

BANDANNA DAY GUIDE

10,000 STEPS CHALLENGE



Helping young
Aussies square
up to cancer

#BandannaDayAu

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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“My bandanna is a symbol of the many things that help keep me going – music, friends and family. Let the painful moments fall around you like confetti and never forget the things that matter to you most.”

Chloe,
Canteen youth ambassador



Thank you from Chloe

When I was 9 years old, my beloved grandfather was diagnosed with prostate cancer.

He moved in with our family while he went through several rounds of treatment including surgery, chemotherapy and radiotherapy – staying with us until he sadly passed away when I was 17.

Seeing my grandfather slowly deteriorate and then being there for him while he took his final breath will forever be etched in my memory. For a long time, it was hard to even bring it to the surface without crying.

Shortly after I turned 18 and while still processing the loss of my grandfather, Mum was diagnosed with breast cancer after a lump was found during a routine mammogram.

I was an emotional mess at school and felt incredibly isolated. It was hard to focus and I just wanted to be with my mum. I was terrified that she would die too.

I reached out to Canteen shortly after Mum's diagnosis. I needed support to get me through, especially going into my final year at school.

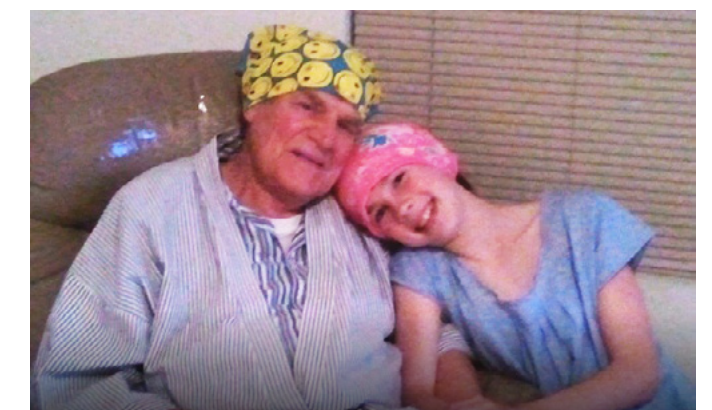
Canteen helped me not only come to terms with my mum's diagnosis, but they also helped me grieve the death of my grandfather, which I didn't even know they could do.

Canteen provided me with counselling sessions and introduced me to a supportive community of other young people going through similar challenges to help ease my feelings of isolation.

Everyone just 'gets it' at Canteen. They also helped me go to online and in-person events which have helped me establish lifelong friendships and given me the opportunity to do things that I have never done.

It's not just all about being sad, we're laughing and enjoying life with each other.

Chloe, youth ambassador



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! Tell your friends, family and colleagues about your step challenge. Whether its a social post, email or text message let them know how they can support you.



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 where you can promote your efforts or a dollar matching scheme at your workplace to help increase your impact.



Share weekly updates of how your progressing with your with your challenge on socials or in your whatsapp groups. Let people know about your fundraising progress and any ways they can get involved and help.



Say thank you to everyone who supports your fundraising efforts and let them know how grateful you are.

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 their peers going through similar experiences. 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

\$120



can help a young person work through their cancer experience with a specialist counsellor

\$270



can help a young person attend one of our in-person programs

\$700



can send a young person on a locally organised 3-day program



Get your body ready for the month

Here are the top stretches you can do to support your muscles and stay safe for this challenge.

1

Quad Stretch



5

Calf Stretch



2

Calf Raises



6

Toe Touches



3

Standing Hip Flexor



7

Child's Pose



4

Squat



8

Side-to-side Lunges



Tips

💡 Hold each stretch for 10 – 20 seconds to make the most of it.

💡 Feel free to break up your challenge goals throughout the day!

Frequently asked questions

How can I find my fundraising page?

To locate your fundraising page once you've created it, click through to this link: facebook.com/fundraisers/manage.

How do I share my fundraising page link?

You can use the 'share' button as a useful tool to share your page. You can also use the 'invite' button to ask your friends to join your fundraiser.

Is there a minimum amount I have to raise?

No, we appreciate any support you can offer – big or small. Facebook fundraisers are automatically set up with a fundraising target amount to get you started and this can be increased at any time.

How do I get a receipt for my donation?

Your receipt will have already been sent to the primary email address associated with your account.

Are donations tax deductible?

Yes, all donations made in Australia over \$2 are tax deductible. If you have friends or family who have donated from abroad, this may vary depending on their country's laws.

Anything else?

For any other questions regarding the challenge, please visit bandannaday.org.au/faqs or email nbd@canteen.org.au and we will help you out!



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

1800 639 614

bandannaday.org.au

nbd@canteen.org.au

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on our socials**



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