

#bandannaday

BANDANNA DAY 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.



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“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 other young people 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 a similar experience to me.

**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 Bandanna Day 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 Bandanna Day fundraiser, and how people can purchase their bandanna from you, on your social media accounts and 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. There might be an upcoming event you can sell your bandannas at, or you could create your own.



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 everyone who purchases a bandanna from 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 Bandanna Day event.

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

\$45



can help a young person access life-changing support 24/7 through Canteen Connect

\$65



can help a young person attend a drop in event at their local Canteen office

\$90



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



Ways to style your bandanna

Wear it on your head, around your neck, or on your arm — everyone has their own bandanna-style.



Alice Band

Fashionable and functional. The Alice Band is for those looking to make a sleek and stylish fashion statement.

1. First, take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the point, fold backwards by 4cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the bandanna at the base of your hairline and lift both ends upwards, passing behind your ears. Tie the ends in a single knot on top of your head.



Wristband

By wrapping them around your wrists you can turn them into the ultimate style accessory that adds colour and flair to your cuffs.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite point.
3. You should now have a long, thick strip.
4. Wrap the bandanna around your wrist and tie.



Scrunchie

The best bandannas for the scrunchie style are the premium range bandannas.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Tie this around your ponytail as many times as you like to get your desired look.



Classic

This is the no fuss approach. It's simple and effective and gets the job done.

1. 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. Bring the ends of the bandanna to the back of the head, overlapping the triangle tip and tie in a single knot



Headband

Always trendy, always hip, forever cool. It's the choice of Wimbledon champions and thousands of Aussies this Bandanna Day.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the headband on your forehead and tie the ends behind your head in a single knot.



Neck

Whether you're perfectly stylish, or want to channel your inner cowboy, the necktie is a rebellious classic

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold backwards by 3cm twice towards the point.
3. Wrap around your neck and tie in a single knot at the back.



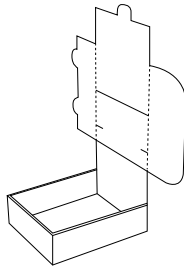
How do you wear yours?
Share a pic of you in
your bandanna in our
#bandannaday Facebook
group or tag @CanteenAus
and #bandannaday on
your social media posts.

How do you
wear yours?

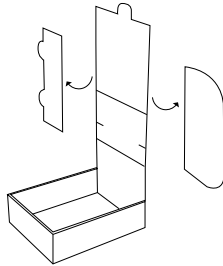


Setting up your box

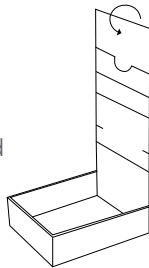
1. Unfold the top and side flaps to reveal stock



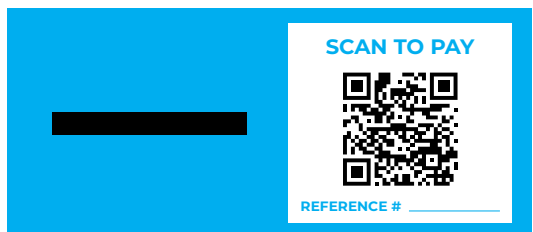
2. Remove the side flaps



3. Fold over the top flap, then fold the lid along the double crease and tuck behind the bandannas



4. Stick the QR code on the coin box and write your reference number in the space provided (this number will be at the top of your welcome letter)



Returning funds and stock

Depositing funds

Depositing the funds you've raised is simple. If you've either collected funds via bank transfer or have already deposited cash donations to your own account, you deposit them back to us via a direct bank transfer or you can send us a cheque.



Deposit via electronic transfer

Bank: NAB

Account Name: Canteen Australia

BSB: 082 001

Account number: 518 822 412

Reference number: This starts with NBD23 and can be found at the top of your welcome letter and next to your name on your fundraising page.

ABN: 77 052 040 516

Once you have completed the transfer, please send a remittance advice or screenshot of your payment to nbdc@canteen.org.au



Deposit by cheque

Send a cheque to us at:

Canteen National Bandanna Day Returns

Reply Paid 3821

Sydney NSW 2001

Please remember to include your reference number (this starts with NBD23 and can be found at the top of your welcome letter and next to your name on your fundraising page) on the back of the cheque.



Returning unsold stock

You will have received a reply-paid satchel in your welcome pack. Simply place the bandannas you wish to return into this satchel and drop it in any Australia Post box. It will come back to us at no charge to you.

If you've misplaced your satchel or it was missing from your welcome pack, please package up the stock as best you can and return it to:

Canteen National Bandanna Day Returns

Reply Paid 87022

Erskine Park NSW 2759

Please ensure you fill out the 'return bandannas' slip with the number of bandannas you are returning and send this back with the unsold stock. This makes it easier for us to reconcile your order.

If you have lost your slip, please download and print a new one by visiting bandannaday.org.au/resources

Have questions about fundraising this Bandanna Day? Check out the FAQs page at bandannaday.org.au/faqs or contact us at nbdc@canteen.org.au

**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**



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