





## MISSION

to have a positive impact on  
the lives of those affected by cancer  
by providing  
emotional support, practical help and information  
in English within Geneva, Vaud and neighbouring France

## VISION

to provide a friendly environment  
supportive, non-judgmental and confidential  
in a one-to-one or group context  
to become well integrated  
within the region's medical community

# MESSAGE FROM THE PRESIDENT

Last year, when I had the honour of taking over the presidency from Catherine Blanc, I discovered a whole side of ESCA of which I had not been fully aware: the amazing power of our volunteers.

Like all of us, I had seen the hundreds of cheerful faces at the Dragon Boat Festival who make it run so smoothly it seems effortless. But I had yet to discover all of the other people who make ESCA run just as smoothly, and who donate 80% of the hours we worked last year.

The wonderful people who stuff envelopes, update the database, provide support to our clients, teach gym classes, and much much more, but also who form the major part of our management team – including our director – who donate all or part of their time to ESCA.

To all of them, I would like to dedicate this message and thank them from the bottom of my heart.

ESCA simply wouldn't exist without them, and its spirit would certainly not be the same.

ESCA reached a level of professionalism and capacity in 2015 that is enabling us to support many more English speaking people in the larger Lake Geneva region, who are far from home, and are battling cancer, and need our services. We will continue to put more and more effort into reaching them, and supporting them if they want.

To this end, the most marked change in 2015 was the focus the whole organization put on OUTREACH.

A big thank you to our sponsors, and to our 300 members, for their faith in what we are doing.



Jane Royston





## MEDICAL COLLABORATION

ESCA works closely with

HUG Maternity  
Nursing Staff

Hôpital Universitaire de Genève

HUG  
Prostate Centre

CHUV Centres  
for Breast Cancer and Gynecological Tumors  
Centre hospitalier universitaire vaudois

The logo for HUG, consisting of the letters 'HUG' in a stylized, blocky font. The 'H' is green, the 'U' is blue, and the 'G' is green.

The logo for CHUV, consisting of the letters 'CHUV' in a bold, black, blocky font. The 'C' and 'H' are white and are set against a green square background.

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# ESCA WHERE OUTREACH IS A PRIORITY

Reaching out to people describes the work commitment and ethics of ESCA: to touch people who have special needs because they have been affected by cancer; to offer help to their families, their friends, and to the wider community.

From its inception, the ESCA priority has been to help the English speaking community in and around Geneva understand our mission. This is the goal of the outreach team, but it extends to all areas of the organization's work.

The ESCA outreach strategy focuses on an integrated approach to increase the organization's visibility and recognition as an important humanitarian partner in the Geneva region. While building on what has been accomplished during the past years, ESCA is also concentrating on identifying new awareness opportunities and partnerships. In 2015 an existing staff member was chosen to become head of the outreach team. The aim for the period ahead is to continue to build on the past, and refine and target work at all levels.

Establishing an internal network of professionals has helped to develop strong links to the medical community in a wider sense.

For the first time, in 2015 ESCA was invited to participate in an ovarian cancer awareness stand at the HUG. Patients are now referred to ESCA directly by the breast cancer and prostate cancer centres of the HUG, and by the breast and gynaecology centres at the CHUV in Lausanne. Other oncology centres are being contacted to highlight the unique and increasingly recognized services ESCA can provide.

# VOLUNTEERS PEER SUPPORT COUNSELLING

Throughout 2015 a dedicated team of trained volunteers committed 4,415 self-reported hours of work\* to ESCA. Volunteers initiate and take part in most ESCA activities, such as fundraising, outreach, external communications, support of the Drop-In Centre and being part of the peer support programme.

## VOLUNTEERS

Volunteers who contribute their time also publicize ESCA through various social media outlets and introduce new ideas to the existing team. Eight new volunteers joined in 2015. They attended an orientation which included an overall introduction to the work, history and mandate of the association. The orientation sessions enable volunteers to discover which part of the work they would like to be involved in.

During the year volunteers organized and staffed stalls at conferences and events, or managed the second-hand book sales, or provided food, or introduced ESCA to prospective clients. Some became peer supporters. In addition volunteers were relied upon to provide information and represent ESCA at various events, and to visit companies or organizations with a view to fundraising.

With three thousand people converging on the 2015 Paddle for Cancer Dragonboat Festival in September, volunteers were involved in all aspects of the event which could not have happened without them.

The strong commitment of all the volunteers provides the basis of the ESCA mission and vision. Their loyalty and dedication make it possible for ESCA to continue to provide an array of services despite the high turnover due to the migratory nature of the expatriate population in Geneva.

\*figure depends on numbers given by volunteers and are notoriously under-reported





# VOLUNTEERS PEER SUPPORT COUNSELLING

## PEER SUPPORT

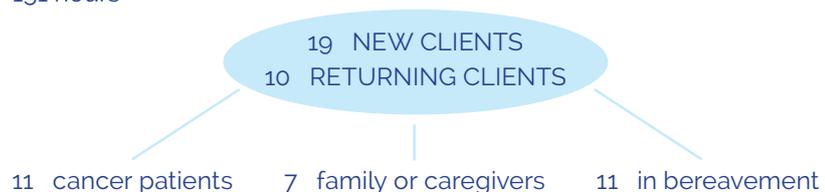
Volunteers interested in joining the one-to-one peer support programme are required to participate in two additional days of advanced training. One such training was given for ten people bringing the number of peer supporters to 31. **Peer Supporters** offer an empathetic ear to clients undergoing the demands of cancer treatment as well as aid to others recently bereaved. Running errands, driving to appointments, shopping, babysitting and walking the dog – whatever is needed to provide a helping hand and a listening ear – are among the many ways peer supporters offer practical help. During the year an average of 15 volunteers attended eight supervisory meetings of two hours each supervised by ESCA counsellors. Regular training sessions improve skills and expand levels of competence, producing a more advanced and confident level of peer support which benefits ESCA clients. Last year 61 clients received attention from the peer support team.

## COUNSELLING

The main mission of ESCA is to provide needed support to as many of those affected by cancer as possible. Besides training, supporting and supervising volunteers at all levels, the professional counselling team has organized information and support meetings and health promoting support activities available throughout the year to the public

### INDIVIDUAL COUNSELLING

TOTAL 151 hours



### GROUP WORK

TOTAL 134 hours

MBCT	73 hours
BEREAVEMENT	61 hours

The counselling team functions as a cohesive unit with each member bringing special individual skills and different kinds of expertise. Along with peer supporters they are able to offer a total package of support to both the clients and their families. They provide the basic programme structure of ESCA. Thanks to the ESCA Counselling Fund cancer patients and family members can be provided with essential professional counselling, which is often not covered by their insurance. According to the initial ESCA operative policy, counselling sessions were limited to three hours per client.

At present it is possible to schedule between one and ten counselling sessions depending on individual needs. This was made possible by donations to the Paddle for Cancer Fundraiser's Challenge Fund.

Similar to 2014, the preceding statistics indicate that more time has been spent counselling clients, than time spent supporting family members during their loved one's treatment, or in counselling those who have been bereaved.

Part of the ongoing programme are monthly "Bosom Pals" coffee mornings for breast cancer clients. Facilitated by a counsellor **with the help of** volunteers, they provide an opportunity for mutual support where newly diagnosed women can meet others who have experienced a recurrence or those who are out of treatment or in remission. On average ten to twelve clients are present during the coffee mornings.

Analogous meetings which were open to all ESCA members took place during the regular Friday Morning Open House.

Special programme events were held on alternating months. They included the visit by a designer and producer of fine lingerie for women who have undergone breast cancer surgery; a presentation on how to apply attractive head coverings and scarves because of hair loss due to chemotherapy; yoga presentations; a discussion on "Experiencing cancer far from home"; informative exchanges led by psychologists, a talk on "The ins and outs of genetics in genetics counselling"; on "The new prostate centre at the HUG; and on "Nutrition and Cancer".

In 2015 two ESCA counsellors attended an 8-day Teacher Development Intensive Training in MBSR (Mindfulness Based Stress Reduction) at the Centre for Mindfulness in Ireland, and one counsellor participated in further Mindfulness Pain Management training in England (both self-funded). During 2015 the counsellors ran two eight-week MBCT – Cancer programmes for clients. These group programmes offered not only contact with the counsellors, but an



Raynelle Arcaini  
Support Services  
Coordinator, Counsellor  
and Trainer



Thea Marais  
Manager,  
Counselling and  
Peer Support Training



Bianca King  
Counsellor and Trainer



## VOLUNTEERS PEER SUPPORT COUNSELLING

opportunity to exchange with others who are in similar situations.

Participants said that they were enabled to be more in control of their personal situation and to feel supported. Two Bereavement Support Groups were organized for people who had been recently bereaved. A donation from Cargill also funded these programmes.

Being able to offer free professional counselling is one of ESCA's priorities. In addition the peer supporters make it possible to offer a full range of support services to the English speaking community in Geneva and the neighbouring region.

Approximately 275 other people received information, assistance and/or support through various ESCA community events, or as visitors to the Drop-In Centre, the Wednesday Evening Information and Discussion meetings, and Friday Open House meetings. In addition to meeting clients directly, outside support has proven to have beneficial effects on the family and carers of each individual client.

## ESCA GYM CLASSES

ESCA's licensed physical therapist leads gym classes twice a week, some designed especially for breast cancer survivors; others for those who have experienced cancer and its demanding treatments and side effects. Among other benefits, physical activity reduces relapses and recurrences.



# DROP-IN CENTRE LIBRARY

The Drop-In Centre opens twice weekly and/or by appointment. It offers visitors a friendly and quiet place, and provides an opportunity to find out about ESCA's support services and activities in a welcoming, confidential environment. Throughout the year it was staffed by some 26 trained volunteers who welcomed visitors. They talked to people who came to browse in the library, or provided cancer related information and handle phone enquiries. As in the past, two volunteers were always on duty when the Drop-In Centre was open, one of them being a trained peer supporter.



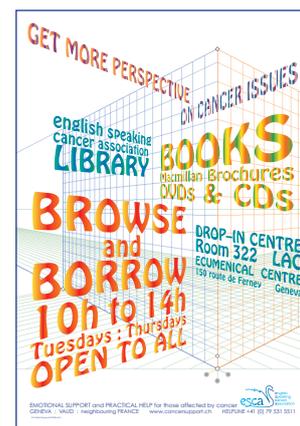
By the end of 2014 a comprehensive reorganization made it possible to separate the office administration from the main Drop-In area. Throughout 2015, in addition to being open to the public for a total of 400 hours, the Drop-In was used for a variety of different purposes and needs, which brought in a wider group of people and made it increasingly cost effective.

The newly created space is more versatile and suitable for group training sessions and counsellor-led client support groups. During the second part of 2015 the following programme activities took place: Bereavement Support Group; Mindfulness Based Cognitive Therapy for Cancer Patients; Peer Support training and Volunteer Orientation training. In addition, the Drop-In can now be used for both structured and more informal support groups, such as: Peer Support Meetings, Bosom Pals coffee mornings, Look Good Feel Better sessions, bi-monthly Open House discussion groups, as well as ESCA Board Meetings and Management Team meetings.

The library functions as one of the resources of the Drop-In Centre. Another forty new books were added during 2015. A wide range of books intended for cancer patients, their family, friends and caregivers was available. In addition ESCA peer supporters, counsellors and volunteers made use of the resources. Books may be borrowed by ESCA clients and others seeking help.

More than 300 books cover relevant topics related to cancer, such as specific cancers as well as topics related to diagnosis, surgery and treatment; coping with cancer for the patient and assistance to families; carers' guides; complementary therapies; food and nutrition; grieving and bereavement; books intended for children to explain cancer and how it affects family members.

Macmillan Cancer Support is a well-known UK cancer charity. Macmillan brochures are available for loan from the Library. Library users can also be provided with specific information on how to access various sites that cover cancer related issues.





# COMMUNICATING ESCA

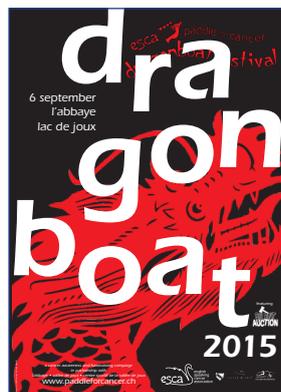
Increasingly, ESCA has been able to expand its reach to different media. Recognizing that people largely look for information on websites, the ESCA website is regularly improved to make it as user friendly as possible.

Print articles covering the association have appeared in "Le News", "Le Gessien", and "The Courier" - the monthly publication of the Geneva American International Women's Club - which also regularly features a "petite annonce" which describes ESCA. An advertisement was broadcast on radio WRS during different periods.

An evaluation as to the benefit of these broadcast messages is still outstanding. Free on-line advertising and sharing information on social media outlets has increased.

In addition to delivering the ESCA message through the spoken or printed word, a conscious effort has been made to provide more visual images, such as videos, slide presentations and photos. In addition, with professional medical help, the content of specialised presentations has been adapted to make them more appropriate for the medical community who are becoming increasingly aware of ESCA.

Besides new posters for the annual Dragonboat event as well as for a special ESCA anniversary concert and art show, several other newly designed items also commemorated the 15th Anniversary: a logo on publications and stationary; an ESCA word cloud, redesigned bookmarks, and a new flyer. A template has been developed for each of the ESCA services and slide presentations to help "brand" the name.





## IN THE COMMUNITY

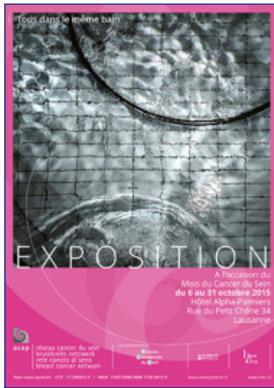
An important part of the ESCA commitment to spread its message is to participate in local and regional events whenever possible. During 2015 staff and volunteers invested much of their time to be involved both in organizing outside events, and to be present when networking opportunities arose which were organized by other organizations.

ESCA attempts to present itself to the wider public in a way where people are not scared off by the "C" word. The rewards of time spent are multiple. During the ESCA 15th anniversary art show and concert a visitor commented: "We felt powerful, warm vibes from the minute we entered".

**EVENTS**  
**CONFERENCES**  
**NETWORKS**  
**ARTS**  
**FUNDRAISING**



# ESCA IN THE COMMUNITY NETWORKS



## RÉSEAU CANCER DU SEIN GENEVA'S BREAST CANCER NETWORK

ESCA is an active member of this network which unites medical professionals, patient associations and breast cancer survivors to work together on treatments and better care for breast cancer patients. The Réseau organized meetings to discuss the effects of the re-grouping of private clinics and medical practice regarding cancer. This included also an OCTOBER photography exhibit: "tous dans le même bain". In addition, the Réseau organized "Pink Night" which was hosted at Halloween by Geneva Servette Hockey Club to increase breast cancer awareness and to raise money for the network.



## MARCHE CONTRE LE CANCER

MAY ESCA Volunteers were present to join in the annual walk which was organized by the Ligue genevoise contre le cancer.



## FORUM DES ASSOCIATIONS

MAY The HUG again organized a forum for all associations that deal with cancer patients. Speakers included oncologists and specialized nurses, and associations each had a table to introduce their work and display their material.



## HUG TEN-DAY AWARENESS CAMPAIGN FOR OVARIAN CANCER

SEPTEMBER ESCA was invited to set up an information stand in the hospital entrance.

## FONDATION DEPISTAGE CANCER DU SEIN and THE LIGUE GENEVOISE CONTRE LE CANCER

OCTOBER ESCA was represented with an information stand at their event and invited to make a brief presentation to medical staff.

## EXPAT EXPO

OCTOBER ESCA hosted a stand at the Radisson Hotel in the La Praille shopping centre.

## FONDATION GENEVOISE pour LE DÉPISTAGE DE CANCER DU SEIN (FGDCS)

The Geneva Mammogram Programme held its annual information day in a local shopping centre. ESCA volunteers were on hand, also to help English speakers.

## LEMAN INTERNATIONAL FAIR

NOVEMBER ESCA was represented with an information stand at Lausanne which provided an opportunity to meet a broader anglophone group of people and attracted new volunteers.



## THOMSON-REUTERS INFORMATION STAND

ESCA made a presentation to employees on how to cope when a colleague has cancer, and hosted an information space in support of Breast Cancer Awareness.

# EVENTS

## WORLD CANCER DAY (UICC)

FEBRUARY A global event aiming to unite people around the globe in the fight against cancer. The 2015 theme was "Not Beyond Us" and ESCA launched an awareness campaign via Twitter and Facebook.

## ITC INTERNATIONAL TRADE CENTRE WELLNESS DAY

MAY ESCA was present with an information stand during this bi-annual event held for employees of the ITC.

## CHARITY SOCCER TOURNAMENT

JUNE ESCA organized a bake sale at this first InterSoccer event in the Stade de la Praille.



# ESCA IN THE COMMUNITY EVENTS



## CHARITY GOLF TOURNAMENT

**JUNE** Thirty-seven golfers signed up for the golf tournament organized at Divonne Club by a grateful former ESCA client. All funds raised by fees and at the subsequent auction were donated to ESCA.



## FOUR SEASONS 5K RUN FOR HOPE

**SEPTEMBER** ESCA members participated in the 9th Terry Fox Walk to help raise money for the Ligue genevoise contre le cancer to support their fight against ovarian cancer.



## LOOK GOOD... FEEL BETTER

**NOVEMBER** ESCA hosted this programme dedicated to improve the wellbeing and self-confidence of people undergoing treatment for any type of cancer.



## NURSING ONCOLOGY COURSE

**NOVEMBER** An oncology course for nurses took place at the Maternité of the HUG which was also attended by ESCA. One section of the course is dedicated to patient associations and ESCA gave a short presentation of its services. The ESCA booklet "In Other Words" (French/English basic hospital terms) was found to be particularly helpful.

## ESCALADE WALK

**DECEMBER** Fourteen ESCA members joined the annual Escalade walk organized by the city of Geneva.

# CONFERENCES



## "SEXUALITY FOLLOWING CANCER TREATMENT" organized by the CHUV LAUSANNE

ESCA participated in this October event with an information stand in the main entrance hall of the CHUV.

## PROSTATE CANCER SYMPOSIUM

5ème Symposium du cancer de la prostate, organized every two years by the HUG. The symposium was attended by approximately one hundred medical professionals and ESCA presented an overview of activities.



## CARGILL BREAST CANCER AWARENESS DAY

OCTOBER Staff Counsellor Raynelle Arcaini addressed the need for support of breast cancer patients. In addition an ESCA volunteer shared her personal experience as a breast cancer survivor.



## “LE SEIN DANS TOUS SES ÉTATS”

OCTOBER ESCA attended this conference at the Clinique de Genolier, which focused on their commitment to increase the clinique's presence in breast cancer care.

## AIWC AMERICAN INTERNATIONAL WOMEN'S CLUB CONFERENCE ON BREAST CANCER

OCTOBER Five doctors and ESCA psychologist Thea Marais participated in the conference.

## ARTS

### SPRING CONCERT AND ART SHOW

MARCH The ESCA 15th anniversary was celebrated with a concert and art show at the Lutheran Church in Geneva. The Severini Quartet performed Klezmer music and Latin tangos, and virtuoso cellist Daniel Groscurin offered a solo performance. Five ESCA artists, one of whom also curated the show, presented their work.

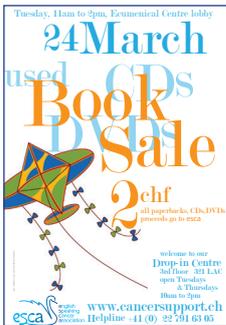
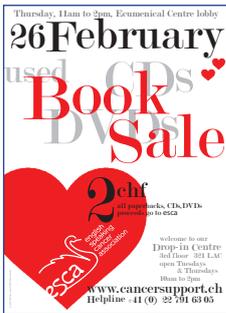
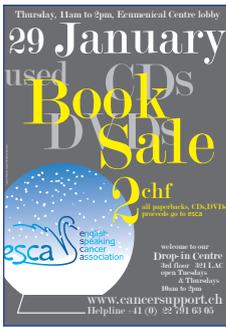


### WTO WORLD TRADE ORGANIZATION

OCTOBER This event also benefits the Lignes genevoises and vaudoises contre le cancer. It included a presentation on the work of ESCA.



# ESCA IN THE COMMUNITY FUNDRAISING



Thanks to the strong involvement of volunteers, ESCA is able to initiate or be involved in a variety of fundraising events. These efforts result in raising the financial support which makes ESCA viable.

While the annual Dragon Boat Festival remains the main source of income for the organization, many other volunteer-driven fundraising events took place in 2015. They also contributed to balancing the budget.

Used book sales were again organized regularly throughout 2015 in the lobby of the Ecumenical Centre. During the Christmas season, the team added other small items to be sold, including baked goods.

Funds raised at events outside of the Paddle for Cancer Dragonboat Festival

Book Sales	CHF 1,715
WTO Charity Concert	CHF 3,000
Spring Concert and Art Show	CHF 700
Charity Soccer Tournament	CHF 1,000
Charity Golf Tournament	CHF 3,233
Cargill Breast Cancer Awareness Day	CHF 6,000
Gym classes	CHF 4,845



At no cost to the association these organizations made space available for ESCA's numerous activities

YWCA GRAND SACONNEX  
for regular meetings

WEBSTER UNIVERSITY  
for everything from gym classes to MBCT courses to receptions

THE ECUMENICAL CENTRE  
Lobby for bi-monthly book sales

ESCA IS GRATEFUL FOR THEIR SUPPORT

*Today we came together, all of us, to paddle for cancer.*

*Today we paddled  
for those we've lost to cancer.*

*Today we paddled  
for those who have survived an onslaught.*

*And especially, today we paddled  
for those battling right now*

*and those battling tomorrow.*

– Nicole Scobie  
Childhood Cancer Advocate



These words set the tone for this festival. Paddle for Cancer is the major annual ESCA cancer awareness raising and fundraising campaign. It takes place in September at the Lac de Joux in l'Abbaye, on the Jura. The brainchild of two early ESCA stalwarts, it was first held in 2007 and has been increasingly successful over the years. The income from this campaign represents the major source of funding for ESCA and it helps cover operating costs as well as special programmes.

In 2015 the proceeds generated amounted to just over CHF300,000. This included CHF219,000 from the "Challenge Cup", in which teams raise funds over and above the registration fees. These resources fund specific areas of ESCA work, help a local charity, and raise awareness. This year PASTEC (Promotion de l'activité sportive thérapeutique pour l'enfant atteint de cancer) which helps children with cancer cope with their treatments and illness through sport and activity received support from Paddle for Cancer.

**CHALLENGE CUP  
TOP 3 WINNERS by category**

CORPORATE		ALL FEMALE	
Trafigura	76,813	Systemers in Sync	9,700
matched	153,626	Cougars & Co.	5,640
Capital Group	11,603	Bosom Pals Paddlers	4,582
Carefusion	10,512		

2015 PADDLE FOR CANCER  
**CHAMPIONS**

- CORPORATE**  
 1<sup>st</sup> BD Avalon  
 2<sup>nd</sup> IATA 'i-Fliers'  
 3<sup>rd</sup> LDC 'Trading Places'

- OPEN**  
 1<sup>st</sup> Paddle Me Harder  
 2<sup>nd</sup> La Côte 'Lions'  
 3<sup>rd</sup> Cougars & Co.'

- FEMALE**  
 1<sup>st</sup> Paddle Me Harder  
 2<sup>nd</sup> Di-Vine Paddlers  
 3<sup>rd</sup> Birds of Paradise

- MINI DRAGONBOAT**  
 1<sup>st</sup> Red Dragons  
 2<sup>nd</sup> Distracted Dragons

The full results can be found at: [paddleforcancer.ch](http://paddleforcancer.ch)



## THE STORY OF THE DRAGONBOAT FESTIVAL PADDLE FOR CANCER

An account by some ESCA organizers helps to appreciate the full scale of this festival:

"On the shores of the Lac de Joux the sun shone brightly on the 4th of September. The dragon boats were lined up near the water, and enthusiastic people turned up in droves. The festival was a family day out with people of all ages, both those who were signed up to race, and those who were there to watch – about three thousand in all."

A total of 47 teams signed up to race. They included Corporate Teams, Open Teams, and All-female Teams.

"Mini Dragonboat Regatta" races were organized for the children to take place at the same time as the main event. The Kiddie- Land activities which kept the children busy all day, included free canoe rides, face painting, and a "bouncy castle".

The various food stands saw heavy traffic and ensured that competitors and spectators were able to stay recharged throughout the day. A therapy tent was set up to relieve sore muscles, and it was rarely, if ever, empty. A team of masseurs offered expert massages drawn from their different disciplines.

For the third time since its inception the festival included a "silent auction" and a tombola with a wide range of items on offer. Holidays, paintings, restaurant meals and hotel deals, a stand-up paddle board, and beautiful jewellery were on offer for bidding, all at very low starting prices. Close to CHF 9'000 were raised at the auction to be added to the overall results.



## A MOMENT OF DEDICATION

To take some quiet time to recognize those who have been touched by cancer, and those who love and care for them, a special moment was scheduled during the afternoon. In the midst of all the fun it was important to remind everyone why this festival takes place, and why everybody from ESCA is working so hard for it to succeed.

A special poem was read out:

### *WHERE DO THEY GO TO?*

*Where do they go to, the people who leave?  
Are they around us, in the cool evening breeze?  
Do they still hear us, and watch us each day?  
I'd like you to think of them with us that way.*

*Where do they go to, when no longer here?  
I think that they stay with us, calming our fear  
Loving us always, holding our hands  
Walking beside us, on grass or on sand.*

*Where do they go to, well it's my belief  
They watch us and help us to cope with our grief  
They comfort and stay with us, through each of our days  
Guiding us always through life's mortal maze.*

– Kev F

During the minute of silence, and while listening to "Somewhere Over the Rainbow" by Israel Kamakawiwo'ole, bottles with soapy water were handed out to all of the children who then sent thousands of beautiful bubbles into the sky. As they floated away there was a time to remember those who have fought, those who are currently fighting and those who have lost their battle with cancer.

Every member of ESCA is aware that without the generous support of the corporate teams and the sponsors this event would not be the success it has been. The enthusiasm, sportsmanship, and dedication of all participants combine to make it a "must-do" event on everyone's September calendar. It has become famous not only for the spirit and excitement of the day but also for its unparalleled organization, brought about by its armada of volunteers. Not mentioning the months of preparation, during the weekend itself more than 180 volunteers were at hand, and 120 of them stayed overnight to help not only with the running of the Festival, but also with the immense set up required. Special mention should go here to a team of boat handlers and race managers from the UK, more than 30 Webster students, family members of the dragonboat teams, students from local international teams and, of course, ESCA's own remarkable group.





# ESCA A BRIEF HISTORY

In 2000 ESCA was created by an American man who suffered from cancer and lived in Geneva, away from family and familiar surroundings, and who missed a nurturing environment during a difficult time. Over the years ESCA became the first non-profit association for English speakers to provide emotional support, practical help and information to cancer patients, their carers and their loved ones in the Geneva, Vaud and French border region.

Cancer strikes across all language barriers – and a concentration of English speakers of many nationalities live in the Geneva area. In the past, if they were suddenly confronted with cancer away from home and family – either directly or indirectly – they had no support network, where many of their questions could be answered in a familiar language.

Initially ESCA provided certain basic support and counselling services. In the 15 years of its existence it has expanded and grown into an organization that lives up to its initial vision at many levels: To provide a friendly environment for English speakers which is supportive, non-judgmental and confidential, and to become well respected in the region's medical community and widely known throughout the Lac Léman region.

Among its important additions have been the many opportunities for group support, either through the variety of meetings, or courses offered. These are organized by the professional counsellors and volunteers.

Increasing its presence in the community so it can reach more people affected by cancer remains the goal of ESCA.

THANK YOU  
THANK YOU  
THANK YOU  
EACH AND EVERY  
ESCA VOLUNTEER

for your remarkable generosity  
and tirelessness in sharing  
time, effort and financial support  
that made the countless  
2015 events and activities  
so successful



# 2015 BOARD of DIRECTORS

Jane Royston	PRESIDENT
Catherine Blanc	PAST PRESIDENT
Sally Alderson	SECRETARY
Daniel Avigdor	TREASURER
Gary Buell	
<b>Julie Franklin</b>	
Kate Marx	
Huub Spierings	
Dr. Michelle Wright	

## MANAGEMENT TEAM

Terri Kluzik	Director
Raynelle Arcaini	Support Services Peer Support
Thea Marais	Counselling Training
Patsy Allen	Paddle for Cancer, Fundraising
Leanne Lynch	Volunteers
Margaret Stourton	Drop-In-Centre
Patsy Morgenstern	Communications
<b>Andrea Hayes</b>	Outreach, Administration
Sally Alderson Monique McClellan Patsy Morgenstern	EDITORS
Lynn Hegi	GRAPHIC DESIGNER

MEMBERSHIP FEE CHF40/year

Thanks to generous supporters, all ESCA services can be provided at no charge.  
Donations are always welcome:

ENGLISH SPEAKING CANCER ASSOCIATION  
UBS Account Number 243-341674.02T  
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BIC/SWIFT: UBSCHZH80A



## JOIN

MONTHLY discussion and information meetings  
at ESCA Drop-In Centre, YWCA, Webster University

MONTHLY "Bosom Pals" coffee meetings  
for breast cancer survivors  
ESCA Drop-In Centre

BI-MONTHLY book sales  
Lobby, Ecumenical Centre

GYM CLASSES led by a licensed physical therapist  
MONDAYS 18.30 – 19.30  
International School Nations Campus  
THURSDAYS 9.30-10.30  
Webster University, Bellevue  
for information contact [karin@delamarter.ch](mailto:karin@delamarter.ch)

DROP-IN-CENTRE  
10.00-14.00 Tuesdays / Thursdays  
and by appointment

DATES & DETAILS [info@cancersupport.ch](mailto:info@cancersupport.ch)

