

A photograph of four young adults (three men and one woman) smiling and posing in front of a light-colored brick wall. The man on the far left is wearing a black t-shirt. The woman next to him is wearing a black top and a blue patterned headband. The man in the center is wearing a bright green t-shirt with the 'canteen' logo, a green patterned headband, and an orange wristband. The woman on the far right is wearing a black tank top and a red patterned headband. A large, semi-transparent green and blue graphic overlay is positioned in the foreground, partially covering the people and the text.

your fundraising guide



**welcome
to the
CanTeen
family**

Everyone at CanTeen
wants to say a huge thank
you for supporting young
people living with cancer.
You're amazing!

By raising money for CanTeen, you're helping to make sure that no young Australian faces cancer alone. Every year, another 23,000 young people have their world turned upside down by cancer, whether it's a close family member's diagnosis or their own.

Thanks to people like you, CanTeen is here for them. Through CanTeen, young people learn to cope with the impact cancer has on their life and connect with others their age who are in the same boat.

Amy's Mum tragically died of cancer when she was just 15. After CanTeen helped her through this incredibly tough time, Amy wanted to give back.

In memory of her Mum, she took on the mission of trekking The Heysen Trail, a route covering a whopping 1,200km and raised a fantastic \$4,165 for CanTeen.

"I walked for CanTeen because my Mum was diagnosed with cancer when I was quite young. CanTeen provided me with hope, compassion and understanding throughout my cancer journey. They encouraged me to step outside of my comfort zone and gave me the tools and strength to say yes to new opportunities.

I walked so that others going through a cancer experience might be able to access the CanTeen community that I found so personally valuable."





meet
amy

the fun begins

We're here to make your fundraising experience with CanTeen as fun, easy and rewarding as possible.

Here are our top 5 tried and tested fundraising ideas to help kick things off!



fundraiser ideas



trivia night

Why not host a quiz at school or put together a team and get involved in the trivia night at your local pub? You can donate the prize money to CanTeen.



get active

A great way to set yourself a challenge and raise awareness. Whether you're running, swimming, cycling or hiking ask family, friends and colleagues to sponsor you – or get them to join in too.



be brave

Looking to make an impact? People will empty their pockets to see you do something brave for a great cause. Leg wax, head shave, sky dive... it's in your hands!



cinema night

A Golden Oldie or Hollywood Blockbuster? It's up to you when you organise a Cinema Night. Charge a donation for entry, provide plenty of popcorn and let movie magic take care of the rest.



sausage sizzle

The perfect event to host on a sunny weekend. Why not sell our bandannas at the same time to boost the money you raise.

national bandanna day

National Bandanna Day is CanTeen's largest community fundraiser and each year raises more than \$1 million to support young people when cancer crashes into their world.

Australians across the country band together to show their support, buying, selling and wearing bandannas, to help fund vital services for young people living with cancer. Lots of our supporters host a fundraiser, like a morning tea, on National Bandanna Day to bring their friends, family and colleagues together to take part in the fun.

Co-workers at Laureate Education sold bandannas and pens, and persuaded colleagues and students passing through reception to buy baked treats... a building takeover!

They raised an amazing \$2,100 to support young people living with cancer.

top tips

- Get suppliers and businesses close by involved and invite them to your fundraiser.
- Ask your workplace to match your fundraising total – lots of companies have employee dollar matching programs.



the bandanna challenge

"CanTeen's work wouldn't be possible without the support and efforts of fundraisers, so that's why I took up the challenge of 31 bandannas in 31 days!"

Shelby took her National Bandanna Day fundraising one step further. Throughout the month of October Shelby challenged herself and friends to wear 31 bandannas in 31 days.

Thanks to her creative bandanna styles and support from her networks Shelby managed to raise a wonderful \$1,248.



"I was 20 years old when I was diagnosed with cancer. Left feeling isolated, I was unsure where to turn for support. CanTeen was a ray of sunshine, a tailored support network that addresses the age gap in services for young people."

top tips

- Get digital – The easiest way to fundraise is by taking your activity online! Set up an online fundraising page and share the link to your page on social media.
- Believe in yourself – The best way to kick off your online fundraising is by making a donation to your own fundraising page, and then asking friends, family and colleagues to donate too. Make it a large donation and you'll find people tend to donate a similar amount!



*Rocking my
bandanna challenge!*

helping you fundraise



To help make fundraising simple we've put together loads of resources so you can hit the ground running.

Don't forget to check out our website **canteen.org.au/fundraise**, where we've put together a one-stop shop of downloadable resources for you to use for all of your fundraising needs – including editable posters, bunting, leaflets and other fun items to help promote your activity.



Whether you're planning a larger event or just want to chat about your CanTeen afternoon tea, we have a wealth of fundraising experience and plenty of tools to help you, so drop us a line!

fundraising@canteen.org.au

02 9007 0225

Whatever you choose to do to raise funds and awareness for CanTeen, be it a brilliant bake sale or a courageous cycling challenge, we're here to help you make it a great success!

“

“Fundraising with CanTeen was amazing! At first we had no idea how we would raise money for this cause, but thankfully CanTeen supported us and gave us innovative ideas. Our whole school got involved and were so enthusiastic about wearing bandannas for a good cause.” **Nardeen Boulos**, student at Tara Anglican School for Girls in NSW

Nardeen and her school community took part in their own ‘CanTeen Week’ and raised a fantastic \$1,340.

“I approached CanTeen Australia, as well as CanTeen New Zealand, as fundraising partners for my 13 day cycling journey down the length of New Zealand given their support to a younger Kiwi cousin going through treatment for a blood cancer called Hodgkin’s Lymphoma. Not only did representing CanTeen play a huge role in motivating me to get through some tough eight hour plus days in the saddle, it became a real privilege and honour to represent such a great cause. In addition, CanTeen Australia’s support and communication during our fundraising activities was A1.” **Cameron Nicholls**, Co-founder Bike Chaser

Cameron cycled the length of New Zealand in 13 days and raised an amazing \$11,400!

”



planning your fundraiser

Our handy planning tips will make sure your fundraising activity goes off with a hitch.

Get in touch

We'd love to hear about your fundraising activity so get in touch and tell us all about it!

fundraising@canteen.org.au
(02) 9007 0225

I'm going to host a _____

fundraiser date

- Pick a suitable date and leave plenty of time for planning.
- Choose a time – when do you want your guests to arrive and how long will the event run for?

fundraiser venue

Where are you hosting your activity?

- Choose a venue – check for availability, gain permission to host your activity and find out if they have any rules or regulations.
- Make sure it's a location people can get to easily, there's plenty of room for the number of guests and it meets your fundraising activity needs.

who's coming

- Put together the guest list, send out invites (you can use our templates!) and let people know you're fundraising for CanTeen.
- Ask friends and family to volunteer their time for a great cause if you need helpers before or on the day.

fundraiser promotion

- Set up your online fundraising page through our fundraising platform Raisel at <https://www.raiseit.org.au/>
- Send an email to your friends, family and colleagues asking them to attend your event. If they can't, ask them to make a donation online instead.
- Head to our website **canteen.org.au/fundraise** where you'll find lots of handy downloadable resources. They're perfect for promoting your event at work, school or in your community.
- Share details about your activity on Social Media with the link to your fundraising page – don't forget to tag us and **#TeamCanTeen** too!

 @CanTeenAus

 @CanTeenAus

 @CanTeen_Aus

- Get in touch if there is anything else you need. We're here to help you make your fundraiser a great success.

I'm going to raise \$ _____

my to do list

Start jotting down your fundraiser planning here!

on the day


- ☐ Do your last-minute checks – is the venue and equipment set up and ready to go?
- ☐ Decorate with CanTeen posters, balloons and bunting to let people know who you're fundraising for.
- ☐ Send out a final reminder with the time and location. Still have tickets to sell? Do one final shout out!
- ☐ Don't forget your receipt books and donations tins – it's time to raise some money!
- ☐ The big day is here - enjoy the event and have some fun.

after the event

Give yourself a big pat on the back.
You're an awesome fundraiser!

- ☐ Use our thank you certificates and let everyone know how much you've all raised for CanTeen.
- ☐ Share photos from the activity and the link to your fundraising page on Social Media one last time for those final few donations.
- ☐ Don't forget to let us know how your fundraiser went.
- ☐ All that's left to do now is return the money raised to us – thank you!

Thanks!



Matt was just 16 when he lost his Dad to cancer. It left a huge gap in his life that could only be filled with the right kind of support and understanding.

"With Dad gone, I was more empty than anything. I didn't feel many emotions until I visited the CanTeen counsellor. That's another big help from CanTeen. The counselling space is a healthy space where you can share and have time away from everything. That helped me to let go of my emotions and get some release, without being judged by anyone."

how your money helps



\$25

delivers an information resource to support a young person through the challenges of living with cancer.



\$75

provides a young person with one hour of professional online or telephone counselling.



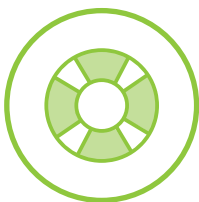
\$100

helps one young person have a break from the daily pressures of living with cancer and attend a CanTeen Recreation Day.



\$250

will enable a young people to attend a New Member Program and start connecting with others going through similar experiences.



\$500

means a young person who has lost a parent or sibling to cancer can attend a weekend program to develop skills for managing their grief.



\$1000

means one young person can attend a training program to develop the skills required for speaking with the media at events and in advocacy campaigns.

No matter what your fundraising activity is, it all adds up and every dollar counts.

Your efforts make a huge difference to the lives of young people living with cancer. Thanks to wonderful supporters like you we've been able to be in the corner of young people across the country when cancer has come crashing into their lives.

Young people affected by cancer are up to six times more likely to face mental health issues like depression and anxiety than their peers. CanTeen reduces that risk.

After just six months of support from CanTeen, almost two thirds of young people affected by cancer report improvements in their mental health and overall wellbeing.

1,374
3,784
3,679
3,449
1,928

young cancer patients supported nationally through the **specialist, hospital-based Youth Cancer Services**.

books delivered to guide young people through the challenges of living with cancer.

counselling sessions provided to help young people cope with the impact of cancer.

opportunities for young people to attend a CanTeen **camp program or Recreation Day**.

young people used our **online support service**.

*statistics last recorded in 2016/17




**making
an impact**



congrats, you did it!

Now all that's left to do is to return the money you've raised to us.

If you've used an online fundraising page then it comes straight to us and you don't need to do anything else.



If you've got cash or cheques to pay in, you can choose from these easy options:

By Direct Deposit

You can make a deposit over the counter at National Australia Bank. Call us on 02 9007 0225 to get our bank details and your unique reference number.

By Credit Card

Put the money raised into your bank account and pay with your credit card. Call us on 02 9007 0225 to make your payment.

By Post

You can send us a cheque or money order addressed to "CanTeen Australia", making sure to include your name, phone number and event details.

Please send it to:

CanTeen Australia

75 King Street

Newtown NSW 2042

Please don't send cash in the post as it could get lost on the way. Either send a cheque for the amount, deposit the money raised at the bank or make a card payment.

The sooner you bank the money you've raised, the sooner you can make your hard work count and help us provide support to young people affected by cancer.





One last thing... but certainly not least, from all of us at CanTeen, a huge thank you for your time, passion and energy.

Your fundraising and support will help to transform the lives of young Australians when cancer comes crashing into their world.

We think they're amazing and we think you are too.



The Registered Charity Tick has been created by the Australian Charities and Not-for-Profit Commission (ACNC) to help the public easily identify charities that are registered with the national regulator and comply with transparent financial governance standards and reporting requirements.

Only organisations that meet the regulations are given permission to display the Tick.

The ACNC Charity Register contains information about the more than 54,000 charities, including CanTeen, that are registered with the Commission. Find out more at **acnc.gov.au**

canteen.org.au/fundraise