

2019 CFR RETREAT

26 - 28TH APRIL 2019

Limetree Lodge - Wanaka



Casting For Recovery (CFR)

The retreat provides an opportunity for people whose lives have been profoundly effected by breast cancer, to gather in a beautiful, natural setting and learn the basics of the sport of catch and release fly fishing.

The 2019 retreat will host 10 people who can participate at their own pace, take time to care for themselves, engage in self exploration and acquire new, fun skills which are helpful tools when returning to the demands of day-to-day life.

Understanding the challenges and joys that others in similar or totally different circumstances are experiencing and visualising outcomes besides fear is what makes the CFR retreat experience so powerful.

Why fly fishing and breast cancer?

The dynamics of fly fishing provide a healing connection to the natural world, relieving everyday stresses and promoting a sense of calm. Fly fishing techniques provide gentle exercise for joints and soft tissue. Whether undergoing treatment or ten years beyond, participants find that they share a common bond, can help each other address issues that arise post-treatment and share an inspiration that often goes beyond what is available to them in their everyday lives.

Retreat Details:

26-28th April 2019: Limetree Lodge, Wanaka

APPLICATIONS CLOSE 28 FEB 2019

**Casting for
Recovery**
New Zealand, South Island

What to Expect

Participants receive one on one instruction in the basics of fly casting, from fly fishing instructors and river helpers. Additionally, medical education and guidance is available, provided by trained facilitators who staff each retreat, including a therapist and health care professionals.

The retreat, including meals and accommodation is offered at no cost to the participant other than the expenses involved in travel to and from the retreat.

Participants will be required to share a twin room.

Am I Eligible?

Participants are eligible at any age and stage of treatment and recovery from breast cancer. Medical clearance from your GP/Specialist is required acknowledging that you are medically fit to attend the CFR retreat.

Selection Process

Participants are selected at random from the pool of applications received.

Applicants will be notified whether they have been successful or not. Those successful will be asked for additional medical information as well as dietary needs and details for sizing of fishing gear then will be supplied with all the information they will require prior to the retreat weekend.

CFR Goals

- ❖ To give each participant a respite from familiar surroundings and routines in a natural setting where wellbeing can flourish
- ❖ To provide a welcoming environment, free of the constants of treatment, family responsibility and financial concerns, helping participants take charge of their own wellness
- ❖ To provide a weekend all about fun and support incorporating the wonderful sport of fly fishing
- ❖ To allow participants to enjoy the peace and tranquility of the outdoors and to be in the moment
- ❖ To provide the opportunity for participants to practise fly fishing skills out on the river
- ❖ To provide participants with powerful tools for healing at no expense
- ❖ Offer the opportunity to meet new friends, network, exchange information and have fun





Medical Clearance Certificate

CFR retreat weekends are all about fun and support, incorporating the wonderful sport of fly fishing. Fly fishing allows the participant to enjoy the peace and tranquility of the outdoors and to be in the moment, where all they have learnt over the weekend is finally put into practise on Sunday morning. Each participant has their own personal fishing guide for their time spent on the river. Applicants must be able to stand for periods of time and to balance in running water. The action of fly fishing involves whole body movement, some hip rotation and a full range of arm movement.

Name of Patient: _____

Name of Medical Care Provider:

Address of Medical Care Provider:

This certificate is to state that the above mentioned patient is medically fit to attend a CFR weekend.

Signed: _____

Name: _____

Date: _____

Participant Application Form



Name: _____

Address: _____

Home Phone: _____

Mobile Phone: _____

Email: _____

How did you hear about CFR or obtain this brochure?

Please note that if you are unsuccessful, your application and medical clearance will be destroyed and disposed of. CFR does not retain past applications and we guarantee your privacy.

Send both Participant Application form and Medical Clearance Certificate to:

***Lisa Brits
CFR Coordinator
10a Helensburgh RD
Dunedin 9010***

OR Scan and Email:

castingforrecoverysouth@gmail.com

If you have any questions feel free to contact Lisa, 021994711