

#bandannaday



CUT IT, COLOUR IT, COVER IT, FUNDRAISING GUIDE

Helping young
Aussies stand
up to cancer



canteen

national bandanna day

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.



Contents

Thank you from Belle 5

Top fundraising tips 6

The impact you're making 7

Top tips for Cutting it! 9

Top tips for Colouring it! 10

Top tips for Covering it! 11

Thank you for helping young people stand up to cancer 12



“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**



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

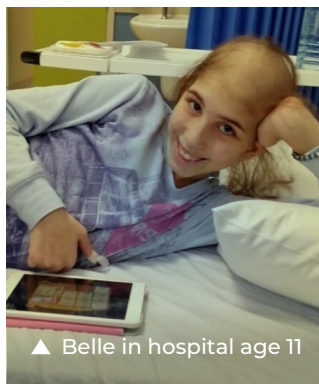
things and meet so many wonderful people because of them.

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

Top fundraising tips

How you can make the most of your Cut it, Colour it, Cover it fundraiser.



Kickstart your fundraising and make a personal donation on your fundraising page. Others will follow your lead.



Share far and wide! Post details of your Cut it, Colour it, Cover it fundraiser, on your social media accounts and share the link to your fundraising page via texts and emails.



Tell your story by sharing your personal connection with friends, family, colleagues and local businesses. Sharing details about why you're fundraising can be incredibly powerful and will show people how important their support is.



Ask for support from your workplace or school. Why not ask for details of your hair dare and a link to fundraising page link to be shared in the next school/company newsletter? This will help you spread the word about your fundraiser.



Share weekly updates of how your fundraising is going on social media. Supporters love to see your progress. Remember to tag #bandannaday in all your posts!



Say thank you to everyone who donates to you and let them know you're grateful for their support.

We've got heaps of handy downloadable resources on our website to help you get the most out of your Cut it, Colour it, Cover it fundraiser.

Check them
out here



The impact you're making

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

Every dollar raised from Bandanna Day helps 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



\$100

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





Show us how you've cut, coloured or covered your hair by sharing a pic in our #bandannaday Facebook group or tag @CanteenAus and #bandannaday on your social media posts.

Share you
hair dare!



Top tips for Cutting it!

Taking the plunge and cutting or shaving your hair in solidarity for young people impacted by cancer?

Here are our top tips:



Leave it to the professionals

No one wants a clipper-related catastrophe! We recommend going to a salon or a friend with styling skills to get your shave or cut.



Live stream it

Don't underestimate how HUGE this challenge is! People in your network (especially those who've donated to you) will want to see this momentous chop in action.

Ask a friend or family member to go live on Instagram when you're in the throes of cutting it. Provide viewers with a link to your fundraising page to spur on any last-minute donations.



Add your before and after photos to your fundraising page

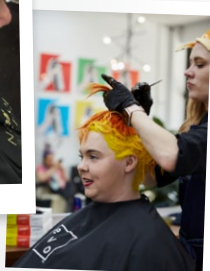
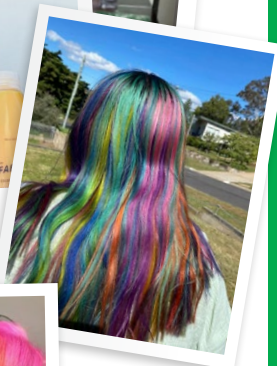
Snap some pics before you get snipped and then a few of you rocking your new do. Add these to your fundraising page and let your network know they can see the results and donate.



Top tips for Colouring it!

Temporarily or permanently changing the colour of your hair this Bandanna Day?

Here are our top tips:



Choose your colour wisely

Before you embark on a drastic change of colour, make sure your school or workplace are supportive of you donning your newly coloured hair for a while.



Go eco-friendly

Choose a dye that's good for you (no one wants a burnt scalp!) and good for the planet.

There's a wide range out there to choose from, so take some time to research colours that'll rock your world without harming it.



Protect your surroundings

This includes the skin around your hairline and the room you'll be dying your hair in. Anywhere with a cream carpet is to be avoided.

Top tips for Covering it!

Covering your hair with a Canteen bandanna to show your support?

Here are our top tips:



Embrace a team effort

The best part about choosing to cover your hair is that it's not permanent and absolutely anyone can get involved. Create a team challenge with friends, colleagues or classmates and cover your hair together.



Style to perfection

Cover it in the classic way. Here's our no fuss approach to the perfect "modern Cinderella" style:

1. First, take your bandanna and fold in half diagonally to form a triangle.
2. Put the long edge of the bandanna to your forehead, placing it as high or low as you like.
3. Smooth the body of the triangle back over your head, with the point falling by the nape of your neck.
4. Next simply bring the ends of the bandanna to the back of the head, overlapping the triangle tip and tie in a single knot.



**Thank you for helping young
people stand up to cancer**



1800 639 614



canteen.org.au



nbd@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)



canteen

national bandanna day