



Leave the world a better place

Help change the
future for rangatahi
impacted by cancer

canTeen
Supporting young people
living with cancer



**Cancer is
different
in the
world of
rangatahi**

Leaving a gift in your Will to CanTeen will help ensure no rangatahi face cancer alone.

Hearing the word 'cancer' is traumatic at any time, but imagine the shock when you're already facing the challenges of growing up.

Every year more than 4,200 rangatahi / young people have their world turned upside down by cancer and face the toughest challenge of their lives.

At CanTeen we get it; cancer can

be scary and isolating. As the only organisation solely supporting 13-24 year olds living with cancer, we encourage them to face the challenges of cancer head on.

From our beginnings, in 1987, as a group of young cancer patients passionate about improving the cancer journey for rangatahi in Aotearoa, CanTeen has grown into a nationwide support service for

rangatahi impacted by cancer.

Thanks to the generosity and ongoing commitment of our supporters, CanTeen now provides life-changing support for over 600 rangatahi every year. But for every rangatahi we help, there is another six we can't.

After you have made provisions for your family and friends, please

consider including a gift to CanTeen in your Will. Your generosity will help make sure CanTeen is there for all rangatahi impacted by cancer now and for generations to come.

A gift in your Will, no matter what size, is an amazing way to help ensure no rangatahi face cancer alone.



More than
4,200 rangatahi
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What we do

CanTeen provides a vital service for rangatahi impacted by cancer. Our team of Psychosocial Support Workers and Youth Workers offer a range of services and programmes tailored to an individuals specific needs and cancer experience.

Individual support

Cancer affects everyone differently and at CanTeen we get that. Our specially trained staff offer support and therapy to rangatahi face to face, over the phone or on skype to help them deal with the daily stresses that a cancer diagnosis can bring.

"I didn't have great support and friends found it difficult to relate to what I was going through.

"My Psychosocial Support Worker has been amazing. She provides one to one support and helps me deal with the tough stuff by teaching me coping strategies. I call her on the phone when I need to talk, and she is always there to listen. She knows a lot of things I haven't been able to talk to my friends about. She just gets it."

Dayna (left), age 17 when she was diagnosed with a carcinoid tumour in her left lung



With your
generosity CanTeen
can empower
rangatahi to build
skills and resilience to
embrace a life that's
been changed by
cancer

Peer support

Life can feel pretty lonely for rangatahi dealing with cancer - friends often don't understand what it's like. CanTeen connects rangatahi impacted by cancer to other rangatahi who are going through similar challenges.

"My favourite thing about CanTeen is that it gave me a space to be 'normal'. When I hadn't really met anyone my age who was juggling cancer, treatment, a job, and living away from home I felt really isolated - but I went to a CanTeen event and met seven others with Hodgkin's and I finally felt like 'woah, these

people get it!"

"You're bound to meet people like you at CanTeen, and when you've got cancer it's important to connect with others who have been in your situation."

Laura (above right), age 22 when she was diagnosed with Hodgkin lymphoma

“I would love to say a very big thank you to everyone who supports CanTeen. Your help ensures that all young people going through cancer don’t have to do so alone or without the amazing and unique support CanTeen provides.” ~ Mike



Activity days

Our Youth Workers host activity days and events all over Aotearoa connecting rangatahi with others their age who are going through similar challenges. Activity days provide rangatahi with much needed respite from the daily struggles that cancer brings. These days range from surfing and rock climbing to self-care workshops and movie nights.

“Without the support of CanTeen, I have no doubt that my treatment away from home would’ve been a lot lonelier and mentally tougher to go through. I wouldn’t have had the opportunities to meet the

incredible people I have or attend courses on dealing with cancer and becoming a better support person and leader. Ultimately, I don’t think I’d have had the opportunity to grow into the person I am proud of being today.

“When I finished treatment, I started attending events, local activities and camps, which were always full of fun and gave me the opportunity to meet so many amazing young people that’ve also had their lives affected by cancer.”

Mike (above right), age 20 when he was diagnosed with a brain tumour

Therapeutic programmes

CanTeen offers therapeutic programmes for rangatahi to connect with others in the same boat and learn self-care strategies and build resilience to face the challenges cancer brings. Programmes give rangatahi a safe space to talk about their difficult thoughts and feelings while making life-long friendships.

“I felt distraught, anger and disbelief when I found out my stepdad’s diagnosis was terminal. It all happened so quickly and before I knew it my life had been turned upside down. I didn’t understand

why something so unfair could happen to me and my family or how I was supposed to cope with losing someone I loved so much.

“CanTeen was the biggest form of solace in my life. The other members understood what I was going through and built me up with positivity, and I always had a shoulder to cry on. With CanTeen’s support I was able to work through my grief and overcome the challenges I faced.”

Rose (above), aged 17 when her stepdad was diagnosed with a brain tumour



“With CanTeen’s help, I was able to attend counselling to help get my life back on track.”
~ Lauren

All CanTeen programmes and dedicated support services are free of charge for rangatahi impacted by cancer

Online support

Regardless of where in Aotearoa rangatahi live, they can access online support 24/7 through CanTeen Connect. It’s a safe space to connect, chat and share stories with others in similar situations and counsellors are also available online or by phone seven days a week. The service has been expanded further with the launch of the CanTeen Connect app in August 2020.

“Mum was diagnosed in my first year of university. I was living away from home for the first time, and although my friends were supportive, no one really got it. I started to struggle with mental health issues, and eventually had to move back home.

“At CanTeen, I was able to connect with other young people who understood what I was going through. By connecting me with others who had faced the same challenges, and providing expert one-to-one support, CanTeen armed me with skills to get my life back on track.”

Lauren (above), aged 18 when her Mum was diagnosed with acute promyelocytic leukaemia



Youth Leadership

Youth leadership is central to who we are, what we do and how we do it. Through local and national leadership opportunities, we help rangatahi develop their communication skills, self-worth and confidence for the future. CanTeen also provides training and mentoring so rangatahi can support others going through a similar experience who need extra support in hospital or at home.

“Missing out on school was tough. And not just the academic side, I missed out on a lot of the social aspects of school too. I didn’t have the same experiences as my friends, everything was happening for everyone else, but my life was on hold.

“At CanTeen, I made friends with young people from around the country who ‘got it’. We talked via CanTeen Connect and it felt good, and it was easy, making friends with others on the same level and who I had things in common with. Being able to talk about the tough stuff, and bond over our horrible hospital experiences, normalised what I was



After six months of support from CanTeen, two-thirds of rangatahi experience reduced distress levels and improvements in mental health and overall wellbeing

going through.”

Leaton (left), aged 16 when he was diagnosed with nasopharyngeal carcinoma

“I remember being so scared during my treatment. I just can’t imagine how hard it must be for a young person facing the same experience.”



The gift of a lifetime

Miss Raewyn Kellett, who works at a local school in Timaru cleaning part-time, is a long-time CanTeen supporter. She celebrated her 20th anniversary of remission from breast cancer recently.

Her gratitude at celebrating such a milestone set her thinking. “I remember being so scared during my treatment. I just can’t imagine how hard it must be for a young person facing the same experience.”

So Raewyn decided to leave a gift to CanTeen in her Will.

“Leaving a bequest in my Will allows me to extend the hand of support to young New Zealanders dealing with the same pain and confusion I faced. If I can help even one young person to feel less alone during their cancer journey and really make the most of life while they can, then I will feel that I have really made a difference.”



Why we need your support

4,200 rangatahi every year are affected by cancer whether it is their own diagnosis, or that of an immediate family member.

That's 12 new rangatahi affected by cancer every day in Aotearoa:

- Every two days a rangatahi is diagnosed with cancer
- Every day 10 rangatahi will have a parent diagnosed with cancer
- Every day at least one rangatahi will have a sibling diagnosed with cancer

CanTeen is the only organisation in Aotearoa that focuses solely on supporting rangatahi aged 13-24 living with cancer and relies entirely on the community to fund the life-changing services we provide.



Ways to give

There are a number of different ways you can remember CanTeen in your Will depending on what suits you best. Your solicitor or trustee company can give you more information, but in general there are three major types of bequest.

Residuary legacy

The residue is what remains of your estate after all expenses and debts have been paid and other specific bequests and gifts have been distributed.

This means that once you've provided for your loved ones, you can leave the remainder of your estate, or a percentage of the remainder of your estate, to CanTeen.

This is the best way to support CanTeen as your gift is inflation-proof, you don't need to put a precise value on your gift and this type of gift doesn't lose its value over time. Its flexibility also means that it's unlikely to

need updating over time.

Pecuniary legacy

A pecuniary bequest is where you gift a specified sum of money to CanTeen in your Will.

Over time this can require revision due to inflation or changing circumstances.

Specific legacy

A specified bequest is where you gift a particular item or asset to CanTeen in your Will. Items can include things such as a house, proceeds of a life insurance policy, stocks and shares, works of art, vehicles, jewellery or other personal effects.

Make a lasting difference

Everyone can make a difference to the life of rangatahi impacted by cancer through a gift in their Will.

Whether you're having your first Will drafted, or you're revising your current Will, including a gift to CanTeen after you've taken care of your loved ones is easy. A simple Will can take as little as an hour to do.

We recommend that you seek professional advice when drawing up or revising your Will to ensure your wishes are carried out in the way you'd like. Everyone is different and so are their circumstances, so it's important that the legacy you leave is right for you.

If you already have a Will, you can simply add a 'codicil' which will supplement your existing Will without requiring it to be redrafted.

It's a good idea to discuss with loved ones why you're choosing to remember CanTeen in your Will, so they can support the achievement of your charitable goals when the time comes.

Suggested wording for leaving a gift to CanTeen in your Will

I give % of my estate or the sum of \$ (or description of property or assets) to CanTeen Aotearoa

("CanTeen") for the general purposes thereof and I declare that the receipt of the secretary, treasurer or other proper officer of CanTeen shall be a full and sufficient discharge to my trustee(s) for all moneys paid (property or assets gifted) under this gift and my trustee(s) shall not be bound to see to the application of this gift.

Leaving a legacy for CanTeen's 'general purposes' allows us to direct your generous contribution where it is needed most when the time comes.

Other important information for your solicitor or trustee company

- CanTeen's legal name is "CanTeen Aotearoa".
- CanTeen's physical address is Level 4/81 Grafton Road, Grafton, Auckland 1010.
- CanTeen's postal address is PO Box 56072, Dominion Road, Auckland 1446.
- CanTeen is a registered charitable trust. Our Charities Commission registration number is CC11087.
- CanTeen's GST number is 57-404-868.

Our promise to you

When you decide to leave a gift in your Will to CanTeen, you become a part of our extended family, and we will make a commitment to you:

1. We recognise your loved ones will always come first.
2. We will always respect your privacy – leaving a legacy is a very personal decision and we respect that. All conversations about leaving a gift in your Will are completely confidential.
3. We will ensure your gift has the greatest possible impact on the lives of rangatahi impacted by cancer for years to come.

After your family and loved ones are taken care of, we hope you will consider our extended family too. Your support will help make the present and future brighter for rangatahi.

Get in touch

Is CanTeen already in your Will, trust or other estate plans? Thank you! Please let us know about your generosity by completing the reply form on the next page. We'd love to hear from you so we can thank you, and because it can help CanTeen plan for the future. Your gift will remain anonymous if you wish.

Don't have a Will? You're not alone and now is a great time to start planning. Thank you so much for considering including a gift in your Will to CanTeen.

If you'd like to talk to us regarding any questions you may have, or if you would like to let us know your plans, please complete the reply form on the next page, or contact us for a strictly confidential conversation.

Contact information

PO Box 56072, Dominion Road,
Auckland 1446

P: 0800 226 8336

E: info@canteen.org.nz

www.canteen.org.nz



Reply Form

(private & confidential)

Title _____

First name _____ Last name _____

Address _____

_____ Suburb _____

City _____ Postcode _____

Home phone _____ Mobile phone _____

Email _____

☐ I've included a gift in my Will to CanTeen

☐ I intend to include a gift in my Will to CanTeen

☐ Please contact me for a confidential chat about including a gift in my Will to CanTeen

My gift to CanTeen will be (optional):

☐ The residue of my estate

☐ A percentage share of my estate

☐ The sum of \$ _____

☐ An item, or items of value (please state) _____

Please return your completed form in the freepost envelope provided or post to **CanTeen, PO Box 56072, Dominion Road, Auckland 1446.**

Thank you so much for your commitment to the future of CanTeen. Rangatahi impacted by cancer across Aotearoa will benefit from your lasting legacy.



canTeen

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living with cancer

www.canteen.org.nz
0800 CANTEEN • info@canteen.org.nz