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Canteen's BIG BOLD Hair Challenge guide

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Welcome to Canteen's BIG BOLD Hair challenge

Hair's to you, legend!

You've signed up for Canteen's Big Bold Hair Challenge and that means you're about to make a bold statement for young people impacted by cancer.

Whether you're shaving it off, chopping it short, or going bold with colour, you're part of a community helping turn bold new looks into life-changing support.

We're aiming to raise \$250,000 to fund vital services so that no young person faces cancer alone, and with your help, we can get there.

Snip snip hooray, you're a cut above the rest. Let's do this!



How the challenge works



Sign up and choose your bold move - shave, cut or colour.



Set up and share your page to start your fundraising.



Go bold on October 1 and spread the word far and wide.

Your impact

Every dollar raised gives young people impacted by cancer access to lifesaving treatment, specialised counselling and programs to connect with others who've been through it too and get it.



\$10

can help provide e-books and e-guides filled with information to support young people affected by cancer



\$30

helps a young person struggling with cancer access online counselling when they need it most



\$65

allows a young person to attend a Canteen program, connecting with others who've been through cancer



\$118

provides a specialised counselling session for a distressed young person impacted by cancer



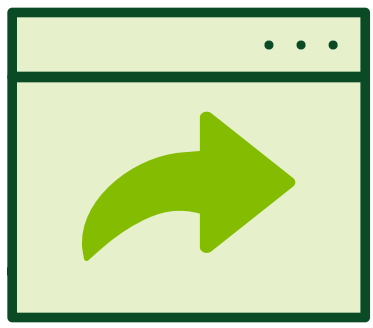
\$270

helps fund a life-saving clinical trial for young cancer patients

Our top fundraising tips



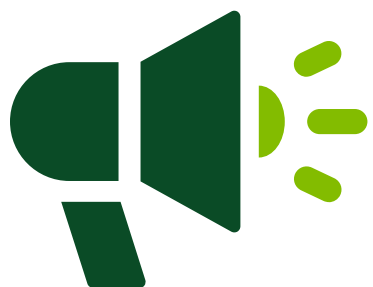
Ask for support from family, friends and colleagues! You can email or text them your fundraising page link or let them know in person - if they don't know about your challenge, they can't support you.



Share your fundraising page via social media! You can share via DM, Instagram story or to your Facebook feed – the list is endless.



Invite people to join your team! Visit your team fundraising dashboard and share the invite link in the team members section.



Provide weekly updates by posting on your page! Supporters love to see your progress! Remember to tag @Canteen_Aus so we can cheer you on.



Tell your story and your reasons for supporting Canteen! This can be incredibly powerful, particularly with gaining support.



Thank your supporters! Message them directly or tag them in an update and let them know how grateful you are for their donation.

Josh's story

When Josh was 18 months old, his mum noticed his glands were swollen. She took Josh to see a doctor and they noticed his liver was also slightly enlarged. After further investigation **Josh was diagnosed with liver cancer.**

Gruelling months of treatment kept Josh alive but left him frail. **A third of his liver was removed.** He was declared in remission 6 months after his diagnosis, but the potent medicine that destroyed the cancer also strained his body.

From toddler to teenager, Josh's adolescence was defined by 'otherness', saying **"I felt like I was from outer space."** The chemotherapy had damaged his immune system leaving him vulnerable to illness. His constant sickness impacted his ability to attend school impacting his education and causing issues with attendance.

And that's where Canteen came in. Josh made friends through Canteen's youth leadership program that he still connects with today. Canteen provided Josh with the strength and support to share his cancer story with his peers, which turned into opportunities to speak on the news and reach out to other young people. Josh said, **"Canteen supported my family and me in some of our darkest moments, and the time I've spent in leadership has offered a foundation of skills and experiences that I draw from every day."**

"Canteen's has allowed me to develop the skills that enable me to contribute to the workforce just like everyone else. My cancer experience has left me with empathy, mindfulness, and the ability to smile through it when times get tough, and thanks to Canteen, I'll be able to demonstrate those skills at a job that I love. So just know that every donation to Canteen is priceless to the young people who you're supporting."



Connect with us

Share a pic of you in your new bold look and tag us **@CanteenAus** **#BigBoldHair** on your social media posts.

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bandannaday.org.au



Thank you for
going **BOLD** for
Canteen!