

RESTORE & RECLAIM

Breast Cancer Recovery Retreat
16 – 18 October 2026

OUTCOMES AND GUEST FEEDBACK REPORT



AT A GLANCE

7

guests; all returned a feedback form

4.7/5

average impact on mental health

7/7

would recommend and would return

6/7

reported significantly improved wellbeing

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THE RETREAT

In partnership with The Otis Foundation and Westfund Health Insurance, Restore & Reclaim was a fully sponsored two-night wellbeing weekend at Women's Healing Sanctuary in the Port Stephens Hinterland, NSW, for seven women.



KEY FINDINGS

- Every guest found the stay helpful; 6 of 7 reported significantly improved wellbeing.
- Guests chose 5.7 outcomes each on average, led by peacefulness, feeling grounded and inner healing.
- All 7 felt comfortable, respected and emotionally safe; hosts and staff averaged 4.9/5.
- All 7 rated the meals positively; accommodation averaged 4.9/5.
- Suggestions were minor: blackout blinds (2), longer stays (2) and a warmer pool (1).

I most appreciated being looked after and cared for and being able to leave the 'mental load' at the door.

- Retreat guest

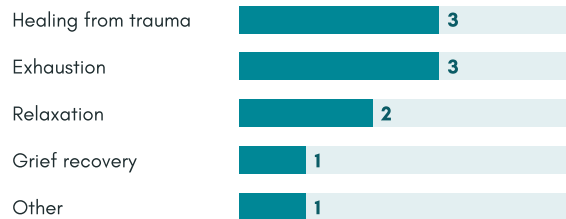


GUEST PROFILE

Age group



Primary reason for stay



n = 7. Guests could select more than one reason for their stay.

6 of 7

referred by The Otis Foundation; 1 via Facebook

3 of 7

live in regional areas; all from NSW

6 of 7

joined workshops: yoga, sound healing, massage, reiki

IMPACT ON WELLBEING

4.7/5

average impact on mental health

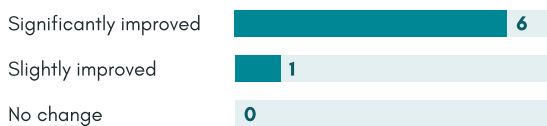
7/7

felt more relaxed and less stressed

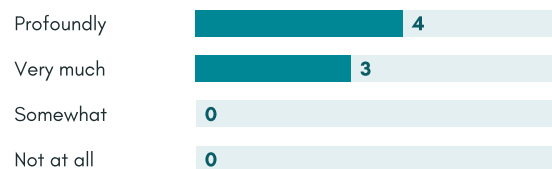
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felt supported emotionally (1 "somewhat")

Change in overall wellbeing

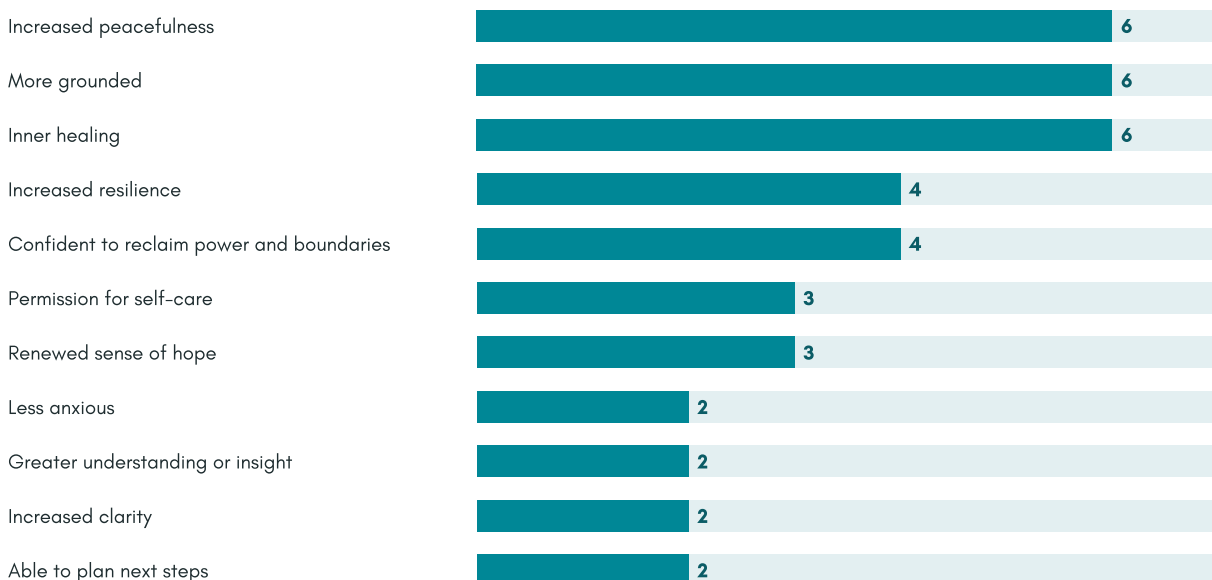


How helpful was the stay?



OUTCOMES GUESTS TOOK HOME

Number of guests selecting each outcome (n = 7; average 5.7 outcomes per guest).



FACILITIES AND SUPPORT

4.9/5

accommodation and amenities

4.9/5

interactions with hosts and staff

7/7

felt their needs were met

7/7

felt safe and respected

7/7

rated the meals positively

7/7

meaningful connection with other guests

6/7

better equipped for relationships

7/7

team created a healing environment



IN THEIR WORDS

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Food was amazing, not just delicious but I could sense caring and love in the food I had here

Retreat guest

//

The space was big enough to have your own space, but still felt like a family

Retreat guest

//

Being held in a safe space

Retreat guest

//

Dams, fire pits, pool and trees. What's not to love.

Retreat guest



I'll treasure my experience here forever.

- Retreat guest





Guests completing their feedback forms during the retreat.

GUEST SUGGESTIONS

Suggestion	Guests
Blackout blinds in the bedrooms	2
Longer stays or an earlier check-in	2
Warmer pool	1
No improvement needed ("It was perfect")	2

SUGGESTED NEXT STEPS

- Review blackout blind options for 2 x guest bedrooms (the only 2 rooms without them).
- Explore an earlier check-in or extended-stay option for future retreats.
- Pass on guest praise to the Live In Manager.
- Follow up guests interested in the Angels sponsorship program and invite Google reviews.

STAYING CONNECTED

7/7

would consider returning

7/7

would recommend WHS

5/7

interested in Angels sponsorship

4/7

opted in to newsletter updates

Thank you to every guest, and to The Otis Foundation and Westfund Health Insurance for making Restore & Reclaim possible.

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