



LEAVE THE WORLD A BETTER PLACE

Help change the future for
rangatahi impacted by cancer

CANTEEN

YOUR GIFT WILL HELP ENSURE NO ONE HAS TO FACE CANCER ALONE

Tēnā koe,

I've witnessed, as you may have, the crucial support that our rangatahi need when they face the challenges of cancer.

Thanks to our donors, Canteen's mental health support is already making a significant impact, with over 3,800 counselling and therapeutic sessions conducted annually. **But to continue and expand these vital services, we need your support.**

A gift in your Will is crucial for extending our support to more rangatahi in need and ensuring that we can continue serving thousands of rangatahi facing cancer in the future. By including Canteen in your Will, you make a profound contribution today while securing our services for years to come.

Your legacy will have a direct and lasting impact, providing essential support to thousands of rangatahi across Aotearoa during their most challenging times.

As a charity that relies solely on community support and does not receive government funding, every bequest is crucial for sustaining our mission and ensuring we can be there for all rangatahi who need us.

Your decision to support Canteen through a gift in your Will will make a meaningful difference to rangatahi across Aotearoa.

Thank you for caring about rangatahi whose lives are disrupted by cancer.

Ngā mihi nui,



Nick Laing
Chief Executive Officer



CANTEEN AOTEAROA

Rangatahi don't have to face cancer alone. Canteen is a safe space for rangatahi to connect, share the tough stuff, and get a break from cancer.

We support rangatahi aged 13-24 who:

- Have/had cancer.
- Have a parent or sibling diagnosed with cancer.
- Are dealing with the death of a parent or sibling.

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

All our services are completely free, to ensure that every rangatahi impacted by cancer has access to support when they need it. That's why we ask our community of generous supporters, like you, to consider leaving a gift in your Will, to ensure we can continue our vital support services.

Rangatahi cancer in Aotearoa

Around 4,200 rangatahi are impacted by cancer every year in Aotearoa. Whether it is their own diagnosis, or that of an immediate family member. 12 new rangatahi are impacted by cancer every day in Aotearoa:

- Every day 10 rangatahi will find out their parent has cancer.
- Every two days a rangatahi is diagnosed with cancer.
- Every day a rangatahi will have a sibling diagnosed with cancer.

We have hubs in Auckland, Wellington, and Christchurch. Each hub has a physical space and a Clinical Team who support local rangatahi in their region.



Rangatahi across Aotearoa will benefit from your touching gift, now and into the future. Their need has never been greater.





RANGATAHI SUPPORT

Cancer affects everyone differently and that's why Canteen provides a wide range of support services to help rangatahi manage the specific challenges they're dealing with. Canteen provides its services face-to-face, over the phone, via zoom, or online - so, no matter where in Aotearoa rangatahi live, they can access the full range of services.

Individual Support

Cancer impacts everyone differently and at Canteen we get that.

Our Clinical Team offers individual therapeutic support to rangatahi, no matter where they live in Aotearoa, to help them deal with the daily stresses that a cancer diagnosis can bring.

Our team of Youth Workers also provide individual support, either face-to-face, over the phone, or online.

“Canteen helped me feel like I wasn't alone on this journey and created a safe space that enabled me to learn and grow. I had individual support sessions which helped me feel 'normal.' Having a space to talk freely about my feelings, not just about cancer, made me feel valued and understood.”

Janine, age 20 when she was diagnosed with cancer.

Peer Support Events

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

“At Canteen we're able to share our experiences, bond, and feel the world out together. We're all here because something not great has happened, but at least something good has

come out of it. I have got to meet others and have distractions that were really helpful, especially for my mental health.

“It feels good to have genuine fun again, to just be a young person, because in certain situations you don't get that, so doing something fun again is really great.”

Tui, in high school when her passed away from cancer.

Therapeutic Programmes

Our clinical team run therapeutic programmes online, tailored to different cancer experiences. Such as Sensing our Grief, a group programme for rangatahi that have lost a loved one, which provides an opportunity to explore grief and loss through the five senses.

“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,

and as a teenager that felt like the worst thing in the world. Everything was happening for everyone else, but my life was on hold.

“Through Canteen, I was able to connect with others who had experienced the same challenges. It felt good being able to talk about the tough stuff, it helped normalise what I was going through.”

Leaton, age 16 when he was diagnosed with cancer





MEET QUINN

Quinn was diagnosed with a rare form of brain cancer when she was seven years old.

“I felt like I had grown and matured way before I should have, and no longer had the same outlook on life that others my age did. I became very isolated and started spending all my time alone in my room. It was tough and started affecting my mental health.

“I joined Canteen to make friends who could relate to my weird, not-so-normal life. It significantly improved my mental health and I have made some of my best friends through Canteen.

“Canteen camps are a crucial part of the support I received. Spending a whole weekend with other rangatahi who have been on a similar path to me, instantly connecting and becoming part of the whānau - there’s nothing better than that. Once I arrive at camp, I am instantly happier and feel like I belong somewhere.”



By leaving a gift to Canteen Aotearoa in your Will, your kindness will live on, improving lives long after you’re gone.



Camps

Canteen offers multiple annual camps that are completely free for rangatahi across Aotearoa to attend. Camps are tailored to the different cancer experiences of rangatahi. Each camp has a slightly different focus, but all aim to give rangatahi time to connect with others, be active, deal with feelings if they need to, and take time off from cancer.

“The events and camps helped me to connect with other rangatahi. One of my favourite events with Canteen is the annual CanSurf weekend away. I really love this weekend as Canteen

members come together and listen to each other, relating to each other’s experiences, and just have a laugh - it helped me not feel so lost. And of course, the amazing experience of learning how to surf.

“Canteen has provided me with opportunities to make long-lasting friendships, realise my leadership potential and nurture my confidence to be the best person I can be.”

Paige, age 8 when she diagnosed with cancer.



Rangatahi Development

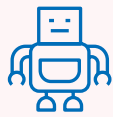
Canteen supports rangatahi to develop their confidence, social skills, and leadership abilities using a range of different pathways, programmes, and grants. Such as our Leadership Programme, which prepares rangatahi for leader roles, or our Rangatahi Development Grants, which financially support rangatahi for educational growth.

“The Leadership Programme at Canteen has allowed me to contribute to a space where people impacted by cancer feel safe and comfortable

sharing their stories. I’ve never felt so welcomed into a space and it’s such a precious moment in my life that I’m so grateful for. Attending Leadership Camp led me to refocus my shift in life. It really motivated me to get more involved in helping others who have had similar experiences to me. I want to help make sure that everyone who has access to Canteen’s services can have an equally amazing experience as I did, and more.

Tommy, aged 13 when he was diagnosed with cancer.

96% would recommend Canteen to other rangatahi impacted by cancer.



Robots Project

The Robots Project was developed by Canteen to support rangatahi undergoing treatment to stay connected to their education and peers. Our robots (the Kubi) are remotely controlled telepresence devices that can keep rangatahi connected to their classroom through video conferencing technology.

“The Kubi Robot has worked really well to help me feel connected to my class, teachers and peers. My friends at school have carried the robot around the school grounds and corridors, which allowed me to connect with peers - I loved it!”

Rangatahi member



Rangatahi Development Grant

We support rangatahi with financial assistance to ensure rangatahi impacted by cancer continue to grow and thrive.

“Last year, upon receiving a cancer diagnosis, I juggled full-time employment and studies until I had to take a break from both for treatment. Luckily, I got the chance to go back to studying this year thanks to the Canteen grant.

“These resources have not only made studying more manageable but also eased fatigue for me. Without the Canteen Rangatahi Development Grant support, I wouldn’t have been able to afford these essential supplies, which I am forever grateful for.”

Melanie, aged 23 when she was diagnosed with cancer.



Canteen Connect

An online community for Canteen rangatahi that can be accessed online or via an app. It gives rangatahi a safe place to connect with others impacted by cancer, join online events, or chat with a Canteen Connect counsellor, all from the privacy of their own space.

“About halfway through my chemo treatment I signed up to Canteen Connect, an online platform and app run by Canteen, and started to chat to a few people on there. As I was immune compromised, it really helped, as it was my only way of connecting with other rangatahi.

“I felt like nobody understood what I was going through. Canteen was a place where I could get to know others on the same journey and that made me feel less alone.”

Mikyla, age 21 when she diagnosed with cancer.



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



MEET JOSH

Josh was diagnosed with a rare form of blood cancer when he was 9 years old.

“I had to mature much faster, because of my treatment side effects. My family, as much as they tried, could never really understand what I was going through, and I know I used to get depressed a lot because of this.

“The support Canteen gave me has been invaluable for me. I honestly don’t know where I would be without it.

“Due to the encouragement of Canteen I’ve grown my confidence and belief in myself, which supported me to join the Leadership Programme, attend the Aspiring Leaders Forum as a nominated delegate, and take on a position as a Member Director on the Canteen Board.

“I believe Canteen is one of the most important services for all of our rangatahi, as mental health is deeply affected by any cancer journey.”



WHY WE NEED YOUR SUPPORT

Hearing the word ‘cancer’ is overwhelming at any stage of life, but imagine the shock when you’re already facing the challenges of growing up. Every year, more than 4,200 rangatahi have their world turned upside down by cancer, facing one of their toughest challenges.

From our beginnings in 1987, when 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 those impacted by cancer.

Thanks to the generosity and commitment of our supporters, Canteen now provides life-changing support for over 750 rangatahi each year.

Canteen receives no direct government funding, relying entirely on the generosity of our community to fund these vital services. A gift in your Will, no matter its size, is an incredible way to help ensure no rangatahi face cancer alone.

**For every rangatahi that we support,
there are six that we can’t.**



“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.”



A GIFT OF A LIFETIME

Raewyn, who is a Timaru local, has been a dedicated supporter of Canteen for many years. Recently, she celebrated a deeply meaningful milestone—20 years of remission from breast cancer.

Reflecting on her journey, Raewyn shared, “I remember being so scared during my treatment. I can’t imagine how hard it must be for a young person having to go through something similar.

With that in mind, Raewyn made a compassionate decision: to leave a gift to Canteen in her Will.

“Including 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.”



EVERYONE CAN MAKE A DIFFERENCE

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.

Including a gift in your Will is a powerful act, simple to do, doesn’t impact on your day-to-day living and gives satisfaction knowing that your generosity lives on.

Whatever the size, your gift is important to us

Gifts of all sizes make a huge impact. Even 10% or 5% of your estate can make a positive difference to so many rangatahi.

We know that when you make a Will, your priority is to provide for your loved ones. But after they are looked after, you can continue to support the causes that matter to you by leaving a gift to your chosen charity.

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.





LEAVE A LASTING LEGACY

There are several different ways you can remember Canteen in your Will depending on what suits you best. There are three main types of bequests:

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 rangatahi impacted by cancer.

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.

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 Incorporated."
- Canteen's physical address is Level 6/ 110 Symonds Street, 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.



87% of rangatahi who used Canteen's services said their mental health improved.

84% said they could now deal more effectively with problems.





We're here to support you to make the decisions that are right for you.

Your gift is in confidence

We understand that making your Will is a very personal matter, and as such any personal information that you share with us will be kept in absolute confidence.

Loved ones come first

It is important to us that you look after your family and friends first. Once they have been taken care of, any gift to Canteen – no matter how big or small – goes a long way in ensuring rangatahi don't face cancer alone.

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.

A legacy well spent

We will respect your legacy by putting your gift to good use. We will provide a safe space for rangatahi impacted by cancer to connect, share the tough stuff, and get a break from cancer.

We'd love to hear if you've chosen to include us in your Will – but you don't have to tell us. If you do choose to let us know, we'd really just like to say thank you.



CANTEEN



Safewill provides an easy and affordable solution

Canteen has partnered with Safewill, New Zealand's leading online Will-writing platform, to offer you the opportunity to create an affordable Will from the comfort of your home.

It takes as little as 20 minutes to complete, and is reviewed by their affiliate law firm, Safewill Legal, to ensure it has been filled out correctly.

Whilst writing a Will online may not be for everyone, particularly those with complex estates, Safewill covers the basics features of Will writing including executorship, appointing guardians for your children and pets, and estate distribution. Safewill also allows you to leave behind meaningful gifts, create comprehensive asset lists for your executor and specify funeral instructions.

Although there is no obligation, including a gift in your Will to Canteen, means that you have the power to leave a lasting impact on a cause that matters to you. It's a meaningful way to contribute to a cause that aligns with your values, without affecting your financial well-being during your lifetime.

Canteen supporters can write their Will for just \$80 (usually \$160). You are free to make as many changes as you like, free of charge for a whole year after its initial completion. Thereafter, there is an entirely optional \$15/year subscription fee. You can opt out at any time through your account settings.

Learn more about how leaving a gift in your Will can support rangatahi impacted by cancer.

SCAN ME



“Your generosity will have a meaningful impact in the lives of rangatahi, like me, and allows Canteen to keep providing amazing services.”

Finn, age 14 when his sister was diagnosed with cancer.



THANK YOU

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.

Don't have a Will? You're not alone and now is a great time to start planning! Any gift in your Will to Canteen, large or small, will bring hope to those impacted by cancer, and enable us to continue our work with rangatahi within the community. 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.

We're here to help

PO Box 56072, Dominion Road, Auckland, 1446

0800 226 8336

info@canteen.org.nz

canteen.org.nz

The inclusion of a gift to Canteen in your Will represents an extraordinary act of generosity and compassion for rangatahi across Aotearoa impacted by cancer.



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.org.nz

 0800 226 8336

 info@canteen.org.nz

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