

# FUNDRAISING GUIDE

**RAISING FUNDS  
FOR CANTEEN**

There's a flipside to  
cancer thanks to every  
dollar you raise

[canteen.org.au](http://canteen.org.au)



# OUR VALUES AND COMMITMENTS

## Diversity and Inclusion

Cancer doesn't discriminate and neither do we. Canteen welcomes people with diverse sexualities, gender identities and intersex variations and from all cultures, backgrounds and abilities.



## Acknowledgement of Country

Canteen acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of this land. We pay respect to Elders past, present and future. We are committed to providing inclusive and appropriate support for Aboriginal and Torres Strait Islander young people, their kin and community. Indigenous Australians are respectfully advised our content may contain images, names or stories of people who have passed away



Ngalaya (Dharawal for ally or friend in battle), is an artwork commissioned by Canteen created by Kamilaroi and Jerrinja woman and artist Jasmine Sarin.



# THANK YOU FROM BELLE

**In 2015, when I was only 11 years old, I was diagnosed with ovarian germ cell cancer. The tumour on my ovary weighed 10kg.**

Being so young, I didn't really understand what was happening to me and my diagnosis now feels like a blur. I underwent four rounds of chemotherapy with three different chemotherapy bases to shrink the tumour before having surgery to remove it. This is all alongside countless CT scans, blood tests and hospital visits.

I joined Canteen in 2016 after a team member visited the hospital and explained about Canteen's services. Through recreation days and programs, I've been able to make new friends and share experiences with others affected by cancer. Some of my fondest memories are from Canteen

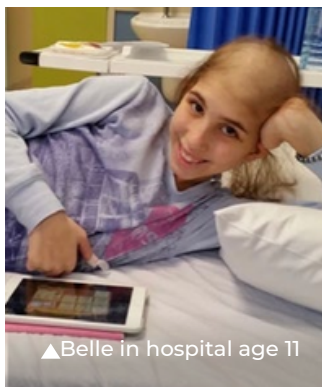
programs and I'm so thankful I've been able to do all of these amazing things and meet so many wonderful people because of them.

I'm now in remission and part of Canteen's leadership program, which aims to provide young people with opportunities to develop skills and connections that will benefit their long-term future while also contributing to the direction of the organisation.

Joining leadership has made such a positive impact on my life. It's helped me to embrace and speak about my cancer journey because of meeting other young people who understand and have been or are still going through similar experience to me.

A massive thank you for supporting Bandanna Day. People like you are really making a world of difference to young people affected by cancer.

**Belle, Canteen youth ambassador**



▲ Belle in hospital age 11



▼ Belle (bottom centre) and the Canteen youth leadership festival

# HOW TO MAXIMISE YOUR EFFORTS

**Four simple steps to boost  
your fundraising.**



## **Personalise your page**

Your supporters want to hear your story, see your photos and come along for the journey. Use your fundraising page to add a profile photo, blog about your journey and tell your story.



## **Be your own first sponsor**

Kickstarting your fundraising with a personal donation is a great way to get the ball rolling. It helps to show your commitment and passion. Friends and family often follow your lead!



## **Share far and wide**

Get your fundraising page out there. Post it on social media, send it in emails, shout it from the rooftops! Ask your friends and family to share your fundraising page with their work and communities to help you promote your fundraising.



## **Reach out for support**

Our team is here to help. We can provide you with resources for your event, fundraising ideas, best practice and even just a chat to brainstorm ideas. We'd love to hear what you are doing to support us.

# HOW TO ASK FOR SUPPORT

We get it, asking for donations can be awkward. Here are some tips to help conquer your nerves.



## Be specific

Ask for a specific donation, e.g. “I’m raising funds by [insert activity here] to help young Aussies find life in the face of cancer. A \$20 donation will go a long way to helping me reach my goal” .



## Be personal

If you have a personal connection to cancer and feel comfortable sharing, then telling others what Canteen means to you will help people feel connected to you and your fundraising.



## Be informative

Share what their support will help achieve, e.g. “Canteen’s face-to-face counselling services enable young people to break down complex feelings associated with cancer. My fundraising will help make services like this possible.”



## Don’t forget to say thanks!

Celebrate each donation no matter how large or small. Thank the donor and regularly give collective thanks to all your donors when you are promoting your fundraiser. Use your gratitude as an invitation for others to donate.

# HOW TO REACH \$1000

Six steps to help you reach \$1000 and smash your fundraising goal.



- 1. Make a donation on your own fundraiser** **\$50**  
Donating to yourself shows how committed you are to reaching your goal. Friends and family will often follow your lead!
- 2. Ask four family members to donate \$50** **\$200**  
People will often look at previous donations as a guide to matching their donation. Family and friends are more likely to offer the biggest support, setting the bar for your fundraising.
- 3. Ask ten extended family members and friends to donate \$25** **\$250**  
A specific amount can be helpful to guide people in your networks to decide how much to donate.
- 4. Ask ten work colleagues to donate \$20** **\$200**  
You often spend more time with your colleagues than friends and family. Who knows, you might inspire them to join you!
- 5. Ask your boss/company to donate** **\$200**  
Don't forget - all donations over \$2 are tax-deductible, and it's always good for businesses to be seen to support charity.
- 6. Ask five members of your sports team, community group, or club to donate \$20** **\$100**  
Bringing your teams together for a good cause is a great way to raise funds but it also promotes unity and motivation.

**\$1000** 

# HOW YOUR FUNDRAISING IS CHANGING LIVES

**Every year, 23,000 young people aged 12-25 are impacted by cancer in Australia.**

Every dollar raised for Canteen provides practical and emotional support to help young people explore their feelings about cancer and connect with other young people. If a young person has been diagnosed with cancer, we also provide youth-specific treatment teams to support them on their journey.

**\$15**



can provide youth friendly resources to help a young person struggling with their diagnosis

**\$30**



can help a young person struggling with cancer access online counselling when they need it most

**\$60**



can help keep Canteen Connect (our online support service) available so that young Aussies can connect with others impacted by cancer

**\$120**



can help a young person work through their cancer experience with a specialist counsellor

**\$180**



can help a young person attend one of our in-person programs

**\$700**



can send a young person like Belle on a locally organised 3-day program





Thank you for helping  
young people find life  
in the face of cancer.



Please get in touch if you  
have any questions. We're  
here to ensure your  
fundraising is a success.

[fundraising@canteen.org.au](mailto:fundraising@canteen.org.au)  
1800 226 833  
[canteen.org.au](http://canteen.org.au)

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