

#teamcanteen

A GUIDE TO FUNDRAISING FOR CANTEEN

Helping young Aussies
stand up to cancer



Our values and commitments

Diversity and Inclusion

Cancer doesn't discriminate and neither do we. We welcome 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 impacted by cancer. Indigenous Australians are respectfully advised this resource 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

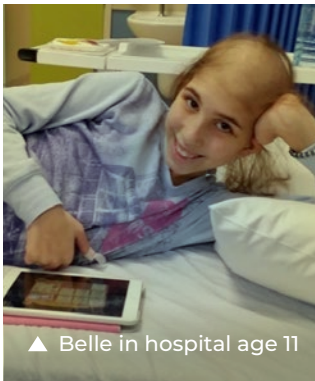
things and meet so many wonderful people because of them.

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 FUNDRAISING



Personalise your page

Your fundraising page is what you make it! Those who are supporting you love to hear your story, see your photos and come along for the journey. Use your online page to add a profile photo, blog about your journey and tell your story. Help your community be part of your experience!



Make a donation to yourself

Kick starting your fundraising with a personal donation is a great way to get the ball rolling. It helps to show your community that you are committed to reaching your target. Friends and family often follow your lead so make your donation count!



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.



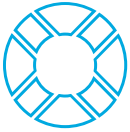
Reach out for support

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 love to hear what our community are doing to support us.



HOW TO ASK FOR DONATIONS

WHEN YOU FEEL A LITTLE AWKWARD



Be specific

Give people a specific amount to donate, e.g. *“I am taking part in [event] to help young Aussies stand up to 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

Tell them 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 go toward helping Canteen deliver critical support services like this.”*



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.



SIMPLE STEPS TO REACH \$1000

Step-by-step maths to smash your fundraising goal

1. Make a donation to yourself

A donation to yourself shows your community that you are committed to reaching your target. Friends and family often follow your lead!

\$50

2. Ask four family members to donate \$50

People will often look at previous donations to guide what they donate. Family and friends are more likely to offer the biggest support, setting the bar for your fundraising.

\$200

3. Ask sixteen family members or friends to donate \$25

A specific amount can be helpful to guide people in your networks to decide how much to donate.

\$400

4. Ask five work colleagues to donate \$20

Your work colleagues often spend more time with you than some friends and family. This is a great way to raise awareness. Who knows - you might inspire someone to join you!

\$100

5. Ask your boss/company to make a corporate donation

Don't forget - all donations over \$2 are tax deductible, and it's always a good move for businesses to be seen to support charity.

\$200

6. Ask five members of your sports team, community group, church or club to donate \$10

Don't forget - all donations over \$2 are tax deductible, so it's always a good move for businesses to be seen to support charity.

\$50


\$1000

The impact you're making

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

Every dollar raised for Canteen provide 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 stand up to cancer

 1800 639 614

 canteen.org.au

 fundraising@canteen.org.au

Connect with us on our socials

 [canteen_au](https://www.instagram.com/canteen_au)

 [CanteenAustralia](https://www.youtube.com/CanteenAustralia)

 [CanteenAus](https://www.facebook.com/CanteenAus)

 [CanteenAus](https://twitter.com/CanteenAus)



THANK
YOU!