

BANDANNA DAY POCKET GUIDE

#bandannaday



Helping young Aussies
stand up to cancer

 **canteen**
national bandanna day

Thank you from Fiona

My name is Fiona Wyer and I'm a youth ambassador for Canteen and I want to thank you for supporting Canteen. Your kindness goes a long way to helping young people impacted by cancer.

I was diagnosed with a type of blood cancer, called Hodgkin's Lymphoma when I was 18. I had no idea this even existed, let alone how I was going to beat it. During my treatment I felt extremely isolated, there was no one my age in the adult oncology unit and I would just sit there, holding back tears, trying to be brave. This is when I reached out to Canteen for support and realised I didn't have to face this alone.

"I needed to know that as a young person, there was someone willing to help support me through my toughest time. Someone who would ensure I didn't have to face cancer alone. Canteen was and still is that someone, not just for me but for so many young people like me."

Fiona, Canteen
youth ambassador



Canteen's mission is to be in the corner of every young person when cancer comes crashing into their world.

Top fundraising tips



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



Share far and wide not only on Facebook, but across all your social media accounts, and don't forget to send personal text messages and emails with a link to your fundraising page– it's a great way to raise funds!



Have a chat with family, friends, co-workers and local business groups about your Facebook fundraising challenge, and what a difference their support would make.



Ask for support from your workplace or school. They might have an upcoming event that you can sell your bandannas at.



Share weekly updates of how many bandannas you have left to sell. Why not ask for your fundraising page link to be shared in the next school/company newsletter. This will help you spread the word about your fundraiser.



Say thank you to your friends, family and everyone who has supported you.

How Canteen help young Aussies stand up to cancer

Counselling and individual support



Canteen counsellors are specially trained to understand the challenges cancer brings. Young people can share thoughts or feelings that other people in their lives might not be able to relate to.

Peer support and programs



Life can feel pretty lonely when you're trying to deal with cancer. Through Canteen, young people can meet other young people living with cancer who totally get what they're going through.

Youth Cancer Services



Youth Cancer Services provide world-leading, specialist, age-appropriate treatment and support for young cancer patients aged 15-25. Around 75% of all newly diagnosed young cancer patients are supported by the Youth Cancer Services.

Canteen Connect



An online community for young people who are dealing with their own diagnosis, a close family member's cancer or the death of a loved one. Through Canteen Connect, young people can connect with others in a similar situation, share their experiences and chat to a Canteen counsellor.

Leadership



Canteen promotes youth leadership and provides opportunities for young people to get involved as valued contributors to the organisation. They are empowered to get involved and can sign up to exercise their vote on matters which affect them and the future of Canteen.

Robots Service



Designed to help cancer patients stay connected to their school and friend networks, our robots use video conferencing technology to allow young people to remotely attend classes and engage with friends. Our robot enables a young cancer patient to keep up with their daily lives, achieve a sense of normality, and lower their feelings of isolation.



Scan me

To learn more about Canteen or to access our support services.
canteen.org.au

Thank you for helping young people stand up to cancer.

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nbd@canteen.org.au
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