



canteen
Annual
Report
2018

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About CanTeen

We're the only organisation in Australia that supports 12-25 year olds impacted by cancer. As long as there are young people living with cancer, we'll be here to support them.

23,000 IMPACTED BY CANCER

Every year in Australia, more than 23,000 young people are impacted by cancer – be it their own cancer diagnosis, that of a family member or the death of a loved one. **CanTeen exists to provide support to these young people.**



If you know a young person dealing with cancer in their family, please connect them to CanTeen.

Visit: canteen.org.au/getsupport

Call: 1800 835 932

Email: support@canteen.org.au

Cover: Jessada, Kate and Declan shot on location at CanTeen's office in Newtown, Sydney.





Message from the Chair of the Board

I was 13 when my cancer journey began. I found out my Dad was going to die from pancreatic cancer and within months he was a mere shadow of my lively, charismatic Dad.

Just four years later, the unthinkable happened. During my last year of school my Mum was also diagnosed with pancreatic cancer and she died just two months later.

My world was completely torn apart by the loss of both my parents to cancer. The reality is you never get over losing someone so close to you. Every day you just learn to live with it a little more, and it gets fractionally easier to get up and start the day without them.

I don't know how I'd have got through that time without CanTeen. It was such a relief to be able to act my age and feel comfortable sharing my family's cancer experience with people who understood what I was going through.

That's the cornerstone of what we do at CanTeen – we connect young people with each other when cancer crashes into their world so they can support one another and be supported in turn by a network of passionate and skilled professionals.

CanTeen equips and empowers young people with knowledge and skills to carry with them throughout their life. On my own journey through CanTeen's unique leadership model, which ensures young people influence every level of the organisation, I have developed critical leadership skills which helped me to complete my law degree and obtain my current position as a Legal Associate to a judge.

In 2017/18 CanTeen's focus has been to continue expanding the raft of ways we support young people, including through **our online support service which has experienced a huge 40% increase in use** from last year.

Our work in ensuring that young cancer patients have access to cutting edge cancer treatment has seen us announce **\$3.2 million in funding for four clinical trials** – one of the most exciting advancements to come out of the youth cancer treatment space in recent years.

CanTeen's commitment to truly understanding a young person's experience comes full circle with the placement of parent social workers in hospitals and the soft launch of our online parent platform. Both initiatives increase our reach to, and support for, young people whose parents are going through cancer.

Throughout this year we continued to focus on further development of our existing services and have seen our Youth Leadership Framework in action for a full year. This is all underpinned by our research and evaluation team who are committed to ensuring we provide the best evidence-based support possible.

Finally, I'd like to thank everyone in the community who supports CanTeen. Your ongoing kindness and generosity allows us to grow our support services to reach even more young people impacted by cancer. We wouldn't be here without you.

Emilie Adlide, age 26
Chair of CanTeen's Board of Directors

Our impact in 2017/18

Did you know that young people impacted by cancer are up to six times more likely to face mental health issues like depression and anxiety than their peers? CanTeen reduces that risk.

After just six months of support from CanTeen, almost two thirds of young people affected by cancer report improvements in their mental health and overall wellbeing.

1,359 YOUNG CANCER PATIENTS

were supported nationally through the specialist, hospital-based Youth Cancer Services



3,795 OPPORTUNITIES

for young people to attend a CanTeen camp, program or recreation day



65,798 PEOPLE

were guided through the challenges of cancer with the help of our youth-friendly information and resources

2,435 YOUNG PEOPLE

were supported by our local support staff and services in each state and territory



1,575 COUNSELLING SESSIONS

provided to help young people cope with the impact of cancer

2,707 YOUNG PEOPLE

used our online support service



Thank you to Ali Duncan

Having been part of CanTeen for more than a decade and stepping down as Chair of the Board in May 2017, current Chair Emilie Adlide looks back on Ali Duncan's journey with us.

Ali joined CanTeen in 2004. In 2011, at the age of 21, she became a CanTeen Board Director and went on to become Chair of the Board from 2012 to 2017, also serving as Chair of both the Nominations and Review Sub-Committee and the Finance, Governance and Risk Sub-Committee. During this time Ali has always led with grace, passion and insight – but it hasn't always been easy.

Ali was there at a very difficult time in CanTeen's history when, at one stage, it looked like the doors might close. But she didn't draw back – she did the opposite. She leant in and put more time and energy in, leading by example, and showing a great deal of courage. Her commitment has been unwavering.

Ali doesn't judge but rather seeks to understand and adapts her leadership style to suit the situation, something very few people are able to do. Ali brought her valuable social work expertise to the boardroom and, while she has many legacies, one of the big ones is how **she advocated for the professional, psychosocial, evidence-based, individualised support which is now CanTeen's bread and butter.**

What might be easy to forget in interactions with Ali is that she joined CanTeen for the same reason we all did – she was feeling lost and overwhelmed in the face of the enormity and devastation that is cancer. Ali lost her single mum to cancer and went on her CanTeen journey, including difficult Board discussions and late nights preparing, without her mum.

That's why the entire team at CanTeen, including the Board, our members, supporters, staff and incredible donors, want to acknowledge and thank Ali. We're constantly inspired by Ali's selfless attitude and the contribution she's made to our organisation and the people in it.

We're both proud and lucky to have had Ali as a vital part of CanTeen for so long, and we wish her all the luck and joy in the world.



“We're constantly inspired by Ali's selfless attitude and the contribution she's made to our organisation and the people in it.”

Emilie Adlide, age 26
Chair of CanTeen's Board of Directors

Pictured: Ali Duncan, former Chair of the Board

Treatment and support

Every day, another 63 young people are impacted by a cancer diagnosis, whether it's their own or a close family members'. Through CanTeen, they learn to explore and deal with their feelings about cancer and connect with other young people in the same boat. For those who have been diagnosed with cancer, we provide specialist, youth-specific treatment teams.

We continue to grow the number of young people we support through a wide range of treatment and support services in hospitals, online, at schools and in the community.

Every day, another 63 young people are impacted by a cancer diagnosis, whether it's their own or close family members'.

Hospitals

Youth Cancer Services

We know that young people with cancer have different medical and emotional needs compared to children and adults. The Youth Cancer Services (YCS) exists to deliver specialised treatment and support services to meet the unique treatment, care and support needs of young people with cancer so they can get the best outcomes.

Staffed by multi-disciplinary teams of doctors, nurses, psychologists, social workers and other allied health staff, YCS support around 70% of all newly diagnosed young cancer patients right across Australia who require hospital-based care.

**1,359 YOUNG
CANCER PATIENTS**

were supported nationally through the specialist, hospital-based Youth Cancer Services



Clinical trials

Every year, 1,100 young people aged 15-25 are diagnosed with cancer and around 150 will die from the disease. More than half the deaths of young cancer patients are due to rare cancers, which is why CanTeen funds nationally coordinated clinical trials run by some of Australia's brightest researchers.

Clinical trials help cancer researchers and clinicians find out whether a new medicine or treatment works for patients. This can help to not only improve survival rates but also reduce side effects – both critically important for young people.

This year CanTeen, in partnership with the Australian Government, established the Australian Young Cancer Patient Clinical Trials Initiative to help fund cancer research institutions in their efforts to carry out clinical trials.

In July 2018, Federal Health Minister Hon Greg Hunt announced that CanTeen awarded \$3.2 million in funding for research into high lethality AYA cancers, ensuring that young people have better access to pioneering clinical trials.

The critical point about these trials is that they'll not only increase our understanding of what works, they'll also save the lives of young cancer patients who would otherwise have no other treatment option.



CanTeen Board Member Joey Lynch, Federal Health Minister Hon Greg Hunt, and CanTeen CEO Peter Orchard.

Online

Side of Stage

This new, national initiative is the brainchild of the Hilltop Hoods and proudly led by CanTeen. Side of Stage gives young people impacted by cancer special access to live music shows across Australia – and provides a way for CanTeen to connect with even more young people who could benefit from our services.

Supported by the Australian music industry, our 2018 gigs have included Katy Perry, A Day On The Green, Fat Boy Slim, St Jerome's Laneway Festival and Lionel Ritchie. **Find out more at sideofstage.org.au**

Peer community and counselling

Cancer affects young people all over Australia. The challenges it brings don't stick to business hours and major cities, so neither do we. Our online support services, which are supported in part by Australian Government funding, give young people a safe online space where they can connect with each other 24/7 and a counsellor seven days per week over extended hours.

CanTeen also provides face-to-face counselling in Sydney, Melbourne, Brisbane, Perth and Newcastle.

2,707 YOUNG PEOPLE
used our online support service



Books and resources

Information is one of the highest unmet needs for young people impacted by cancer which is why CanTeen provides a wide array of helpful, practical advice about dealing with cancer – from how to cope with school, university or work to what all the medical jargon means and how to talk to friends.

Since their release, more than 350,000 *Now What* books have been distributed free of charge across Australia. You can read or download these online at canteen.org.au/resource

Schools

When Cancer Comes Along

There are no formal Australian school education programs for cancer and its effects on people, so we created **When Cancer Comes Along – an interactive, 90-minute classroom-based cancer education program designed for students in years 9 and 10.**

After a successful pilot, this is now being rolled out to schools across Australia. It's also being evaluated by CanTeen's research team to gauge what young people learn about cancer (the signs, symptoms and risk factors) and what changes they make to reduce their risk of cancer after participating in the program.

The Robots Project

Our Robots Project is intended to assist young school students who are being treated for cancer to stay connected to their schools and peer network. Our 'telepresence' robots use video-conferencing technology which allows young people to connect to a robot from wherever they are and remotely attend classes, talk to peers and, perhaps most importantly, maintain participation in daily activities and achieve a sense of normality.

We believe that continued connection to friends at school using a robot will allow young people to both continue learning and reduce feelings of isolation. This project is currently being evaluated so we can make ongoing refinements to ensure we're delivering the best experience possible for young people impacted by cancer.

Community

Programs and recreation days

CanTeen's overnight programs, recreation days and activities give young people some much-needed space away from the daily pressures of living with cancer. Young people can meet others affected by cancer who truly get what they're going through, build resilience skills and share ways to cope while having fun at the same time.

Our current programs include:

- **Places You'll Go:** this three-day program brings 12-17 year olds together to learn about key survivorship issues such as identity, coping with difficult emotions and communicating about cancer.
- **Good Grief:** specifically designed to support young people whose parent or sibling has died from cancer, this three-day program enables young people to talk about their experiences, learn about grieving, prepare for the times grief hits and enjoy some downtime.
- **Peer:** provides recreational opportunities so young people can escape the daily pressures of cancer while allowing them to connect with each other and be supported through their cancer experience.

Individual support

Cancer affects young people differently, which means that no two journeys at CanTeen are alike.

Our key workers help young people recognise and navigate through difficult times and take advantage of the support services that cater specifically to their needs.

Regardless of the individual needs of each young person, a trained professional is there to help them cope with the immense impact that cancer has on every aspect of their life – from how they feel and think to relationships, education, work and finances.

If you'd like a deeper understanding of all the ways we support young people impacted by cancer, please call us on 1800 226 833.



“I know clinical trials will bring research breakthroughs that will change lives, as it has done for me.”

I've received almost every treatment possible after being diagnosed with Hodgkin's Lymphoma in 2008, including two bone marrow transplants, chemotherapy, radiotherapy, and even paying \$800,000 to undergo a clinical trial in the United States. It was only after my stem cell transplant in 2010 that I joined CanTeen, having experienced periods of both social anxiety disorder and depression.

Not having CanTeen in my life during my first two years of treatment – and having it there every day since – reinforces in my mind just how important the principles of youth empowerment, peer mentoring and support that CanTeen provides are.

My defining moment at CanTeen came when, as part of the 2017 Federal Budget, it was announced that \$5 million had been allocated to CanTeen to conduct and support clinical trials for high lethality cancers in young people. Advocating for this change so that other young patients can have much easier access to clinical trials than I did and seeing it come to life, including speaking along with Federal Health Minister Hon Greg Hunt and our CEO Peter Orchard at the official funding announcement, reminds me exactly why CanTeen matters so much.

I'm both excited and proud to say that \$3.2 million of this funding has already been awarded to four clinical trials that will enable more than 260 young cancer patients to access cutting edge cancer treatment. I know this will bring research breakthroughs that will change lives, as it has done for me.

Joey, age 26 and Deputy Chair of CanTeen's Board of Directors

Leadership

Since CanTeen began in 1985, youth leadership has been central to the way we work and the work we do. It is articulated in strategic and operational plans and is a core part of our culture. The development programs, roles and experiences empower young people to take up leadership now and in the future – both within CanTeen and beyond. Youth leadership inspires staff and ensures CanTeen is highly accountable, relevant and effective.

Youth Leadership Framework

CanTeen's strong focus on empowering and engaging youth was given a huge boost in 2017/18 with the successful rollout of our Youth Leadership Framework. Co-designed and implemented by staff and young people, the framework ensures we authentically engage young people as leaders, value their skills, lived experience and passion, and are instrumental in achieving the organisation's mission.

Youth leadership in action:

- The majority of CanTeen's Board of Director roles, including the Chair, are held by young people under 27.
- There are nine local leadership groups throughout Australia – that's around 150 young people volunteering their time to advise, advocate, support others, and raise awareness on a daily basis.
- Each local leadership group elects a representative to sit on a national advisory group of 18 young people who meet quarterly to provide key input and direction for operational initiatives and projects.

Programs delivered in 2017/18

CanTeen provides a range of development programs to prepare young people for their leadership roles in CanTeen and the broader community. The suite of training programs include:

- **Foundations of Leadership:** an annual leadership program that includes six training modules, coaching from local staff and participation in a local leadership group. These groups plan and deliver a range of peer support, advisory, fundraising and advocacy activities – 146 leaders signed up in January 2018.



CanTeen's Member Advisory Council: (top row) Jemille, Adelena, Sam, Neville, Jessada (bottom row) Hannah, Emily and Sally.

- **The Leadership Festival:** our national conference weekend includes CanTeen's AGM and is full of speakers, workshops, performances and social activities led by CanTeen's young people. In August 2017 more than 70 young people took part.
- **BRAVING Leadership:** in March 2018, 23 young people attended a weekend training program in Sydney that helped to empower them to facilitate safe and powerful peer support both in person and online.

If you'd like to learn more about why youth leadership is a part of our DNA, please reach out to Natalie Hornyak: natalie.hornyak@canteen.org.au

Research, evaluation and social policy

CanTeen undertakes leading edge research and evaluation into the emotional and social impacts of cancer. This gives us insight into the unique needs of young people living with cancer and allows us to cater to every individual's situation regardless of whether they're a patient, sibling, offspring, bereaved or parent.

Our work in driving positive change to social policy in 2017/18 has included providing input into cancer control plans in WA, SA and the NT, successfully advocating for NSW state government co-funding of the NSW/ACT Youth Cancer Service, and appearing before the Select Committee into Funding for Research into Cancers with Low Survival Rates.

Research and evaluation highlights

- **The Family Resilience Study**, supported by the Greater Charitable Foundation and Gandel Philanthropy, looks at how families respond when a parent is diagnosed with cancer and specifically why some families struggle while others adjust well after a diagnosis. We're measuring key aspects of family functioning, such as communication, over the course of a year. Understanding what helps a family adjust to a cancer diagnosis will help us to identify which families are in most need of support and which types of support are most useful.

In 2018 CanTeen's research team produced 11 publications in academic reviewed journals and two book chapters.

- **Three research and evaluation studies** have been conducted with CanTeen's young people about the CanTeen Online Support Service (COSS) this year. We received feedback via surveys, interviews and co-creation focus groups from more than 160 young people to better understand young people's sense of community online, supportive relationships, isolation, and how they would like to see COSS redesigned in the future to better meet their needs.
- **The Experiences of Care Study** aims to help us understand more about experiences of receiving care through the Youth Cancer Service from diagnosis to end of treatment. We want to know whether the emotional and practical support needs of both patient and family are being met so we can identify the aspects of care that are being done well and any areas that need improvement.

67%

IMPROVED WELLBEING

After just **six months** of support from **Canteen**, **67% of young people** affected by cancer report **improvements** in their **mental health and overall wellbeing**.



International collaboration

The Research team presented their work in conferences across Australia and internationally at:

- 2nd Global Adolescent and Young Adult Cancer Congress in Atlanta
- 9th World Congress of Psycho-Oncology in Berlin
- Sibling Summit in Chicago

If you'd like to learn more about our research team and what we're focusing on next year, please email researchteam@canteen.org.au

Financial performance

CanTeen's ability to continue to provide existing services and launch new ones that make a tangible difference to young people's lives is only possible thanks to the wonderful generosity of our community of donors and supporters.

The majority of funds – more than \$24.4 million in 2017/18 – were donated by our CanDo Family who give a regular monthly gift. These funds allow us to channel tailored support to the young people who need it most, in the format they need and exactly when they need it.

Government funding of \$5.8 million allowed us to ensure youth-specific treatment teams were on hand through our Youth Cancer Services and to fund cutting edge clinical trials which are based in major hospitals throughout Australia.

Our iconic National Bandanna Day, along with corporate support, grants and other income brought in just over \$3.2 million.

The incredible gift bestowed by our donors each year allows us to both be very responsive to the needs of our young people, and agile enough to innovate using every new technical, treatment and research opportunity available.

These funds allow us to channel tailored support to the young people who need it most... exactly when they need it.



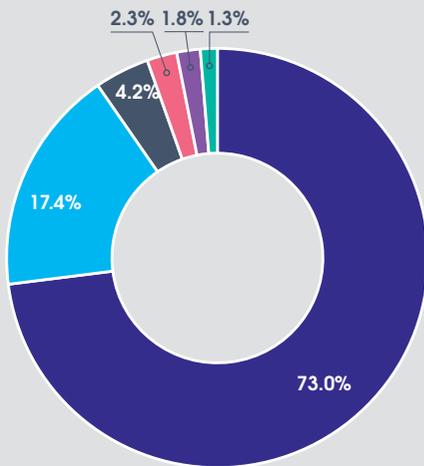
Youth Ambassadors Anika, Maddy and Liva.

For more detailed financial information, please refer to CanTeen's Annual Financial Report available at canteen.org.au

Funds raised

The majority of funds raised by CanTeen in 2018 came from individual supporters. These generous donations allow us to provide services that cater specifically to each young person's need – whether that's online connection with peers, specialist treatment through our Youth Cancer Services, or how to make meaning out of losing a loved one at a Good Grief program.

IN 2017/18
CanTeen raised
\$33.5 million



- 73.0% Individual supporters
- 17.4% Government funding
- 4.2% National Bandanna Day
- 2.3% Corporate support
- 1.8% Grants
- 1.3% Other



of the **total funds raised from individual supporters** came from our **CanDo Family**



canteen
cando family

CanDo Family –
generous everyday
Australians who give a
regular monthly gift that
enables us to continue
to support young people
when they need it most



“You allow me to be heard.”

“Being able to have a voice is one thing – but being heard is another. CanTeen influences every young person to be themselves and speak to what they believe in. CanTeen knows that the youth of this world need to be heard and having the opportunity to do that is why I’m still a part of CanTeen.

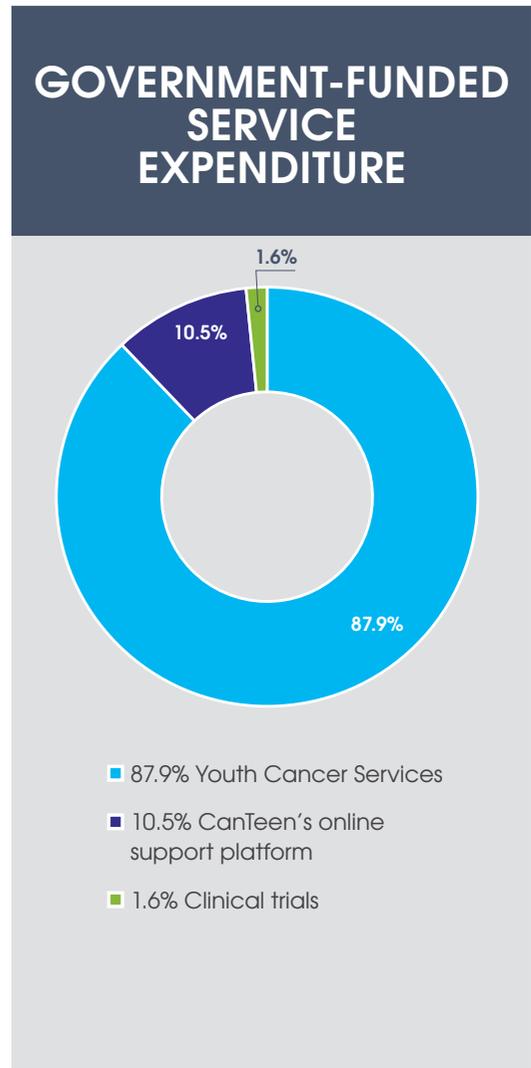
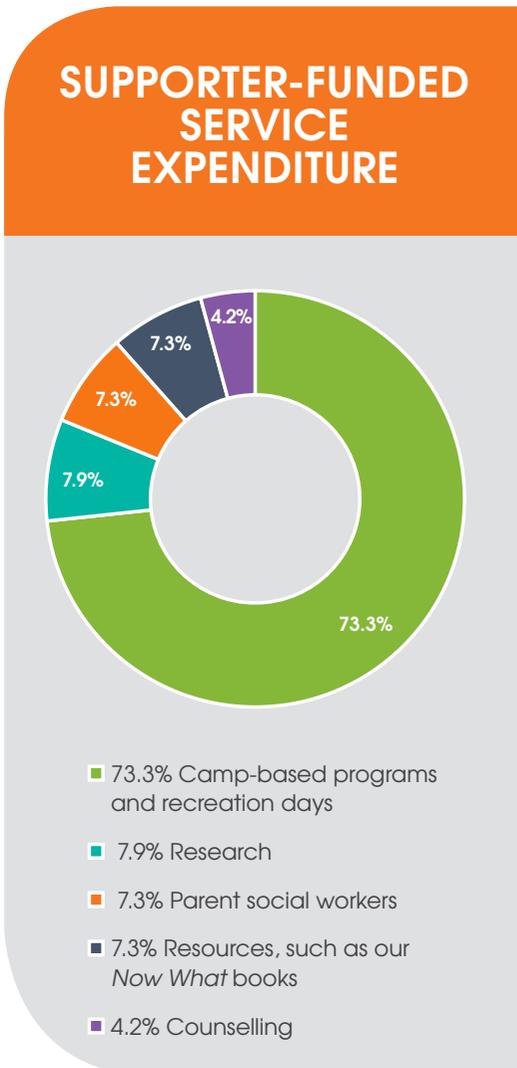
CanTeen provides opportunities to learn how to grab life with both hands after being hit with the significant hurdle that is cancer. CanTeen is the family I’ve never had.”

Tyson, age 18

Investment in services

CanTeen continues to invest heavily in camp-based programs and recreation days which give young people more chances to connect with others who truly understand what they're going through. This type of support is critical in helping young people understand that their experiences are completely normal, and gives them the time to make sense of what they're thinking and feeling.

Our efforts to reach out to support not just young people but their families has resulted in the placement of three parent social workers in hospitals in NSW and Victoria this year – and some of these parents refer their children to CanTeen.



“How do I find the right words?”

“My children Sally, Michael and Liam were 14, 12 and nine at the time of my breast cancer diagnosis. It affected them all differently. **The thing is, when you're diagnosed with cancer, it's as if everyone around you starts talking in a different language. But CanTeen is like a translation service for teenagers** – it allows them to communicate at their own level in language that is age-appropriate and applicable to them.”

Mary, Mum of three





“Dealing with cancer is painful, confusing and hard, but it’s even harder going through it alone.”

Cancer is something that has been a part of my life for as long as I can remember. My twin sister and I were only 18 months old when Mum was diagnosed with a rare form of stomach cancer in 2000. Growing up with Mum going through all sorts of treatments and surgeries was so scary, but after years of it she seemed almost invincible.

When I joined CanTeen in 2010 I was so nervous, but when I went to my first program I immediately felt loved and supported in every way. Mum passed away the next year in May 2011 and losing her has been the most challenging and painful experience of my life.

Through CanTeen I have learnt how to deal with my grief and realise that how I was feeling is completely okay. From then on I’ve taken up counselling services, overnight programs and any other opportunities I could get my hands on. CanTeen is a place for hope, connection and resilience, and a place where people understand. Dealing with cancer is painful, confusing and hard, but it’s even harder going through it alone.

CanTeen was a turning point in my life. It gave me another family to grieve Mum’s loss with and it taught me that, while cancer is not a choice, you can choose how you let it affect your life.

Sam, age 20

Progress

CanTeen hosted more than
400 national and international youth cancer experts at the
3rd Global AYA Congress
in December 2018.

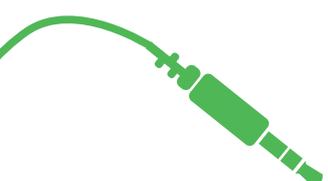
We announced
\$3.2 million
in funding for four
clinical trials
in July 2018 with the help
of Federal Health Minister
Hon Greg Hunt and
youth ambassador
and Board Director
Joey Lynch.



We're rolling
out our
**Robots
project**
to a wider group of young
people after a successful
pilot **in 2017/18.**

Evaluation of our
**recreation
days** show young
people need more
opportunities to connect
so we're increasing them.

This year
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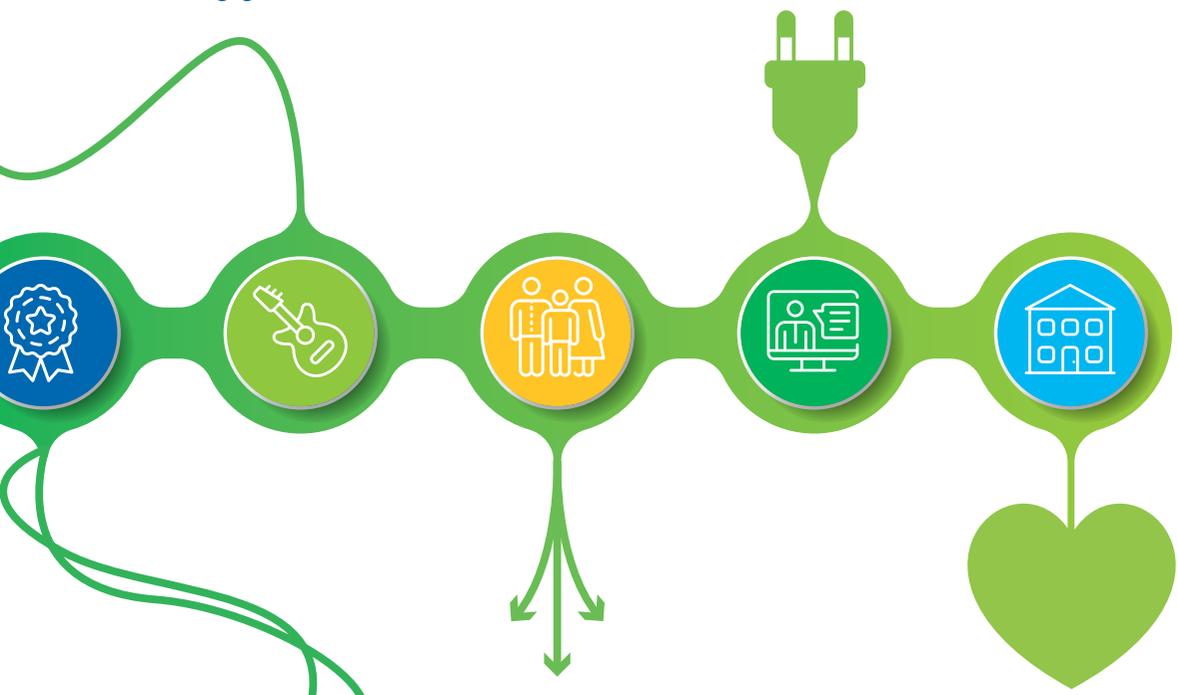
Our **sideofstage.org.au**

project – the brainchild of the **Hilltop Hoods** – will be officially launched in 2019 to connect young people to both our support services and the best gigs and festivals around.

We want to help parents with cancer communicate more effectively with their children – something our **online support platform,**

CanTeen Connect

for Parents, will help achieve in 2019.



CanTeen was an **Employer Choice'**

at the **an** **ards.**



Referrals for young people impacted by cancer have started to come through from our three **parent social workers,** currently in hospitals in NSW and Vic.

CanTeen **purchased the 'Trocadero'** in Sydney's Newtown in December 2017. This investment ensures our long-term sustainability and provides a **spiritual home for CanTeen.**

Thank you to our supporters

Every year, partners and major supporters play a vital role in terms of both fundraising and providing in-kind support to CanTeen. We'd like to thank all of our corporate and community partners including:

Special thanks to Russ Harris, Acceptance and Commitment Therapy (ACT)



National Bandanna Day was made possible with the help of:



A special thank you to Life Cycle in WA and the inexhaustible Jenny Aramini, OAM. Raising more than \$1.6 million to date, Life Cycle is CanTeen's biggest community fundraiser and celebrates its 20th event in March 2019.

CanTeen has received funding from the Australian Government, Department of Health

Our team



CanTeen's Board of Directors proves that young people are the beating heart of CanTeen.

Our five Member Directors are joined by four Associate Directors whose remit is to focus on four main drivers; treatment and support, leadership, research and sustainability.

Member Directors



Emilie Adlide, age 26 – Chair of the Board

Emilie became a CanTeen Member after both parents died from pancreatic cancer. She has held various leadership positions at CanTeen, become Chair of the Board in 2017 and is currently a Legal Associate to a judge.



Joey Lynch, age 26 – Deputy Chair of the Board

Joey joined CanTeen after undergoing his first stem cell transplant in 2010 to treat Hodgkin's Lymphoma. Since then he has developed his leadership skills with roles that include the Member Advisory Council and a primary media spokesperson for CanTeen's clinical trials work.



Sean Dondas, age 25

Sean joined CanTeen at 14 years old. His mum passed away from cervical cancer nearly two years later. He was elected WA President in 2012, joined the Member Advisory Council in 2013 and became a Board Director in 2015.



Madeleine Way, age 24

Madeleine was introduced to CanTeen in 2012 when her dad was diagnosed with a rare lymphoma, passing away just two years later. She joined the Tasmanian leadership team in 2016, the same year she completed a Bachelor of Agricultural Science with honours.



Kathryn Woodward, age 21

Kathryn was diagnosed with Hodgkin's Lymphoma in 2012 and joined CanTeen along with her brothers soon thereafter. She is currently an active member of the QLD Youth Cancer Services Youth Advisory Group, is a Youth Ambassador and was recently appointed as a Board Director.

Associate Directors

- **Suzie Blinman**, Chief Commercial and Corporate Development Officer at Multi Channel Network
- **Kieran Schneeman**, Government Affairs Director at AstraZeneca Australia
- **Stuart Tucker**, Chief Customer Officer at hipages Group
- **Ravi Underwood**, Chief Financial Officer and Director at Aurenne Group





**“I honestly don’t
know where I’d be
today without CanTeen.
I still miss Mum every
day but CanTeen
makes it easier.”**

Sam, age 20



canteen

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