kindly looked after our patients, helping to fit and supply them with a new wig.

This program was highly successful resulting in 71 patients utilising our wig service this year, nearly double that of the prior year.

We give thanks to our long term supporter **Tour de Cure** for their sponsorship of our wig library service.



## Gifts of Friendship

The Gifts of Friendship program, lead by Arrow board member Colleena Presnell, provides support to patients on the bone marrow transplant ward at St Vincent's Hospital through hospital visits.

Unfortunately due to COVID, face to face hospital visits were not able to occur this year, however this did not stop Colleena, Kerry and Jenny from the Gifts of Friendship team from offering their support.

Instead they produced a podcast bringing their visits to patients virtually. The podcasts contain stories from past transplant patients, interviews with doctors, book reviews and many other interesting stories and tips for transplant patients to listen to during their hospital stay.

The Gifts of Friendship team produced three informative podcasts throughout the year.

Gifts of Friendship also delivered a number of thank you baskets and gifts throughout the year to the staff and patients on the ward.



## Patient Information Sessions

Throughout the year Arrow attended two patient information sessions for future transplant patients of St Vincent's Hospital, Sydney. Arrow presented on the assistance available to patients from Arrow and provided drinks and refreshments for the staff and patients as they listened to further presentations from the hospital transplant team.

These sessions provide patients with important information regarding their upcoming transplant and a valuable opportunity to answer questions and concerns of patients and family members, as well as hear from past patients.



## Nurse Education

This year we supported a record number of nurses furthering their skills and career in the specialisation of haematology and chemotherapy.

Our nurse education program developed the skills of the nursing teams within the major bone marrow and stem cell transplant hospitals across Australia, ultimately improving patient care.

Pleasingly this year we have provided substantial assistance to regional areas of Australia where access to healthcare is a huge priority.

We give a massive thanks to the families of **Professor Geoffrey Driscoll**, **Trace Richey**, **Shaun Rosen**, and **Sylvia Hartog** whom have all donated nursing scholarships in the name of their loved ones in recognition of the exceptional nursing care their family members received.

## Riverina Cancer Care Centre

Arrow has improved the accessibility to healthcare for regional Australians by supporting four nurses from Wagga Wagga in regional NSW this year, with a Professor Geoffrey Driscoll scholarship in Cancer Care Studies at the Australian College of Nursing.

With access and quality of healthcare a major issue effecting the health outcomes of regional Australians, the education of local nurses will help to improve patient's health outcomes and reduce the financial and emotional burden of long distance travel for patients.

The following nurses from Riverina Cancer Care Centre were awarded a Professor Geoffrey Driscoll Nursing Scholarship this year – Catherine Lanz, Tamara Casey, Klaziena Bello, Tegan Rudwick.

***“I greatly appreciate this opportunity and look forward to putting my learning into practice every day at work”***

Catherine Lanz,  
Registered Nurse,  
Riverina Cancer Care Centre

### ***Professor Geoffrey Driscoll Scholarship recipients 2021 – Riverina Cancer Care Centre***



Catherine Lanz



Klaziena Bello



Tamara Casey



Tegan Rudwick

## Professor Geoffrey Driscoll Nursing Scholarships

A further four Professor Geoffrey Driscoll Nursing Scholarships were awarded across Australia to nurses this year studying Principles of Cancer Care or Blood and Marrow Transplantation at the Australian College of Nursing.

- Frances Burns – Royal Melbourne Hospital
- Caitlin Mulcahy – Westmead Hospital
- Kathryn Uren – The University Hospital Geelong
- Erin Johnson – The University Hospital Geelong

### *Professor Geoffrey Driscoll Scholarship recipients 2021*



Frances Burns



Erin Johnson



Caitlin Mulcahy



Kathryn Uren

***“I hope to improve my patient’s journey and to inspire other haematology nurses to go on and complete further studies”***

Erin Johnson,  
Registered Nurse,  
The University Hospital Geelong

Scholarship recipient Frances Burns, works in Ward 7b at the Royal Melbourne Hospital, a busy ward with 32 beds for allogeneic bone marrow transplant and haematology patients. Combined with the Peter McCallum Cancer Care Centre, the Royal Melbourne Hospital accounts for over 200 transplants in Australia each year.

Frances’s scholarship will not only benefit her own learning, but also the larger team within the hospital she works.

Frances says “I want to be able to assimilate what I learn from this course into my day to day clinical practice and educate others on the ward with the new information I gain.”

Frances’s Nurse Unit Manager Cameron Grant supports this sharing of learning saying “A leader in her field, Frances has always been willing to share her knowledge with her fellow colleagues and has supported them to be better nurses on our ward”.



## Trace Richey Masters of Haematology Scholarships

The Masters of Cancer and Haematology Nursing provided by global leader in health education University of Sydney, enables registered nurses to build on the knowledge they have already gained in their nursing career, and progress into a specialist role in haematology.

For the past four years, Arrow has proudly provided one Trace Richey scholarship per year for a registered nurse to pursue this invaluable opportunity learning from experts in cancer care and haematology nursing at the University of Sydney, one of the world's top nursing schools.

This year, thanks to the generous donations from the Trace Richey fund and the high calibre of nursing students applying for this higher level education scholarship, we awarded two nurses with this prestigious learning opportunity – Susan Hall and Phoebe Forrester, both from St Vincent's Hospital, Sydney.

Susan, who has been working in the haematology and bone marrow transplant ward at St Vincent's Hospital for 5 years, recognises the important role she and her nursing colleagues play for patients saying:

***“I hope that completing this degree will help me to become a much more competent, caring, knowledgeable and diligent cancer care nurse”***



Phoebe Forrester,  
Registered Nurse, St Vincent's Hospital

***“To me nurses are the backbone of patient care. Almost every aspect of a patient's journey is influenced by a nurse. Our role is so important as we provide physical and emotional support, ensure the safety of the patients, and advocate for them during one of the most challenging and vulnerable times of their life”.***

Susan Hall, Registered Nurse

This significant impact that nurses make to a patient's experience has driven the expansion of our nursing education and scholarship programs this year.

We also welcome back Ide Irwin, the 2019 recipient of the Trace Richey Scholarship, who put a hold on her Masters studies last year whilst on maternity leave. Congratulations Ide on the birth of your baby and all the best for your continuing studies.



***“It was a wonderful learning experience. It spurred on much thought and inspiration and I hope to be able to reflect and share learnings with fellow dieticians”***



Jessica Cheng,  
Senior Dietician, St Vincent's Hospital

## Shaun Rosen Nursing Education Scholarship

The Shaun Rosen Scholarship was established in 2016 by Shaun Rosen to provide learning opportunities to Australian nurses caring for bone marrow and stem cell transplant patients.

Previous years have seen this scholarship fund Australian nurses to attend overseas conferences including the European Bone Marrow Transplant Conference held in Spain and the Haematology Nurses and Healthcare Professionals Group Educational Conference in Zurich, Switzerland.

This year, with the restrictions in travel arising due to COVID, the opportunity to learn from our global colleagues was provided in a different format.

Jessica Cheng, a Senior Dietician at St Vincent's Hospital Sydney, attended a virtual workshop held by the Academy of Nutrition and Dietetics in America, thanks to the Shaun Rosen Scholarship.

The workshop helped Jessica to learn more about nutrition management of graft vs host disease (GVHD) from an American perspective. Jessica was grateful for the opportunity to access an international professional development opportunity rarely provided in Australia and to do so with the safety and convenience of remote learning.

## Sylvia Hartog Nursing Award

This year the Nelune Ward at St Vincent's Hospital needed more thermometers in order to conduct temperature checks on patients as a result of the increased demand for testing during the COVID pandemic.

Fifteen state of the art Thermoscan thermometers were donated to the ward thanks to the Sylvia Hartog Nursing Award and the donations and fundraising efforts of the Hartog family.

Amanda McLaughlin, Clinical Nurse Consultant at the Kinghorn Cancer Centre said that "Temperature management is a significant component of hospital care – especially for our haematology / cancer patients.

With the grant from Arrow and the Hartog family in memory of Sylvia, our front line nursing staff can undertake appropriate, quick and easy assessments of all our patients".



# Supporters

The success of Arrow's programs and the impact we have within the bone marrow and stem cell transplant community is only made possible by the Arrow team of supporters.

Donors, sponsors, volunteers, members, board directors, staff, patients, social workers, hospital staff and many others working together to make an impact.

## Sponsors

Thank you to each and every one of our donors and sponsors this year. We could not do what we do without you!



**Quigley Family**

**Mira Joksovic**

**Chestnut Tree Foundation**

**Gregory Bugden**

**Driscoll Family**

**AMP**

**Warburton Foundation**

**Bereen Foundation**

**Armitage Family**

**And many more individual donors. We thank you all!**



## Pro Bono Support

This year as we embarked on a strategic review, constitutional update and board restructure we required the assistance of a number of professional services firms.

Thanks to the following firms that generously provided professional time and resources on a pro bono basis at no cost to the charity. Your partnership and support is greatly appreciated.



## Looking to the future

As we finish up a successful and unprecedented year we look forward to focussing on the next three to five years at Arrow.

Under the direction of a number of new Arrow board members we will be embarking on a strategic plan for the future. We look forward to sharing this with you in our next annual report.

We thank you for your dedication and support of Arrow this year.

## Getting Involved

Arrow Marrow Bone Transplant Foundation relies upon the generosity of volunteers. Volunteering enables people passionate to our cause to get involved in a tangible way and maximises the impact of our donated funds.

We are always on the lookout for enthusiastic and dedicated volunteers to help us with fundraising and the administration of our programs.

Whilst a number of our volunteering opportunities have not been able to run this year due to COVID, including our wig library and fundraising events, we look forward to these being back up and running next year.

If you would like to volunteer and offer your time please contact us at [info@arrow.org.au](mailto:info@arrow.org.au) to have a chat about how you can help.

We also welcome donations and sponsorship to fund the programs we provide and help support transplant patients and invest in medical research.

Should you wish to make a donation or coordinate a fundraising event please visit [www.givenow.com.au/arrowbonemarrow](http://www.givenow.com.au/arrowbonemarrow). Your support is greatly appreciated.



**Arrow Bone Marrow Transplant Foundation**

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