



Ywcaencore

breast cancer exercise program

Program by



YWCA | HUNTER
REGION INC

Our Story

YWCA Hunter Region has been a cornerstone of support for women in the Hunter since 1921. With a legacy rooted in empowerment, advocacy, and community connection, we deliver impactful programs that uplift women across all walks of life.



CAZ O'BRIEN
EXECUTIVE DIRECTOR

I invite you to join us and make a real difference in the lives of women in the Hunter.

What is ENCORE?

ENCORE is a free, eight week, evidence based breast cancer recovery program. It helps women rebuild strength, mobility, emotional wellbeing and confidence through education and guided land and water based exercise.

ENCORE is educated by breast cancer health professionals and has demonstrated significant national improvements in

physical function, energy, and quality of life for participants. It is delivered in small, supportive groups by trained facilitators.

ENCORE is one of Australia's longest running and most trusted community based breast cancer recovery programs. With more than 17,500 women since 1997.



Why ENCORE Matters

Research shows that exercise based recovery plays a crucial role in improving survivorship outcomes, including increased physical strength, reduced fatigue, improved emotional wellbeing, and lower long-term health risks.

ENCORE's multimodality approach combining land and water based exercise, education, peer connection and self management tools delivers measurable improvements in strength, mobility, flexibility, emotional health, and quality of life.

This is not just exercise. It is recovery, dignity, empowerment and a pathway back to living fully.



JUDY
ENCORE PARTICIPANT

"The ENCORE program was a lifeline! My knowledge and confidence improved enormously. But it was the inclusive way we all engaged with one another that was so very special. Through these interactions and shared experience it was easy to see a way forward."

ENCORE national outcome data shows:

- 89% report increased flexibility
- 96% report improved mobility and ability to perform everyday tasks
- 90% report increased physical strength
- 98% report higher energy levels
- 100% report improved emotional wellbeing and a stronger sense of community connection

The Need: Growing Demand, Limited Access

More than 17,500 women across Australia have benefitted from ENCORE since 1997. Yet many Hunter communities still face program waitlists, limited locations, or no access at all.

Sponsorship enables us to deliver programs where they are most needed, expand to new regions, and ensure that no woman is turned away.



MAITLAND 2026

**For many participants, ENCORE is
a vital step in recovery –
physically, emotionally, and socially.**



#WalkForEncore

"After a few years of harsh treatment my muscles were weak and I had very little motivation. The program was the best thing I ever did. I fully recommend ENCORE and I will walk to support ENCORE because it saved me to be me again."

**ANGELA
ENCORE PARTICIPANT**

Funds raised support **wcaencore** Program by **YWCA**

ENCORE: A Partnership That Transforms Lives

A proven, evidence based recovery program for women rebuilding life after breast cancer.

Every day, Australians finish breast cancer treatment and step into a world where the physical, emotional, and psychological impacts of their diagnosis remain.

ENCORE is an eight week, evidence based recovery program that helps women regain strength, mobility, confidence, and connection when they need it most.

By partnering with us, your organisation becomes part of a life changing solution backed by clinical research, delivered by experts, and felt deeply by every woman who participates.



HOW SUPPORTERS CREATE IMPACT

You make ENCORE possible by funding:

Local Program Delivery

Eight weeks of face to face sessions to communities across the Hunter. Ensuring women can access practical, hands on recovery support close to home.

Specialist Led, Evidence Backed Sessions

Highly trained facilitators educated by breast cancer clinicians, physiotherapists, lymphoedema specialists, and experienced breast care nurses. Delivering safe and personalised exercise progressions proven to improve health outcomes.

Clinical Grade Equipment & Resources

Therapeutic tools, aquatic resistance equipment, home exercise guides, and wellbeing resources that drive measurable improvements in strength, mobility, and confidence.

Expansion Into New Communities

Reduce waitlists, train new facilitators, and open programs in more regional and underserved areas. Ensuring equitable access for all women recovering from breast cancer across the Hunter Region.



Your Support Makes a Real Difference

✓ **MAKE A ONE-OFF DONATION**

✓ **BECOME A MONTHLY SUPPORTER**

✓ **SPONSOR A FULL PROGRAM**

\$50



**One Woman,
One Session**

You can support one woman to attend a single ENCORE session

\$5,000



**One ENCORE
Program**

You can fund an entire ENCORE program, supporting 10–12 women over 8 weeks.

Program sponsors receive:

- Logo on the YWCA Hunter Region [ENCORE webpage](#)
- [Social media](#) shout-outs
- YWCA Hunter [news article](#)
- YWCA Hunter [Newsletter inclusion](#)
- Mention in the YWCA Hunter [Annual Report](#)



GET INVOLVED TODAY VIA OUR WEBSITE

YWCA Hunter Region Inc.

☎ 02 4929 2954

✉ info@ywcahunterregion.org.au

🖱 www.ywcahunterregion.org.au/encore



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