



Building a legacy together



Welcome

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.

Peter Orchard
Canteen CEO



From isolation to



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.

new friendships

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 of my Canteen friends 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, cancer survivor and Canteen Board Director



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 a small start to

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.

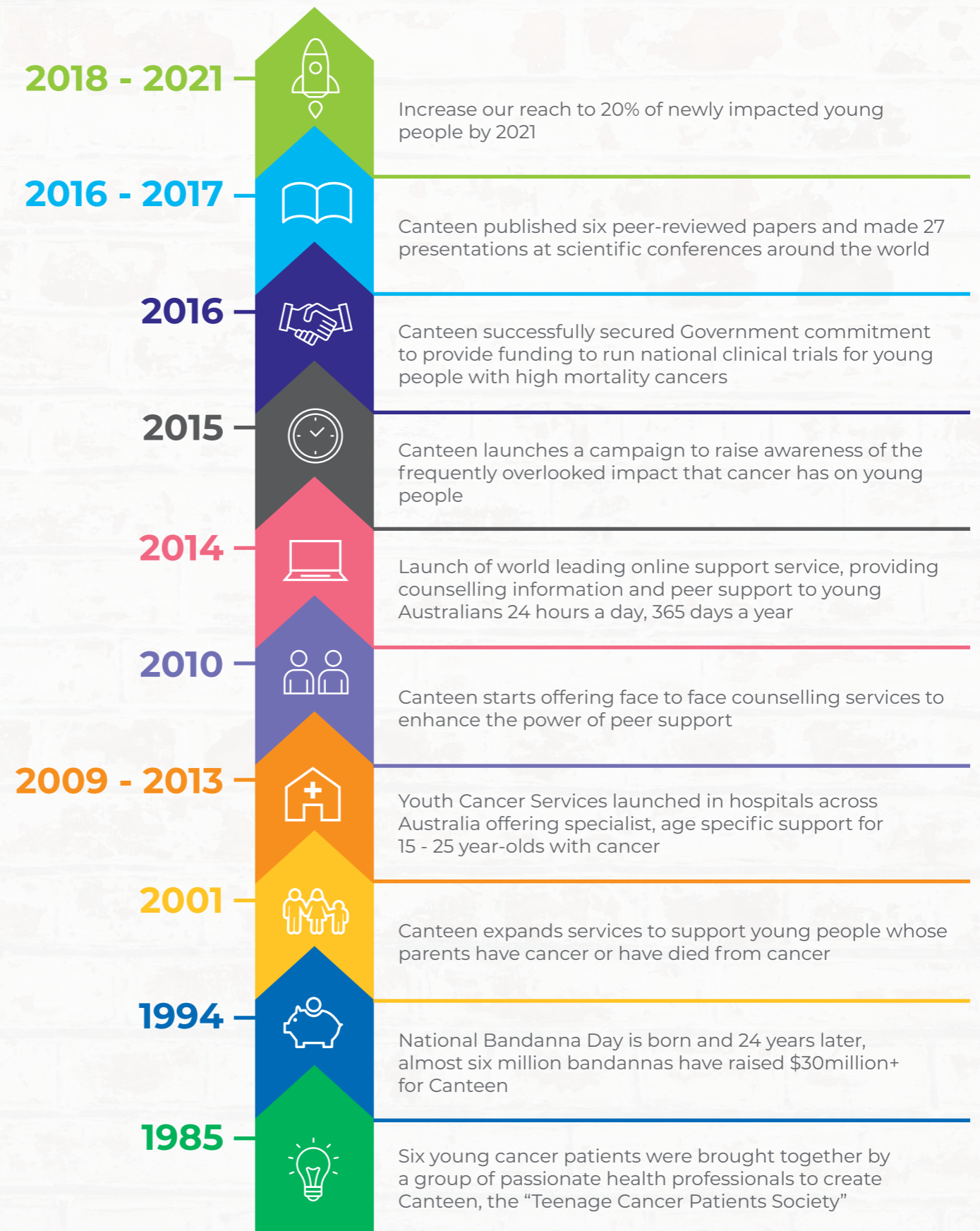
It's a secure platform, available 24/7, giving young people access to our specialist support, including counselling, discussion forums, and useful resources. Canteen Connect provides life-changing support no matter where they are located in Australia.

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.

a national network



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



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.

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**

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

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.



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



6,000
cancer patients

supported nationally with specialist hospital-based Youth Cancer services

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



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



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 **0447 678 343** or email **duncan.knight@canteen.org.au**

To find out how to leave a gift in your Will please scan this QR code



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