



Building a legacy together



Hello

Thanks so much for your interest in leaving a gift to Canteen in your Will.

The inclusion of a gift to Canteen in your Will represents an extraordinary act of generosity and compassion for young Australians living with cancer.

The young people that come to Canteen when cancer crashes into their lives – whether it be through their own diagnosis, the diagnosis of a loved one or the unfortunate death of a loved one – face significant struggles and rely on our support to help them through.

Having joined Canteen after I was diagnosed with Hodgkin's Lymphoma in 2008, a condition which I continue to receive treatment for, I have experienced firsthand the vital work that the organisation undertakes to ensure that young people receive this appropriate, meaningful and effective support.

Battling numerous challenges with my mental health, Canteen provided me with a safe and empowering place where I could be myself and process my journey. I was supported by staff that understood my unique challenges and, more importantly, I was surrounded by other young people that knew what I was going through and were able to offer support and guidance.

Over the years, Canteen's model of empowerment and young leadership enabled me to take up positions in the organisation that allows me to share my insights and feedback to help shape the organisation. Eventually, taking up position as the Chair of the Board. This position has allowed me to gain a new perspective of just how important the work that Canteen does and see just how much work goes into ensuring that we are there for our young people.

This work, however, relies on support from our generous community; people such as yourself. Leaving a gift in your Will is an investment in the future of the many young people who will turn to Canteen when they need us most. Should you choose to leave a gift we would love the opportunity to welcome you as a Partner for the Future.

Joey Lynch

Joey Lynch
Chair of the Board



Thank you

A gift to Canteen in your Will would be a life changing investment in young people impacted by cancer.

I want to thank you for showing you care about Canteen and the work we do to help young people going through one of the worst times they'll ever face in their lives.

In this booklet, you'll learn some of the ways your generosity can have a massive impact on lives that have been turned upside down by a cancer diagnosis.

Canteen's unique services are provided at no cost, so we can reach as many young people impacted by cancer as possible. That's why compassionate people like you, who choose to help support our work, now and into the future are vital. Letting us know of your intention to leave a gift in your Will gives us the confidence to plan for that future.

We're always working on new ways to help young people who need us, and we firmly believe in investing in quality research to underpin our strategies for giving young people the kind of support that helps them get through this toughest of experiences.

One thing we know – there will be more young people who need us tomorrow, and the day after that. I want to make sure we don't let them down. I hope you'll consider becoming a *Partner for the Future* today. A gift to Canteen in your Will would transform the lives of so many young people.

A handwritten signature in black ink, appearing to read 'Peter Orchard'.

Peter Orchard
CanTeen CEO



From isolation to new friendships



Aimee

"With ongoing support from Canteen, I'm able to get back into the things I love, like sport, even if it's in a different way than before. I've realised there's so much more to me than just being a cancer survivor!"

- Aimee, youth ambassador and cancer survivor

When I was 12 I started having terrible pain in my hip. I had been really sporty, so the doctors just put it down to an injury, but after loads of appointments and tests, it turned out it was acute lymphoblastic leukemia. I was barely a teenager and had just found out I cancer.

My life had changed forever and was quickly taken over by medication, MRI scans, doctor appointments, fasting, surgeries and long stays in hospital. I felt so lonely and completely cut off from other people my own age. I didn't see anyone except my family, and I felt like there was no one who understood how I was feeling.

Thankfully, I found Canteen. I got the chance to feel young and happy again when I joined Canteen's Survivorship Program. It helped me have fun and feel my own age. It gave me the crucial psychological support I needed to get back into society and start trying to live a normal life again.

Kathryn

My Mum signed me up for Canteen in 2012 when I was diagnosed with Hodgkin's Lymphoma. But it wasn't until my first camp later that year that I truly started to understand how Canteen could help my brothers through my cancer journey and beyond. I remember sitting around with some other Canteen Members laughing about treatment side effects – it was the first time I'd really felt comfortable talking about it with people my own age. I know a gift in your Will would mean so much to other young people like me.

"Through all the bumps along the road to wellness, my CanTeen family were there to support us. Now I am working to give a voice for other young patients and their families." – Kathryn, patient member



Sam

My sister and I were only 18 months old when Mum was diagnosed with a rare stomach cancer in 2000. Mum passed away in 2011, but through Canteen I've learned how to deal with my grief. Getting involved with the leadership program in Canteen, I've realised what a positive impact I can have on the lives of other young people. Now I've moved out of home to study music at the Sydney Conservatorium. It would be great if you become a Partner for the Future by leaving a gift in your Will so other young people impacted by cancer can follow their own path.

"Dealing with cancer is painful, confusing and hard, but it's even harder going through it alone. I'm so grateful for how much Canteen has done for me." – Sam, bereaved offspring



From vast loneliness to vital leadership

Canteen provides hope to young people whose lives are turned upside down by cancer.



It's important to know the kind of impact a gift to Canteen in your Will can have on young people whose lives are turned upside down by cancer.

At Canteen, we understand how cancer is different when it affects a young person's life. We were set up in 1985 by a group of young patients and we are still guided by young people, including several who sit on our board, giving us a unique perspective on the issues and challenges.

As a *Partner for the Future*, you will be nurturing an inspiring group of young people who discover a passion for helping others

and a willingness to back themselves to achieve long-cherished dreams.

We are dedicated to conducting leading-edge research into the emotional and social impacts of cancer that helps us develop innovative services for the future – services your gift may one day fund – to help young people get through some of the toughest experiences of their lives.

That's why, when you leave a gift to Canteen in your Will you are making a sound investment in every single young person who reaches out to us.



Over 130 staff across every Australian state and territory



Youth Leadership and Governance

Youth leadership is a part of our DNA.

Canteen was set up by a group of young cancer patients in 1985 and we still have young people involved at every level of the organisation. Not only do our young leaders ensure that we truly understand how cancer is different in a young person's world, they are developing the skills, resilience, and confidence to contribute meaningfully to the world around them through their experiences of leadership in Canteen.

There are many opportunities for young people to get involved as valued contributors to the organisation. Every young person is empowered as an expert in their own wellbeing and can also sign-up to become a Member (there's no charge) to exercise their vote on matters which affect them and the future of Canteen.

Members participate in local leadership groups which enable them to get involved (according to their interest and skill) in governance, advocacy, fundraising and as a powerful support to one another on-line, in person and on programs.

Canteen is also unique in that the majority of the Board of Directors are young leaders elected by the Member Advisory Council. The Board Chair is elected by the Board and must also be a young person.

From a small start to a national network

Canteen started with just a few patients in a room.

But the idea of Canteen was so powerful and demand was so high, that we grew into a national network that people like yourself can feel proud to support.

Today, Canteen is one of Australia's most highly respected and recognised not-for-profit organisations. We have an outstanding track record, spanning more than 30 years, of supporting young people impacted, either by their own cancer diagnosis or that of a family member.

We are recognised internationally for the quality of our research, youth cancer services, online support platform and our renowned peer support program. All our services are free, which is why we need to find funding from generous people in the community, like yourself.

A gift in your Will would help ensure that Canteen can continue to provide outstanding services to young people impacted by cancer, in the future.

To where we are today... constantly growing our support services.

We are continually looking at new ways to best support young people living with cancer which is why we've introduced two services; Canteen Connect and Parent Support.

Canteen Connect

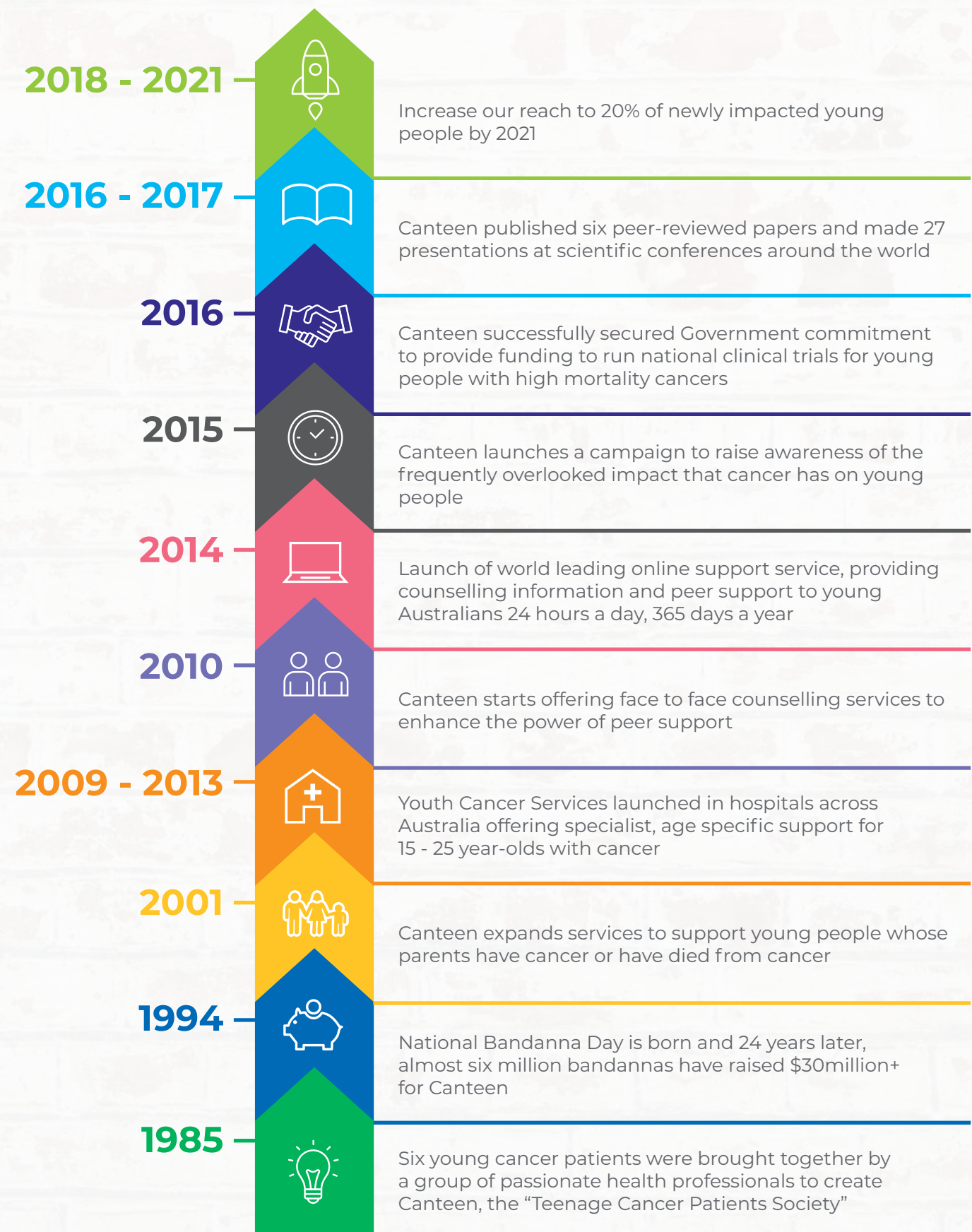
Canteen Connect is our recently revitalised online support platform where young people can interact with a community of other young Australians dealing with cancer in their lives.

It's a secure platform, available 24/7, giving young people access to our specialist support, including counselling, discussion forums, and useful resources. Canteen Connect provides life-changing support no matter where they are located in Australia.

Parent Support

Canteen is offering new support services for parents to help them cope with the parenting challenges that cancer brings. We have found supporting parents is one of the best ways we can help lower distress levels for the young people we support.

Parents impacted by cancer can connect and learn from each other on Canteen's new online parent community, Canteen Connect. They can also find practical, evidence-based resources on how to parent through cancer. Our specialist counsellors work with parents around communicating openly about cancer with their children and developing coping strategies for other parenting challenges that cancer brings.



From sorrow to much needed support

A gift to Canteen in your Will is an investment in young people impacted by cancer.

Canteen works across Australia to give young people impacted by cancer a place to turn to, and the support and life skills they need to thrive. Everything we offer is free, so no young person impacted by cancer needs to worry about whether they can afford help. That's why we ask people like you to become a Partner for the Future, to ensure this vital work will continue.

Every year, 23,000 young people and their families are impacted by either their own or a family member's cancer diagnosis.

Our programs and services

Through Canteen young people impacted by cancer meet others who completely 'get' where they're coming from. We offer online support, overnight and recreation days and youth leadership opportunities to help young people develop their confidence and learn to give back to the world.

Cutting-edge research

Canteen leads and contributes to national and international research projects that explore the psychological and social impacts of cancer on young people. Our research and evaluation work is regularly published in peer-reviewed journals to advance a collective understanding of the issues facing young people living with cancer and inform best-practice care. This investment in research allows us to refine and evolve our services so we can provide the best outcomes for the young people who need our help.

Our research has found that young people impacted by cancer are up to six times more likely to experience very high levels of distress putting them at greater risk of mental health issues.

Leaving a gift in your Will means young people in the future will be able to count on Canteen when they need us most.



Recreation camps are a great way for young people to connect with others and just have some fun



Counselling is available online, by phone or on site at one of our Canteen offices



After 6 months of support, two out of three young people report improvements in mental health



Robot technology helps young people to engage with teachers and classmates even when they can't get to school

In the past five years alone Canteen has supported young people living with cancer through the following services:



65,000
hard copy books

delivered to guide young people through the challenges of living with cancer



Just over
10,000
counselling sessions

provided to young people to cope with the impact of cancer



More than
8,600
opportunities

for young people to attend Canteen camps, programs or recreation days



More than
6,000
cancer patients

supported nationally with specialist hospital-based Youth Cancer services

Jennie's Gift

Canteen feels like a family.

I've left a gift to Canteen in my Will. I first heard about Canteen when I was working in Western Australia. I remember being told about how they help young people who have had the misfortune of being diagnosed with cancer or are coping with someone they love having this terrible disease. Naturally, my heart went out to them.



Jennie's gift will positively impact young people's lives in the future

Being a young person is tough at the best of times, but to go through all of that by yourself is unthinkable. And, when you're in your teens or early twenties you should be out enjoying life, not facing such a terrible thing.

What these young people are facing must be difficult, really difficult, yet when you meet them, they seem wise beyond their years. Despite being so young, they've shown me that they've got so much strength and a really great outlook on life. You can just tell they've had amazing support, and it makes me feel incredible to know that despite all they've faced, they've got so much hope.

That's why, I chose to include Canteen in my Will.

Jennie, Partner for the Future

Staff and volunteers enjoy sharing the Canteen message in the community



As a Partner for the Future, Hamish's Mum, Ann, was determined to help the next generation with her gift to Canteen in her Will

Ann's gift ensured that Canteen's vital services continue to be available to young people impacted by cancer

Hamish's Story

A lot of good has come from sadness.



My Mum, Ann, was somebody who was born out of hard work and stoicism. She taught for most of her life and she was very much involved in the community. Wherever she set up house she became part of the local fabric. She discussed some of the details of her

Will with us and she was convinced her legacy shouldn't just be for her children. She was diagnosed with cancer about 10 years before she died and I think the gift she left to Canteen in her Will was part of her determination to do what she could to support the next generation. She truly is a *Partner for the Future*.

For Mum, it was all about the young people. I think it meant more to her than a simple transaction and I know it means more to the people who are receiving the money. I was devastated when my Mum died but being part of her gift-giving helped me deal with it, knowing a whole lot of good was going to come out of this sadness.

Hamish, Ann's son



Leaving a gift to Canteen in your Will

How to leave a gift to Canteen in your Will.

Whatever the size, your gift is important to us. It's an easy process. Simply include it when you write your Will or as an amendment to your existing Will. Whatever you choose, you should seek professional advice from a legal adviser to make sure your wishes are legally binding.

If you decide to leave a gift to Canteen in your Will please let us know so we can say thank you and keep you updated on the work we are doing and the progress being made. Of course, if you'd rather remain anonymous, we'll respect your decision too.

There are three ways to leave a gift to Canteen in your Will. (Also known as a bequest.)

Whole or part of your Estate

You can leave your entire Estate or a percentage of your Estate to Canteen.

A residual bequest

A gift of the remainder of the Estate after monies have been distributed to the beneficiaries and debts cleared.

A specific bequest

A specific gift may include any sum of money, cash balances in a bank account, a residential house, commercial real estate or company shares. You can also nominate Canteen as the sole beneficiary of a life insurance policy or superannuation.



When you confirm you are leaving a gift to Canteen in your Will we would like an opportunity to welcome you to our growing family of *Partners for the Future* with a gift of an exclusive, specially designed bandanna. It's our way to recognise the vital role you will be playing in helping to shape the future for the thousands of young people who will need our help.

There is always plenty happening at Canteen, and as a *Partner for the Future*, we look forward to inviting you to special events where you can meet some of the inspirational members of Canteen and gain further insight into the services we offer young people impacted by cancer.

in your Will

Wording to use when leaving a gift to Canteen in your Will:

If you would like to bequest a residual amount of your Estate:

"I give and bequeath to Canteen, (ABN 77 052 040 516), the residue of my Estate to be used for its general purposes after the payment of all my just debts, funeral and testamentary expenses and all duties, taxes and charges payable on my Estate at my death."

If you would like to bequest a specific sum of money:

"I give and bequeath to Canteen, (ABN 77 052 040 516), the sum of \$[insert amount] to be used for its general purposes after the payment of all my just debts, funeral and testamentary expenses and all duties, taxes and charges payable on my Estate at my death."

If you would like to bequest a special gift:

"I give and bequeath to Canteen, (ABN 77 052 040 516), [insert gift] free of all duties and taxes payable at my death, to be used for its general purposes after the payment of all my just debts, funeral and testamentary expenses and all duties, taxes and charges payable on my Estate at my death."

If you would like to bequest a percentage of your Estate:

"I give and bequeath to Canteen, (ABN 77 052 040 516), [insert percent]% of my Estate to be used for its general purposes after the payment of all my just debts, funeral and testamentary expenses and all duties, taxes and charges payable on my Estate at my death."



Thank you

A gift to Canteen in your Will is an investment in the future for young people impacted by cancer. To discuss this process confidentially please call Duncan Knight, Planned Giving Manager, on (02) 9007 0225 or 0447 678 343 or email duncan.knight@canteen.org.au



Thank you

For a confidential discussion about leaving a gift to Canteen in your Will please call Duncan Knight, Planned Giving Manager, on **(02) 9007 0225** or **0447 678 343**, email **duncan.knight@canteen.org.au** or visit **canteen.org.au/gifts-in-wills**



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