

# your bandanna day fundraising guide







**welcome  
to the  
bandanna day  
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 this Bandanna Day, 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.

# every bit counts!

Once you know what sort of fundraiser you want to host, it's time to think about how you can make the most of it.

## 1 NO MONEY IN THE TIN - YOU'RE NOT COMING IN!

Sell tickets for your fundraiser – make sure you have a donation tin at the entrance to your fundraiser and collect a gold coin donation to make sure everyone is doing their bit!

## 2 HEALTHY COMPETITION

Add a bit of a competitive edge to your fundraiser and hold a competition on the day. Fill a jar of jellybeans or sweets and charge \$2 a guess or hold a fashion parade on your casual dress day.

## 3 RUN A RAFFLE

Approach local businesses, your friends and family to donate prizes to raffle off at your fundraiser. Draw the winners at the end of your event for a sure-fire way to finish with a bang!

## 4 MATCH MY EFFORTS

Ask the company you work for to match your fundraising efforts and to show their support with you.

## 5 SHOW YOUR THANKS

Make sure your guests know how much their attendance and support helps by playing the CanTeen video and thanking all those who participated. Let them know how much you raised to support young people living with cancer.

## LOU'S TOP TIPS!

Lou raised over \$3,000 by promoting her tea party in the local media and fundraised online so that even those friends and family far away could show their support.

"Stop thinking about hosting an event and actually do it. It is such an easy thing to do and you are helping so many people by simply selling bandannas or hosting a fundraiser. The best advice I could possibly give is make sure you advertise (or remind) people about your upcoming event – Make sure people know that it is coming up."

# how you're helping

Every dollar raised will help CanTeen provide both practical and emotional support for young people through counselling services, individual assistance, online resources and peer support programs.

## CLAIRE'S BAKE SALE

Claire hosted a delicious bake sale for her colleagues, set up an online fundraising page and also sold heaps of bandannas to raise over \$1,500 for CanTeen. You can do this too!

"It was so easy to do and the bake sale was so popular. Everyone really got into the spirit of things and fundraising online made it easy to ask all of my friends and family to donate as well."

### \$50

Will provide a young person with one hour of professional online or telephone counselling

### \$100

Will enable a young person to attend a recreation day, which allows them to take a break from the daily pressures of living with cancer

### \$250

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

### \$500

Will enable a young person to attend a 3-day Good Grief/patient program to help them deal with their cancer journey





# the fun begins

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

Here are our top 4 tried and tested fundraising ideas to help kick things off!



# fundraising ideas

## 1 BAKE SALE

Don an apron and sell delicious baked treats to friends, family or colleagues.

**FUN TIP:** Head to [bandannaday.com.au](http://bandannaday.com.au) to find place cards you can use for your dishes or to tell people about your fundraising targets!

## 3 BANDANNA DAY BBQ

Start up the BBQ and spark some much needed awareness for CanTeen. Charge \$2 (or more!) per sausage sandwich and enjoy the chance to catch up with friends and family.

**FUN TIP:** See if you can get a prize donated from a local business and hold a raffle at your barbeque.

## 2 DRESS DOWN DAY

A great one for the office. Encourage colleagues to dress down (or up!) for a day and make a donation. You could always fine those who don't join in the fun!

**FUN TIP:** Asking your company to match your fundraising efforts is a great way to boost your overall total.

## 4 GO WILD

Looking to make an impact? People will empty their pockets to see you do something silly for a great cause. Leg wax, head shave, bath of ice...It's in your hands!

"My mum was diagnosed with breast cancer in June 2012. I was 14 at the time and it felt like my world was crumbling... If CanTeen wasn't there to support me I would have fallen apart completely. CanTeen gave me a place to be around people that weren't scared of cancer, a place where I could be completely who I am and not be ashamed of my own story. Supporting CanTeen results in the support of so many young people like me. The support gives us the opportunity to connect and help each other and we all can't thank you enough for giving us that opportunity."

Kate, CanTeen Offspring Member





# 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 **bandannaday.com.au**, where we've put together a one-stop shop of downloadable resources for you to use for all of your fundraising needs.



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

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**nbd@canteen.org.au**

**1800 226 833**

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Whatever you choose to do to raise funds and awareness for CanTeen this Bandanna Day, we're here to help you make it a great success.

# My Bandanna Day event

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## fundraiser date

- Pick a suitable date to hold your event (National Bandanna Day is on the last Friday of October, however you can hold your event any day in October).

## fundraising target




- Set a fundraising target. Every \$50 raised will provide a young person with one hour of professional online or telephone counselling.
- Every box of bandannas you sell will raise another \$340 – remember to add this to your fundraising target!

## 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's Bandanna Day.
- If you are holding your Bandanna Day event in your office, send around a calendar invite to make sure everyone can attend.
- Ask friends, family and/or colleagues to volunteer their time for a great cause if you need helpers before or on the day.

## fundraise online

- Set up your online fundraising page at **[bandannaday.org.au/fundraise](https://bandannaday.org.au/fundraise)**
- 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.
- Share details about your activity on social media with the link to your fundraising page – don't forget to tag us and **#Bandannaday** 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.

**1800 226 833**  
**[nbd@canteen.org.au](mailto:nbd@canteen.org.au)**

I'm going to  
raise \$ \_\_\_\_\_

## my to do list

Start jotting down your fundraiser planning here!

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## 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. Remember to include your fundraising page link for those who can't make it on the day.
- ☐ Don't forget your bandanna boxes – it's time to raise some money!
- ☐ The big day is here – enjoy your Bandanna Day event and have some fun.


## after the event

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

- ☐ 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.
- ☐ See page 18 for more detail or call the friendly team on 1800 226 833.

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.



**\$50**

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



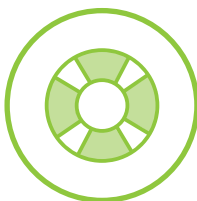
**\$100**

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



**\$300**

will provide 2 free face-to-face counselling sessions to help young people when dealing with cancer.



**\$600**

will give 3 young people dealing with cancer the chance to attend wellbeing workshops.



**\$900**

will ensure 2 young people can attend a 3-day support program.

# No matter what your Bandanna Day fundraiser 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 also got cash or cheques to pay in from your bandanna sales, you can choose from these easy options:

### **If you are also selling merchandise**

Simply add the funds raised from your fundraiser to the total amount raised and break down the funds raised on the returns form provided with your merchandise.

### **If you are fundraising online**

Just deposit the funds raised onto your page and they will be transferred directly to CanTeen – easy!

### **If you would like to pay over the phone**

Call us on 1800 226 833 and we can process your credit card payment then and there.

### **If you would like to send a cheque or money order**

Make it out to 'CanTeen Australia' and include a note outlining who you are and how much you raised. Send it in the post to:

National Bandanna Day  
GPO Box 3821  
Sydney NSW 2001









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 this Bandanna Day 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](http://acnc.gov.au)

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