

Sydney Office Update

Dear Can Assist Community,

In recent weeks Janice has been on leave and within that time I have enjoyed being immersed in the day to day running of the Sydney office. We have been focused on the year end audit and thank all of you for working with us to ensure it is a smooth process.

It is hard to believe that half the year has passed. We keep at the forefront of our thoughts the difficult time vast parts of NSW are encountering with the drought. Despite these times, your communities remain strongly committed to Can Assist and this has been evident with the continued generous donations many centres have been receiving. We are grateful to our branches not only for the work that you do in your own communities but also the conversations that you have within your community and outside the community.

I enjoyed a brief trip to Orange to share their Can Assist story with the Emu/Byng CWA branch. To hear Shirley and Helen talk about the needs of the Orange community and their committed involvement in meeting them reinforced to me the generous work that you all do, selflessly. The Board will next visit Parkes in late November and looks forward to the opportunity of developing the mission and vision that we all share.

As a Board, we also will welcome three new board members heading into the second half of this year, Cathy Corderoy, Philip Ridley and Gary Humphreys. Cathy is a retired Chartered Accountant, former business owner and Can Assist volunteer from Moree; Phil is a Chartered Professional Engineer, Fellow of Engineers Australia and graduate of the Australian Institute of Company Directors. He owns a farm in the Mudgee region; Gary lives in Port Macquarie and has spent most of his life in regional NSW and owns a farm near Gunnedah. He was an Executive within the energy industry for over 15 years and is a graduate of the Australian Institute of Company Directors (GAICD).

We welcome their fresh enthusiasm and look forward to their contribution in ensuring that everyone affected by cancer has the same equity of access to the services they need.

Many thanks,

Emma Phillips

Executive Director

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Bega Valley

Can Assist Bega Valley ran a silent auction for a beautiful queen size quilt made by Tracy Shipton. The Mother's Day raffle of quilts and scratchies raised a much needed \$1,495.

At the June meeting, Charlie Blomfield gave an informative talk on the progress of the Carers Accommodation at the SERH and Hans Weideman from CRABS spoke about a fundraising event called Ride Sunday that he had recently organised for Bega Branch.

Blue Mountains

At the end of May, Bendigo Bank made a donation of \$2,000 to the Branch as part of their sponsorship of community organisations.

The donation was a very welcome boost to the Branch's financial resources and is a gift that will assist the Branch to continue supporting local people.



Paul Eastment, Philomena Horan, Brooke Broughton, Brenda Heffernan, Peter Carrol

Coleambally



At the end of June, Branch members and volunteers continued their annual morning tea tradition to raise funds for the Branch. The Branch also invited guest speaker, Amanda Mannes, a local dietitian and nutritionist to take part in the event. She was a interesting, refreshing voice who spoke about nutrition and 'getting the best out of

*Local dietitian and nutritionist
Amanda Mannes*

The hardworking Branch volunteers have received a handy boost thanks to a grant from the local Commonwealth Bank. The Branch members received a wonderful cheque for \$10,000 in July.



Brooke Hardie, Sue Hardy, Margaret Cobden and Bianca Shaw at the cheque presentation



Perfect for the street parade

The Coleambally township celebrated their 50th Birthday. The Branch took part in the celebrations by entering a vehicle into the street parade, decked out with colourful balloons and decorations. The Branch also had a stall selling member Gina Wiseman's heat packs, as well as homemade pop cakes and colourful balloons.

Cootamundra



The boys at Southern Cross Mobile Mechanics, and other generous participants held their very own Quick Shear in August. Only this time it was a little different - it was a shear - but without the sheep! At the Cootamundra Wattle Time fair the boys were shorn (given a haircut) to raise money, with all proceeds going towards Can Assist Cootamundra.

Jamin White and farmer Justin Roberts were part of a charity quick shear during the Wattle Time Fair

In June, the EA Southee Public School's staff and students rocked up to school in their PJ's for the school representative council's (SRC) pyjama day. Students paraded down the catwalk, showing off their comfortable outfits. SRC member Harmoney Whicker was the driving force behind this day, and selected the Cootamundra Branch to receive its proceeds.

SRC representative Harmoney Whicker and the Branch Treasurer Colleen Flynn



Deniliquin



Can Assist Rams team members

In August, the Deniliquin Rams Football and Netball Club Ladies Day raised \$4,400 for Can Assist Deniliquin. It was the second time the Rams had partnered with the Branch, inspired after the success of last year. In addition to the action on the football oval and netball courts, the Rams hosted a variety of community activities throughout the day. Shane and Ellie McGrath provided live music, while Branch volunteers served high tea, nibbles, champagne, and hot jam donuts. After the netball matches were finished, the young Rams Gold netballers took to the courts for a fun game against the Rams parents. The day was a huge success and a big thank you to all involved.

Deniliquin Clay Target Club also supported the Branch on the same weekend, holding a charity shoot fundraiser. The day raised \$800 from a raffle, entry fees and some shooters donating their winnings.



Dunedoo

A frosty start to the morning in early June lent to a beautiful winter's day for the 'Clearing Sale' at the property of Malcolm and Kate Craft, "Avoca Vale" Dunedoo. The sale was conducted by local Agents Milling Stuart Pty Limited, with a large crowd in attendance. Branch volunteers were pleased to be invited to provide catering for the sale as a fundraiser.



Presenting a donation to the Dunedoo Can Assist committee



Can Assist Volunteers enjoying the day

Michael Craft also presented a donation to the Branch. Can Assist Dunedoo would like to wish Malcolm and Kate all the best for their future endeavours, hopefully Dunedoo will always remain an integral part of their lives and we look forward to catching up with them in the future.

Eurobodalla

Local charities and service clubs were the recipients of the incredibly successful Rotary Charity Cabaret held in August at the Batemans Bay Soldiers Club. Eurobodalla Branch was one of the local charities and organisations that benefitted from the \$5,300 raised on the evening.

Rotary Charity Cabaret



Finley



Finley Bowling Club manager Fred Braybon presents a cheque to Branch member Pat Radford

Can Assist Finley held a raffle night fundraiser at the Finley Bowling Club. Young and old came along to be part of the fundraising event and enjoy a delicious meal. Many took a chance at winning one of the 52 wonderful prizes donated from local businesses and individuals. The night concluded with the presentation of a cheque for \$1,666 from Fred Braybon, the Finley Bowling Club Manager. The committee of Finley Branch would like to take this opportunity to thank Mr Braybon, the bar and catering staff for the fine and tireless effort they put in to help make the evening the success it was.

Forbes

The 2018 Can Assist four person Ambrose Golf Day was held on the June long weekend. The event was open to regular and social golfers alike, with buddies coming together to have a great day of fun, while also assisting to support the Branch. Event organiser of 15 years, Andrew Grierson, thanked the sponsors, volunteers and attendees.



Andrew and Sharon Grierson and Marcia Simmons were happy with the charity golf day



Gentleman Max takes the 2017 Forbes Cup from 2016 winner Zarlú

The annual Forbes Cup meeting in early August saw many horses, jockeys, and attendees. The meeting continues to enjoy the long-time support of the Bankstown Sports Club, sponsors of the major race, with nearly 200 members making the trip to Forbes. Donations at the gate were collected for Can Assist Forbes Branch.

Grenfell

The director of Grenfell Preschool Day Care Centre, Sharon Grant, has presented the Can Assist Grenfell Branch with a generous donation of funds. The funds were raised at the pre-school Biggest Morning Tea, held in May. The Branch gratefully accepted the donation of funds from Sharon in June, with many thanks.

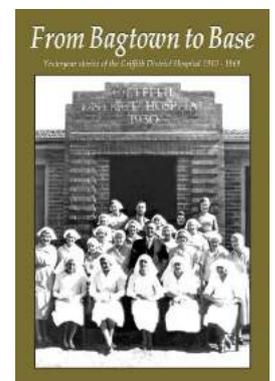
Grenfell Preschool's Sharon Grant with Branch Treasurer Ali Anderson



Griffith

While the Griffith Hospital has been under redevelopment, a timely e-book has been released. "From Bagtown to Base" is a book that was first published, with limited release, in 2005 by an elderly group of ex-hospital staff and has since gone out of print. However, Maia Kshemya, the daughter of one of the original book's creators has recently given the stories new life, making it accessible all over the world. The assortment of stories ranged from entertaining to personal, all shedding light on the reality of that era. Can Assist Griffith Branch was chosen as the recipient of the proceeds from the sale of this e-book. Check it out online for an interesting read.

["From Bagtown to Base" e-book](#)





Doug Curran, Darrelea Curran, Max Turner with Kai Grady; and Kai with his grandmother Kirsty McKenzie

In June, Kirsty McKenzie, Doug Curran and Max Turner all shaved their heads to support a cause close to their hearts. Only three heads were getting shaved at first, but in a spur-of-the-moment decision brave seven-year-old Kai Grady announced that he would join in on the fundraising. Many of the people had been touched by cancer in some form, and their actions raised an important \$5,000 for the Branch.



Bulldogs Women during the game against East Women's

The 2018 Can Assist Charity Round of Griffith Hockey was held in July at West End Oval. The day kicked off with a match between Galahs Men and Easts Men, and the second game saw Bulldogs versus Leeton Devils. Over in the women's, the Victoria hotel took on Galahs Women's, while the second game saw East Women's against Bulldogs Women's. The wonderful volunteers and efforts from the Hockey community supported the Charity Day, with all donations going to the Griffith Branch.

Gunnedah



At a Gunnedah Evening VIEW Club dinner meeting, Branch Member Chris Pullman and Secretary Linda Lee were happy to share information about the work done at the Branch. They described their upcoming fundraising programs, including their bi-annual Halloween Ball, movie nights, raffles, barbecue at Harvey Norman sales, the seafood raffle at GSBC, the gate at Gunnedah Rugby Park, and much more.

Branch volunteers continue to 'man the gate' at the Gunnedah Rugby grounds. This included the Gunnedah Rugby Club Ladies day at the end of June. Long-time member Leigh MacPherson enjoyed the sunshine whilst helping to raise funds.

Branch volunteers 'manning' the gate for Ladies Day at the Rugby



Branch members were thanked by Overton after their presentation

Guyra



The Guyra community found much to celebrate in mid-August. At the Guyra Community Partnership presentations event held at the Guyra Bowling Club, Regional Australia Bank presented \$23,869.88 amongst the local organisations and businesses, including Can Assist Guyra, to celebrate the tenth anniversary of its Community Partnership Program.

Local recipients of the Guyra Community Partnership Program

Hay

Hay Branch held their annual meeting to celebrate the incredible \$275,741.24 raised during 2017-18, and to acknowledge the \$65,099.94 provided to 44 clients for travel, accommodation and other expenses related to their cancer treatment. While the Crighton's car rally contributed a large proportion of almost \$140,000 towards fundraising, many local businesses and events including Hay Mardi Gras, Riv Hotel, South Hay Hotel, Library Knitters and others continued to provide generous support. Branch members were proud of their own efforts in raising more than \$40,000 through regular catering events and raffles. The Branch is thankful for the hard work and generosity of the Hay community.

Junee



Natalie Phillips presents lifetime awards to Lorraine Mack, Fay Scott, Maureen Fitzgerald, Graham Besley, Estella Hyde, Neville Hyde, and Pam Scott

The Junee Branch celebrated its long term members in June, with a special ceremony. The five honorary life membership awards were received by Fay Scott, Pam Scott, Neville and Estella Hyde and Peter Mack (dec), to recognise their devotion to Can Assist Junee. These community members have put many years towards the Branch, many of whom were here since the Branch's inception in February 1992. President, Ms Phillips was filled with pride to be able to honour these members, who have contributed so much to the Branch. Fay Scott served as the first President, Estella and Neville Hyde were also founding members, and Neville was also a Vice President who has chaired the Annual Branch Meetings. Lorraine Mack was honoured with an award that recognised the enormous contribution of her late husband Peter, who served on the executive committee for many years as Vice President, and later President.

Leeton



Branch Secretary Judy McLean and President Mary Dodd, at the school, receiving a kind donation

The creative school students at St Francis De Sales Regional College Leeton were divided into pastoral groups to make and decorate some delicious cakes. The cakes were then auctioned off to the lucky winning bidders. This year the students raised just over \$6,000, a tremendous effort. The funds were distributed to three Can Assist Branches within the area, as many students are boarders from surrounding areas. Everyone at Can Assist appreciate how the students help give back to local Branches.

A few of the fun and creative cakes



Manning Valley



Manning Valley resident, Mounira 'Mon' Saad launched her Middle Eastern cookbook at the end of June, during the Manning Winter Festival. Around 90 people attended the launch, which included a morning tea and drumming performance. Mon's grandchildren made bookmarks which Mon donated to the Branch, raising more than \$200, as well as an additional \$400 for a hamper raffle. Funds from the launch were donated to the Branch.

Mon and family

Taree Old Boys



In July, at Taree City's annual Kristylea Bridge Cup day for the Manning Valley Branch, Taree City Bulls tackled the Wingham Tigers in a Group Three Rugby League match at the Jack Neal Oval. Taree defended the Kristylea Bridge Cup for the first time, as the Bulls aimed to play and raise as much as possible. Branch members and volunteers ran fundraisers throughout the day. The Taree City first grade players wore specially designed jumpers for the day, which were then auctioned that evening at a function held at Taree Leagues Sports Club. Taree City raised a record \$32,384.22 for the Branch, from the gate donations, auctions, and sale of the specially designed shirts.

Sue Allport, Michelle Cole and Tracie Rushworth, wearing the specially designed shirts





At the end of August, the Branch presented the show 'Elton - the Young Years' as part of its main fundraising event. Club Taree held the event, which featured a two course meal, entertainment and fundraising. 'Elton - the Young Years' was conceived, produced and directed by Jason Paris. He faithfully recreated Elton John in his mid-70s golden period, including his flamboyance, signature moves, costumes, instruments, band members and on-stage monologues.

Elton tribute show

Moree

For the third time, Moree Youth Council donated funds from their fundraising initiatives to the Branch. The Youth Council pooled money from their April trivia night, which was full of interesting questions and fun prizes. Members of the Moree Youth Council presented \$1,770.70 to the Branch President, David Graham. The donation was very much appreciated by everyone at Can Assist Moree.



Branch members, Moree Youth Council members Shire and MPSC representatives

Mudgee



Debbie Hall was diagnosed with Lymphoma just a few weeks before she made the decision to speed up the hair loss process. She stayed positive and laughed as she had her head shaved at Cheveux Studio and plans to donate the hair to 'Hair with Heart', a foundation for children in need of wigs. Debbie has generously dedicated all donations to the Branch.

Debbie, Jarrod and Terry Hall at Cheveux Studio

Nyngan

The annual High Tea was held at Nyngan Town Hall. The afternoon offered a variety of sweet treats, fashion and time with friends, with over 120 attendees. The foods and treats provided were lovingly donated by local community members. A wonderful fashion parade, with a wide range of fashions, was on display. Six ladies and six children walked the red carpet in clothing supplied from Narromine boutique *Ollie and I*, and local store *Brad's Wear*. There was also a raffle for a handmade quilt which raised \$1,694 for the Branch.



Many members and volunteers helped make the event a success



Each week around twenty residents, who are part of the Nyngan Old Time Dance Group, take to the dance floor waltzing. The social dance group have been together for over 10 years, gathering to dance and raise money for clubs and charities in Nyngan each year. Organisers Patricia and Clive Cook host the social dance group at the Nyngan RSL, where members donate \$5 each week for the class. The money is then donated to clubs and charities in town and this year the group have raised \$1,000 for the Can Assist Nyngan Branch. The social dance group hold an open invite to everyone both young and old, to come along and dance.

Patricia and Clive Cook and the Old Time Dance Group present their donation to Branch Treasurer Merrill Peterson and President Lynette Webster



Oberon



In July, the Oberon Tigers hosted their annual Can Assist charity round at the Oberon Sports Ground. The rugby league tag game kicked off in the morning, while the premier league was held in the afternoon. Fundraising events such as raffles and hampers were held throughout the day. Additionally, the Oberon Tigers celebrated the club's 60th anniversary, making the day even more special.

Laurie Evans, John Brien and Gordon Rawlings were part of the original Tigers team in 1958



Oberon Tigers Secretary Neil O'Grady, Sam Kavalieros, Oberon Can Assist President Brenda Armstrong, Archie Graham and Juniors Club President Spiro Kavalieros.



Oberon Junior League teams supported the senior Tigers in the Can Assist fundraiser

The first grade team wore special Can Assist jerseys, based on the 1958 design, which were auctioned off at a charity fundraiser at Oberon Leagues Club that evening. The Oberon Junior Rugby League Club had also collected donations from generous local businesses for auction. The Leagues Club provided entertainment to a packed crowd, whilst the Tigers auctioned off the jerseys worn during the match. A cheque of \$18,165 was presented to Oberon Branch, after the record-breaking Oberon Tigers charity round. A big thank you to all involved.

Parkes

In early July, the newly renovated Grand Hotel held a fancy Whiskey Night. The evening consisted of tasting five premium whiskies from the Balvenie and Glenfiddich distilleries and nibbles. The drinks were enjoyed, with over half of the ticket prices going to the Branch. Balvenie Whisky specialist Ross Blainey also came to inform guests about the real processes behind Scotland's handcrafted whiskies and to share stories from inside the distillery in Dufftown. He also talked about the heritage behind whisky and how to drink it.



Michael Lockyer, Grant Skinner and Brett Cusack



Parkes Rotary Club President Peter Thompson and Jenny Jewell

The Parkes Rotary Club is part of District 9700 which is made up of 40 clubs across regional NSW. The Club celebrated its changeover in June, with some generous donations to local charities, including the Can Assist Parkes Branch. Rotary President Peter and incoming President Jenny Jewell presented a cheque of \$2,000 each to the Branch. The changeover was conducted by Past District Governor John Egan from Wagga Wagga, inducting Jenny Jewell as the 79th President.

The Branch made a special presentation to the Parkes Show Society Secretary. President Narelle Schulze and Treasurer Adrienne Brown recently took time to present retiring Show Secretary Kaye Bird with a certificate of appreciation for her assistance with coordinating the Parkes Showground pavilions for the use of the monthly Can Assist garage sales. Many visitors come in to peruse the lovely donations of furniture, homewares and knick knacks each month. Donations of saleable goods are always welcomed, with all proceeds going to the Branch.



Narelle Schulze, Kaye Bird, Adrienne Brown



In July, the Parkes Gun Club conducted three central zone tower championships, where licensed shooters from all over Australia were welcome to compete. In past years the Parkes Club members had excellent records at Tower events, which is when a clay target moves from behind the shooter and passes over their head 40 feet above ground at various angles. The proceeds from the championships went to the Parkes Branch.

Eric Miles, Clint and Toby Hawke, Rob Nock and Ross Henry

Tumut



Alicia Hargreaves from the Tumut Turf Club teamed up with mentor Lenny Connolly to participate in Tumut Takes 2 this year, fundraising for the Branch. Leading up to their June performances, they held a number of events to fundraise, including a Trivia Night, Swimming relay, a Murder Mystery party, movie afternoon, Karaoke night and a major raffle. Alicia, Lenny and the Turf Club raised the fantastic amount of \$9,012.60 for the Branch.

Alicia & Lenny performing

Wagga Wagga

Can Assist Wagga Wagga and Lilier Lodge held a trash to treasure market, in August. The market was held on Edward Street where people could purchase a site for \$20 to sell their pre-loved items. A gold coin donation was given by all attendees and a BBQ lunch was also provided. All funds raised went to both the Wagga Wagga Branch and Lilier Lodge.



Tammy Andrews excited for the event

West Wyalong



The 7th Annual Sore Butts Charity Ride was held in early August. Lake Cowal saw 92 participating horse riders, and their sponsors, ready to take on the 28km track. The Branch was very grateful for the generous support of the Horse Sports and Rodeo Association, the participants, and their sponsors, including Evolution Mines. Later in the night, there was a dinner, auction, and music at the Ungarie District Bowling Club, a perfect end to a long day. The Ride saw \$5,672 being raised for the Branch.

Sore Butts Charity Ride

Yass Valley

In June, the Yass Quick Quilters Club presented a \$1,750 cheque to the Branch at the Yass Valley Community Centre. The amount was raised from an afternoon tea in May, organised with other groups including U3A History Group and Art Group and the Men's Shed. The Branch is grateful to YQQC and the organisations that helped with the fundraising efforts.



Branch members Geoff Frost and Jean Frost with members of the Yass Quick Quilters Club



At the end of July, the charity Bushranger Ball was held at Yass Memorial Hall, transporting guests back in time. In conjunction with the Gold Trails Re-enactment Group, the Branch invited everyone to be transported back to the 1860's for a fun filled night. The night brought people face to face with Bush rangers, as families enjoyed a three course period meal. Visitors dressed in period costume, as they enjoyed listening and dancing to music from the Tin Shed Rattlers.

Janice Novak, Cheryl Scorgie, Jenny Monkley and Jennifer McKenna



The Tin Shed Rattlers

In early August, the Yass Magpies' junior ranks took to Walker Park dressed in pink to show support for the club's annual Pink Sock day, raising funds for the Branch. Despite the gloomy weather, the club managed to bring together \$735, all of which was donated to the Branch. Branch volunteers organized a cake stall, which was a big hit.



The Under 16's

Yass residents got to wear their pyjamas all day long and donated a gold coin to the local Branch. Branch volunteers strutted down the main street in their comfortable PJs, followed by a life-size teddy bear mascot to spread the fun and include the whole community.



PJs all day!

Young-Boorowa

Delta Ag, along with Delta's client Julie Simmonds, made a \$1,000 donation to the Branch. The money became available following the sale of 12 head at Selx in Yass in May, sold by Delta Livestock with Cameron Rosser auctioneering the beautifully presented pens of Angus and Angus Cross Steers and Heifers.



Volunteers helped raise funds at the gate

Julie Simmonds, David Corcoran, Kay Doemling and Gwen Crowe



In June, the Young Cherrypickers held a Can Assist day, which included the Masters face off between the Tigers and Panthers. Though the Panthers claimed the win, the charity day motivated all the players. Branch volunteers were at the gates to collect donations from the attendees. Proceeds of the money raised through sponsorship from the Cherrypickers special Can Assist jerseys were presented to the Branch. Photos taken by Juliet Jones.



Community Fundraising

It is again that time of year when the Department of Social Services (DSS) opens submissions for their annual Volunteer Grants Program. Opened on August 7, 2018, Can Assist Branches can apply for a funding grant of \$1,000 up to \$5,000 to be used on selected items or equipment that assists with Branch operations and/or volunteer activities. Applications should be lodged online via the following portal: <https://www.communitygrants.gov.au/grants/volunteer-grants-2018> , no later than Tuesday, 18th September 2018 .

Should you have any questions about the application process, please feel free to contact Sydney office, we are here to help.

Grant News

Following an application lodged to the Strawberry Fields Music Group in May 2018, our newest Branches, Can Assist Finley and Can Assist Tocumwal were each awarded \$2,000 to be used on financial assistance for cancer patients in the Berrigan Shire region. Congratulations Finley and Tocumwal. We look forward to hearing about how the funds have helped people in your local communities.



Finance Update

We would like to thank you for your cooperation this year and for sending through your Branch financials. It is hard work and we acknowledge and appreciate your time and commitment to Can Assist.

We look forward to working together during the 2018-19 financial year and should you need any support from us in Sydney, please just contact us.



IT Systems Update

We are planning on eventually transitioning our address to be canassist.org.au. In preparation for this, anyone who now visits canassist.org.au is redirected to canassist.com.au. The next stage will be to active all the email addresses to accept {your_branch}@canassist.org.au. Having .org in our address aligns our charity with the not-for-profit space on the internet.

There are a number of new photos from around the Branches on the website photo gallery. You can navigate to it through our website, by hovering over the Media menu, and selecting Photos.



Social Media Update

There has been a slight growth in likes for the Can Assist Facebook page, with 1,136 on 31 July 2018. The most people reached during this period was 746 people, on 19 July 2018.

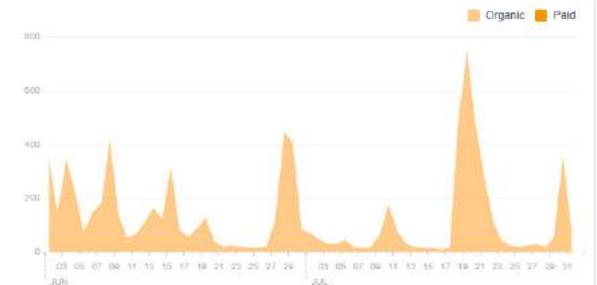
Social media helps increase the awareness of the Branch and associated fundraising events. Many Branches are already putting their Facebook pages to good use – posting often and interacting with Facebook followers and engaging with the community online. Notably, Yass Valley, Manning Valley, Deniliquin, Hay, Tumut, and Leeton, as well as many other Branches are keeping their followers up to date. If you would like to start using a Branch Facebook page or have any questions relating to it please contact: rhys@canassist.com.au.

Total Page Likes as of Today: 1,136



Post Reach

The number of people who had any posts from your Page enter their screen



Upcoming editions of 'Branching Out'

Branching Out Issue	Deadline for Submissions
Issue no. 22 – December 2018	23 rd November, 2018
Issue no. 23 – March 2019	22 nd February, 2019
Issue no. 24 – June 2019	24 th May, 2019
Issue no. 25 – September 2019	23 rd August, 2019

Please send through your news, articles and photos to admin@canassist.com.au by the dates listed above, don't forget pictures and captions so we can share your achievements.

Thank you!

Lastly, a notice on the upcoming Can Assist Annual General Meeting which will be held in Sydney on the 15th November. As the date nears, we will be sending further communications via email, so keep an eye out for that.