



ANNUAL REPORT 2021/22

Can Too Foundation



This Years Highlights

1,276

Participants
Trained

\$1.1m

Raised by
Participants

66

Coaches
Employed

84

Different Groups
Trained (pods)

29

Goal Events

1,584

Hours
Skilled
volunteering

609

Hours
Volunteered
at EventsLaunched
Inaugural
Surf Ski
Program

\$700,000

Research Grant
Funding

8

Cancer
Researchers
Supported

Since being founded in 2005

\$25.5M

Total Funds
Raised

20,000+

Total Participants
Trained

202

Research Projects
Supported

41

Leading
Institutes

14

Cancer
Types

139

Researchers
Supported

ABOUT US

Can Too Foundation is an independent health promotion charity committed to funding cancer research.

We offer professionally coached training programs across NSW and Queensland using qualified and experienced coaches, caring mentors, and team captains. Can Too trains across all sporting levels, from beginners to more experienced athletes, in structured training programs tailored to specific physical challenges such as running races, ocean swims, trail walking and adventure challenges. Participants can also choose their own event as a Can Too Beyond program.

In return for professionally coached training programs, participants fundraise much-needed support for Australian cancer research to fund the most brilliant, innovative early career cancer researchers.

At Can Too, we believe everyone can achieve goals they once thought impossible. We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, then you **CAN TOO!**

Our vision is transforming lives – through improving health and wellbeing in the community and supporting the research, prevention, care and control of cancer.



20,000+ People Coached

Professionally coached programs promote healthy lifestyles and aid in reducing the risk of one-third of cancers which are lifestyle-related.



\$25,000,000+ Raised Since 2005

Fundraising commitments foster a culture of philanthropy and mutual support where all our participants are passionate about giving back.

**Take charge of your lifestyle.
Reduce your risk of cancer.
Fundraise for research.
Join us now!**

Chair's Message

SIMON BUCKINGHAM

After the roller coaster of 2020/21, the wild ride continued in 2021/22!

Face-to-face interaction and training is at the core of all Can Too operations and programmes. The hard lockdowns of mid-late 2021 impacted us heavily and meant the Blackmore's Sydney Running Festival was again cancelled. However, our "virtual" Can 200 programme saw over 150 Can Tooers rise to their own challenges in September and raise over \$35K.

Just when we were moving out of lockdown and looking forward to swim programmes in both summer and autumn, the skies opened! This presented major challenges with flooding storms causing training and event cancellations due to poor water quality and dangerous seas.

However, we battled on and remained financially sustainable throughout - drawing on retained earnings, then

replenishing as programmes and fundraising returned.

Thanks to the hard work of our staff, the Board, our donors and of course our wonderful fundraising participants - the Can Too community - we were still able to fund 8 amazing, innovative cancer researchers. We also passed a major milestone this year with over \$25M raised since Can Too started and over 200 research projects funded - making a massive difference to peoples lives and the cancer research landscape in Australia.

I would like to thank 2 key employees who left us this year. Firstly, our previous CEO Peter McLean, who was with us for 4 years, and Gary Trenaman our Finance Director of 7 years. They provided tremendous service to Can Too, always "walked the talk" and helped guide us through very challenging times. I wish them all the best in their respective futures.



SIMON BUCKINGHAM

It is said that as one door closes, another one opens and we were very excited to welcome Paul Rose as our new CEO starting in May. He brings tremendous corporate experience, as well as his own cancer story, and is already making a major impact. We also have a new Finance Director in Gavin Le Roux and the pair make an outstanding and dynamic new leadership team.

We also “hit the reset button” this year, after the challenges of the last 2, completing a new 3 year Strategic Plan that provides a clear framework for the future. We were lucky enough to get the assistance of a group of masters students from the Australian Graduate School of Management (AGSM) in late 2021 which also helped inform our Strategic Plan and in part contributed to the pilot of our recent and highly successful Summer Surf Ski programme!

After 18 years of involvement with Can Too and 9 years on the Board, the last 2 as Chair, I decided to retire in December 2022. I was delighted to announce at that time that Barbara King would take over from me as the new Chair. She is an incredibly committed Board member and I am sure will do a tremendous job in the new role. A huge thanks to all staff and board members over the years - it's been an amazing journey for all of us.

SIMON BUCKINGHAM

Chair, Can Too Foundation

Can Too is all about people. It's about transforming lives - challenging ourselves to achieve goals that may initially seem beyond reach. However, with professional coaches, and a supportive team of mentors, team captains and teammates, we can achieve things we may have only ever dreamed about. This above all things is what I have found most inspiring about Can Too and its people. Long may it continue!

Thank you.





SYDNEY GOAL EVENT 15 MAY 2022

SMH HALF MARATHON '22

PAUL ROSE

Thank you for the warm welcome given to me by the Board, staff, and Can Too participants since joining the Foundation in early May. There is much to learn about the sector and our organisation, however I am one hundred percent committed to ensuring that the Foundation continues to thrive. In staying true to our values to inspire, motivate, support, and empower Can Too will remain focused on continuing to provide a safe, fun, and enjoyable environment where participants not only have the opportunity to transform their health but also experience the healthy high that comes from doing something good for others.

The Foundation confronted yet another challenging year. Despite this Can Too trained more than 1,250 participants in 2022, and raised over \$1m in participant sourced donations.

The team's optimistic hopes that life would begin to return to 'normal' were skittled when NSW entered into another lockdown situation on 14 August. The resulting 107-day lockdown was eased on 11 October, which some news media dubbed "Freedom Day". Stay-at-home orders were removed and non-essential retailers, hairdressers, and hospitality venues were among those able to re-open to people who could prove their full-vaccinated status. Masks were no longer mandatory in the open, though still required indoors in public places and on public transport. On 16 October NSW reached 80% full vaccination. Because of this, for those who were fully vaccinated, from 18 October mask wearing requirements, among others, and restrictions on numbers attending gatherings were eased, allowing more people to visit at home, gather outside, and at "controlled" outdoor events.



PAUL ROSE

When covid made it impossible for our community to come together in-person they responded magnificently in other ways. There's no better example of this than the support shown for Can 200, the Foundations first ever virtual event.

Conceived over a few short weeks and conducted throughout the month of September more than 150 participants raised in excess of \$35,000 despite there being no minimum fundraising requirement.

Once confident that the worst of the covid impacts were behind us the team focused on executing its strategic agenda, unbeknown to them that an entirely new challenge was awaiting. Who could ever have predicted that Sydney would experience its wettest summer in more than 30 years, and that 2022 would become the wettest year ever, since records have been kept.

Our swim programs would not be as successful as they are without the amazing support, collaboration, and partnership of our surf life saving clubs. Unfortunately, poor ocean water quality and hazardous beach conditions resulted in our summer and autumn swim programs being thrown into turmoil. The resilient and committed nature of our Can Too staff, coaches, team captains, mentors and our wonderful participants came to the fore. Most training sessions needed to be relocated to pools. Many events were either postponed or cancelled,

and participants were encouraged to seek alternative events later in the season or complete their goal event in the pool.

Despite these enormous challenges, approximately 500 wonderfully committed Can Too swimmers raised close to \$700,000 to fund early career cancer research.

In January, our valued Can Too community in Queensland raised more than \$13,000 participating in the Cooly Classic Ocean Swim.

The first signs that our programs were returning to pre-covid ways came with the running of the SMH half marathon in May. For this event alone, 90 Can Too 'road warriors' raised approximately \$100,000, the equivalent of the cost of a 1-year full time postdoctoral research grant.

Can Too completed successful adventure challenges in both Kakadu and the Warrumbungles, plus we launched our first squad program trials for both swimming and running.

In May, Can Too achieved another major milestone having raised \$25 million in participant sourced donations, and in the process has now funded more than 200 research grants. In 2021/22 Can Too funded a further eight early career cancer researchers in Australia.

PAUL ROSE**The Year Ahead**

A change in leadership brings with it a natural evolution in our ways of working. Together with the Board and Can Too staff we have developed a new three-year strategic plan that builds on the successes of the past whilst at the same time recognising the need for change. Our new strategic plan provides the Foundation with a clear framework for action and introduces new levels of accountability and responsibility. At its core are three growth strategies: Marketing, Programs and Events, Income Diversification. We will also focus on ensuring that we possess the necessary skills to deliver performance in these strategic areas, hence focusing on the following capability enablers: People and Culture, Policies and Procedures, Processes and Tools.

In closing, this year's results could not have been achieved were it not for extraordinary effort and passion of the team at the Can Too Foundation. The Board of Directors, our business partners, donors, staff, and volunteers have dedicated their time working with us to support our vision.

PAUL ROSE
CEO, Can Too Foundation

Above all, I want to sincerely thank our wonderful participants and donors who continuously exceed our expectations with their dedication to both their fitness and fundraising goals, and who despite the darkest of circumstances at times, continue to shine and motivate us every day.

Thank you.



Our Partners & Supporters



Autosports Group



Baja Projects



BeachLife
PHYSIOTHERAPY

BeachLife Physio



Blue Transport Solutions



Catfish Athletic Apparel



**Dr Michael Finkelstein
Dental Excellence**



Dr Mark's HyGenie



Launch Recruitment



MinterEllison



Pet ID Tag



Phrius Technologies



Pitcher Partners



SG Fleet





13 FEBRUARY 2022

NORTH BONDI CLASSIC

SUMMER SWIM PROGRAM GOAL EVENT

Investment In Cancer Research

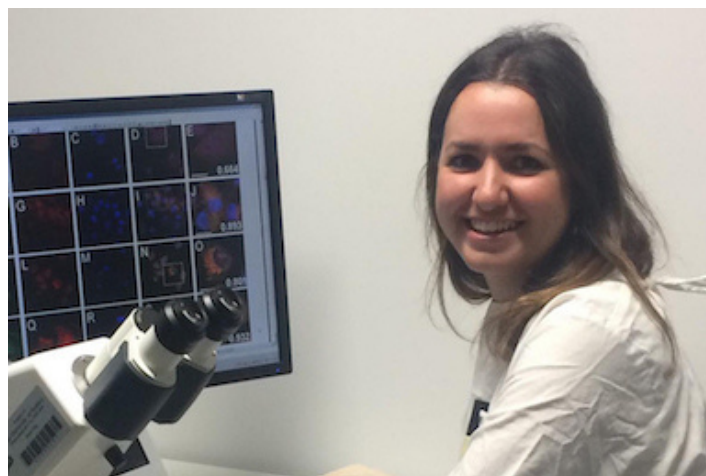
8 RESEARCHERS IN 2022

Despite the continued challenges of the COVID-19 pandemic felt during the 2021/22 year, fundraising by Can Too Foundation's dedicated community has funded the research of 8 promising cancer research projects nationally.

Our beneficiary partners for this year were

- the Children's Cancer Institute,
- Husdon Medical Research Institute,
- Cancer Council NSW, and
- Cure Cancer Australia.

All research grants were reviewed by the National Health & Medical Research Council (NHMRC), an Australian government agency that is a key driver of medical research in Australia.



Every passing year brings new medications, trials, and fresh hope for those fighting to stay alive. Our donations fund the research necessary for these amazing breakthroughs. With every step I take, I remember why I am doing this, and think of the people that are going through cancer treatments, who would give anything to feel well enough to walk around the block, let alone run it.

Renee Cathcart, Can Too Hall of Famer

**202 GRANTS
SINCE 2005**

Funded Researchers

2021 & 2022



Dr Zeyad Nassar

The University of Adelaide

Targeting fatty acid oxidation, a novel approach for prostate cancer treatment.



Dr Arutha Kulasinghe

Queensland University of Technology

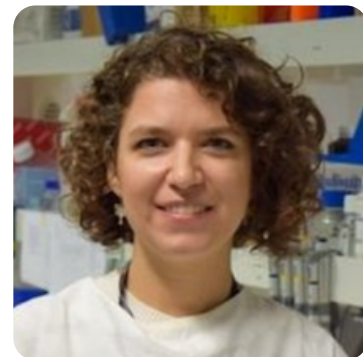
Use cutting-edge spatial genomics and advanced imaging approaches to characterise the tumour microenvironment of non-small cell lung cancer.



Dr Dongmei Tong

Hudson Institute of Medical Research

Identifying biomarkers for stomach lymphoma.

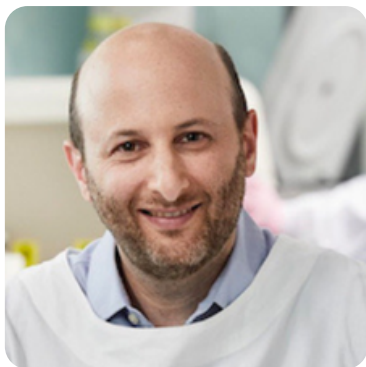


Dr Yolanda Colino-Sanguino

Children's Cancer Institute

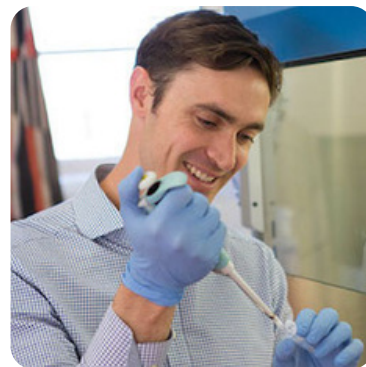
Modelling epigenetic reprogramming as immunotherapy for metastatic breast cancer.

RESEARCHERS FOR 2021 & 2022

**Ass. Professor David Ziegler**

Children's Cancer Institute

Therapeutic approach to treat aggressive paediatric brain tumours.

**Dr James Wilmott**

University of Sydney, Melanoma Institute

Developing a simple test to ensure advanced melanoma patients get the right drug for their disease.

**Dr Paul Timpson**

Garvan Institute of Medical Research

Targeting pancreatic cancer vulnerabilities.

**Dr Belamy Cheung**

Children's Cancer Institute

Investigating ways to prevent aggressive childhood cancers.

To view funded researchers from previous years, please visit our website at:

cantoo.org.au/researchers

Research Committee

In 2022, Can Too's Research Investment Committee consisted of four members:

Simon Buckingham (Chair)

Edith Hurt

Jeffrey Cohn

Barbara King

Edith Hurt is the former Research Program Manager at Cure Cancer Australia and current Operations Manager for Procan at the Children's Medical Research Institute. Edith is also a former Can Too Foundation director.

The Research Committee oversees Can Too's Research Strategy and manages Can Too's relationship with Research Institutes and funded researchers. The committee provides reports, recommendations and advice in relation to:

- A) Research Investment
- B) Associated activities and processes
- C) The realisation of benefits and impact

Our priorities, such as funding research nationally across cancer types, and ensuring that we do not invest in cancer types disproportionately, is formalised in our Research Investment Sub-Committee's Terms of Reference and our Research Investment Policy.

The committee met three times in 2021/22.

SIMON BUCKINGHAM

Chair, Can Too Research Committee





AUTUMN SWIM PROGRAM

THE BALMORAL SWIM & THE COOLY CLASSIC



Board Of Directors



Andrea Tustin
Non-Executive Director
& Treasurer



Victoria Turner
Non-Executive Director



Barbara King
Deputy Chair, Non-Executive,
Director & Chair, Audit & Risk
Committee



Sarv Girn
Non-Executive Director



Anke Timm
Non-Executive Director



Jeffrey Cohn
Non-Executive Director



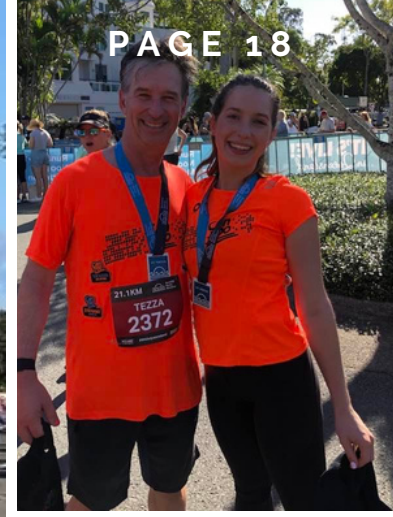
Simon Buckingham
Chair, Non-Executive
Director & Chair,
Research Committee



Richard Evans
Non-Executive Director



Gavin Le Roux
Company Secretary



NOOSA 10KM, HALF & FULL MARATHON

NOOSA GOAL EVENTS 28 MAY 2022



Staff



Celeste Buckingham
Program Coordinator



Kirsty Panting
Digital Marketing Officer



Claire Moulsher
Run Programs Manager



Penny Nolton
Coaching Manager



Amy Bridle
QLD Program Manager



Robin Nicholls
Swim Programs Manager



Kirk Zhao
Book Keeper



Gavin Le Roux
Finance Manager



Paul Rose
Chief Executive Officer

Financial Statements

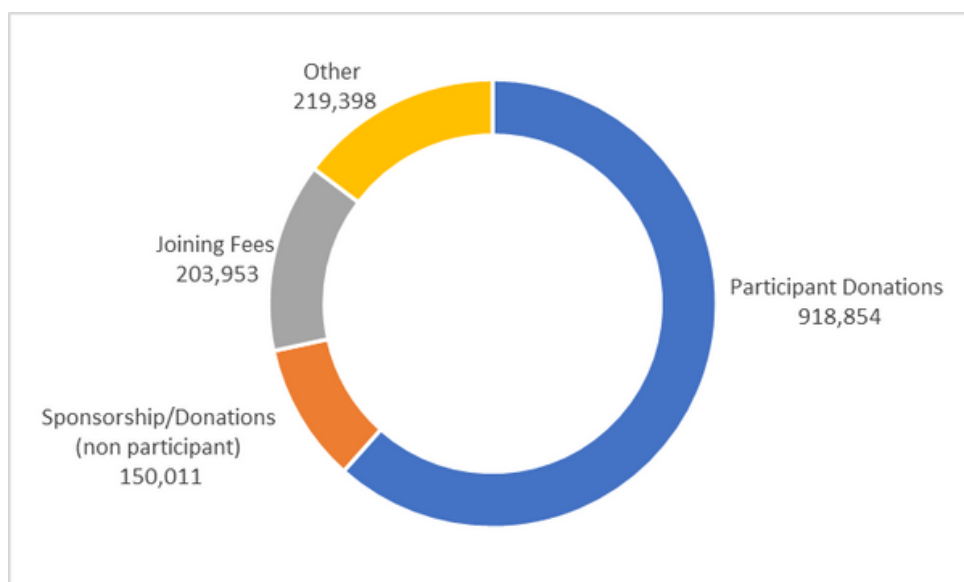
FY 21/22

Firstly, I would like to take this opportunity to thank everyone at Can Too and the wider community for welcoming me onboard as the Finance Manager. I took over from Gary Trenaman in September 2022 and certainly have big shoes to fill! Gary was with Can Too for over 7 years and on behalf of everyone would like to thank him for his extraordinary commitment and service and wish him well in his new endeavours.

2021/22 saw the continuation of the impacts of Covid-19 with lockdowns in NSW and QLD further hindering the delivery of our programs which ultimately impacted donation revenue.

Despite the enthusiastic fundraising support by Can Too program participants, a number of generous Pod Sponsors and tight internal expenditure controls, results were down compared to previous years with a record low revenue of \$1.49m and operating surplus of \$434k (before research grants).

Notwithstanding these challenges, Can Too are proud to have continued to fund 8 cancer research grants in 2022.



FINANCIAL STATEMENTS

Statement of Financial Position as at 30 June	2022	2021
Assets		
Cash and Equivalents	458,078	884,325
Investments	1,400,254	1,553,167
Receivables	4,529	30,549
Inventory	45,356	49,057
Lease	118,640	159,320
Other	40,852	29,324
Total Assets	2,067,709	2,705,742
Liabilities		
Provision for Cancer Research	229,000	407,053
Lease	128,768	166,237
Provisions for Employee <small>Chart Aires</small>	92,319	93,307
Payables	15,372	263,001
Other	43,093	36,869
Total Liabilities	508,551	966,467
Accumulated Surplus	1,559,157	1,739,275

Statement of Income & Expenditure for the Year Ended	2022	2021
Income		
	\$	\$
Participant Source Donations	918,854	1,109,938
Sponsorship/Donations from non-Participant Sources	150,011	100,963
Joining Fees	203,953	266,615
Other Income	219,398	472,403
Total Income	1,492,215	1,949,918
Expenditure		
Cancer Research Donations	450,000	432,160
Coaching	140,210	159,396
Health Promotion Salaries	389,581	343,096
Other Health Promotion	126,446	178,091
Administration Salaries	180,315	215,315
Other Administration	144,557	150,313
Fundraising Salaries	77,277	92,278
Total Expenditure	1,508,386	1,570,649
Surplus	(16,170)	379,270

And let's not forget 2022 is also the year Can Too passed the \$25 million of funds raised for cancer research and prevention! We also saw a return to mass participation events in the latter part of 2021/22 and we are confident we have now turned the corner.

Can Too Foundation is debt free and maintains sufficient working capital by managing the timing of cancer research funding. The financial accounts are overseen by a dedicated volunteer Board and independent, external auditors. We are grateful for the pro bono expertise provided by our legal partners, Minter Ellison, and our audit partners, Pitcher Partners.



GAVIN LE ROUX

Finance Manager, Can Too Foundation

Audit & Risk

In 2022, Can Too's Audit & Risk Committee consisted of the following members:

Barbara King (Chair), Sarv Girn, Andrea Tustin, Peter Mclean (to 28 January 2022), and Paul Rose (from 2 May 2022)

The Committee was established by Can Too's Board of Directors to oversee the health and safety of participants and other stakeholders, and provide a more in-depth oversight of the organisation's financial reporting, risk, and governance. The Committee met 4 times during the 2021/22 financial year.

Financial Auditing

We're continuously looking for ways to improve our processes to ensure that they're efficient, and that we're demonstrating the best practice to responsibly direct funds to Australian cancer research. One of the ways we did this was through hiring highly experienced and independent external auditors who provided a thorough audit of Can Too's financial systems and internal controls. This included audits of our donations, creditors, payroll, and contracts. The audit was unqualified, as it has been every year. We once again want to thank Pitcher Partners for their ongoing pro-bono support.

BARBARA KING
Chair; Audit, and Risk Committee

Managing Risk

Since the development of our Risk Framework, we have remained committed to adopting a strategic, consistent, and structured organisation-wide approach to risk management. This framework achieved an appropriate balance between the achievement of objectives and the potential for loss. Since 2020 the committee has overseen the organisation's COVID-19 response and strategy.

Can Too is fully compliant with the state Charitable Fundraising licences and has maintained a Registered Charity Tick, which gives reassurance to the public that the charity is transparent and accountable, and listed on the ACNC Charity Register. Can Too's filings to the ACNC are up to date and can be viewed online: www.cantoo.org.au/acnc



ACN:

169 310 696

ABN:

53 169 310 696

Charitable Fundraising Licences:

13127.17 (VIC)

CFN 23442 (NSW)

CH2618 (QLD)

L 19000833 (ACT)

22039 (WA)

Can Too Foundation is a public company limited by guarantee.

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