



Annual Report

For the financial year ended 30 June 2022



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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 improve the quality of life for all people needing bone marrow transplants and cellular therapies.

Mission

To achieve this our mission is to:

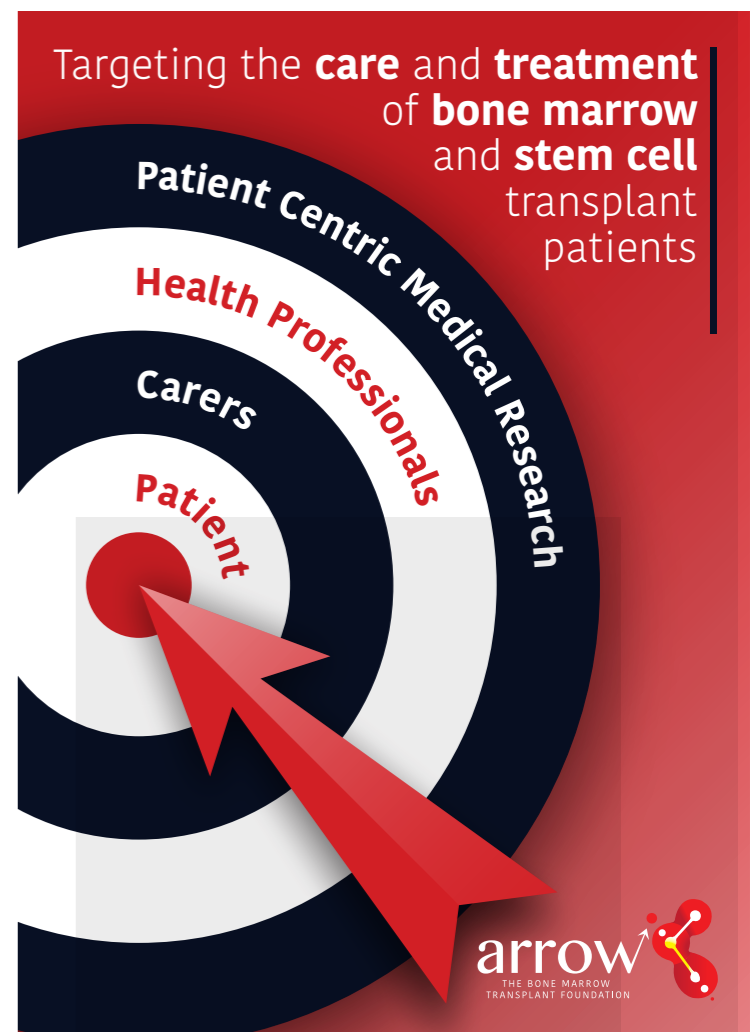
- Support patients and their carers before, during and after bone marrow transplants and cellular treatments;
- Provide education and professional development opportunities for nurses and other healthcare professionals; and
- Fund medical research to improve patient outcomes.

Strategy

This year our newly appointed Board of Directors embarked on a strategic review. We reaffirmed our organisational vision and mission and devised our strategic direction and objectives for the next three years.

We committed to our three areas of strategic focus being:

- **Patient and Carer Support** – Implement a program to reach, engage and support as many bone marrow transplant and cellular therapy patients and their carers as possible with the goal of achieving 100% awareness
- **Nurse and Healthcare Professional Education** – Expand capability and recognition of nursing and healthcare professionals in bone marrow transplant and cellular therapy field
- **Medical Research** – Strategically invest in a proactive research program to fund, support and add research knowledge to improve bone marrow transplant and cellular therapy outcomes



We also committed to strengthening the Foundational Pillars essential to delivering our strategic plan:

- **Strong Governance** – Build and maintain a strong governance function to enable Arrow to achieve it's vision and mission
- **Sustainable Revenue** – To sustainably grow to enable Arrow to create meaningful impact
- **Organisational Capability and Market Presence** – To resource and promote Arrow in order to implement it's Strategic Plan

We promised to deliver this strategy while honouring our organisational values of **Integrity, Compassion and Patient Focus**.



Bone marrow transplant recipients, twins Hailey and Sophie (9 years old)

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.

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.

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 its 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.



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

Governance

Board of Directors

Arrow is governed by a volunteer Board of Directors. The Board consists of a group of individuals with key governance skills across a variety of disciplines, united by their passion to help people who have received a bone marrow transplant.

This year, the Board have formed Committees in the areas of Finance and Governance, Marketing and Fundraising, and Patients and Programs, to help drive our strategy forward.

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 – Leonie Wilcox

Leonie has been a Director of the Arrow board since 2007, and was elected as Chair of the Arrow Patients and Programs Committee in 2022. Leonie is Manager of 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 – Christopher Murray

Christopher is a senior executive with over 30 years’ experience in the energy, renewables, resources, project development and technology development sectors in Australia and internationally. Christopher has a strong interest and experience in Non Executive director roles in charitable organisations, including seven years serving as a director on the board of Leukaemia Foundation of Queensland, and four years with Leukaemia Foundation of Australia.

Christopher is currently the Managing Director of Energy Power System Australia Pty Limited. He holds a Bachelor of Engineering from the University of New South Wales and is a member of Engineers Australia. Christopher is a graduate member of the Australian Institute of Company Directors and has studied an Advanced Management Programme at Harvard Business School.

Christopher joined the Arrow board in 2021 and is also a member of the board Finance and Governance Committee.



Director – David Maywald

David is a successful investor, executive and board member deeply experienced with infrastructure investment, economics and financial markets. David has over 20 years experience in investment finance roles including most recently as Portfolio Manager and Senior Investment Analyst and Chair of the Investment Advisory Board for RARE Infrastructure where he was responsible for building the investment portfolio to \$11 billion in funds under management prior to a successful acquisition. Prior roles included Investment and International Equity Analyst roles at Credit Suisse Asset Management, JP Morgan and BT Financial Group.

David has a passion for environment, social and corporate governance issues and is a current board member and Chair of the Audit and Risk Committee for Bicycle NSW, as well as non executive director for SolarShare, developer of the largest community solar farm in Australia. David holds a Bachelor of Commerce with Honours and Bachelor of Economics at the Australian National University in Canberra, and a Graduate Diploma in Applied Finance and Investment. David is a member of the Australian Institute of Company Directors.

David joined the Arrow board in 2021 and is Chair of the board Finance and Governance Committee.

Director – Stuart Snell

Stuart has over 30 years' experience in business strategy, reputation management, government and stakeholder relations, and media and communications. A former journalist, he worked professionally in a number of executive roles for large organisations, mainly in the financial services sector, and in recent years as a consultant dealing with a range of sectors.

He is also an experienced non executive director, having played an instrumental role in the development of a governance framework and successful business growth strategy for Road Sense Australia for three years to 2019, and currently at Your Side Australia since 2016. At Your Side, he was Chair of the Board overseeing 40% year-on-year revenue growth from 2019-2021, achieved as a result of strategic renewal and business transformation, which Stuart led as Chair including the development of the 2021-2024 Strategic Plan.

Stuart joined the Arrow board in 2021. He is a member of both the board Finance and Governance Committee and Fundraising and Marketing Committee.

Director – Kim Mouret

Kim is a senior executive with 30 years experience across 25 markets worldwide in the fast moving consumer goods and healthcare sectors. Working with consumer goods global leader, Proctor and Gamble, Kim's career has included senior executive level roles in sales, marketing, and strategy across a number of business units within Proctor and Gamble across the world.

During Kim's time at Proctor & Gamble she has lead a number of corporate pro bono initiatives including developing a strategic plan for the Special Olympics planned for Singapore in 2020, as well as leading the Diversity and Inclusion team for AMA Sales. Kim is also one of the founding members of Gidget Foundation Australia, a charity established to raise awareness of perinatal anxiety and depression. Kim has a Bachelor of Commerce majoring in Marketing from University of Western Sydney and has completed studies in innovation at the Harvard Business School.

Kim joined the Arrow board in 2021 and is Chair of the board Fundraising and Marketing Committee. Kim is also a member of the board Patients and Programs Committee.

Director – Roberto Trincheri

Roberto is an experienced senior business executive with over 20 years expertise in business management, marketing, sales and leadership. Roberto is the Managing Director of Arneg Oceania Pty Ltd, an international leader in the design, manufacture and installation of complete equipment for the retail sector. Roberto was responsible for the successful establishment of Arneg in Australia in 1996 relocating from Italy to lead the new site for the overseas based parent company.

Roberto is a member of the Australian Institute of Company Directors and has completed the Foundations of General Management at the Macquarie Graduate School of Management. Roberto is a board member of the Swiss Chamber of Commerce in Australia and has been involved in numerous community fundraising events on behalf of the Chamber as well as other not for profit organisations.

Roberto joined the Arrow board in 2021 and is a member of the board Fundraising and Marketing Committee.

Management

Arrow is managed on a day to day basis by a small team of part time staff, lead by our Chief Executive Officer Richelle Koller.

Our aim is to strengthen our organisational capability by investing in the recruitment and retention of a supported and capable team to implement our organisational strategy. This will result in the recruitment of a number of key staff in core roles who we look forward to introducing you to over the course of the year ahead.

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 in the delivery of our strategic plan.

Sue Hudson joined Arrow in May 2019 as our Programs and Scholarships Coordinator. Sue's strong administrative experience along with her experience in the disability and not for profit sector has ensured the efficient management of our patient support and scholarship programs.

Sue retired from Arrow this year and is currently enjoying her retirement. We thank Sue for her hard work and dedication to Arrow over the past two years and wish her all the best for her retirement.

"All the best Sue for a wonderful retirement! You have been an amazing support to families over the time you have been with Arrow and your care, support and guidance has been invaluable - so just wanted to say a heartfelt thank you and to wish you all the best".

Social worker - Women and Children's Hospital SA



Sue Hudson with her retirement gift from Arrow

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 our board of volunteer directors.



Chairman's Report

2022 has been a year of major change for Arrow. Last year we embarked on a restructure of the Board resulting in a new Board being elected at the last Annual General Meeting.

We welcomed new Directors Christopher Murray, David Maywald, Stuart Snell, Kim Mouret, and Roberto Trincherro to the Board.

I commend each of the new members of the Board for their enthusiasm, dedication and extensive skills they have brought to the organisation and to the task of ensuring Arrow becomes a sustainable and corporately responsible charity with sound financial and governance structures in place to support the work we do.

This board restructure initiated a review of the strategic direction in 2022 and the new Board were keen to learn as much as possible about Arrow. We reviewed our previous and existing services and learnt about the terrible blood cancer diseases that are treatable by bone marrow transplants. It was a very steep learning curve to begin with.

I would like to thank long standing Director Leonie Wilcox, who along with myself continued her service on the new restructured board. Leonie's knowledge of the diseases, treatments, associated organisations, treating doctors and sources of information has been an invaluable resource for new board members. Having this source of information has greatly enhanced the learning process.

With the aid of Kevin Wallis from Agilo Executive Coaching, who we thank very much for the provision of his services pro bono, several strategic planning days were undertaken to reassess Arrow's vision, mission, our value and the three pillars which support the work we do.

Following this strategic review Arrow reaffirmed our mission of improving the survival and quality of life for patients with blood disease treatable by bone marrow and blood stem cell transplants and their carers in Australia.

- We confirmed our three strategic areas of focus including:
- Providing vital support to patients, their carers and their families;
 - Improving patient care through specialised education for nurses and other health staff; and
 - Funding targeted medical research programs.

One of the major findings of the review was that Arrow was only reaching a very small percentage of patients receiving a bone marrow transplant. Each year approximately 2,000 patients in Australia receive a transplant and the Board has now set the goal for Arrow to reach each of these patients so that they are aware of and can utilise our services should they be required. This may take some years, but it is an extremely worthwhile goal, and it will only be with the help of our donors that we can achieve this plan.

- The Board have also now formed three Board Committees:
- Finance and Governance;
 - Marketing and Fundraising; and
 - Patients and Programs.

The terms of reference for the committees have now been established and they are meeting on a bi-monthly basis so this will now see the translation of the strategic direction of Arrow into practical applications which is very exciting!

Part of the strategic review also involved a reassessment of Arrow staff. In the past we have been heavily reliant on our CEO to perform a multitude of duties. A need for a number of key positions was identified to assist Arrow in growing and reaching more people. Next year we look forward to introducing a number of new recruits including for the role of Sue Hudson, our Programs and Scholarship Coordinator, who retired this year and who we thank for her valuable contribution to Arrow. We will continue to work on establishing a wonderful team of highly professional staff committed to the services Arrow provides, as lead by our amazing CEO, Richelle Koller.

Although 2022 has been a difficult year, as we have transitioned back to more normal activities following COVID-19, we have still greatly benefited from our generous donors.

Unfortunately the Hawkesbury Canoe Classic event had to be called off again this year due to safety concerns created by the Hawkesbury River flooding a number of times throughout the year. The Hawkesbury Canoe Classic Association put in an incredible amount of work prior to the cancellation and we truly appreciate their efforts to primarily raise funds for Arrow. We thank the Hawkesbury Canoe Classic Committee members and the vast list of volunteers who put their hand up each year to assist, and to those who continued to fundraise for Arrow despite the cancellation of the event.

I would also specifically like to thank the Frenkel family for their continued support of Arrow. We were very fortunate to be able to attend the Allan Frenkel Foundation fundraising dinner this year at their new venue and it was wonderful to share that evening with the Frenkel family and a number of our new board members. It was fantastic to experience the wonderful fundraising event that the Frenkel family have developed over many years that feels more like a gathering of family and friends. We greatly appreciate your support along with all people that donated valuable funds to Arrow this year.

Mark O'Hara
Arrow Chairman

CEO's Report



This has been an exciting year at Arrow as we have taken the time to reflect on who we are and develop our strategic plan with the new Board. With those who need a bone marrow or stem cell transplant at the heart of what we do, I look forward to developing and enhancing our programs and partnerships to directly impact these patients, as well as the carers, nurses and medical researchers who support their treatment and care.

We know that there are over 2,000 Australians who receive a transplant each year. It is our aim to reach them all, however we must be realistic in our plans. So for now, we have set ourselves the ambitious target of tripling our patient support over the next 3 years.

This is an inspirational target which I am excited to work towards whilst building a committed team to deliver the plan alongside our new board and committees.

This year, of 2022, was another difficult year with the effects of COVID-19 still very much present. We saw cost of living pressures increase the demand for our financial patient support program, particularly for everyday necessities such as petrol, groceries and household bills. Government support for Arrow from previous years came to an end and investment returns decreased due to a volatile investment market.

However, despite these challenges and pressures on revenue, our loyal team of Arrow supporters continued to give, fundraising over \$300k and enabling us to grow our support of transplant patients. In fact we saw a \$50k increase in donations, and welcomed new donor the Leukathon team who made a significant contribution to donations through their fundraising event.

We distributed over \$1 million in funding to vital projects including a number of exciting medical research projects including GAMBIT and studies related to transplants for

people where there isn't a donor match. Whilst the impact of medical research can take some time to translate to direct impact on patients, it is exciting to follow their progress and know that every little finding researchers make is a step in the right direction.

We assisted 95 people who received a transplant this year and provided an average of \$470 in financial support per family. This made a significant financial and emotional difference to these patients.

We also supported nurses who again found this to be a very challenging year with staff shortages and pressures since COVID-19. We helped however we could, responding to the change in times, and supporting with vital equipment purchases to make the nurses jobs easier when further studies weren't on the cards. We also followed the journey of previous nurse scholarship recipients and were overjoyed to hear of their successes in studies and progress in their careers.

This year we relocated our office to our new serviced offices in Chippendale. Our serviced office will efficiently and flexibly cater for our growing team. Our team were previously located within Arrow House behind St Vincent's Hospital which housed hospital patients and their families. Vacating these premises has provided much needed additional room for family members to stay near the hospital and support their loved ones.

Lastly I would like to take this opportunity to thank the Arrow board for their support and dedication through this year of change and growth. It has been my privilege to lead Arrow as we write the next chapter in Arrow's long and outstanding history.

Richelle Koller
Chief Executive Officer



Financials

Chair of Finance and Governance Committee Report

Arrow's finances are in a good state for scaling up the operations, according to the objectives as set out in our new three year strategic plan. The organisation is very well placed to significantly increase positive outcomes and impact. Important work has been progressed during the year by the Board and the CEO to re-envision strategy for Arrow, focusing on strategic goals such as tripling the number of patients supported over the next three years.

Total revenue grew 18% since last financial year, from \$257k to \$302k. Revenue for the year to June 2022 was \$149k ahead of budget. Arrow provided more than one million dollars of funding to medical research, nurse education, and patient support during the year. The bottom-line result was \$178k above budget.

The reported deficit in our financial statements was due to expenditure on the GAMBIT medical research project. Normalised or adjusted profitability fell from \$48k in FY21 to \$24k in FY22.

Arrow has a two-million-dollar investment portfolio, providing stability and flexibility for the organisation to expand. The Finance and Governance Committee along with the CEO have developed a cost saving plan for investments, which will free up about \$14k per annum for the organisation and our stakeholders (based on management cost reductions from 1.0% per annum to 0.3% per annum). This transition of the investment portfolio will result in a 70% cost reduction, providing more money for patients, families, nurses, and researchers.

We have a small and highly engaged Board that is filled with expertise following the restructure of the Board and recruitment of five new Directors. During the year the Directors have channelled our energies towards making a big positive difference for Arrow's stakeholders. We have

established three Board Committees, including a Finance and Governance Committee and have also explicitly written down the authorities to act in the Delegations Policy.

As a result of the new governance arrangements, the Treasurer's role has been subsumed into the Chair of Finance and Governance (to ensure that a Board Director has responsibility for these tasks).

Dave Eden served as Treasurer of Arrow for over two and a half decades. He and his family have made a huge contribution to the organisation. Dave's long-term dedication to Arrow and community health is valued by all of us, and was recognised with the award of an Order of Australia medal. We give thanks to David for his support throughout his long tenure at Arrow and in particular over the past 12 months as we have transitioned to a new governance structure.

The enormous progress of the last twelve months is a credit to the CEO, Board, donors, supporters, newly-hired staff, and other stakeholders. There is much more to do, for implementing and delivering the strategic objectives. Arrow is very well placed to make a big positive impact for all of our stakeholders. We all look forward to a brighter future for patients and their families/carers, nurses and other healthcare professionals, as well as researchers who will deliver the breakthrough treatments of the future.

David Maywald
Chair Finance and Governance Committee

Statement of Financial Position

	2022	2021
	\$	\$
Assets		
Current Assets		
Cash and cash equivalents	49,706	208,124
Trade and other receivables	1,557	8,816
Other current assets	11,775	6,343
Total Current Assets	63,038	223,283
Non-Current Assets		
Financial assets	1,914,612	2,842,923
Property, plant and equipment	-	-
Total Non-Current Assets	1,914,612	2,842,923
Total Assets	1,977,650	3,066,206
Liabilities		
Current Liabilities		
Trade and other payables	20,520	175,669
Employee provisions	10,431	3,938
Total Current Liabilities	30,951	179,607
Net Assets	1,946,699	2,886,599
Equity		
Retained surplus	1,925,963	2,730,863
Reserves	20,736	155,736
Total Equity	1,946,699	2,886,599

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

<https://arrow.org.au/about-us/#annual-report>

Statement of Profit or Loss

	2022	2021
	\$	\$
Revenue		
Revenue		
Donations	279,228	225,056
Grants	10,000	19,000
Fundraising events	12,000	12,050
Membership revenue	1,064	1,036
Other income		
Interest received	6	424
Investment income	94,592	119,371
Government support	-	40,900
Total Revenue	396,890	417,837
Expenditure		
Program expenses		
Patient and carer support	(61,568)	(57,511)
Healthcare professional education	(17,934)	(38,030)
Medical research	(976,220)	(110,493)
Total Programs Expenses	(1,055,722)	(206,034)
Employee benefits expense	(118,654)	(97,519)
Rental outgoing expense	(4,005)	(4,591)
Audit, legal and consultancy fees	(5,500)	(5,500)
Marketing expenses	(2,696)	(2,608)
Fundraising expenses	(5,632)	(938)
Other expenses	(9,581)	(11,894)
Total Operating Expenses	(146,068)	(123,050)
Total Expenditure	(1,201,790)	(329,084)
Profit/(loss) for the year	(804,900)	88,753

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

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Programs

Our Impact

\$61,568

financial support provided for Australian transplant patients

\$17,934

nursing scholarships funded

\$976,220

invested in medical research programs

318

requests for patient financial support received

95

transplant patients and their families financially supported

8

hospitals worked with across 3 states

23

families supported with emergency financial assistance for household bills

53

families provided with grocery card assistance

61

families provided with petrol card travel assistance

70

nights of accommodation provided

5

nurses supported with further education

52

new wigs provided to cancer patients suffering from hair loss

Patient Support



“The assistance was life saving. Thank you; your generosity is not helping just my family but many other families. Without the sponsorship of IGA, Arrow wouldn’t be able to help families as much as they can now.”

Kylie Smith, Mother of Hailey and Sophie

This year the demand for our patient support programs increased, particularly due to COVID and the rising cost of living, 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 **James Kirby Foundation, Allan Frenkel Foundation, IGA, the APS Foundation** and many **individual donors** whose generous donations support our ongoing patient support programs.



IGA Grocery Cards

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

This year Arrow provided **53** patients from across Australia with an IGA gift card averaging **\$286** in financial assistance for each family.

This helped purchase daily food shopping items for family members during their hospital stay and was the most requested area of assistance from patients this year.

Kylie Smith, whose twin girls Hailey and Sophie both received a bone marrow transplant this year, said that receiving an IGA grocery card from Arrow whilst the family faced the challenges of their daughter’s illness helped cover the cost of essential household items and ensure the family was able to put healthy home-made meals on the table.

Financial Assistance

This year, Arrow funded \$10,330 of essential household bills for families covering the costs that were of most concern to the family. This included mobile phone, internet, water, gas, electricity, council rates and car registration bills, which represented an expansion to the scope of our financial assistance program.

This support assisted 23 families who found themselves distressed by their financial situation as they underwent treatment.

“During this difficult time Arrow was a source of hope and assistance to both my wife and I”

Husband of transplant patient Karen

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 **70** nights of accommodation for **18** patient families staying in accommodation in Sydney and Brisbane.

Travel Assistance

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

This year with rising petrol costs we saw a spike in requests for this level of assistance resulting in us nearly doubling the amount of support provided.

Arrow helped **61** patients this year with petrol gift cards, averaging \$212 per family, to help cover travel costs.

We also assisted a number of families with taxi vouchers who had relocated to the city for treatment and were relying upon public transport to get to their appointments.

Allison, a stem cell transplant recipient, who received help from Arrow this year said:

“Thank you so much for paying for my taxi fare home. I am so blown away by people’s kindness and generosity in being able to help me with this. I really am so appreciative.”

Alison, stem cell transplant patient

Compassionate Assistance

We were introduced to a family in 2020 with a young boy 9 years of age who had been diagnosed with a rare viral disease. The young boy had a bone marrow transplant patient that year which failed and his disease progressed. Sadly, the young boy passed away this year.

This was a family that Arrow had been supporting over the past 2 years as he underwent various treatments following his transplant. Considering the difficult circumstances of the family Arrow provided a compassionate donation towards the family’s funeral costs to help with their cultural burial of their child.

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 have developed a number of new relationships this year and are grateful for your support.

“It has been a pleasure to work with you (Arrow) and the support you have provided transplant families and our team is greatly appreciated.”

Social Workers - Queensland Children’s Hospital

Tracey Scone Wig Library

This year we continued our relationship with wig retailer The Individual Wig in Darlinghurst to help people who have suffered from hair loss due to chemotherapy.

We referred many cancer patients from around NSW to the wig shop throughout the year and financially assisted 52 people with the purchase of a new wig.

The feedback from the service was overwhelmingly positive, below just being a few of the comments we received:

“I went to the Darlinghurst shop and chose a beautiful wig. Thank you so much for your help!” Kati

“The wig has been an absolute life saver for me. I really don’t know what I would have done without it. I wear it every day and it helps me forget about my hair loss. I can’t thank the Arrow Foundation enough.” Carolyn



Carolyn with her new wig



Gifts of Friendship

The Gifts of Friendship program, lead by Colleena Presnell, provides support to patients on the bone marrow transplant ward at St Vincent’s Hospital through hospital visits. Fortunately this year with hospital visitor restrictions lifting, Colleena was able to get back on the ward and spread her friendship and cheer to patients.

The Gifts of Friendship team also delivered a number of thank you baskets and gifts at Christmas and Easter to the nursing staff on the ward which were very gratefully received.

Patient Information Sessions

During the year Arrow attended a patient information session for future transplant patients of St Vincent’s Hospital, Sydney. These sessions had been paused during COVID so it was great to be able to get back on site and let transplant patients know of the assistance available to them through Arrow.

“Having recently returned home from my bone marrow transplant I wanted to thank all the amazing nurses, doctors, allied health workers, cleaners, food service staff, and everyone else who were so attentive, amazing and caring throughout my stay. Your kindness, attentiveness and obvious passion for what you do really made my stay much more comfortable than I could have possibly imagined.”

Jeff, Arrow donor

Nurse Education

This year we continued our support 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 we have seen many of the nurses we have supported excel in their studies and go on to further their careers in haematology nursing.

During these difficult and demanding COVID-19 times, we saw a decrease in the number of nurses applying for higher education. Responding to this change in nursing needs, some of our traditional nursing scholarship donors helped where needed with the purchase of patient equipment as requested by nursing staff to improve patient care and make their jobs easier. These purchases made a significant difference to both patients and nurses ensuring we continued to be of the greatest help in these unprecedented times.

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

Professor Geoffrey Driscoll Nursing Scholarships

Scholarships were awarded to nurses across Australia studying the Graduate Certificate of Cancer Care at the Australian College of Nursing. This year's successful scholarship recipients were:

- Danielle Lian - Cabrini Malvern Oncology Clinic, Victoria
- Melanie Wade - Riverina Cancer Care Centre, Wagga Wagga

As a newcomer to the area of oncology and haematology Melanie looks forward to completing her post graduate studies to enable her to administer chemotherapy to her patients.

Danielle who is described by her Manager as a highly motivated, supportive and caring team member who actively seeks out opportunities and willingly assists others and shares knowledge, has some great experience already in the area of haematology that she is looking to develop further.

Both nurses are grateful for the scholarship support with Danielle saying "I am extremely grateful to be awarded the privilege of an Arrow Professor Driscoll Scholarship and can't wait to utilise what I've learnt to positively impact the lives of patients."

Trace Richey Masters of Haematology Scholarships

Arrow continued it's support of nurses Phoebe Forrester, Susan Hall and Ide Irwin from St Vincent's Hospital, Sydney as they progressed through their Masters studies this year.

We were also pleased to hear that scholarship recipient Abby Fyfe successfully completed her Masters of Cancer and Haematology Nursing achieving a distinction average.

Abby achieved this accolade in her 20th year of oncology and haematology nursing and believes her life changing decision to complete her masters has laid the foundations for her next 20 years of nursing.

Abby has already used her learnings to further enhance the care of her patients having gained confidence in her patient assessment and critical analysis skills. Abby has also developed a strong network of nurses and mentors from the course who will be lifelong colleagues and collaborators and has utilised these networks to develop learning opportunities for her colleagues.

"I have always been passionate about haematology nursing and I believe that these patients deserve the best level of care."

Danielle Lian, Registered Nurse,
Cabrini Malvern Victoria

Professor Geoffrey Driscoll Scholarship recipients 2022



Danielle Lian



Melanie Wade

"Without the scholarship, I wasn't sure if I would be able to complete the degree. I really didn't want finances to get in the way of my personal ambition to improve my skills and knowledge. I am passionate about my patients receiving the optimal care, and knew that this degree would set me on that path."



Abby Fyfe,
Oncology Clinical Nurse Consultant
Macquarie University Hospital



In memory of Elsie and Karen

The donation of a cannula machine to St Vincent's Hospital this year was inspired by donor Gregory Bugden's personal experience during his wife's treatment. The new ultrasound machine helps nurses find a patient's vein and get the intravenous cannula in on the first go, helping to reduce a patient's stress and anxiety.

Donor Greg was very supportive of the purchase of the machine, in memory of his late wife Karen and mother in law Elsie, recalling "I couldn't tell you how many times Karen has to be cannulated both before her transplant, during the many visits for the collection of stem cells, and then during her four week stay in hospital post transplant.

It is now 24 years since my wife Karen died from Multiple Myeloma after a five year battle with the disease; she also underwent two bone marrow transplants. This was when our 14 month old son was part of this very stressful journey; with him losing his Mum the day after he turned six.

I know through my wife's time in hospital at St Vincent's that the nursing staff were fantastic and so caring to her and also a great support to me as a husband and father. Any assistance to the nurses and future patients by Arrow will be an ongoing legacy to Karen and her mother Elsie."



Sylvia Hartog Nursing Award

This year a specialised care chair for patients on the haematology and bone marrow transplant (BMT) ward at St Vincent's Hospital was donated by Arrow thanks to a gift from the family of the late Sylvia Hartog.

This specialised care chair has electronically adjustable height, back and leg rests, making recovery time spent out of bed more comfortable for patients.

The chair was also a welcome addition for the nursing team, making it easier for staff to move and assist patients, and being a great improvement to the current manual chairs which do not allow back and leg rests to be adjusted independently.

Hawkesbury Canoe Classic PhD

Ritika Saxena was awarded the 2022 Hawkesbury Canoe Classic PhD scholarship for her stem cell research project aimed at helping patients with blood cancers or bone marrow failure. After losing her grandmother to multiple myeloma (a cancer of plasma cells) almost a decade ago, Ritika hopes this research will help other families affected by cancer.

Ritika is conducting her PhD research at the Murdoch Children's Research Institute, and her work is focussed on understanding the formation of haematopoietic stem cells (HSCs) - rare cells that have self-renewal capacity and the ability to regenerate all the different cell types that comprise the blood forming system.

Ritika will study how these cells can be made in the lab from a patient's own cells to enable future scientists to generate HSCs for those bone marrow transplant patients who lack a perfectly matched donor.



Ritika Saxena, PhD student

"A PhD is an incredible time in your life. One where you are given independence with your research. What we do in the lab underpins the treatments of tomorrow. So when someone asks me why I do long hours and weekend work, it's because I don't take the impact my research can have lightly. And thanks to funding opportunities like these, I can really focus on my research and not worry about the financial implications of still being in grad school".

Ritika Saxena



Luke Chapman, stem cell recipient

Haploidentical transplants

Thanks to the outstanding fundraising efforts of the **Leukathon** team, Arrow committed to a 3 year haploidentical transplant medical research program this year.

The study being conducted by Associate Professor John Moore and his team from the Haematology Department in St Vincents's Hospital Sydney, focuses on improving the success of haploidentical allogeneic stem cell transplants, being those transplants where a sibling or matched unrelated donor does not exist for the patient.

Haploidentical donors share a "half" Human Leukocyte Antigen (HLA) match with their family members and with further research a successful treatment option could be found for the 70% of patients per year who require a stem cell transplant but do not have a sibling match.

The first phase of this project was funded by Arrow in 2015 and saw encouraging results and improvements in survival

rates for haploidentical transplant patients. Moving into the second phase of the project the trial seeks to evaluate the safety and efficacy of changes to the drug regime based on learnings made from the first phase to further improve patient outcomes.

Luke Chapman whose own experience with leukaemia triggered his family and friends to create the Leukathon fundraising event to support medical research, was fortunate enough to have a stem cell match with his sister. Luke appreciates however that this is not always the case for everyone resulting in the Leukathon's commitment to contribute \$120,000 over 3 years to this important medical research trial. The first donation of \$40,000 was made by Arrow this year to the research team as the project progress through ethics approvals.

GAMBIT

Arrow made a distribution of nearly \$1 million in funds to the GAMBIT project this year providing a huge boost to the project's resource and research capacity.

The GAMBIT medical research program was kick started by a major donation by Michael and Vicki Quigley to Arrow in 2019 and was followed by further donations from a number of 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 Australian adults. 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.

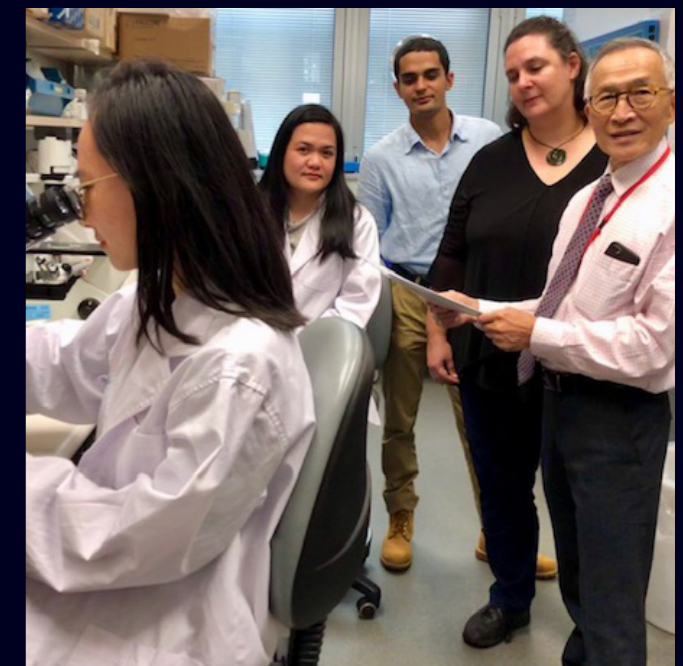
The GAMBIT project is being conducted by the Blood Stem Cell and Cancer Research Unit at St Vincent's Hospital in collaboration with other research centres across the country. The project will analyse thousands of blood samples that have been collected over many years from older Australians.

With this latest injection of funds by Arrow, researchers have been able to obtain the blood DNA of over 3,800 adults and perform gene sequencing on over 1,000 of these samples. Ninety one of the samples analysed are of patients who have received a bone marrow transplant.

With such large scale analysis, the aim is to better understand which blood mutations contribute to which diseases as we get older, and ultimately discover new tests to predict and detect diseases as well as better treatments.

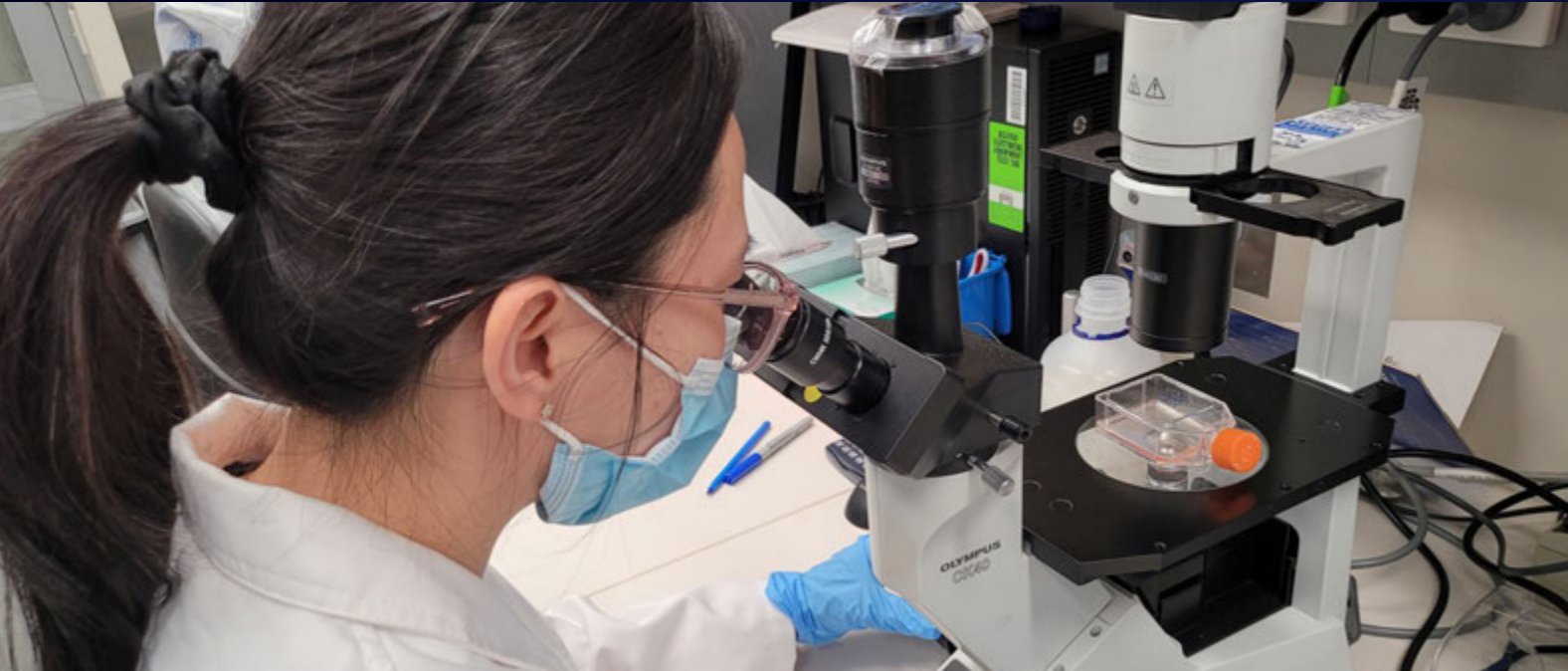
“Arrow has been instrumental in allowing us to undertake this Australia first and world class research which we anticipate will lead to improvements in the care of patients with blood diseases.”

Professor David Ma,
St Vincents Centre
for Applied Medical
Research



Professor David Ma and his team at the Blood Stem Cell and Cancer Research Unit at St Vincent's Hospital Sydney

Supporters



Kristy Wang, Research Scientist

Acute Myeloid Leukaemia 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.

This consistent support, funded this year by **Liverpool Catholic Club**, has helped the research team make significant inroads into medical research including their latest discovery of a new drug treatment to help cure Acute Myeloid Leukaemia (AML).

Acute Myeloid Leukaemia unfortunately has the highest mortality rate of any blood cancer and affects 1,000 Australians every year.

Early research has discovered that their invention, which focuses on a small gene known as the "micro RNA-10a" inhibitor, can kill leukaemic cells when working cooperatively with another drug. They have also discovered that measuring this gene level in leukaemic cells may enable doctors to predict which patients will respond to this treatment.

Their focus going forward will be to move the research to the next critical phase by testing the drugs 'in vivo' in the laboratory. This will be the last step in bringing this treatment for AML to clinical trial.

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 New Zealand.

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 2021 can be obtained through their website at <https://www.abmtrr.org/index.php/annual-data-summary>



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, healthcare professionals 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!



Chestnut Tree Foundation

Driscoll Family

Roy Amos

Wennie Van Lint

AMP

Warburton Foundation

Late Pamela Neate

And many more individual donors. We thank you all!



Pro Bono Support

This year as we embarked on a strategic review and board restructure we received the support of Agilo Executive Coaching who generously provided professional time and resources on a pro bono basis at no cost to the charity. Your partnership and support is greatly appreciated.



Getting Involved

Our programs are 100% funded by private donations and sponsorship and rely upon the generosity of our donors to help support transplant patients and those that care for them, as well as fund vital medical research.

To make a tax deductible donation or coordinate a fundraising event please visit our website at www.arrow.org.au/how-to-help/ or contact us for further information.

We also love to hear from our community of Arrow supporters and enjoy keeping in touch with you to share the stories of the people we have impacted. To keep up to date subscribe to our newsletter through our website here www.arrow.org.au/contact-us/

Looking to the future

We are excited to implement our new strategic plan and grow the organisation to increase our impact on bone marrow transplant patients.

We thank you for our dedication and support of Arrow this year and look forward to continuing this journey with you.

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