



Annual Report
2019/20

canTeen
Supporting young people
living with cancer



CanTeen supports young New Zealanders aged 13-24 who are either directly affected by cancer as a patient, or indirectly through the diagnosis or bereavement of a sibling or parent.

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Member story

Nurse beat cancer to fight coronavirus

Today we launch a new series called Stories of hope. We're shining a spotlight on resilient Kiwis who have overcome hardship in a bid to inspire others during times of darkness. **Emma Russell** reports



Laura Bonney says even on a bad day she's happy to have helped at least one person.

Less than two years ago Laura Bonney's body was riddled with a rare type of blood cancer.

Now the 24-year-old is cancer-free and working as an emergency department nurse fighting Covid-19 at South Auckland's Middlemore Hospital.

"It's really stressful but I am thankful to do what I do. Even if I have a crap day of work I go home knowing I've made a difference to at least one person," Bonney told the Herald.

The "bubbly go-getter" wants to share her story to inspire Kiwis to keep fighting, stay positive and offer help during these unsettling times.

She's doing so today because it's bandanna Day, national awareness day for Canteen, the charity that helps young Kiwis living with cancer.

Bonney — who was born in Tauranga — was working as a nanny in France in 2017 when she started getting severe itchy rashes.

"I'd always been pretty healthy. I do have a go-go personality so I'd often get sick if I was quite run down but nothing serious."

After travelling back to New Zealand, Bonney got tested for scabies, fungal skin infections and even had a biopsy for cancer but all came back clear.

She was able to manage the rashes by taking antihistamine medication, but five months down the track, when she was

completing her second placement as a nurse at Palmerston North Hospital, her symptoms worsened.

"I remember I woke up one morning covered in sweat which I knew wasn't normal but still cancer never crossed my mind."

As it turned out, the fine print of the biopsy said the test couldn't rule out two rare types of cancer — one being Hodgkin Lymphoma which is what Bonney was officially diagnosed with at 22. "I just remember walking out of the hospital thinking I have felt sicker before and that wasn't cancer, how can this be?"

Her cancer had spread from the left side of her neck, to her collarbone and near her heart.

Luckily, it was treatable and slowgrowing. "I thought, you know what, if someone has to get cancer it should be me, because I had a good support system of friends and family who visited me and were there for me throughout," she said.

Bonney completed six months of chemotherapy and was determined to keep working three days a week at Middlemore Hospital's research lab, while travelling back and forth from Tauranga.

"I think the hardest part was the fear of waiting for scans to come back and not knowing if the chemo was working."

She said it was the people around her who got her through.

Her mum, who had beaten breast cancer when Bonney was 10; her dad, whose sister, wife and now daughter had battled cancer; her older brothers, who were there for her via Skype and in person; her friends, who stood by Bonney when she bravely shaved her head.

And the lifelong friendships she formed with other young people fighting cancer — one battling the same rare type as hers.

"I know this sounds odd but when I think back on chemo and that year, I think back on it with a lot of fight and positivity because it was a true show of solidarity from all the friends and family I had." Her message to New Zealanders during the lockdown? Support the people around you, use your commonsense and listen to health professionals and officials who are trying to save lives.

Q&A with the Board and CEO

We asked CanTeen's National President Pippa, our Board Chair Carol and our CEO Nick a few key questions...

What stood out for you at CanTeen this year?

Carol: "Optimism"

There is such a **strong sense of optimism at CanTeen**. We're making decisions today with 2025 in mind, as opposed to just thinking about the next six months. This year has presented challenges for every organisation in the world and we've been able to navigate those difficulties while ensuring CanTeen can continue supporting rangatahi impacted by cancer long into the future.

Pippa: "Cohesion"

I feel that we're a more cohesive organisation now and that this year was all about growth rather than recovery. **Dealing with COVID-19 really saw us pull together as a team**. I was so proud to see our young leaders stepping up and innovating - they came up with great ideas for digital events to engage rangatahi and then helped to facilitate them alongside the staff.

”

Nick: "Momentum"

When you change the way you do things, it takes a little time to find your rhythm. I believe we've really found our stride when it comes to our new way of delivering services across Aotearoa, our streamlined approach to fundraising and our partnership with Canteen Australia. We've built up strong momentum which carried us through COVID and will see us achieve even more next year.

What's your priority for the year ahead?

Pippa: "Member Development"

There is so much passion and talent amongst the rangatahi of CanTeen Aotearoa and my focus is to really harness that by further **strengthening our personal development programs** and making sure everyone has every opportunity to shine in their own way.

Carol: "Inclusivity"

We will and need to do better when it comes to **providing services to the range of communities we work with**, in particular our Maori and Pasifika young people and whānau. Our Members acknowledged this last year with the small, but important first step of changing our name to CanTeen Aotearoa. This is the starting point for improving the way we think as an organisation to make our services more accessible and inclusive.

Nick: "Collaboration"

I see collaboration as key when it comes to achieving better outcomes for rangatahi impacted by cancer. We don't need to be the hero in every story. Instead, **working in partnership allows us to combine different organisations' unique strengths, pool resources and avoid duplication**, which our supporters rightly also expect of us. As CEO it'll be my focus to foster key relationships in the business, not-for-profit and health sectors.

”

What was CanTeen's biggest achievement in your eyes?

Nick: "Support during the 2 big Cs"

It's hard to talk about this year without talking about COVID. Lockdown was incredibly tough for everyone across Aotearoa, but especially so for rangatahi and whānau who were already dealing with cancer. Our services became more important than ever and we adapted to ensure young people didn't have to face the 2 big Cs (cancer and COVID) alone. Cancer didn't stop for COVID-19 and neither did we.

Pippa: "Bringing bandannas back"

For me, another key highlight of the year was bringing back **National Bandanna Day!** COVID obviously meant we had to do things differently, but the bandanna is such an iconic symbol of connection and whānaungatanga within CanTeen and the wider community. It was awesome seeing everyone get behind our 'Bandannas in Isolation' campaign and I'm looking forward to a bigger and better Bandanna Day in 2021!



"the bandanna is such an iconic symbol of connection and whanaungatanga within CanTeen and the wider community"

”

Carol: "Our high-calibre team"

I am thrilled with the high calibre of team that has been developed at CanTeen Aotearoa as well as the expertise we can draw on as a result of our partnership with Canteen Australia. Combining that with the energy and insights our young leaders bring to the Board as Member Directors as well as the efforts and commitment of our Associate Directors makes CanTeen a truly remarkable organisation.

CanTeen during COVID-19

During lockdown in March-April 2020:



271

Counselling and support sessions (online/phone)



15

Digital events

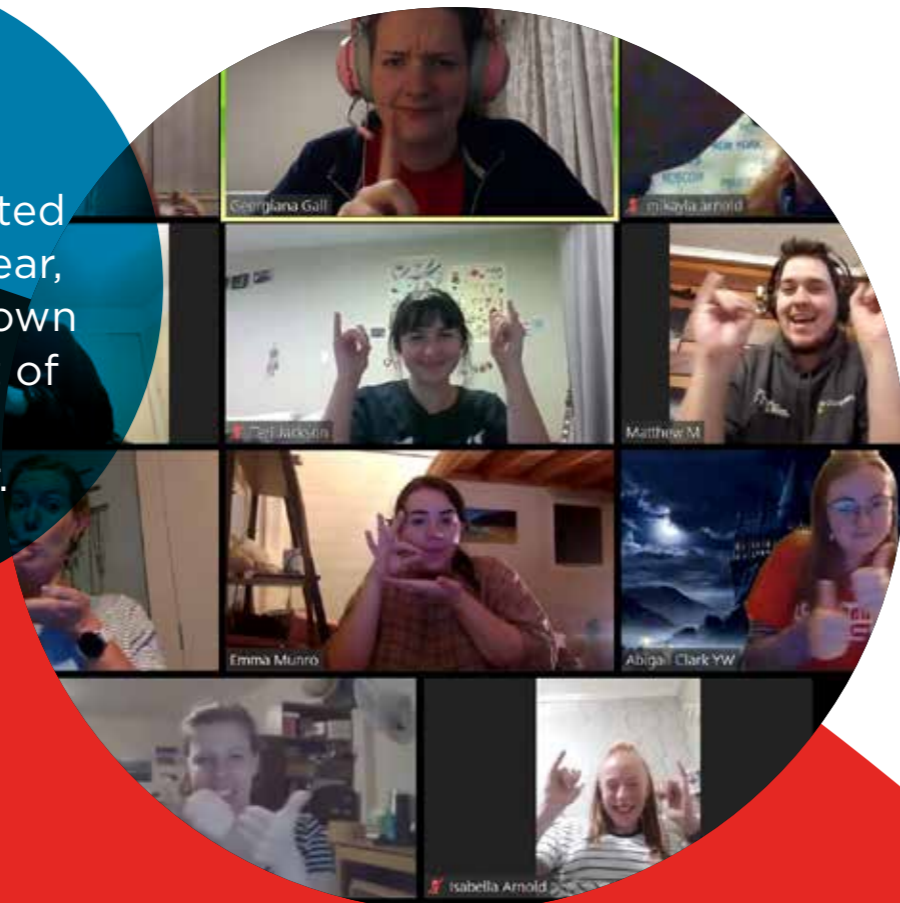


140

Young people attending events



Around 4,200 new young people are impacted by cancer each year, whether it's their own diagnosis, or that of an immediate family member.



COVID-19 changed everyone's world this year. For rangatahi already dealing with the immense challenge of cancer, life was made even harder by the additional anxiety and isolation brought about by coronavirus. As a result, CanTeen services were more important than ever, but also had to change.

In order to reduce the risk of infection for whānau impacted by cancer, CanTeen:

- provided all individual support and counselling appointments online, by video link, email or phone
- postponed face to face activities and ran additional online events instead
- provided further opportunities for young people to connect, chat and support each other online via CanTeen Connect

"Cancer didn't stop for COVID-19 and neither did we",

CanTeen CEO,
Nick Laing.

"It was awesome to be able to still have support from CanTeen even when there are so many other things changing."

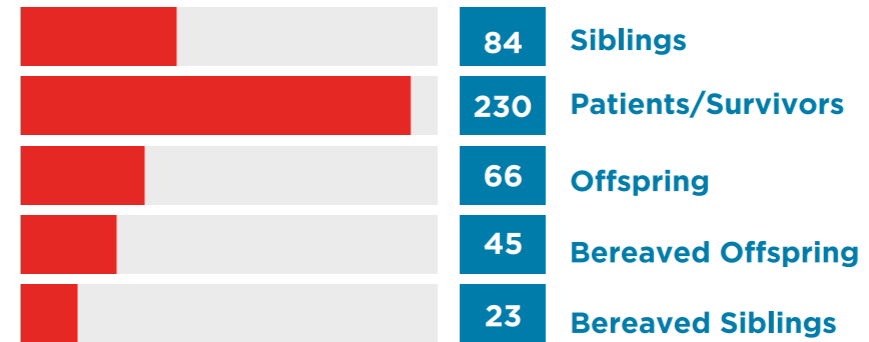
CanTeen Member

Young people engaged with our services more than ever. We received fantastic feedback about online events including Wellbeing in Isolation, Sign Language masterclass, Star Wars Dress Up, Baking with Abi and more. As we move into life-after-lockdown, CanTeen is excited to be delivering a combination of digital and face-to-face support and events across Aotearoa so that rangatahi can engage with our services in the way that best suits them.

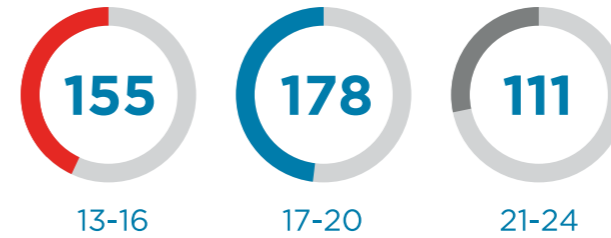


Number of young people supported in 2019/20: 448

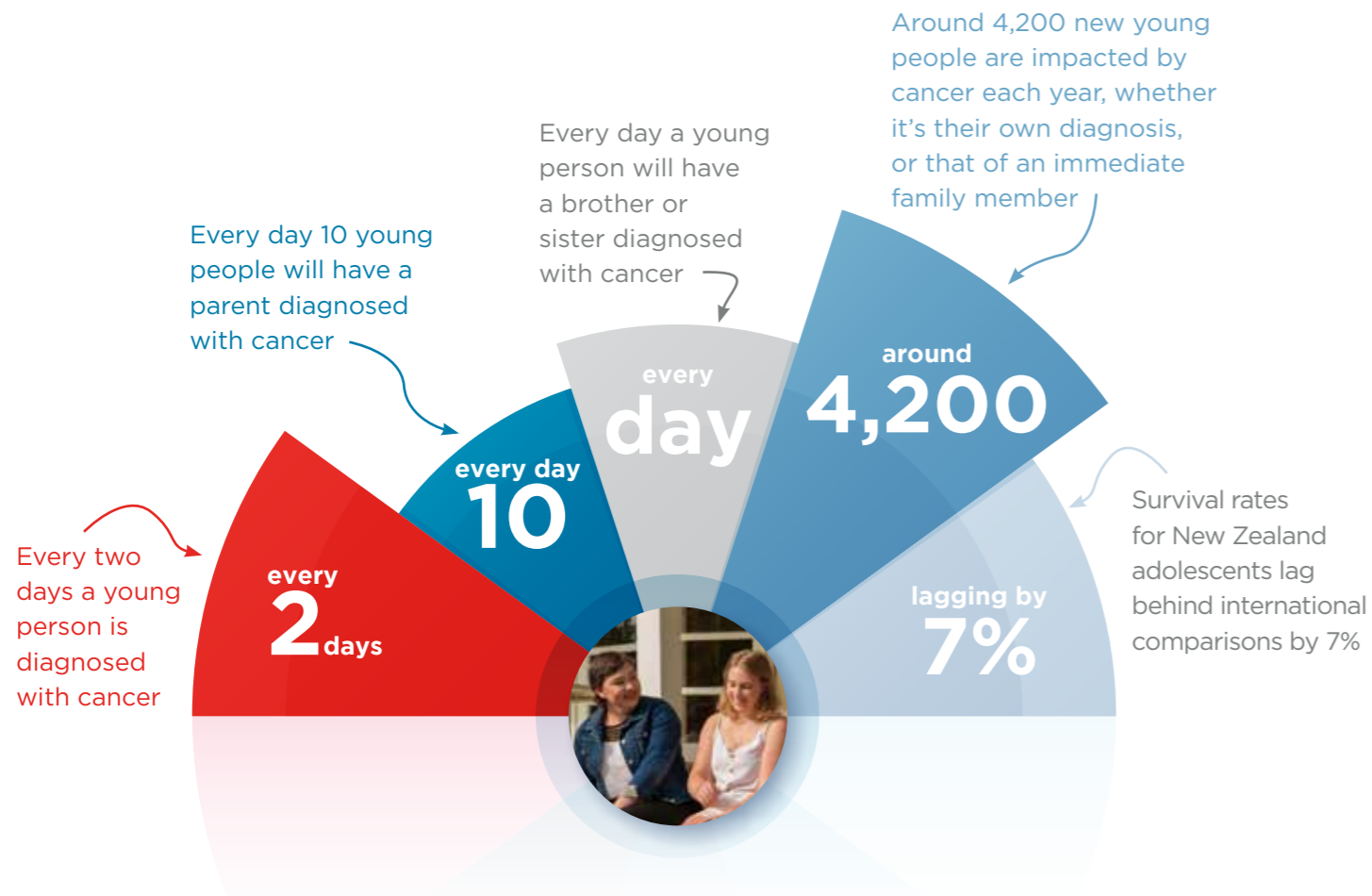
1. Cancer experience



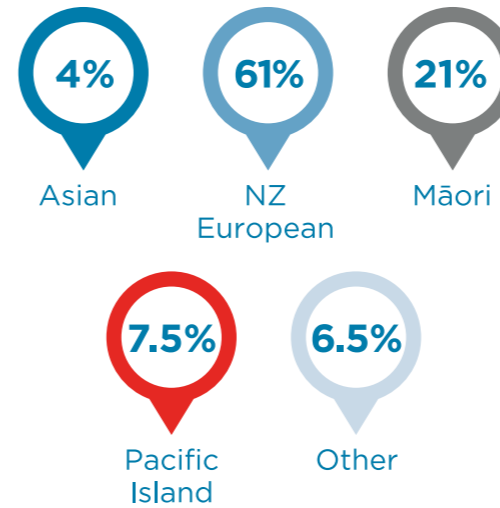
2. Age



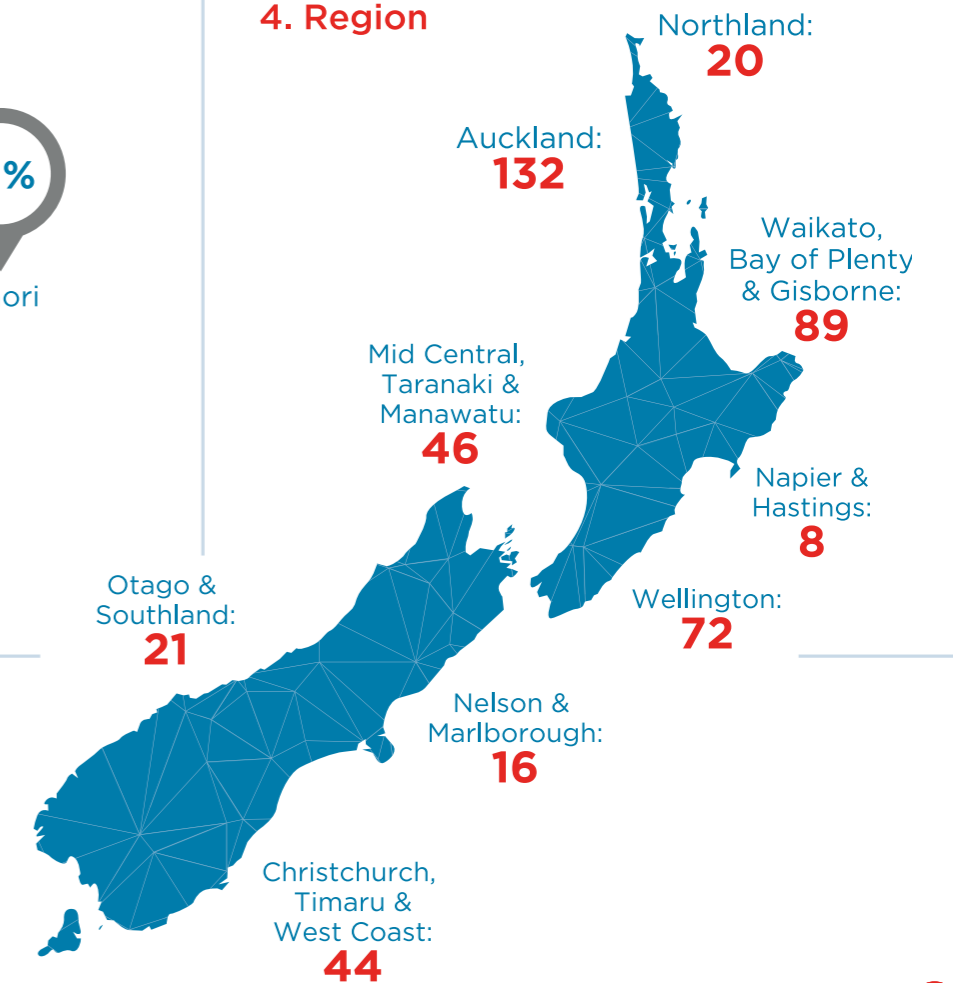
The reality of youth cancer in Aotearoa



3. Ethnicity



4. Region



What we do

CanTeen provides a vital service for young people living with cancer. Our team of Psychosocial Support Workers and Youth Workers offer a range of services and programs tailored to each young person's specific needs and cancer experience.

Individual support:

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

Regional Events:

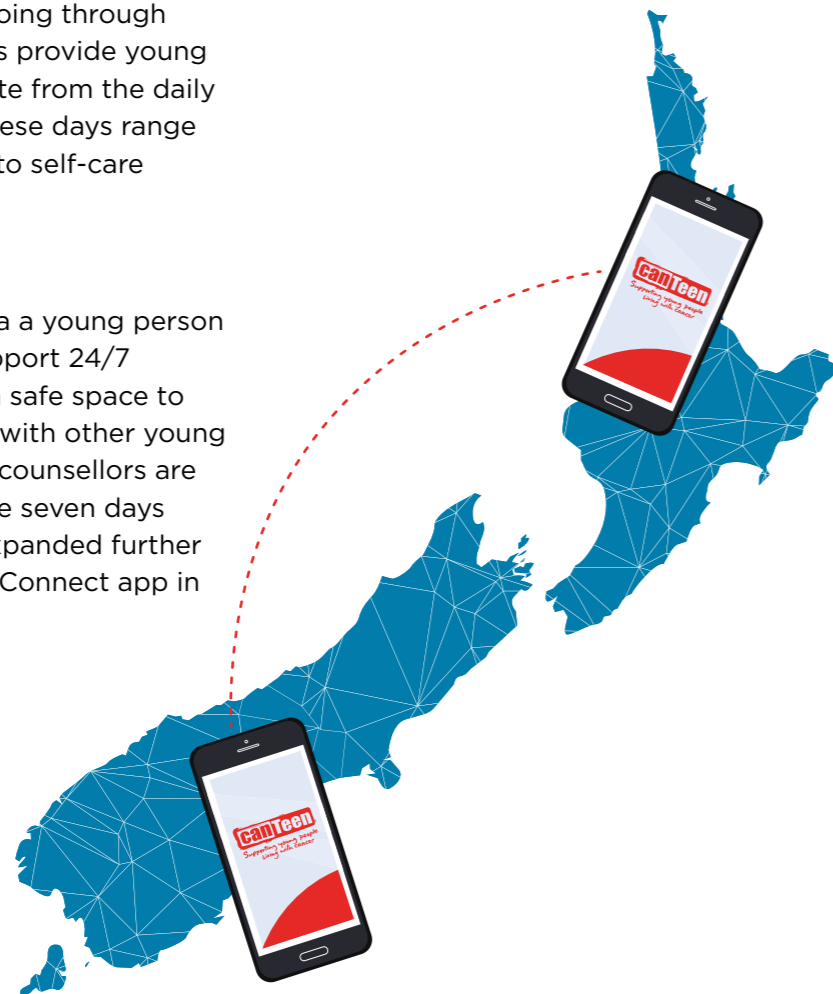
Our Youth Workers host activity days and events all over the country connecting young people with others their age who are going through similar challenges. Activity days provide young people with much needed respite from the daily struggles that cancer brings. These days range from surfing and rock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

Online support:

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

Youth Leadership:

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



CanTeen programmes

All our programmes are free for young people to attend and aim to:

- Build supportive relationships with others
- Reduce the sense of isolation
- Provide quality respite and recreation
- Develop effective coping skills and strategies

Social and Recreational

- **Skill Based Learning:**
Self-care workshops, cooking classes, meditation.
- **Recreation & Respite:**
Bowling nights, laser tag, movie nights, outdoor experiences
- **Opportunities for connection:**
Fun recreational weekends for connections and respite, for example our CanSurf weekend, which is a chance to learn surfing and meet others with a cancer experience.

Therapeutic

Overnight camps allow young people to explore and express their shared experiences and learn from others. Programmes that may be on offer at different times are:

- **Explore**
Aims to develop the foundational emotional skills young people need to face the challenges cancer brings. This 3-day programme for young people aged 13-17 is based upon the principle of Acceptance and Commitment Therapy (ACT) and is guided by a positive psychology approach, recognising resilience and focusing on strengths, interests, abilities, knowledge, and capacities.

• PEER

A 3-day programme for young people aged 13-17 that provides recreational opportunities so that young people can escape the daily experience of cancer, while also addressing their unique needs and building coping and resilience skills.

• Good Grief

This 3-day retreat is offered to young people under and over 18 who are bereaved following the death of a parent or sibling to cancer. This programme helps young people work through their grief and form connections with other bereaved young people.

• Recapture Life

A weekly online group for young cancer survivors aged 15-25 that aims to build resilience and help young people find their 'new normal' after cancer. Topics include: common experiences of young people during and after treatment, reconnecting with friends after cancer, dealing with tricky thoughts, getting back into hobbies and how to work towards future goals when cancer gets in the way.

CanTeen has given me lifelong friends that I have had unforgettable experiences with."

Hirini, 24

'I was given 18 months to live on the anniversary of my brother's death'

By **Bethany Reitsma**,
Trending, Lifestyle
and Entertainment
reporter, NZ Herald

Mike Gunter had just completed his pilot training and was about to jet off to Hawaii to start work when a brain cancer diagnosis at 21 put everything on hold.

Now nearly five years later, he says it's thanks to friends and family, who rallied together to crowdfund his treatment, that he's in remission and pursuing an apprenticeship as an aircraft engineer.

And in a devastating coincidence, the life changing news of his diagnosis came on the anniversary of his brother's death.

"I was about to turn 21 and I was living in Queenstown when I started getting migraines," he said.

Gunter had surgery to have a brain tumour removed, and two weeks after surgery was diagnosed with brain cancer.

Instead of heading to America to start his new job as a pilot, he had to go to Christchurch for treatment immediately.

"They basically told me I was gonna die with or without the treatment," Gunter shared.

"We heard about this place in Germany that was doing treatment that offered an increased chance of survival."

So his friends and family sprung to action, setting up a Givealittle page that raised more than \$140,000 for the treatment Gunter needed.

"So many people gave so much, from friends to randoms," Gunter shared. "There's been a massive amount of support."

"Especially from my rugby club Marist in Greymouth, they did some fundraisers and they funded a fair chunk of the treatment."

Gunter spent about six months in Germany undertaking the treatment, called dendritic cell immunotherapy, and is now incredibly cancer-free.

However, at this stage Gunter still returns to Germany twice a year for preventative



Although a cancer diagnosis stopped Mike Gunter from working as a pilot, he's still pursuing his passion for aviation.

treatment. CanTeen, a support service for young people dealing with cancer, first contacted Gunter when he was in hospital in Christchurch undergoing radiation and chemotherapy.

"They were really great support, they'd come and take me out for coffees cause I was pretty bored."

"Once I got back from Germany I got involved again and met so many amazing people with similar experiences."

"Some had it a lot tougher than I did." After being involved in supporter roles at CanTeen, Gunter is now on the board of directors, which always has a number of CanTeen members as part of its staff.

"Before I was diagnosed I was a qualified pilot and I really wanted to stay in aviation. I'd done some time labouring as an engineer to save for my pilot's licence so I thought I'd put the two and two together."

Gunter is now on his second year of a five-year aircraft engineering apprenticeship.

"I thought I'd put my pilot knowledge to good use."

CanTeen has been one of many charities that have been hit hard financially by the Covid-19 crisis.

CanTeen's psychosocial manager Lucy Barnes says CanTeen's services had to adapt quickly.

"CanTeen services had to move online to provide therapeutic support services on Zoom."

"There's been an impact on fundraising and on our community events, our Bandanna Day and street appeal."

CanTeen's biggest fundraiser of the year is Bandanna Day, but due to coronavirus restrictions, they weren't able to get out and fundraise this year.

Barnes says it's important that people continue to donate as the charity provides essential therapeutic services for young people.

CanTeen doesn't receive any fixed government funding, so 100 per cent of their income comes from donations. Barnes says donations dropped somewhat during lockdown, but that it was great to see people still donating.

She says they've had great feedback about their online events, with more people able to attend online.

"In the future we'll stick with a mixture of online and face-to-face," Barnes shared.

Financials

Statement of Comprehensive Revenue and Expense

For the year ended 30 June 2019

	Note	2019	2018
Revenue and other income		\$	\$
Revenue	2	3,308,944	4,012,371
Other income	2	29,696	17,380
		<u>3,338,640</u>	<u>4,029,751</u>
Less: expenses			
Marketing expense		(22,008)	(13,274)
Depreciation and amortisation expense	3	(120,587)	(182,751)
Employee benefits expense	3	(1,873,602)	(2,414,794)
Finance costs	3	(8,910)	(29,760)
Fundraising costs	3	(421,002)	(1,017,399)
Members national programs		(80,226)	(164,246)
Members support		(57,743)	(155,821)
Occupancy expense		(144,642)	(147,690)
Other expenses		(798,513)	(571,123)
		<u>(3,527,233)</u>	<u>(4,696,858)</u>
Deficit		(188,593)	(667,107)
Other comprehensive revenue and expense			
Revaluation of property, plant and equipment		-	-
Other comprehensive revenue and expense		-	-
Total comprehensive revenue and expense for the year		<u>(188,593)</u>	<u>(667,107)</u>

Nothing is scarier than hearing the word 'cancer'

Statement of Movements in General Funds

For the year ended 30 June 2019

	Note	Reserves	2019	2018
Balance as at 1 July 2017		1,418,898	2,947,085	4,365,983
Deficit for the year		-	(667,107)	(667,107)
Other Comprehensive revenue and expense		-	-	-
Total comprehensive revenue and expense for the year		-	(667,107)	(667,107)
Balance as at 30 June 2018		1,418,898	2,279,978	3,698,876
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Deficit for the year		-	(188,593)	(188,593)
Total comprehensive revenue and expense for the year		-	(188,593)	(188,593)
Balance as at 30 June 2019		1,418,898	2,091,385	3,510,283

Statement of Financial Position

For the year ended 30 June 2019

	Note	2019	2018
Current assets		\$	\$
Cash and cash equivalents	4	1,092,308	1,183,718
Receivables from exchange transactions	5	518	73,293
Inventories	6	-	28,008
Other assets	7	-	59,219
Other financial assets	8	207,563	-
Total current assets		1,300,389	1,344,238
Non-current assets			
Other financial assets	8	134,866	117,819
Property, plant and equipment	9	2,724,164	2,997,163
Intangible assets	10	107,110	133,888
Total non-current assets		2,966,140	3,248,870
Total assets		4,266,529	4,593,108
Current liabilities			
Borrowings	11	7,945	49,889
Payables from exchange transactions	12	444,777	352,207
Provisions	13	47,861	148,156
Other liabilities	14	255,663	169,990
Total current liabilities		756,246	720,242
Non-current liabilities			
Borrowings	11	-	173,990
Total non-current liabilities		-	173,990
Total liabilities		756,246	894,232
Net assets		3,510,283	3,698,876
Members funds			
Reserves	15	1,418,898	1,418,898
Accumulated surplus	16	2,091,385	2,279,978
Total members funds		3,510,283	3,698,876



Survival rates
for New Zealand
adolescents lag
behind international
comparisons
by 7%

Statement of Cash Flow

For the year ended 30 June 2019

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Every two days a young person is diagnosed with cancer



Around 4,200 young people in New Zealand are impacted by cancer each year, whether it's their own diagnosis, or that of an immediate family member.

[Click here for a copy of the notes to the financial statements.](#)



Cancer is different
in a young person's
world. We get it.

How CanTeen is governed

CanTeen is governed by a National Board of five appointed directors and five elected member directors. The board emphasises the member directors' voice to ensure the collective voice of young people is heard. Appointed directors bring additional experience and skills to the board table to ensure the organisation is well governed and directed.

Name	Position	Appointed
Pippa Huddleston	President/ Member Director	7/12/2019
Carol Scholes	Chairperson/ Advisory Director	8/01/2018
Emma Kerr	Member Director	7/12/2019
Michael Gunter	Member Director	7/12/2019
Matthew Young	Member Director	24/11/2017
Jessica Hamilton	Member Director	24/11/2017 (resigned 29/02/2020)
Matthew Coulter	Board Member	31/08/2019
Peter Orchard	Board Member	16/06/2019
Michael Hartley	Board Member	1/07/2018

Three new Member Directors joined the board following the AGM on 7 December 2019 - Pippa, Mike and Emma. Pippa was appointed as National President by the Board in February 2020, at which time Jess Hamilton stood down due to work commitments. The Member Director position left vacant by Jess will be filled at the 2020 AGM.

Young people with cancer can develop significant health issues as well as being at risk of secondary cancers



Thank you to our community of supporters

CanTeen relies on the generosity of the community to achieve our core purpose of ensuring no young person goes through cancer alone.

We'd like to say a huge thank you to our regular givers and other donors as well as the following corporate and community partners who make our work possible:

RepCo takes the brakes off

Super supporters RepCo look after CanTeen as well as they encourage their customers to “love their cars”. They ran their annual campaign for CanTeen in September 2019 “Cancer puts the brakes on life. Help get them moving” with TV ads, eye-catching posters and ads in their fold-out mail flyer and in all their stores. Staff members wore bandannas kindly provided by the company. Thank you RepCo for your continuing and generous support and for the amazing \$15,000 donation!



Burger King

Burger King's support of CanTeen aligns with their corporate social responsibility focus on youth development initiatives. BK staff members give to CanTeen every month through payroll giving and BK customers support us through the donations which BK collects in every store through their donation boxes. BK also gives huge treats to CanTeen members, like tickets to Breakers games and in February 2020 some super lucky CanTeen members and their families went to sold-out Six60 concerts at Western Springs, Dunedin and Whangarei. “Thanks very much for the tickets to Six60, we all enjoyed the concert, fantastic experience for the kids” said a grandmother in Northland who was able to take her mokopuna to their first concert. Thank you, Burger King!



Lagardere Travel Retail Pacific

Travellers may know the brand names Aelia (duty free) and Relay better than Lagardere, but Lagardere Travel Retail Pacific is the company name behind many duty-free buying and refreshment opportunities at our airports. Before the Covid-19 pandemic meant closing of all but one of their Pacific stores in March 2020, Lagardere contributed nearly \$10,000 to CanTeen in Aotearoa from donations and activities in NZ stores in Auckland, Rotorua, Palmerston North, Wellington, Nelson, Christchurch, Dunedin and Queenstown.

Jacqui Merriel from Lagardere says “The work CanTeen does to support young people and their families as they navigate through their cancer journeys is truly inspiring and means so much to so many. Last year I had the wonderful opportunity to meet with Nick and workshop the next evolution of our partnership alongside the CanTeen team, and I can't wait to see the outcome of this work come to life throughout 2020.”

Thank you Lagardere.



DLA Piper

A very special thank you to DLA Piper for their legal counsel during the year.





www.canteen.org.nz
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