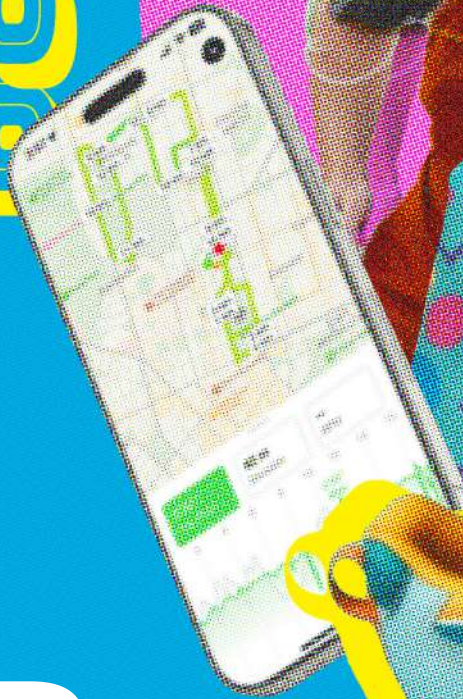


681KM



FUND-RAISER PACK





WELCOME TO CANTEEN'S FIVE PEAKS VIRTUAL CHALLENGE!

Firstly, a huge thank you for signing up to be a lean, mean, (virtual) climbing machine! By signing up and fundraising, you're helping support young people impacted by cancer — you could truly help provide a turning point in the lowest time of someone's life.

This guide contains everything you need to smash your 68km — including FAQs, fundraising tips, where your money goes and more!

“

When I was 16, my mum passed away from cancer, and my world changed. It's not normal as a 13 or 14 year old to see your mum in bed for days and days on chemo...

After she died, I was still so young, I was lost — my dad was wonderful but he was also grieving... I didn't know where to turn.

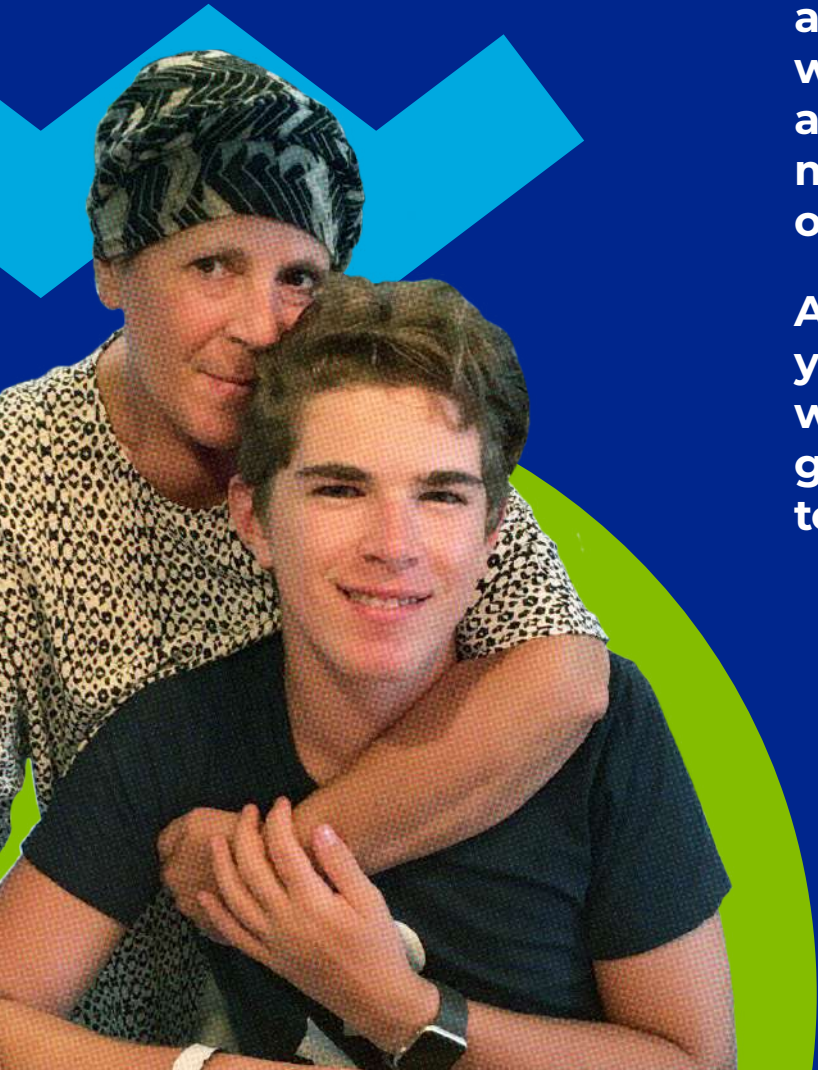
I found out about Canteen and I'm so thankful that I said yes... you're in a room with other people that are dealing with the same feelings. I'm so lucky to have had them, right when I needed them. If I didn't say yes to Canteen, I don't know where I'd be...

And I know that it was only possible thanks to people like you. Your fundraising work during this challenge will help other people who don't yet have Canteen in their corner access the same support that helped change my life.

So, on behalf of all the young people here at Canteen — and for the ones your efforts will support in the future — thank you.



Daniel
CANTEEN YOUTH AMBASSADOR



FUNDRAISING TIPS

To help you smash your fundraising target, blow your friends out of the water and of course, maximise your support for young people impacted by cancer, here are our top fundraising tips.

- **Friends and family first:** It might sound obvious, but those closest to you are most likely to show their support — and show it generously!
- **Personalise your fundraising page:** With thousands of fellow virtual climbers, you want to make sure your donors know they're giving to the right person. Update your page with a profile and short bio.
- **Share your page:** There's no better way to get the message out there than through your socials.
- **Make a self-donation:** Getting the ball rolling early is crucial — making a small donation to your own page can help encourage others to give too. Back yourself!
- **Give people the why:** Make sure to tell people your personal motivation for getting involved. Plus, be clear about where the money goes — knowing who their gift will help and how is a big motivator to give.
- **Fundraise like it's 1985!** Don't be afraid to ask people for donations in real life (we know, real old school!).
- **Thank, thank, thank!** A small thank you can go a long way, so don't forget to thank every donor, no matter how much they give. It might just make them give again!



HOT TIP: HANDY DOLLAR HANDLES

Tell people exactly what their money could do with these handy dollar handles — it's a great way to ask for a specific or higher amount.

\$65

could enable an isolated young person to attend a Canteen program and connect with others who've been through cancer too.

\$118

can provide a specialised counselling session for a distressed young person impacted by cancer.

\$270

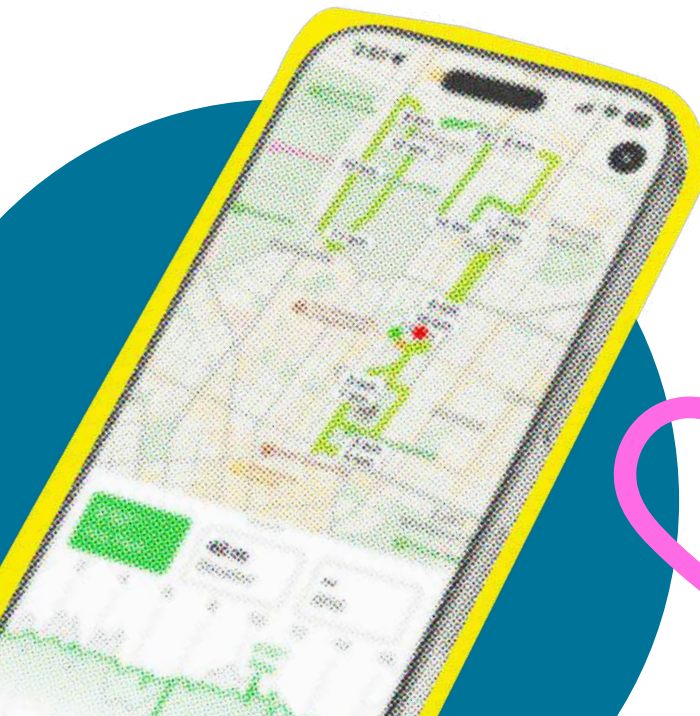
helps fund a life-saving clinical trial for young cancer patients, offering a brand new treatment option.

EVEN HOTTER TIP: GET COMPETITIVE

If you're taking on the challenge with a friend, why not have a friendly fundraising competition? There's nothing like bragging rights to get things moving!

SOCIAL TIPS AND TRICKS

Social media is your best friend when it comes to fundraising, here's what our fundraising experts say about making the most of it.



HERE'S SOME TIPS

- **Embrace the double (or more) post:** Bear in mind that because of social algorithms, not everyone will see your post — so don't worry about posting multiple times!
- **Keep the updates coming:** As well as making fundraising asks, make sure to update your network on how you're tracking on your challenge — people will be more invested than you realise.
- **ALWAYS include a link to your fundraising page:** Even if you don't want to make a direct ask for donations, always include a link to your fundraising page on your posts or stories — it can be a good reminder for people to donate if you don't want to ask directly again.

BUT... WHAT DO I SAY?

Great question, here are some ideas for social posts — feel free to edit and personalise them.

Did you know that in Australia, over 23,000 young people are impacted in some way by cancer? Whether they're facing a diagnosis, or grieving the loss of a parent, they need as much support as we can give them — that's why I'm taking on Canteen's Five Peaks Virtual Challenge. Please will you show your support by donating?



This March, I'm taking on Canteen's Five Peaks Virtual Challenge to raise money to help support the Aussie young people facing cancer. Please donate to help provide vital services like counselling to young people facing the mountain that is cancer.



You can also [download handy templates](#) to make your life even easier when posting to socials.

FREQUENTLY ASKED QUESTIONS

DO I HAVE TO CLIMB FIVE MOUNTAINS?

No! You don't even have to climb one — but we won't stop you if that's your thing. Simply run, walk, roll, ride, swim (whatever you like) 68km in March wherever you like — that's the equivalent of the tallest five mountains in Australia.

WHERE DOES MY FUNDRAISING GO?

All of the money you raise will go directly to Canteen — helping to support young people impacted by cancer through counselling, grief support, respite trips and more.

DO I NEED TO RUN, WALK, RIDE, OR SWIM EVERY DAY?

No. You're aiming to complete 68km over the month of March — that could be a little every day or you could smash it all in one mega-session (although we don't recommend the latter).

ARE DONATIONS TAX DEDUCTIBLE?

Yes. Any donation made to your page over \$2 is tax-deductible — your donors will automatically be emailed a receipt when they donate directly to your page.

CAN I COLLECT CASH AND CHEQUES?

Yes! If people want to donate old school that's fine, but **please don't send us cash in the mail** to get the money to your page you can either:

Pay the money into your account and donate to your page yourself, OR make a transfer directly to our bank account:

Bank:	NAB
Account Name:	Canteen Australia
BSB:	082001
Account Number:	518822412
Reference:	5PC <your first and last name>
ABN:	77 052 040 516



THANK YOU FOR HELPING CHANGE YOUNG LIVES IMPACTED BY CANCER

Your decision to take part in Canteen's Five Peaks Virtual Challenge and fundraise could prove pivotal for the young people around Australia facing their own mountain — cancer.

Here are just some of the ways your fundraising helps:



COUNSELLING

Canteen counselling services are confidential, professional and FREE — thanks to people like you. Specialist counsellors work 1 on 1 to help young people like Daniel work through the specific challenges and emotions they're facing.



EVENT AND PROGRAMS

Whether it's bowling, cooking classes, casual 'drop-ins' at Canteen offices. Book clubs, gaming nights and crafting sessions — online or in person — there's something to get everyone socialising.



PARENT SUPPORT

Research shows that when parents communicate openly about cancer, their children are likely to experience less distress and anxiety. Thanks to people like you, Canteen's services now extend to parents by providing practical tools, emotional support and more.

THANK YOU

“I don’t know who I’d be or where I’d be, but it wouldn’t be here. I wouldn’t be as proud of myself as I am if I didn’t have people like you supporting me, and I know that mum would be proud of me.”



Daniel

CANTEEN YOUTH AMBASSADOR