canteen

Annual Report 2015

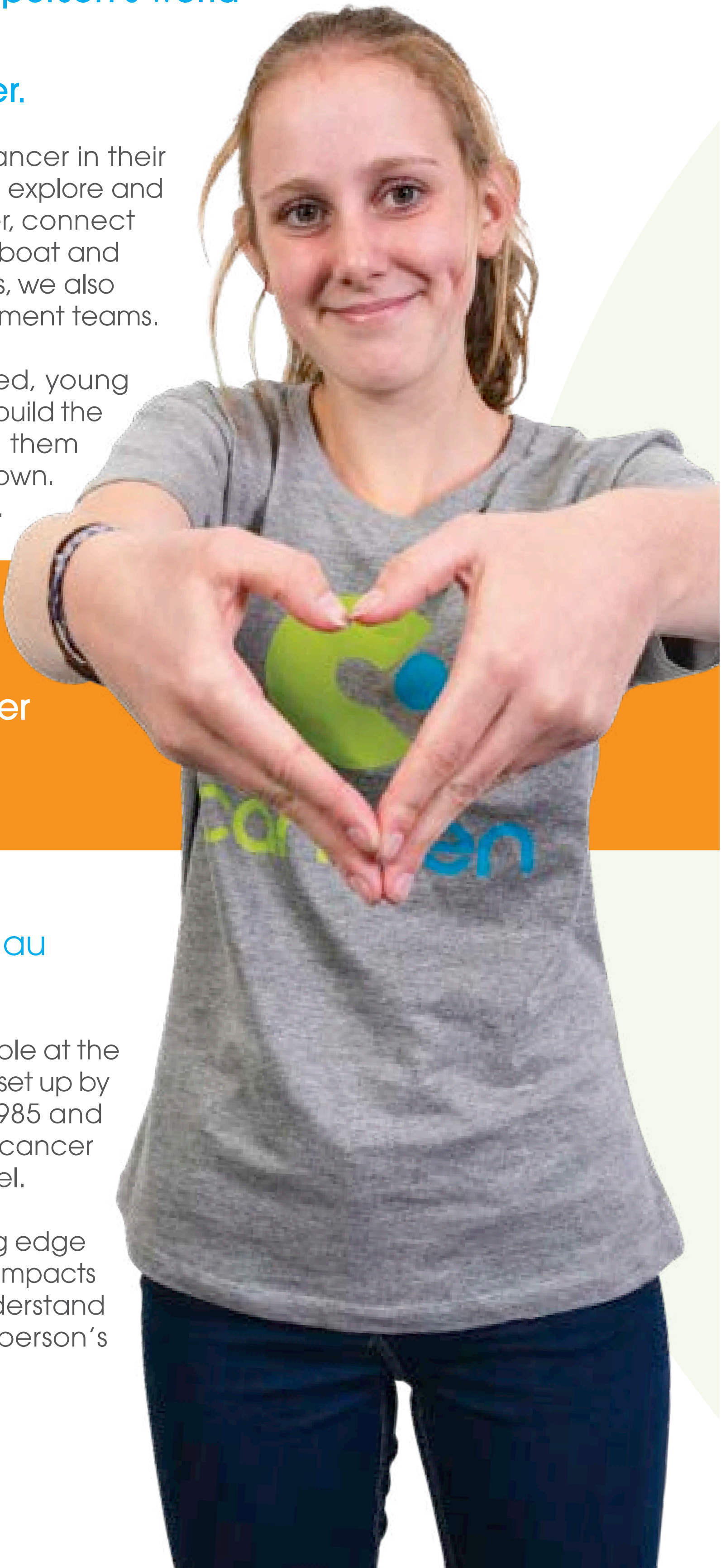
About CanTeen

We get it. Just when life should be full of possibilities, cancer crashes into a young person's world and shatters everything.

CanTeen is the game changer.

We help young people cope with cancer in their family. Through CanTeen, they learn to explore and deal with their feelings about cancer, connect with other young people in the same boat and if they've been diagnosed themselves, we also provide specialist, youth-specific treatment teams.

By feeling understood and supported, young people develop resilience and can rebuild the foundations that crumbled beneath them when cancer turned their life upside down. That's how CanTeen is the difference.



If you know a young person who might need support dealing with cancer in their family, please tell them about CanTeen.

Visit: canteen.org.au
Email: support@canteen.org.au
Call: 1800 835 932

CanTeen works by having young people at the centre of everything we do. We were set up by a group of young cancer patients in 1985 and still have young people affected by cancer guiding the organisation at every level.

Combined with our incredible leading edge research into the emotional and social impacts of cancer, it ensures that we truly understand how cancer is different in a young person's world.

Did you know?

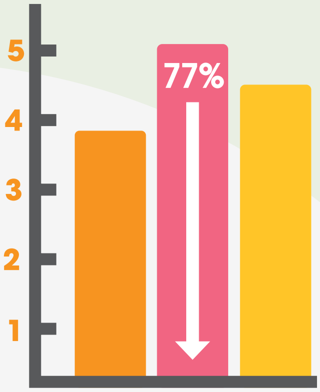
23,000

young people have to face the hard challenge of cancer every year - whether it's their own diagnosis or that of their parent, brother or sister.

That's around 63 young people every day.

½

of the cancer types that affect young people still have a 5-year survival rate below 77%.



More than half
of adolescent and young adult cancer survivors experience problems moving back to full time work or study.

Around 6 in 10 young people with a sibling or parent with cancer experience high or very high levels of psychological distress.

Contents

Message from the CEO

We have just completed a wonderful year with staff working incredibly hard across all areas as well as implementing world class initiatives to ensure very good outcomes for young people living with cancer. More young people were provided with greater support options than ever before.

There are many highlights, but one of the biggest for the year was the launch of our world-first online support service for young people living with cancer by Senator the Hon Scott Ryan. Now young people whose lives have been rocked by cancer, regardless of where they live in Australia, can access peer support 24/7 and online and telephone professional counselling seven days per week. Young people can see video stories, comment on blogs and forums, post their own stories and connect with other young people going through a similarly earth-shattering experience. My sincere thanks go to the Australian Government for their co-investment with CanTeen in the development of this tremendous online service.

Our Youth Cancer Services are hospital-based treatment and care teams made up of youth-specific health professionals including doctors, nurses, psychologists, social workers and exercise physiologists. These services are now seeing almost 70% of all newly diagnosed young cancer patients requiring hospital treatment right across Australia. Of real note is the fact that we are now being seen by cancer organisations across the world as leading the way with our model of hospital-based care. I want to acknowledge the great partnership we have with the Australian Government who provide the funding to CanTeen and all of the State Governments in delivering this major reform to the care of young patients.

Our community-based services provide individual practical assistance, face-to-face counselling (funded through the generosity of nib foundation) and our powerful and fun peer support programs. We continue to fund all of the costs for young people attending the programs, including accommodation and travel as well as the social workers and youth workers who support young people both on programs and in their daily life.

Critically important to us is the quality of our services and so all of our work is underpinned by research undertaken by our dedicated, internationally regarded research and evaluation team. We have also continued to provide training to our staff across the country to ensure young people get the best, evidence-based support.

We have also focused on leadership skill development for CanTeen's young leaders with two national programs each attended by over 100 young leaders. In addition, our young Board Directors have received Australian Institute of Company Directors and other training opportunities.

Similarly, we have initiated a leadership development program for our management team to further develop the capacity of the organisation's leaders because we are all incredibly focused on changing the life experience of each and every young Australian affected by cancer.

You may have noticed a different looking Annual Report and CanTeen brand. Changing the brand has been part of telling a different CanTeen story to the community. Our research tells us that around 70% of people still think that we deal just with young patients; only 30% know that we support young people whose immediate family members have cancer or have died from cancer.

I want to close by extending my heartfelt thanks to all of those people in the community who donate generously and consistently because they care deeply about young people living with cancer - you are the absolute bedrock that supports all of the work that we do. Your wonderful kindness and our careful financial management has ensured that we are in a strong financial position, which is extremely important as we begin to significantly grow the number of young people that we support over the next two years.

Peter Orchard, CanTeen CEO

Message from the President

2015 marks CanTeen's 30th anniversary and we have had some incredible success stories that couldn't have happened without our Members, the hard work from everyone at CanTeen and the generosity of our supporters.

This year Members have supported the work of the organisation in some pretty amazing ways. As well as providing regular input into the delivery of local programs and fundraising initiatives, Members contributed to some of CanTeen's major projects. They were consulted at every stage of development for the new CanTeen website and influenced decisions about design, content and functionality. One of CanTeen's long standing programs known as Division Camps had an overhaul and Members provided input to ensure the program continues to hold the essence of CanTeen's culture.

To support young people with the work we do for the organisation, two National Leadership Programs are held each year and are a highlight of the CanTeen calendar. The Executive Development Weekend provided skill development, networking opportunities as well as attending and voting at the AGM, while the National Leadership Program in January brought together more than 100 CanTeen leaders for five days of recreation, inspiration, team-building and training. Both these programs allow Members to build national peer support networks.

This year we have worked to integrate our national youth representative groups which are made up of the of Member Advisory Council (the MAC), the Member Directors and the National Youth Advisory Group (NYAG) for the Youth Cancer Services. The NYAG attended both leadership programs and have met the MAC and Member Directors in combined training, meetings and networking events throughout the year.

The last 12 months have seen an incredible focus on youth leadership at CanTeen to reaffirm our model of empowerment, which has been core to CanTeen since its beginning.

Reflecting on our 30th year, we decided to embark on a journey to refresh the CanTeen brand. As always, young people were engaged in every part of the process and we are really happy with the result. We can now move forward with a fresh new look and message that shows the multiple ways we are supporting all young people living with cancer.

So I just want to say thank you to my fellow Members, the CanTeen staff and our incredible community of supporters.

Ali Duncan, 24
National President, Chair of the Board of Directors and Bereaved Offspring Member

My Story - Ali, Age 24

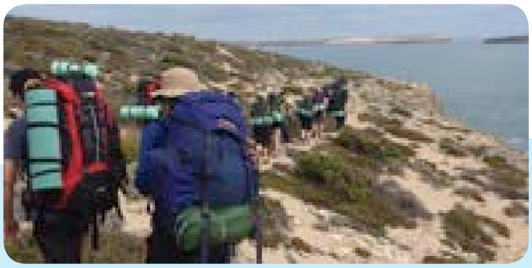
I was 13 when my Mum, Jule, was diagnosed with inoperable lung cancer, so I guess you can say my whole adolescence has been defined by cancer. When I joined CanTeen as a young, energetic and loud teenager, Mum was going through her first round of chemotherapy. It was a success and I felt like we had survived and that things were starting to get back to normal.

It wasn't the case. Mum's cancer returned and her second round of chemo was unsuccessful. They told us the cancer had spread to her brain and that she only had about three months to live.

Mum was pretty tough and was determined to see Christmas so she held on for five more months. Mum died in February 2006, two weeks into my Year 10 school certificate year. The only constant throughout this time was the support CanTeen provided me. When Mum died, some of my CanTeen friends became like my family. CanTeen has truly helped deal with losing Mum while still getting on with life.

This year I am celebrating my 11th year as a Member of CanTeen and I'm glad to say that I still feel as proud and blessed to be a part of the organisation as I did on my first day.

Our achievements in 2014/15

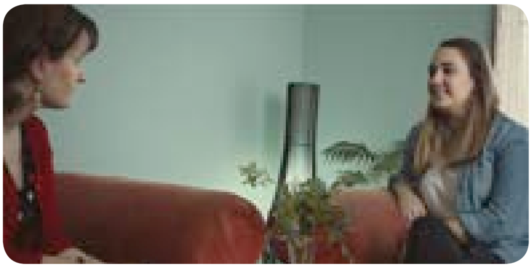


189

CanTeen camps and Recreation Days held for young people living with cancer.

1,210

young cancer patients supported through the specialist, hospital based Youth Cancer Services.

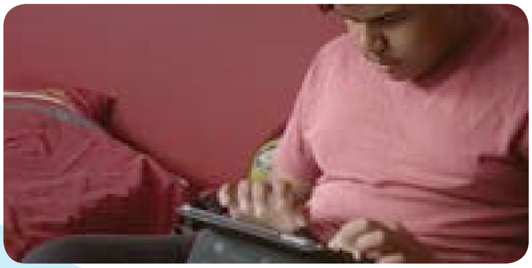


2,923

counselling sessions provided to help young people cope with cancer.

15,520

books provided to guide young people through the challenges of living with cancer.



90,000

visits to our online support service.

My Story - Laura, Age 19

I was in Year 6 when cancer came into my life for the first time. I was the last in the family to find out that Dad had been diagnosed and I felt like they were telling me he was going to die.

About a year later, my 16 year-old brother Nathan dropped to the ground with a seizure while we were on a family holiday. With no history of epilepsy, it took lots of visits to different doctors to figure out the cause.

Nathan had brain tumours. Plural.

Being a teenager is already tough enough. But when you live with the extra burden of cancer, it forces you to look at things differently. The family dynamics change and you have to mature really fast.

Dad fought hard. He got a bit better and even went back to work. But then he would need time off again. He cycled between the two for over four years. Finally, it took away his oxygen and landed him in ICU, where he just couldn't fight any longer. I was 16 when he died.

I'd joined CanTeen a few years before Dad's death. Through CanTeen, I've met other young people going through similar things and it's been so important and comforting to know that I'm not alone in what I'm experiencing, that someone else is thinking what I'm thinking and feeling what I'm feeling. Your other friends just don't understand what it's like, but people at CanTeen get it.

I've also had other support like being able to talk to my CanTeen counsellor Jess. She helps me deal with my grief and I can share thoughts and feelings with her that I just can't tell other people because it might upset them.

Cancer forces you to step up. You have to pick up the slack and play a bigger role than you might've liked. There's no hiding.

But once you learn the skills to cope, you don't need to hide anymore.

My brother is 23 now and waiting to go through chemotherapy and radiation shortly to treat a now active tumour. We're both actively involved as young leaders in CanTeen and want to help other young people as much as we can no matter what happens.

Watch more of Laura's story at:
youtube.com/CanTeenAustralia

2015 is a significant milestone in CanTeen's history – our 30th anniversary!

CanTeen started in 1985 when six young cancer patients were brought together to share their experiences by a group of passionate health professionals. They formed the Teenager Cancer Patient's Society and started organising the first camps for young people diagnosed with cancer and their siblings.

Since then, we have grown to be an organisation for all young people aged 12-24 who are affected by cancer, including those whose parents have cancer or have died from cancer.

While peer support continues to be at the heart of CanTeen, we now also offer a wide range of professional services including counselling, world-leading online support and specialist hospital care.

Looking ahead, our goal is to double the number of young people we support by 2017.

TURNING 30!

2014

Launch of world-leading online support service, providing counselling, information and peer support to young Australians seven days a week.

2015

CanTeen launches a campaign to raise awareness of the frequently overlooked impact that cancer has on young people.

2010

CanTeen starts offering face-to-face counselling services to enhance the power of peer support.

10's

2009 - 2013

Youth Cancer Services launched in hospitals across Australia offering specialist, age-specific support for 15-25 year-olds with cancer.

YOUTH CANCER SERVICE

2004 - 2006

Epic fundraising missions include climbing Kilimanjaro and Sam Johnson's memorable 1000km unicycle across Australia.

2001

CanTeen expands services to support young people whose parents have cancer or have died from cancer.

00's

1994

National Bandanna Day is born 21 years later, almost six million bandannas have raised $30 million+ for CanTeen.

1993 - 2003

Andrew Denton breaks ground talking about youth cancer in his 1993 and 2003 documentaries.

90's

1985

Six young cancer patients were brought together by a group of passionate health professionals to found CanTeen, the 'Teenage Cancer Patients Society'.

80's

My Story - Claire, Age 49

Claire Williams (left), one of CanTeen's founding members with CanTeen's National President Ali Duncan.

In 1985, I turned 13 and was once again out of school to have more treatment for Acute Lymphoblastic Leukaemia.

I can clearly recall how lonely I felt in hospital, being surrounded by young children or elderly patients. I only met one other teenager at the time who tragically passed away and I didn't really discuss my feelings about everything I was going through.

Having cancer treatment as a teenager is bad enough, but missing school and feeling so isolated meant I became acutely shy. Luckily, things were all about to change.

A small group of staff from the Prince of Wales Hospital managed to secure some funding to run a one-off camp where young people could meet other teenagers going through the same thing.

If you talk to my parents they will always say they had this painfully quiet child who they sent away to a camp. I came back to them as a bubbly, chatty girl who later went on to throw herself into public speaking and fundraising – the camp really transformed my outlook and was the first step of what would be a very different future.

CanTeen developed from that first camp. From the beginning we agreed that CanTeen would be driven by young people. I went on to become the National President, got a psychology degree and later on I even worked for the organisation as the NSW Coordinator.

I'm thrilled that CanTeen is still here for young people today and in the future, it's such a valuable thing.

CanTeen has made me who I am today.

A new look for CanTeen

Looking ahead, CanTeen is setting ambitious new goals to reach more young people who need support when cancer turns their world upside down.

In order to determine how best to achieve this, CanTeen conducted research into the community's perceptions of CanTeen. We found that:

- 64% of Australians have heard of CanTeen.
- Two thirds of the community do not realise that CanTeen supports young people who have a parent or sibling with cancer.
- 70% are unaware that CanTeen supports young people who have lost a parent or sibling to cancer.

To reach our goal of doubling the number of young people we help by 2017, we clearly needed to ensure that more Australians know about CanTeen and, in particular, that more people understand that we support young people dealing with cancer, in their family as well as young cancer patients.

We therefore decided to make some changes to the way CanTeen communicates and presents itself to the community as a way for us to tell a new story about the work CanTeen does.

As part of our 30th anniversary celebrations in July, CanTeen launched a fresh and contemporary new look and logo alongside a new awareness campaign aimed at educating the community about the range of young people CanTeen helps.

The campaign features four young people who each have a different cancer experience, but who have all been supported by CanTeen.

Watch the awareness campaign
at youtube.com/CanTeenAustralia

My Story - Tori, Age 21

Mum was diagnosed with terminal breast cancer in 2010. I was 16 when I heard about Mum's cancer and I struggled to come to terms with the fact that she would never go into remission.

In 2012, after several months of scans, chemotherapy, radiation and countless doctors' appointments, Mum was told that her cancer levels where increasing. At this point I was scared as I knew it meant more chemotherapy and radiation and all the complications that come with it, but I also knew that without this medication the cancer would keep growing and spreading and would eventually kill her.

At the end of 2013, I enquired about counselling sessions because I felt like I was still struggling with everything Mum was and had gone through. My first session came a few days after Mum went in for emergency surgery and was in an induced coma.

We were told she had less than a 50% chance of survival and the doctors had done all they could and it was now up to Mum. After five weeks in ICU and four weeks in the general ward doing physical therapy and getting her strength back, Mum was finally allowed to come home. She has made a full recovery and is in a completely different place to where she was.

Throughout Mum's journey, I struggled with coping with all the information. The first three and a half years I would find out the bare minimum and I still struggled with knowing that information.

Starting counselling helped me cope and I found I could support my family more as my mind was clearer. Since I started counselling I have noticed a difference in the way I feel about things. I know that whatever I go through, I will always have someone to talk to. Before I had always felt alone.

From the moment I started counselling it was a relief, because I knew I had someone that would listen and help me with decisions and understand what I was going through when things got hard.

CanTeen Counselling Services

Fact: Around six in ten young people that have a sibling or parent with cancer experience high or very high levels of psychological distress.

Young people living with cancer are much more likely to experience high levels of psychological distress, which can manifest itself in dark thoughts about suicide or self-harm, drug or alcohol abuse as well as other dangerous behaviour.

CanTeen Counselling Services are confidential and completely free. Our specially trained counsellors give young people a safe space to talk about thoughts and feelings they might not want to discuss with friends or family, while also helping them develop strategies to cope with their cancer experience.

Young people can choose to have counselling one-on-one or as part of a group and sessions are offered:

- Online through chat or email.
- By phone.
- Face–to-face (in Sydney, Melbourne,Brisbane, Perth and Newcastle).

Sadness, anxiety and grief don't stick to business hours so neither do we. Online, phone and email counselling is available 10am-10pm weekdays and 11am-6pm on weekends.

During 2014/15, CanTeen provided 2,001 counselling sessions face-to-face and a further 922 counselling sessions online through chat, email or phone.

CanTeen Counselling Services are supported by generous funding from nib foundation and the Australian Government through the Department of Health.

Key Achievement: Providing 2,923 counselling sessions to help young people cope with cancer.

My Story - Oli, Age 17

2011 was a year to remember, but not for the best reasons. I found out my Mum had cancer. It was the worst news I had ever heard in my life. I never knew one word could change my life so easily.

It was heartbreaking to know that she couldn't come to my first day of high school because of chemotherapy. As a Year 7 student I was meant to be having fun, playing sport and enjoying school, but it was hard to do those things without thinking of how my Mum was getting through the day.

When Mum was diagnosed, I didn't know how to react because all I knew about cancer was that people died from it. I was scared for her and didn't want to lose her. Those were the only things going through my head, all day and every day.

I didn't have much information from anyone about cancer. It was hard seeing my Mum in a state where she couldn't get out of bed or do much with my brother, Dad and I. One of the worst memories I have was when Mum came out of her room crying to my Dad because her hair had started to fall out. From that moment I knew it wasn't going to be an easy journey.

I really didn't know how to deal with my feelings about cancer, but one day Mum came home from treatment and had a call from a friend who also had cancer. Her friend's children were CanTeen Members and she suggested we join too.

Joining CanTeen has been one of the best decisions I've made, it's had a massive impact on my life. CanTeen helped me with the way I coped with cancer. Going on camps made me realise that there are other people in the same boat as me and that I could express how I felt. It feels like one big family and I'm grateful for what CanTeen has done for me.

My favourite thing about CanTeen is being able to express myself without others judging and talking to people who understand what I'm going through because they have been through the same thing. It's just an amazing experience.

Mum is now in remission and is slowly recovering. If it wasn't for CanTeen, I don't think I would be the person I am today. I'm able to express myself, I've become more confident and the best part is I'm happy.

Watch more of Oli's story at:
youtube.com/CanTeenAustralia

Online support

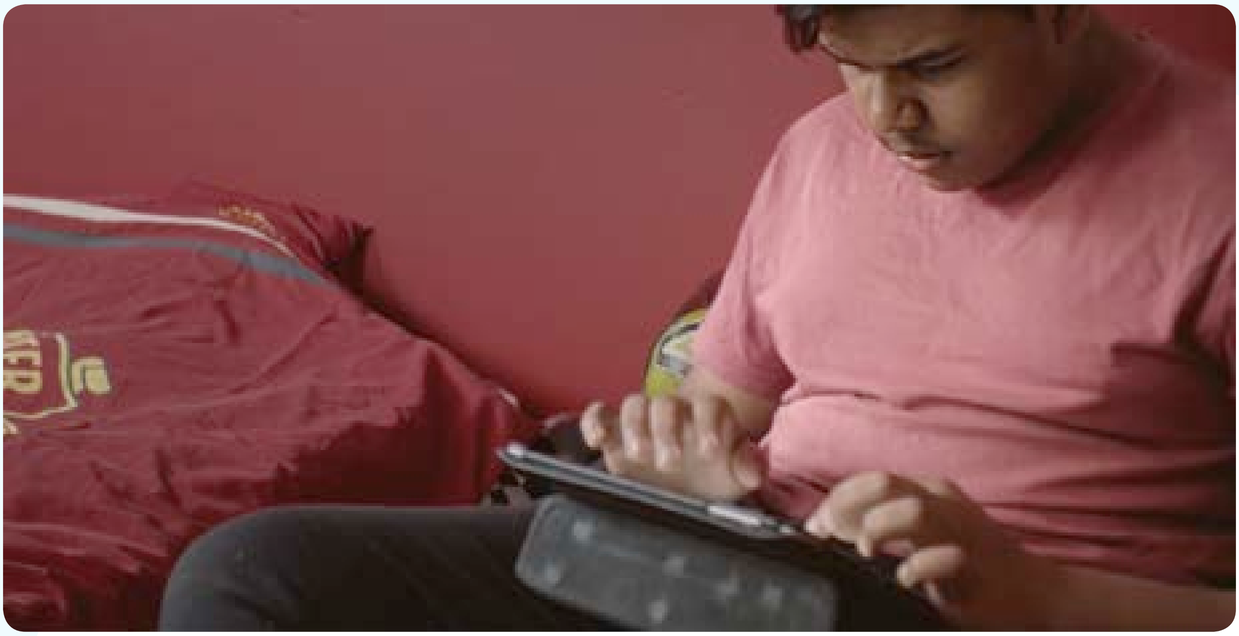
Fact: More than half of all young Australians seek help online for important issues like general and mental health.

Online support is transforming the way CanTeen helps young people deal with the impact that cancer has on their life and will help us reach more young Australians, especially those living in regional and remote areas, in the future.

As a result of funding received from the Australian Government, CanTeen began providing world-leading online support in 2014.

The service was officially launched by Senator the Hon Scott Ryan on Friday 17 October 2014 and became fully integrated with the CanTeen website in July 2015.

The aim of the service is to meet the unique psychological, emotional and social needs of young people living with cancer and to help these young people experience optimal psychological well-being and resilience throughout their cancer journey.



At canteen.org.au, young people affected by cancer can:

- Access a secure online community 24/7 where they can connect with others their age, share their experiences and get support from people who truly understand what they're going through.
- Chat to a CanTeen counsellor seven days a week via phone, chat or email.
- Find youth-specific information about cancer and how to deal with it.

CanTeen's vision is that the website will ultimately become a leading online destination where all young people living with cancer can find information, connect with each other, get support and access professional counselling.

During 2014/15, there were:

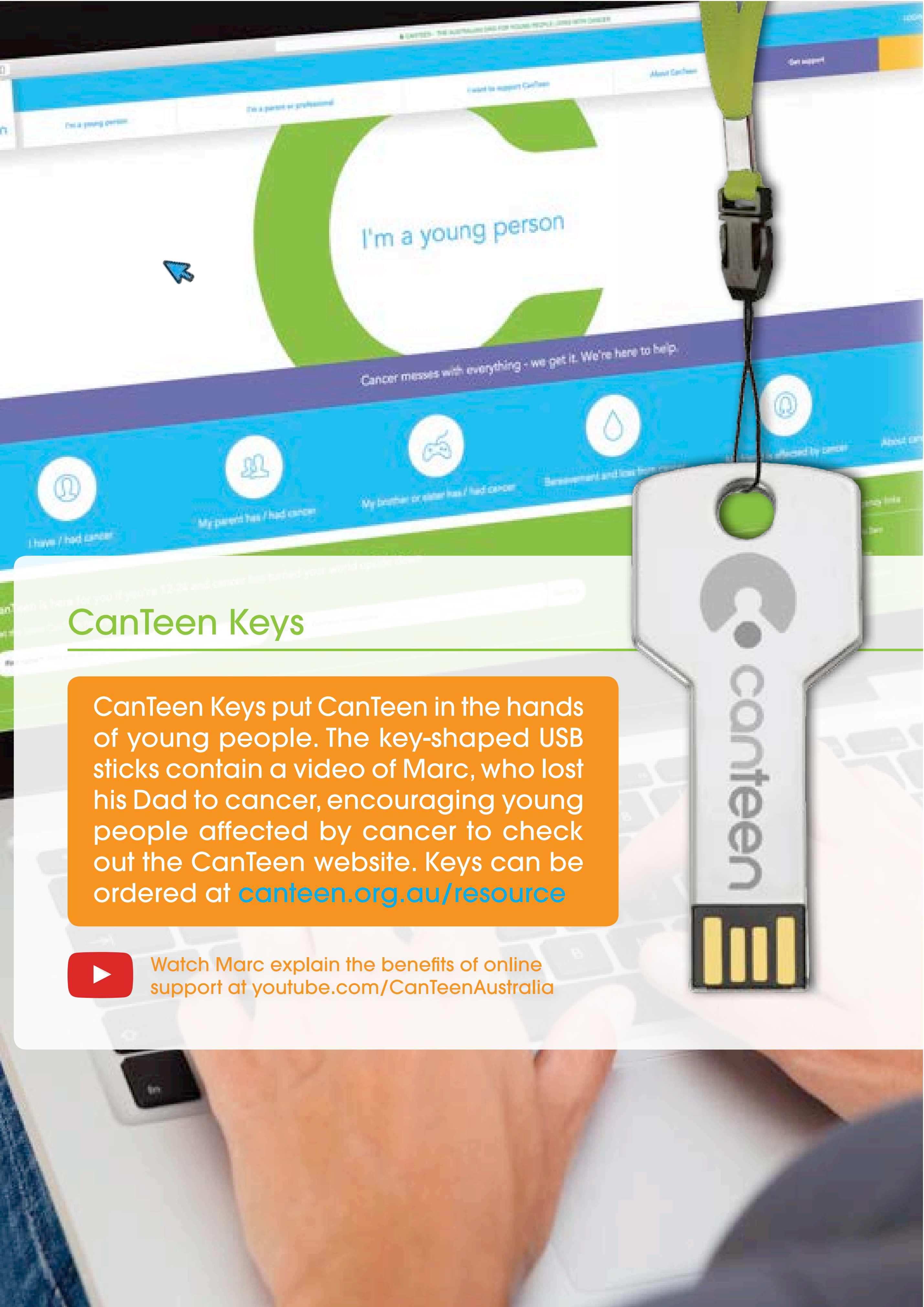
- 90,000 visits to the online support service.
- 922 email, phone and chat counselling sessions.
- 439 young people registered (61% offspring or bereaved offspring).
- 299 posts made on forums.
- 34 young people shared their stories via blogs and real life stories.

Providing CanTeen's core services – peer support, information and counselling – using online and mobile technology ensures that young people can get the support they need in an environment where they both spend significant time and feel comfortable.

In turn, this helps a much greater proportion of the 23,000 young people affected by cancer each year get the help they need.

An independent evaluation of CanTeen's Online Support Service has been underway since the service began. An interim evaluation report was provided to the Australian Government Department of Health in March 2015, which focused on CanTeen's approach to developing the service. The evaluation found that the service utilised good project management principles, well-designed IT systems and clinical services that enabled high quality support services to be delivered to young people in a way that met their needs and expectations.

Key Achievement: Having 90,000 visits to CanTeen's Online Support Service.



CanTeen Keys

CanTeen Keys put CanTeen in the hands of young people. The key-shaped USB sticks contain a video of Marc, who lost his Dad to cancer, encouraging young people affected by cancer to check out the CanTeen website. Keys can be ordered at canteen.org.au/resource

Watch Marc explain the benefits of online support at youtube.com/CanTeenAustralia

My Story - Alix, Age 21

I first joined CanTeen when my Dad was diagnosed with prostate cancer in 2004 – I went on camps and really enjoyed meeting other young people. At the time, I didn't fully understand the impact his cancer diagnosis was going to have on the rest of my life.

When I was about 15 things started to sink in. If life wasn't hard enough with school and the rough task of figuring out my identity, I had the thought of my Dad not being around on my mind. I became an emotional wreck and because of this I lost a lot of my friends. CanTeen was a key support in my life at this time.

Towards the end of 2012 and early 2013, Dad was in and out of the hospice for respite and pain management. He never looked or acted sick though so I was in denial that things were coming to an end. Dad died in March 2013.

A few months after he died, I felt like my life was falling apart bit by bit. My Mum and brother moved away, my boyfriend and I broke up, my best friend and I were losing touch and I was slowly coming to the realisation that I had lost one of the most important people in my life.

CanTeen felt like the one consistent thing in my life at the time. Being able to connect with other young people who had also lost parents around the same time as me was something I cherished.

To be able to express the thoughts and feelings I was having, which I thought were weird, and have people know exactly what I was talking about was a massive help.

Around this time, CanTeen started providing support online, including counselling. Often I would be overwhelmed with emotions at night when there was time to think so one night I decided to give the counselling a go and found it extremely helpful.

It was so great to be able to talk to someone who is trained in talking to young people who have been affected by cancer and talk to them when I needed support the most.

Youth Cancer Services

Fact: Every year, around 1,000 young Australians aged 15-25 are diagnosed with cancer with around 75% needing in-hospital treatment.

The Youth Cancer Services (YCS) provide age-appropriate treatment and support for 15-25 year olds diagnosed with cancer through specialised, multi-disciplinary teams of oncologists, nurses, psychologists, social workers and other allied health staff.

YCS are funded by CanTeen in partnership with the Federal, State and Territory governments.

Five lead hospitals based in Sydney, Brisbane, Adelaide, Melbourne and Perth collaborate with more than 20 other hospitals to provide nation-wide coverage.

During 2014/15, the Youth Cancer Services treated and supported 1,210 young cancer patients. Compared to 2013/14, there was a 33% increase in total patients treated and supported, including a 23% increase in newly diagnosed patients referred to the services.

Young people are actively involved in shaping the YCS. The National Youth Advisory Group provides regular input on service design, delivery and evaluation as well as contributing their youth and patient-specific perspective on research studies. The group has also undergone professional development in leadership and research participation and has played a pivotal role in advocating with CanTeen to both Federal and State governments.

Over the past year, there has also been significant progress on national YCS priorities, including:

- Workforce development - ongoing professional development has been provided to around 120 health professionals and 10 tailored, post-graduate scholarships have been awarded. An advisory group has been established to inform and support the development of a comprehensive and sustainable workforce across the YCS.

- Research - a Survivorship Scoping Study has been undertaken, three research studies have been co-funded by CanTeen and the Australia and New Zealand Chlidren's Haematology and Oncology Group and the Distress Thermometer Validation project is continuing.

- Data - the YCS have continued to collect activity data, which will be used to track service usage, monitor activity and for reporting and service improvement purposes.

- Advocacy - a range of advocacy initiatives took place during 2014/15 including a parliamentary breakfast in Canberra in November, which was hosted by the Hon Dan Tehan MP and Senator the Hon Deborah O'Neill and attended by over 30 Senators, MPs and senior parliamentary advisors.

- Public awareness - a YCS media campaign was run in late 2014 to raise awareness of the early warning signs of cancer for young patients. Nine young people told their stories and helped achieve widespread coverage including a front page article in the Canberra Times.

Looking ahead, CanTeen will host the Inaugural International Adolescent and Young Adult Oncology Congress and Youth Cancer Summit in Sydney in December 2015. The Summit will provide a forum for young cancer patients, survivors, partners and family to come together to connect, learn and support each other. The Congress will see international youth cancer specialists from around the world converge on Sydney to discuss current treatment, research, therapies and developments in the field.

Key Achievement: Treating and supporting almost 70% of all newly diagnosed young cancer patients requiring hospital treatment through the Youth Cancer Services.

Dr Rachel Hughes

Lead Clinician, WA Youth Cancer Service.

Dr Rachel Hughes is a palliative care physician who was appointed Lead Clinician of the WA Youth Cancer Service in 2014. Rachel has worked across hospital and primary care settings as well as in regional and remote areas of Australia where she gained significant experience in Aboriginal and Torres Strait Islander Health. It was during her palliative care training that Rachel was first afforded experience in Adolescent and Young Adult (AYA) oncology, a serendipitous opportunity that ignited a strong commitment to improving supportive care access to this uniquely challenged group of patients.

I have been fortunate to have provided medical care to diverse populations across Australia and to have experienced a spectrum of geography, resources and acuity of health. My experience has led to an increased awareness of the impact of illness upon quality of life for patients and their family, even in critical care.

Palliative Care (also known as Supportive Care), as a specialty, has been my opportunity to advocate for best quality care for all of my patients, with a particular focus on their wellbeing. Recent years have demonstrated the benefit of early, integrated, high quality supportive care for patients, regardless of their stage of illness.

I am immensely proud to be part of the WA Youth Cancer Service team, as well as the wider Cancer Service Network in our state. The WA YCS team has developed a collaborative, supportive care model which provides our patients with a strongly age-focused, individualised framework which is able to respond to the needs of young people diagnosed with and treated for cancer.

We work alongside a patient's treating team to provide comprehensive medical and psychosocial care. Our team endeavours to advocate for young patients through education and awareness of the specific issues facing AYA patients with cancer.

We are becoming increasingly aware that a patient's age influences their level of symptoms and suffering. Improvements in cancer care have resulted in good overall survival rates for AYAs with cancer. For the many patients cured, however, the impact of the disease and its treatment is profound and may last years beyond.

All patients should have access to quality of life care and symptom control, not just patients in later stages of illness. Working with the Youth Cancer Services, it is my strong intent to implement quality supportive care alongside the highest standard cancer care for AYA patients, both in WA and nationally.


officeMax
A4
notebook

My Story - Adry, Age 19

My relationship with cancer began in May 2013, when I was told that a lump I'd found in my right testicle was in fact a form of testicular cancer that needed to be immediately removed. After having surgery and chemotherapy, I was told that the cancer had spread to my pelvic, abdominal and chest regions, which meant that I had to go through six weeks of intensive radiotherapy.

What made my cancer experience even more difficult was that it happened during my final year of high school. I couldn't complete important assessments and missed out on lots of activities at school and with my friends and family, which in turn had a considerable impact on my emotional wellbeing.

Being diagnosed with cancer felt very isolating at times, but I found solace in the fact that I had an amazing support network. My parents and younger brother helped me stay positive and I also received fantastic support from the Youth Cancer Services team.

The guidance and unwavering support that I received from my psychologist and social worker in particular fostered the sense of comfort and security that I yearned for during treatment.

Most significantly, the educational support that I received allowed me to sit my final high school exams and successfully achieve the marks I needed to pursue a university degree in political science.

Since becoming a Member of CanTeen, I have participated in a wide range of phenomenal opportunities that allowed me to regain the confidence I had lost after being diagnosed.

Last November, I had the honour of joining CanTeen at Parliament House to talk to politicians about the profound importance - and successes - of the Youth Cancer Services in treating young cancer patients across the country. I've also joined the newly created NSW/ACT Youth Advisory Committee.

Through CanTeen and the Youth Cancer Services I have been able to develop friendships with other young cancer patients and learn about the myriad of ways in which cancer can affect the lives of young people. It is because of this that I will continue to remain a strong advocate for the causes that CanTeen and the Youth Cancer Services represent.

Peer support

Fact: A lack of support and understanding from friends is one of the biggest challenges faced by young people living with cancer.

Through CanTeen, young people affected by cancer can meet and be supported by others their age who truly understand what they're going through.

They can share their experiences through our online community at canteen.org.au or attend a CanTeen camp or Recreation Day, where they can make new friends, develop coping skills and have some fun away from the daily stresses of cancer.

Friendships are an important part of life at any age, but especially during adolescence and, sadly, many young people lose a lot of their friends when cancer comes in to their life.

Friends of young people dealing with cancer often don't know what to say or do, have different priorities and can't really understand what life with cancer is like.

That's why peer support has been at the heart of CanTeen for 30 years and why the friendships young people form at CanTeen are so incredibly powerful.

In 2014/15, CanTeen held 189 camps and Recreation Days across Australia ranging from five-day camps to a half-day break. More than 1,200 young people attended and thanks to the generosity of CanTeen donors and corporate supporters, the events were all completely free of charge.

Key Achievement: Holding 189 CanTeen camps and Recreation Days across Australia where young people affected by cancer can make new friends, get support and have lots of fun too!

canteen camp

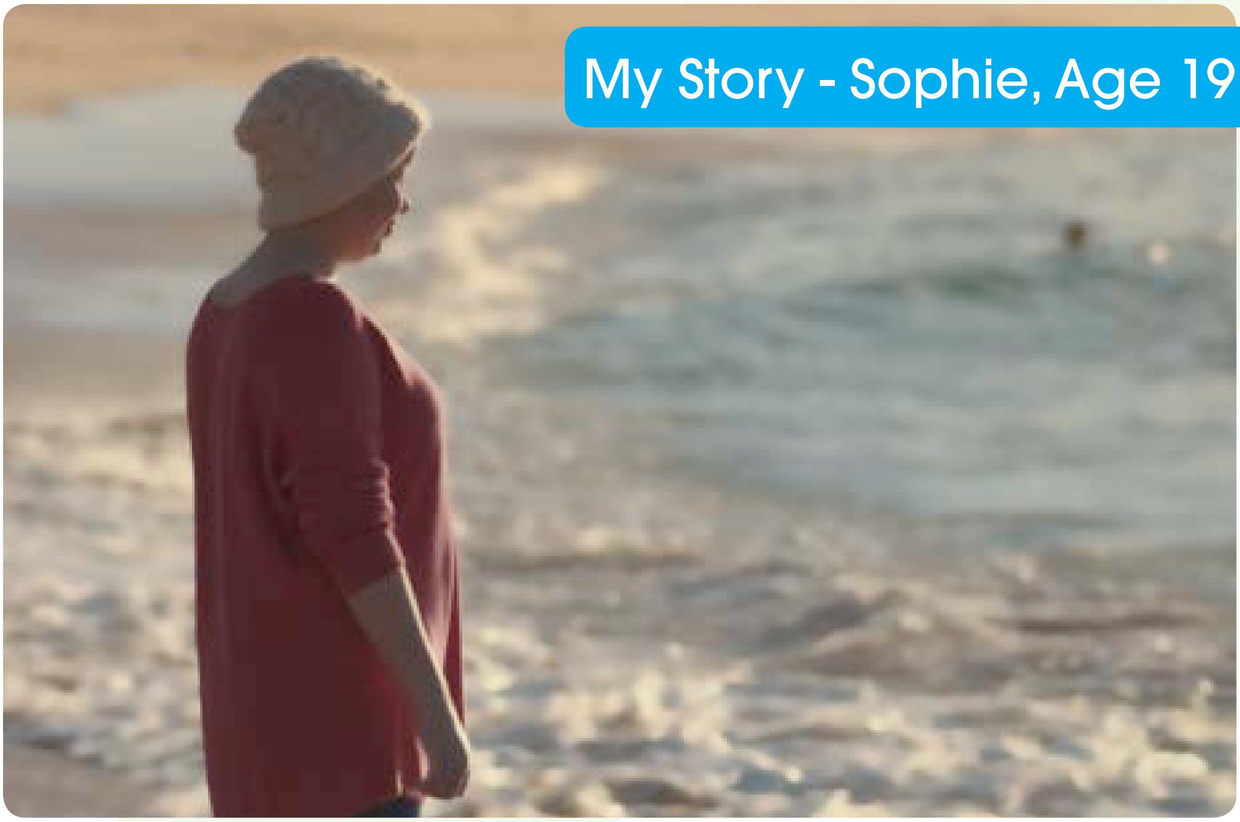
Find out what CanTeen camps are like – watch the video at youtube.com/CanTeenAustralia

Program spotlight

Sail the High Seas Recreation Day, Darwin.

In July 2014, 12 young Territorians affected by cancer had an action packed day sailing around beautiful Darwin Harbour as part of a CanTeen Recreation Day.

Benjamin G Photography



My Story - Sophie, Age 19

My brother Hamish and I were diagnosed with cancer within two years of each other. Hamish died in 2012 – he'd have been 19 today. Even though it's now more than three years since he died, it still feels like he's just on holiday and he's going to come home one day.

I went on my first CanTeen camp after Hamish died. I was a bit scared not knowing anyone, but the staff were amazing and I got to meet others my age who know what it's like to be dealing with cancer – because they are too. They are like a second family to me.

CanTeen gives me a chance to be myself, have fun, relax and not worry about the pressures of life, school, work and family. I love being a part of it.

Dad and mum always say we missed our teen years, because we had to grow up and deal with cancer and death. I've got experiences and stories that girls my age don't and people older than me don't.

Watch more of Sophie's story at youtube.com/CanTeenAustralia

Individual support

Fact: Many young people affected by cancer have high levels of unmet needs and psychological distress.

At CanTeen, there's no one size fits all – we individually tailor our wide range of services to help every young person cope with the impact cancer is having on their life.

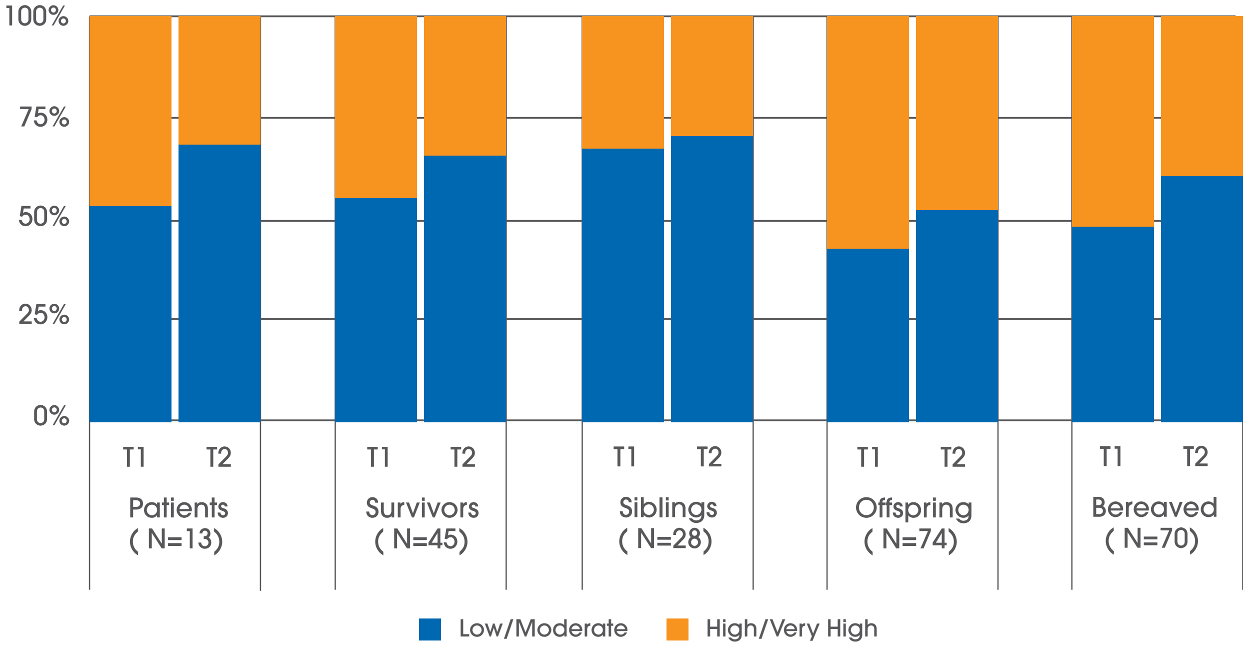
The individual support model involves assessing each young person's level of distress and unmet needs when they come to CanTeen for support. They also meet with a CanTeen staff member and develop a care plan together. This helps CanTeen to provide each young person with tailored support and also assists with service planning and delivery.

To date, our assessments show that when young people first access CanTeen for support, around 30-45% of patients and survivors report high or very high levels of distress, which rises to around 50% for young people who have a family member with cancer (including bereaved members).

Across all groups, substantial levels of unmet needs were reported when young people first accessed CanTeen for support.

Around five months after their initial assessment, a young person's distress levels and unmet needs are reviewed. We are very pleased to report that there have been significant decreases in levels of distress and unmet needs for these young people overall since they first joined CanTeen.

Key Achievement: 1,120 young people have completed a comprehensive psychological and social needs assessment since individual support was introduced in September 2013.



The figure above shows the proportion of young people who have high or very high levels of distress (orange) compared with those who have low or moderate levels of distress (blue) when they first join (T1) compared with their review (T2). This shows that, across all the groups, there has been a reduction in distress for young people from when they first joined CanTeen to five months after accessing CanTeen services.

Research, Evaluation and Social Policy

Fact: CanTeen's research team collaborates on international projects to improve outcomes for young people impacted by cancer.

CanTeen conducts leading edge research into the emotional and social impacts of cancer to ensure that we truly understand how cancer is different in a young person's world.

Evidence informs everything that we do – our research underpins and supports all of the services we provide to young people affected by cancer.

CanTeen research is published in peer reviewed journals in order to share important findings and outcomes, to increase awareness of young people's needs and to demonstrate our commitment to evidence-based practice.

Below are some of our more recent published articles along with a brief explanation of how we have used the findings.

- ### Determining research priorities for adolescent and young adult cancer in Australia.

  A key initiative of CanTeen's Youth Cancer Services (YCS) is to facilitate research to improve the health outcomes and quality of life of young people diagnosed with cancer. Given limited funding, a first step towards this initiative was to determine research priorities. We undertook a study to determine what the national research priorities for this group of young people were and now the results of our project are guiding the decision-making processes of the YCS and informing strategic research investment decisions.

- ### "Being mindful": Does it help adolescents and young adults who have completed cancer treatment?

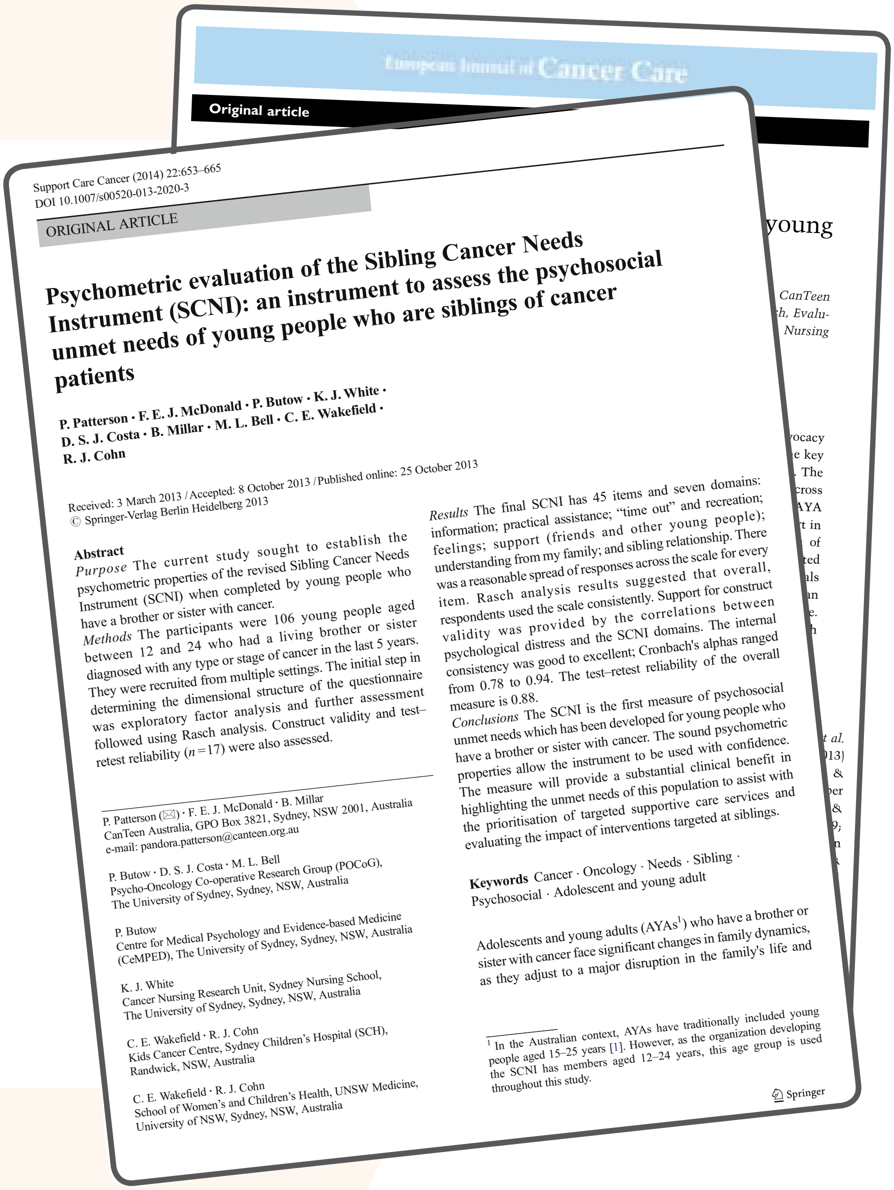
  In this journal article we report on the benefits of practicing mindfulness for young people who have had cancer, on levels of distress and uncertainty about their cancer returning. This finding supports the inclusion of activities to increase mindfulness in the new PEER program for CanTeen Members.

- ### Evaluation of a resource for adolescents and young adults with cancer.

  CanTeen's print resources have been very popular; this journal article reports on young patient's overall satisfaction with the 'Now What? Your guide to dealing with cancer' book, increased levels of knowledge and its usefulness to young cancer patients.

- Psychometric evaluation of the Sibling Cancer Needs Instrument.

This journal article reports on the validation of Sibling Cancer Needs Instrument, the first questionnaire developed worldwide to assess the unmet needs of young siblings of cancer patients. This measure is now used as part of our individual support assessment process to ensure that we are meeting the needs of each young person who has a sibling with cancer and providing the best possible support.



European Journal of Cancer Care

Original article

Support Care Cancer (2014) 22:653–665
DOI 10.1007/s00520-013-2020-3

ORIGINAL ARTICLE

Psychometric evaluation of the Sibling Cancer Needs Instrument (SCNI): an instrument to assess the psychosocial unmet needs of young people who are siblings of cancer patients

P. Patterson · F. E. J. McDonald · P. Butow · K. J. White · D. S. J. Costa · B. Millar · M. L. Bell · C. E. Wakefield · R. J. Cohn

Received: 3 March 2013 / Accepted: 8 October 2013 / Published online: 25 October 2013

Abstract
Purpose The current study sought to establish the psychometric properties of the revised Sibling Cancer Needs Instrument (SCNI) when completed by young people who have a brother or sister with cancer.
Methods The participants were 106 young people aged between 12 and 24 who had a living brother or sister diagnosed with any type or stage of cancer in the last 5 years. They were recruited from multiple settings. The initial step in determining the dimensional structure of the questionnaire was exploratory factor analysis and further assessment followed using Rasch analysis. Construct validity and test–retest reliability ($n = 17$) were also assessed.
Results The final SCNI has 45 items and seven domains: information; practical assistance; "time out" and recreation; feelings; support (friends and other young people); understanding from my family; and sibling relationship. There was a reasonable spread of responses across the scale for every item. Rasch analysis results suggested that overall, respondents used the scale consistently. Support for construct validity was provided by the correlations between psychological distress and the SCNI domains. The internal consistency was good to excellent; Cronbach's alphas ranged from 0.78 to 0.94. The test–retest reliability of the overall measure is 0.88.
Conclusions The SCNI is the first measure of psychosocial unmet needs which has been developed for young people who have a brother or sister with cancer. The sound psychometric properties allow the instrument to be used with confidence. The measure will provide a substantial clinical benefit in highlighting the unmet needs of this population to assist with the prioritisation of targeted supportive care services and evaluating the impact of interventions targeted at siblings.

Keywords Cancer · Oncology · Needs · Sibling · Psychosocial · Adolescent and young adult

Adolescents and young adults (AYAs[1]) who have a brother or sister with cancer face significant changes in family dynamics, as they adjust to a major disruption in the family's life and

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[1] In the Australian context, AYAs have traditionally included young people aged 15–25 years [1]. However, as the organization developing the SCNI has members aged 12–24 years, this age group is used throughout this study.

Springer

Key Achievement: Raising awareness of the issues affecting young people living with cancer among the academic and medical communities through the publication of 10 journal articles and additionally giving 14 presentations at national and international oncology conferences.

Dr Pandora Patterson

BSocSc (Hons 1), PhD, MAPS

General Manager Research and Youth Cancer Services, CanTeen and A/Prof Cancer Nursing Research Unit, Sydney University.

Dr Pandora Patterson has worked with CanTeen for almost 10 years and prior to that as a researcher and psychologist within the NSW Health Department's Child and Adolescent Mental Health Service. She has over 20 years of experience working clinically with young people and their families.

It has been an absolute privilege to be involved in the establishment and ongoing leadership of the Youth Cancer Services and the Research, Evaluation and Social Policy team at CanTeen.

The Youth Cancer Services continue to make significant gains in providing the best possible treatment and care for adolescents and young adults with cancer around Australia. We know that each year approximately 1,000 young people are newly diagnosed with cancer and that approximately three quarters of those will require ongoing hospital-based treatment and support. During the last 12 months clinicians in the Youth Cancer Services treated more than 1,200 young people with cancer. Such is the success of the services that they are now reaching almost 70% of those newly diagnosed young patients.

We are steadfastly working toward our goal of ensuring that 100% of those young people requiring ongoing support will receive it from our dedicated Youth Cancer Service clinicians.

Despite the potentially devastating effects of a cancer diagnosis, a significant majority of adolescents and young adults survive their cancer treatment. But while finishing cancer treatment is exciting, it is also a challenging time for these young people.

Challenges exist in the form of transitioning back into work or education, the development of chronic physical health conditions, higher levels of unemployment, lower quality of life and mental health concerns. This situation makes the design and delivery of post-treatment survivorship care for these young people a high priority for the Youth Cancer

Services and so the last 12 months have seen us undertake and deliver a national report on these opportunities. The next 12 months will see us acting on these opportunities to guarantee a continuity of care for young people in Australia following active cancer treatment.

In conjunction with Youth Cancer Service clinicians, the University of Sydney and the University of New South Wales, we have been continuing our national research project to evaluate a distress screening measure specifically for adolescents and young adults with cancer. This is an important piece of work as it is ensuring the measure that we developed is scientifically valid and reliably fit for purpose. Our work in this area has also sparked international interest and we are now collaborating with the UK, US and Canada in clinically implementing the distress screening measure and evaluating it; this also allows us to compare results and combine international data for more detailed analyses.

At CanTeen we are now 18 months into using our nationally implemented Individual Support Model with the young people we work with and I am thrilled that we are able to report decreases in these young people's distress and needs since accessing CanTeen's support (see page 32).

To assist us in tracking the needs of the young people we work with, my team developed a number of measures that we are using as part of our Individual Support Model.

We are now in the process of developing a needs measure specifically for those young people who have had a family member die from cancer (see page 37). This will provide us with a tool to reliably assess the needs of these young people and guide staff in the provision of tailored assistance.

I am proud to be part of an organisation that so strongly values evidence informed practice and am looking forward to another exciting and productive year of providing the best possible support for young people impacted by cancer.

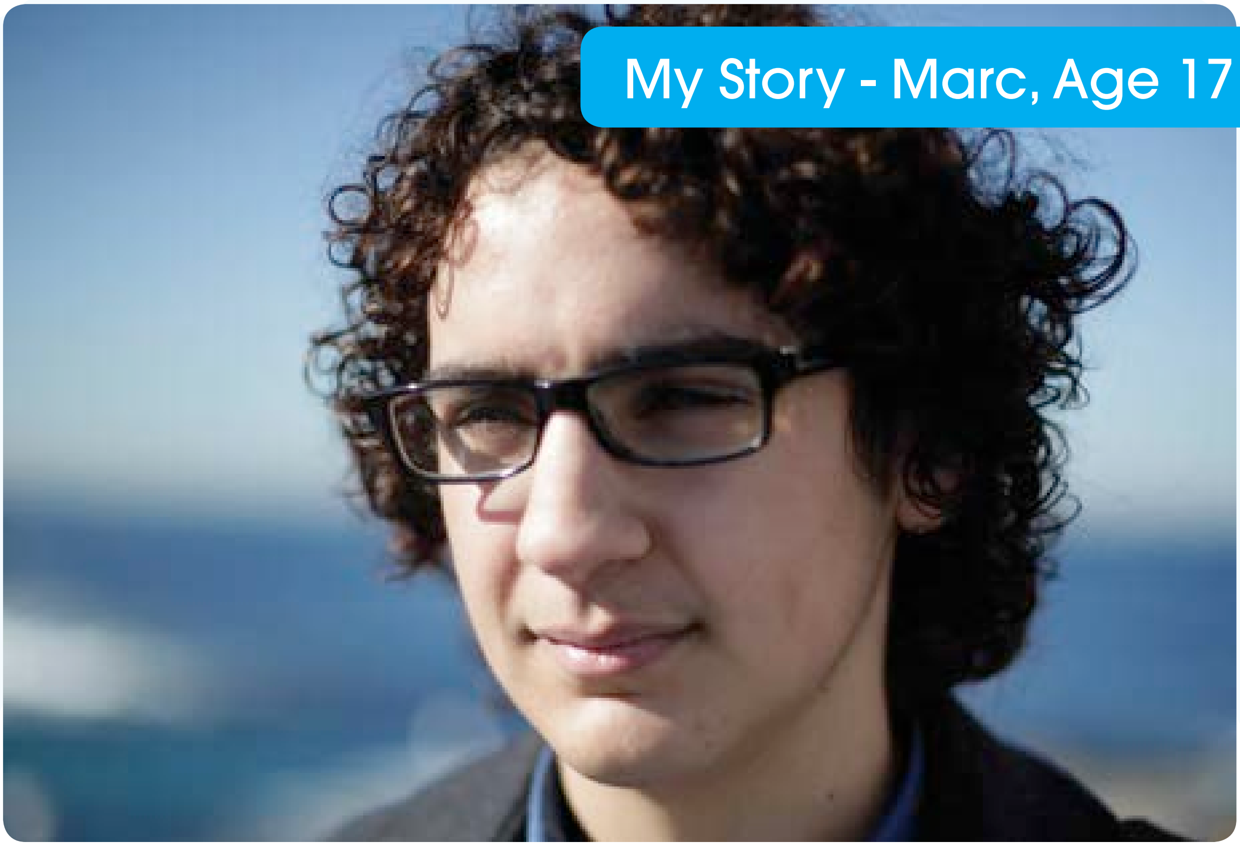
Developing assessment measures to help bereaved young people

Having a close family member die from cancer is a major life event that is naturally incredibly distressing for a young person and particularly overwhelming for some.

To help CanTeen provide the best possible support for bereaved young people, we have been developing a new survey to identify their needs. This is also helping CanTeen establish areas where there is high demand for support so that, in turn, we can ensure that there are sufficient services.

We are currently piloting the measure and to date, young people who have lost a parent or sibling to cancer are reporting high levels of need in a number of areas including peer support as well as 'time-out' and recreation opportunities.

These needs highlight the important role that CanTeen fulfils in the provision of programs such as camps and Recreation Days that enable young people to get away and spend time with others in a similar situation.



My Story - Marc, Age 17

Dad had cancer for eight years. He was a fighter – he'd have chemo in the morning and go to his job in the afternoon. He didn't stop working until two days before he died.

At the end he was so weak I remember we had to tell him it was OK to let go.

One of Dad's cancer nurses told me about CanTeen. I was 12 then and CanTeen has been a big part of my life ever since. It makes such a difference to be around others your own age who know what you're going through.
My school and other friends have been amazing, but they can never understand how it feels the way your CanTeen friends do.

The hardest thing about losing Dad is adjusting to 'normal' life. Nothing's normal because you're missing someone who was so big and strong in your world. Without CanTeen, I really don't know how I would have coped with Dad's cancer and death.

I think I'd feel very overwhelmed. The friends I've met through CanTeen will be friends for life.

▶ **Watch more of Marc's story at:**
youtube.com/CanTeenAustralia

Program consistency

CanTeen is committed to ensuring that the programs we provide to young people are evidence-based and delivered consistently across the country. To achieve this goal, CanTeen has been reviewing the latest evidence, supported by our expertise in delivering successful programs over the past 30 years, to guide the development and documentation of two new programs.

Building on the success of Truce: an Acceptance and Commitment Therapy based program for young people who have a parent with cancer, the last year has seen the development of two new manualised programs; the Place for Enablement, Empowerment, and Relationships Program (PEER Program) and a schools-based program for high school students, When Cancer Comes Along.

PEER Program

This evidence-based, best practice foundational program aims to deliver the highest level of support to young people impacted by cancer. PEER consists of manualised sessions designed to support the development of relationships and interpersonal skills; mindfulness, resilience and self-compassion; and knowledge and abilities in help-seeking. The program has the following five main outcomes:

- Build new and stronger supportive relationships with other young people impacted by cancer.
- Increase the knowledge of effective coping strategies.
- Increase knowledge of self-compassion practices.
- Reduce sense of isolation.
- Provide quality respite and recreation.

When Cancer Comes Along

CanTeen is often asked to visit schools to talk about cancer and the impact it has on young people. As a consequence, CanTeen has been working on a program for Year 9 and 10 high school students that seeks to educate young people on:

- What cancer is and how to reduce personal cancer risk.
- How to identify the early signs of cancer and how to seek medical advice.
- The psychological impact of cancer and how to support friends who have cancer, or have a family member with cancer.
- Where to seek support if they, or someone they know has cancer.

Both programs will be piloted during 2015, supported by a thorough evaluation to ensure that the programs are delivered with the young people as intended and their outcomes achieved.

Dr Anna Sidis

DCP, BA (Hons)

Director of Psychosocial Support, CanTeen and Senior Clinical Psychologist.

Dr Anna Sidis commenced in the role of Director of Psychosocial Support at CanTeen in early 2015. Anna has more than 10 years of experience providing psychosocial support for young people with mental health concerns and their families. She also currently provides clinical supervision, consultation and training for leading youth health services including Headspace and ReachOut.com.

Early this year I had the privilege of becoming part of CanTeen, a service I have greatly respected for supporting and empowering young people. In my role as Director of Psychosocial Support I have been involved in the translation of meaningful research into psychosocial practice. Part of this role has been to work with a fantastic team on the development of the PEER (Place of Enablement, Empowerment and Relationships) program.

Our approach was born out of research indicating high distress and high risk of mental health concerns for young people dealing with cancer in their lives. This program draws on evidence based psychological practice and aims to encourage adaptive coping and connection in order to support young people when the worst possible thing happens at what is already a challenging time of life.

My role also involves providing supervision to staff who support young people as well as developing our clinical governance framework. This duality has provided me with a unique insight into the high esteem felt for the young people we see facing cancer, both at an individual staff member and organisational level. We are regularly inspired by the young people we work with and feel honoured to be walking this difficult path alongside them.

For some that path is a virtual one, with CanTeen providing online counselling and an online community where young people can connect with each other.

I look forward to being a part of CanTeen's future in continuing to improve the lives of young people affected by cancer and supporting those who make it their work to help them.

Social Policy: How CanTeen engages in the bigger issues

CanTeen contributed to two significant policy development opportunities during 2014/15 that have the potential to enhance the health and wellbeing of young people impacted by cancer.

Access to cutting edge cancer treatment

Being involved in a clinical drug trial substantially improves cancer survival, but only seven of every 100 adolescents and four of every 100 young adults with cancer participate in one.

In partnership with our Youth Cancer Service clinicians and stakeholders, CanTeen contributed to a Senate Inquiry into the availability of new, innovative and specialist cancer drugs in Australia.

Access to world-class treatments involving new medical science is an important advocacy area for CanTeen, based on the significant barriers that young people with cancer experience in accessing clinical trials and the evidence supporting the impact that participation in these trials can have on improving outcomes for young people.

CanTeen is focused on engaging with government, hospitals and research institutions to make a genuine difference and improve young people's access to early phase clinical trials.

As part of this work, CanTeen is calling on the Federal Government to establish a dedicated youth cancer research fund so that more clinical trials can take place here in Australia.

We strongly believe young cancer patients should not have to travel overseas at huge cost to access world class care.

My Story - Joey, Age 23

Joey (left) and his brother Eugene (right).

I've been fighting Hodgkin's Lymphoma for eight years now, during which time I've been able to access fantastic care provided by the Australian Public Health System, but unfortunately now I've reached the point where there are no more curative options available in Australia.

I'm not ready to give up fighting though, which means that I need to travel to the USA, which comes with the high price tag of $800,000, to access a potentially curative early stage clinical trial.

I want to thank everyone who gives whatever they can to support me in my journey. I have no way of reaching the USA and by extension continuing to live, without the support of others and words can't express the gratitude I have for any support I receive.

Support Joey and sign CanTeen's petition calling for a youth cancer research fund at supportjoey.com.au

Strategic priorities for child and youth health

CanTeen also participated in providing input into the development of the National Child and Youth Strategic Framework for Health, which identifies the key strategic priorities for child and youth health in Australia.

The framework will guide the efforts of government and professionals towards a shared national vision to improve child and youth health outcomes. CanTeen's input focused on prioritising cancer within the chronic health disease priority areas for young people, its impact on youth mental health and the need to increase awareness of emerging issues for young cancer patients such as fertility planning. The framework is due for release in late 2015.

Information

Fact: Access to information is one of the highest unmet needs for young people living with cancer.

CanTeen's highly regarded information resources continue to be in great demand, with 15,520 hard copies distributed during 2014/15. In addition, a further 6,483 people read a CanTeen resource online.

The suite of more than 10 books provides practical, helpful advice specific to young people dealing with cancer.

Key Achievement: More than 15,000 books sent out to help guide young people through the challenges of living with cancer.

Developing CanTeen's young leaders

Fact: Young people affected by cancer fill more than 100 leadership positions within CanTeen.

Youth leadership is a part of our DNA; CanTeen works by having young people at the centre of everything we do. We were set up by a group of young cancer patients in 1985 and still have young people affected by cancer guiding the organisation at every level. This ensures that we truly understand how cancer is different in a young person's world. We know that empowering young people living with cancer to take up leadership builds resilience and can transform their experience into an opportunity to make a difference for others.

Key Achievement: Running two leadership programs to help more than 120 young people develop key skills.

Any young person who participates in CanTeen's services can put themselves forward to support others or become a Member (there's no charge) and participate in the organisation's governance structure. We support young people living with cancer to develop the resilience, confidence and competence to contribute meaningfully to the organisation and the world around them. Leadership development at CanTeen has three key aspects:

Coaching and Mentoring

Supportive relationships enable leaders to take on new, innovative and ambitious initiatives, opportunities and roles.

- Coaching is provided to local leaders by local staff.
- National representatives are supported in their roles by the National Leadership Coordinator.
- Leaders are invited to participate in a mentoring program which provides access to the expertise and experience of Deloitte staff to support the achievement of self-set goals.

Opportunities and Experiences

Leaders learn mostly by doing; CanTeen provides a number of opportunities for young people living with cancer to be involved.

- As Members who can participate in the AGM and exercise their vote on matters which affect them and the future of CanTeen.
- As experts in their own wellbeing and engaged as such in their own individual support planning.
- As a powerful support to one another online, in person and on programs.
- As representatives on local and national advisory groups.
- As valued contributors to working parties, presentations, research and planning commities.
- As majority and Chair of the Board of Directors.

Training

Programs and workshops which develop confidence and competence to lead within and beyond CanTeen.

- National Leadership Program - a five day program for all young leaders (over 120 young people) from across Australia which builds a national leadership network and shared learning experiences.
- A weekend program for the 50 national representatives and the three leaders (executive) of each local committee looks at executive skills (e.g. chairing meetings and teleconferences), self care.
- Local workshops or retreats to develop leadership skills.
- Training workshops relevant to specific needs identified by individual leaders or groups.

My Story - Emilie, Age 22

My name is Emilie and I'm a Member of CanTeen because both my parents died from pancreatic cancer. At times throughout my cancer journey, I've found it difficult to express what's happening for me to people who haven't experienced anything similar. I've felt alone and isolated.

Since joining CanTeen six years ago, I've found people and new friends who are willing to accept me for me and who can share challenges and strategies around managing life during and after cancer.

As time passed, I realised I wanted to give back to this incredible organisation. One way to do that is by taking on a leadership role, providing feedback and ideas about how to make CanTeen an even better place for all young people living with cancer. On programs I found people were looking up to me as a role model and I really wanted to show them the difference one young person can make within CanTeen.

From secretary of the ACT and SNSW leadership team to sitting on the Member Advisory Council and now joining the CanTeen Board for 2015/16, I have gradually gained responsibility and developed leadership skills which allow me to better represent Member views and wishes. This experience has been incredibly empowering and rewarding, knowing CanTeen continues to hear and respond to the voice of the young people it supports.

Without a doubt the best moment I've had as a leader was on a program recently. After talking about the leadership opportunities in CanTeen, a young man walked up to me and said, 'Thank you. It's been really great to meet you and I'm going to go home and think about this whole leadership thing.' Just that small token, the fact he took the time to come up and say that made me glow. I can't wait to see what the future holds for that young man and CanTeen.

The road ahead

The work is far from done yet and so we are on a mission to make sure that every young Australian with cancer in their immediate family knows that they can be supported by CanTeen in so many different ways. They shouldn't have to do it alone.

As part of our awareness raising efforts, we partnered with Val Morgan to roll out a cinema advertising campaign throughout Australia in August and again in October 2015.

Our goal is to double the number of young people we support by 2017.

This is where you can also play a part; spread the word that CanTeen is here for all young people dealing with cancer, whether it's their own diagnosis or that of a family member. CanTeen is available to them online or face-to-face. It's so easy to get help now.

CanTeen is determined to raise awareness of the fact that young cancer patients in Australia just aren't getting access to cutting-edge medical treatment, which is available through clinical trials, particularly early phase trials. These trials can mean the difference between life and death for young patients who have exhausted all normal treatment options. Only 11% of young cancer patients were part of a clinical trial last year, none of which were early phase trials. Go to supportjoey.com.au to sign our petition urging the Australian Government to address this life and death issue.

In December 2015 we will host the inaugural Youth Cancer Summit for young cancer patients, survivors, partners and family members. This wonderful event will bring people together for two days to be part of workshops, to meet others and to leave this occasion feeling connected and strengthened in their cancer journey.

Following straight on from the Summit, we will hold the inaugural International Adolescent and Young Adult Oncology Congress. The three day program is packed with international speakers and covers all aspects associated with the treatment and care of cancer patients. These exciting events will be possible through the support of the Australian Government.

It is an incredibly exciting and important year so we look forward to working with you all to ensure that every young Australian has the support they need and deserve to deal with their own cancer or cancer in their family.

Financial summary

CanTeen relies entirely on support from individuals, corporate partners and government to continue to provide programs and services to young people living with cancer.

During 2014/15, CanTeen was once again fortunate to have received generous support from many thousands of individuals and organisations across Australia. Total income for the year was just under $31.5m, a significant increase over last year's total income of $24.0m.

Whilst donations from individuals and corporations increased year on year, the majority of the increase was as a result of the first full year of Federal Government funding for the Youth Cancer Services.

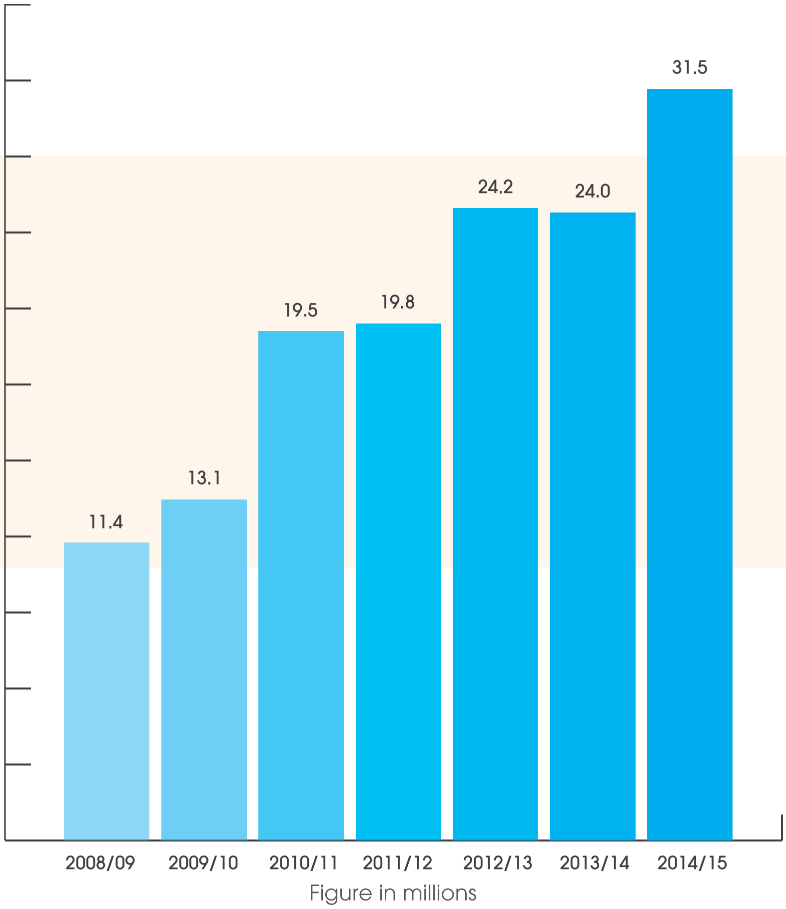
With regards to fundraising, individual donors gave more than $17.7m during the year. The vast majority of funds raised were through regular monthly donations. In addition, more than $1.4m was raised through three cash appeals as well as our annual National Bandanna Day campaign, which celebrated its 20th year in October 2014 as one of Australia's most well-known and best supported fundraising events.

Supporting CanTeen through community events such as City2Surf also proved popular and is clearly becoming a preferred means of fundraising for many supporters, enhanced by the prevalence of social media.

CanTeen is also fortunate to have the support of many clubs and associations around Australia including the incredible LifeCycle team in Western Australia who have been supporting CanTeen since 1998 and have raised more than $1m for young people living with cancer in that time.

Significant corporate assistance for CanTeen was also forthcoming during the year with nib foundation also continuing their generous sponsorship of our face-to-face counselling service. Whilst direct financial support from the corporate sector is becoming more difficult to secure, CanTeen is very fortunate to have recently achieved funding support from Woolworths in South Australia and the Northern Territory as well as the Newcastle Permanent Building Society, which will be realised in the 2015/16 financial year.

Income chart



CanTeen is also very fortuitous to have long standing relationships with several organisations providing pro-bono support for essential services. These organisations include PwC, who provide financial and accounting support and Herbert Smith Freehills, who provide legal support.

As mentioned earlier, government funding increased in 2014/15 and now represents 22% of CanTeen's annual income. The majority of Federal Government funding supports CanTeen's Youth Cancer Services and the recently established online support service for young people living with cancer.

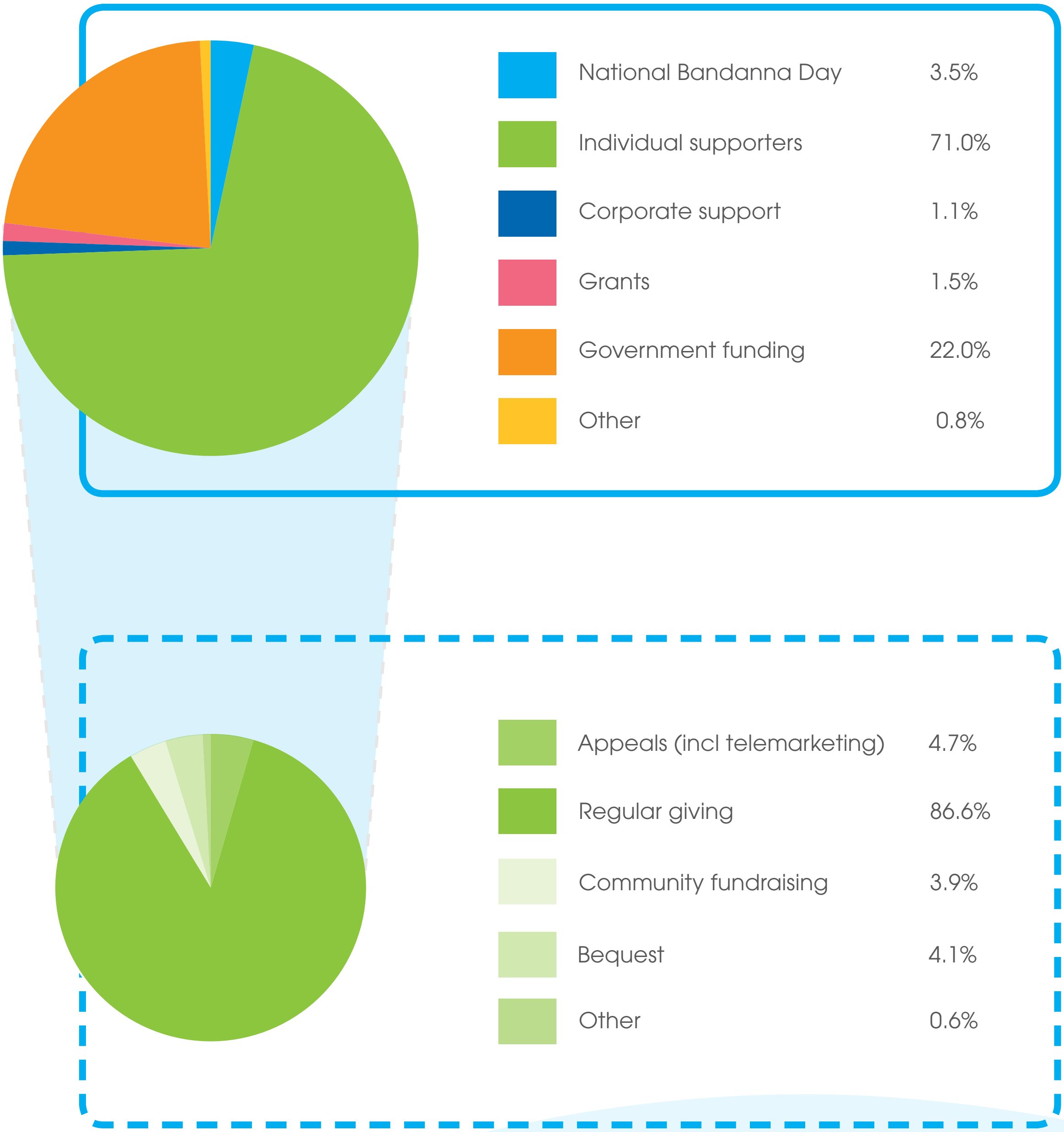
As a result of the significant financial support CanTeen continues to receive, we have been able to expand our programs and services to support more and more young people impacted by cancer. As the graph shows on the following page, the majority of our non-government income helps funds our peer support programs (camps and Recreation Days), as well as funding research projects, counselling and resources.

During 2014/15 CanTeen has:

- Provided 2,923 counselling sessions to help young people cope with cancer.
- Sent out 15,520 books to guide young people through the challenges of living with cancer.
- Supported 1,210 young cancer patients through the specialist, hospital based Youth Cancer Services.
- Had 90,000 visits to our online support platform.
- Held 189 CanTeen camps and Recreation Days for young people living with cancer.

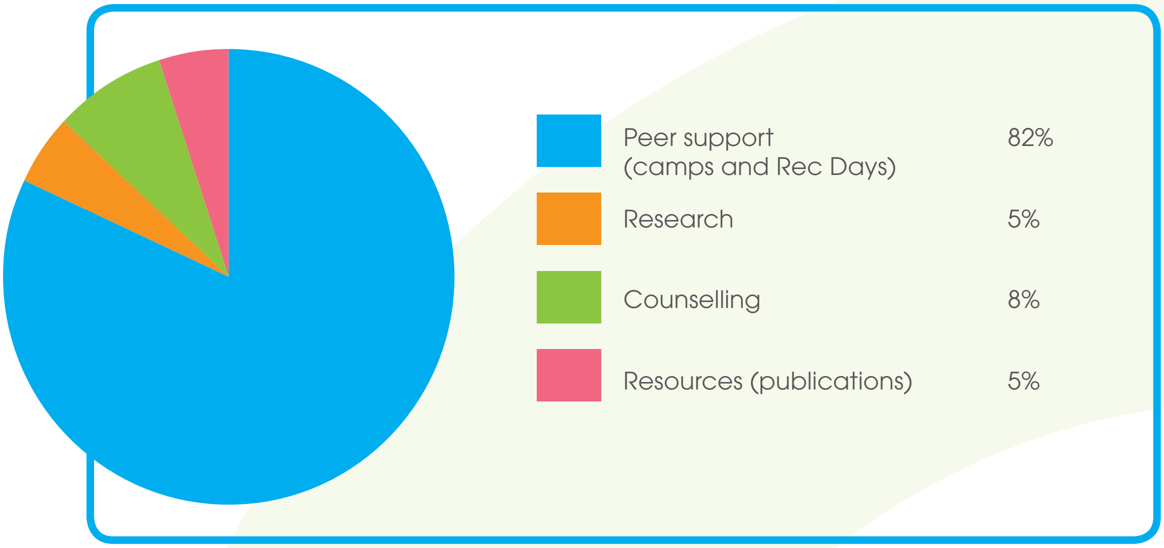
We continue to be enormously grateful for the incredibly generous support of people and organisations around Australia in assisting CanTeen and the work we do. Looking ahead, we will be working hard to ensure this support continues to enable us to help many more young people when cancer turns their world upside down.

Income summary:

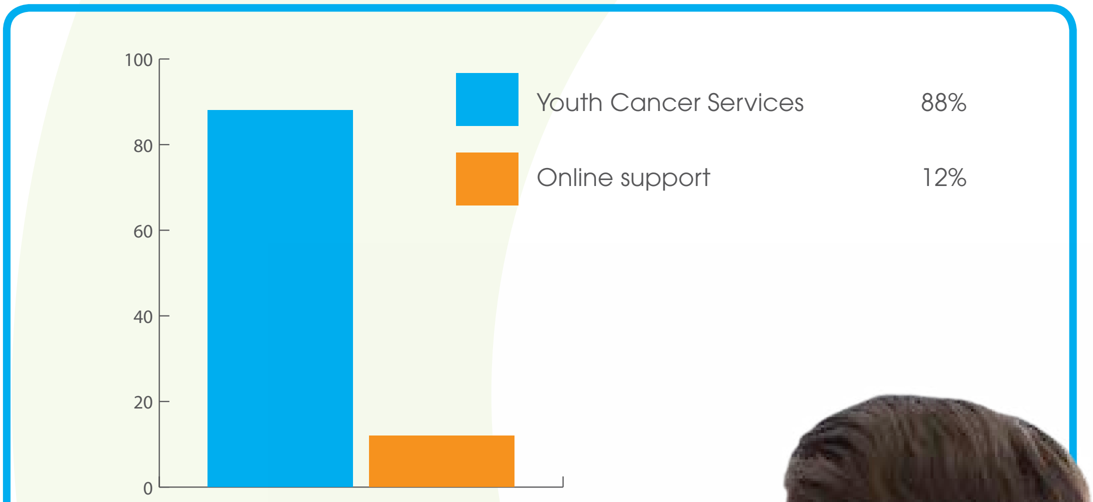


For more detailed financial information, please refer to CanTeen's Annual Financial Report, which is available on our website.

Service expenditure:



1. Supporter funded services



2. Government funded services

Thank you to our supporters

Whether it's through regular monthly gifts, donating to appeals, buying a bandanna or one off contributions, CanTeen relies on everyday Australians for the majority of our income.

During 2014/15 we were supported by almost 74,000 regular donors and around 13,000 other donors and supporters. CanTeen's vital work supporting young people living with cancer couldn't continue without their generous support and we are incredibly grateful for every donation we receive.

My Story - Jess, Age 25

I joined CanTeen whilst I was in the middle of chemotherapy at age 21. This was a time where I felt isolated, alone and desperately needing support from people that could relate to what I was going through.

Thankfully, I made friends and met people who could understand how I was feeling and I'm still close with them years later. We support each other, empower each other and grow together. I also found out a lot about myself, grew as a leader and had so much fun. I am so thankful that I found CanTeen and will cherish everything I got from the experience for the rest of my life.

Now that I've aged out of the organisation, donating every month helps me feel like I'm still linked to my CanTeen family. It's just a very small way of saying a very big thank you and a way for me to give back to an organisation that has changed my life and that of my sister's too, to ensure that as many young people as possible can benefit from CanTeen like I did. It's the least I can do!

Community fundraising

Community fundraisers right around the country once again threw their full support behind CanTeen this year – running, swimming, cycling and trekking to raise funds for young people living with cancer.

We're also very grateful to everyone who organised a fundraiser for CanTeen and the numerous community events that chose to support us.

Maitland High School fundraising for students affected by cancer.

CanTeen was particularly privileged to have enjoyed the support of Maitland High School who began fundraising after several students were affected by cancer. A team of very committed teachers also travelled to Sydney to compete in the City2Surf and were able to raise an incredible $12,000 over the year with the help of students.

National Bandanna Day

It was wonderful to see so many Australians get behind National Bandanna Day 2014 and show their support for young people living with cancer. With more than 250,000 bandannas sold, the campaign raised $1.1 million and we'd like to thank everyone who bought and wore a bandanna.

We also hugely appreciate the ongoing support from committed school and community groups as well as individual Australians who volunteer to sell bandannas for us.

We are very grateful to Big W, Wendys and LS Travel Retail (Newslink) for their involvement.

canteen

national bandanna day

Partnerships and major supporters

Partners play a vital role both in terms of fundraising and providing in kind or other support to CanTeen. We'd like to thank the following corporate and community partners:

nib foundation
pwc
HERBERT SMITH FREEHILLS
life cycle for canteen
ecove®
Aoyuan
Woolworths
Deloitte.

CanTeen has received funding from the Australian Government, Department of Health

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TOYOTA oh what a *feeling!*
BIG W
CCA COCA-COLA AMATIL
valmorgan
Lagardère TRAVEL RETAIL
ALM AUSTRALIAN LIQUOR MARKETERS PTY. LTD.
NEWCASTLE PERMANENT CHARITABLE FOUNDATION
Endeavour Energy
ECHOES Coastal Echoes P/L T/a Echoes
GREENBANK R.S.L. Tabol of Holidge MEMBERS ONLY MATE
Chad Hancock
VENETO CLUB MELBOURNE
People+Culture Strategies
FIGHT 4 LIFE
Australian Executor Trustees

Adelaide Coachlines
Adelaide Festival Centre
AGL Energy Ltd
Arafura Aviation
Australian Communities Foundation
Badenoch Real Estate
Bellerive Yacht Club
Beyond Bank
Blackwood Charity Golf Day
Brett Saxon
Canberra Grammar School
Capitol Chilled Foods (Australia) Pty Ltd
Charities Aid Foundation
Charity Greeting Cards
Cobham Aviation Services
Colette
Corina Newman & NewmoJam
Dean Brierley
Dematic
Envoy Services
Eraring Energy
Evalesco
IAG - Interdepartmental Accounting Group
Jamberoo Action Park
Jo Phillips
Kennards Hire
Kosciuszko Thredbo Pty Ltd
Lions Club Canning Vale
Lions Clubs of Tasmania
Mark Renfrey
Mayner & Cochran Pty Ltd
Mike's Home Brew
Mt Thorley Lodge
United Mineworkers Federation of Australia
Narooma Sport & Game Fishing
NYK LINE AUST. PTY LTD
Panpacific Perth
Pembroke Boarders
Peter Van The Party Man
Phoenix Trading (Aus) Co Pty Ltd
Queanbeyan Netball Association
Rotary Club of Oatlands
S1 Security
SCLAA
Seaside Tennis Classic
Seek Limited
Snap Printing - Fyshwick
Solas Financial
Southern Alps Ski Club
Southern Cross Austereo
Stonecutters Social Golf Club
The Good Guys Foundation
The R A Gale Foundation
Todd Sloan
Townsville Restored Motorcycle Club
Transborder Express/Qcity Transit
United Way
WA Marathon
Westpac
Winslow Contructors Pty Ltd
Yogi Loenneker & Jo-Anne Drew

Meet the Board

CanTeen's Board of Directors consists of five Member Directors and four Associate Directors, volunteers who bring relevant expertise to the Board. Our Constitution requires that our President and Vice-President are CanTeen Members and that all votes of the Board include a majority of Member votes.

Member Directors

Ali Duncan

National President and Chair

Ali is a Bereaved Offspring Member. She joined CanTeen in 2004 after her Mum was diagnosed with lung cancer and later, a secondary brain tumour. Ali has been on the Member Advisory Council since finishing high school and in August 2012 Ali was elected as CanTeen's National President. Complementing the work Ali does for CanTeen, she has completed a Bachelor of Social Work (Honours) degree.

Mathew Gilliland

National Vice-President and Deputy Chair

Mathew has been a Member of CanTeen since 2003 and a Member Director since June 2012. Having received unparalleled support from his friends at CanTeen — including on the night his Mum died — Mathew is committed to giving back and has held a range of leadership positions. Mathew holds a Bachelor of Economic and Social Sciences (Honours) and works as an economist and public policy analyst in Canberra.

Alix Bateup

Alix joined CanTeen after her Dad was diagnosed with prostate cancer. She has held several leadership roles and became Division President for ACT and Southern NSW in 2008 at the age of 15 before progressing to the Member Advisory Council and then the Board. Inspired by her CanTeen experience, she is now a Youth Worker.

Lachlan Korvin

Lachlan is a Patient and Bereaved Offspring Member. His Mum passed away in 2003 and 18 months later he was diagnosed with a testicular cancer. Lachlan has lived and breathed the CanTeen values since his first program in 2006 and joined the Board in 2012. He is now working as a radiographer.

Samantha O'Neill

Samantha joined CanTeen as a Patient Member in 2005 when she was diagnosed with a carcinoid tumour in her right lung. She became Victorian Division President in 2012 and joined the Member Advisory Council the following year for two years and then became a Board Director during 2013. Samantha is currently working for ANZ while also studying a Diploma of Business and Finance.

Associate Directors

John de Zwart

Managing Director and Chief Executive Officer, Centrepoint Alliance Limited

John is a senior executive with over 25 years senior management experience primarily in the financial services industry both in Australia, the United Kingdom and New Zealand. John's expertise is transforming companies operating in highly competitive markets.

Kieran Schneeman

Government Affairs Director, AstraZeneca Australia

Kieran is one of the country's most respected Government Affairs professionals. His experience as a senior adviser within the Howard Government followed by high profile industry and corporate roles makes him well placed to advise organisations on engaging with political parties and Government.

Michelle Vanzella,

Executive Director, Mayday Investments

Michelle is an innovative and entrepreneurial senior executive with extensive experience working with CEOs and Boards leading diverse sales, marketing, customer, product and new business development teams in complex, large scale multinationals.

Helen Souness

Managing Director – Australia and Asia, Etsy

Helen is a senior leader with strong strategy, product and marketing skills with more than 20 years' experience working in blue chip digital, communications and content companies in the US, Europe and Australasia.


I’m raising more th
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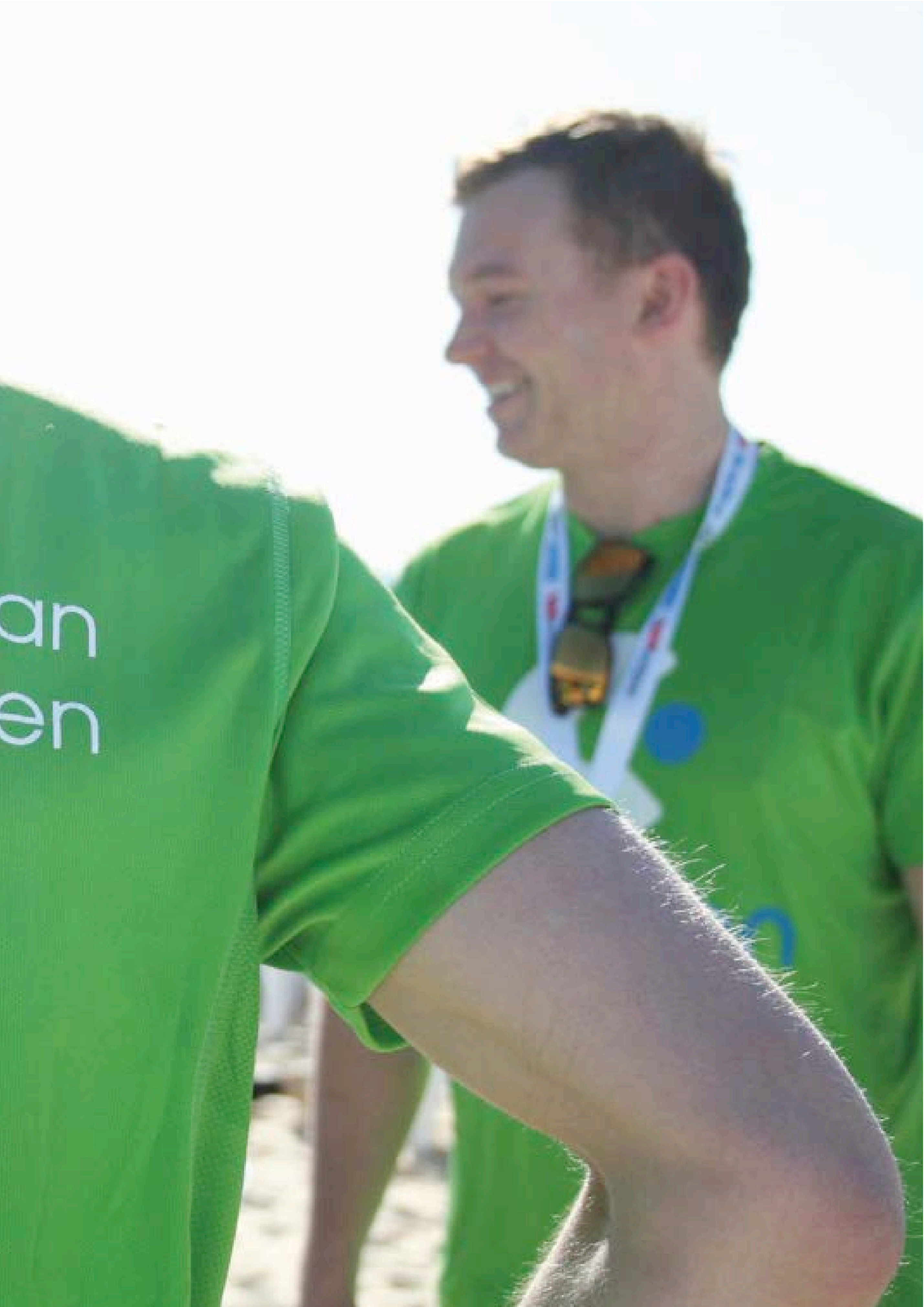
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