

Sydney Swans midfielder gets #quarantoned for kids with cancer

Crunch 4 Kids

Harry Cunningham, Sydney Swans midfielder, calls for Australia to join the team that's getting #quarantoned for kids with cancer this June.

The Redkite Ambassador, who has been maintaining his fitness in isolation since April, is keen to break a sweat and make an impact for children with cancer.

He's recruiting people to join Redkite's 20-day stomach-crunching challenge this June to raise much needed funds to support families going through their child's cancer.

"Since the start of lockdown, I have kept physically active at home, not only to keep myself AFL ready, but for my own personal wellbeing.

"Redkite's Crunch 4 Kids not only encourages people to do something positive for their core strength and mental health, but everyone who participates in the challenge is showing kids going through cancer that you're on their team," he said.

Crunch 4 Kids is organised by Redkite, Australia's leading childhood cancer support charity, which provides essential support such as free online, video and phone counselling, and financial assistance to families, as well as funding music therapists and social workers in children's cancer wards around the country.

Participants set their crunch and fundraising goals and can do the challenge solo or recruit their own team.

With 2020 marking 20 years of partnership between Redkite and the Swans, Crunch 4 Kids is a core part of the anniversary celebrations and the club is fielding a team to complete the challenge.

Redkite CEO, Monique Keighery said she was grateful for the Swans' support over the last two decades and was looking forward to seeing them join families from around the country to take part in the challenge in their home gyms or on their living room floors.

"Every crunch crunched, and every dollar raised, will go towards providing essential support to kids with cancer and their families.

"This April, the number of support sessions delivered was 60% higher than the 2019 monthly average. These families need extra support at this time and for their communities to acknowledge and understand their unique challenge," she said.

Harry said he couldn't wait for the crunch challenge to begin: "When it comes to football, I'm on the best team in the world but I'm proud to let kids with cancer know I'm on their team too."

Show kids with cancer that you're on their team too by signing-up here: <https://crunch4kids.redkite.org.au/>

Grandmother crunches her COVID curves for kids with cancer

A Rockingham grandmother is doing her part to flatten the COVID-curve by staying in and working out to flatten her "COVID-curves" and raise money for Redkite, Australia's leading childhood cancer support charity.

This June, Anne Johansen, 74, is taking on Redkite's Crunch 4 Kids with Cancer, a 20-day fundraising, tummy-training challenge. She plans to do 20 crunches a day and hopes to raise \$500 for her efforts.

Redkite supported her family when her grandson, Ryan Morich, was diagnosed with cancer.

"Ryan was 12 when he was diagnosed with Ewing's Sarcoma. Redkite kept my family afloat when my grandson was battling cancer.

"Redkite helped pay my grandson's family bills when both of his parents' work hours got cut. Ryan's cancer came back a second time, which cost him his left leg below the knee, so it was a long drawn out illness.

"We reckon it was chemo, radiation, nanny's veggie bake, the family and Redkite that kept Ryan going," she said.

Anne said her age was no barrier to her taking part in Crunch 4 Kids with Cancer, where participants set their crunch and fundraising goals, either solo or as part of a team.

"During isolation I have still gone walking and bike riding, but I have also cooked a lot, so I need to flatten my curve. The stand-up criss-cross crunch is quite good for people of a mature age because it helps us practice our balance as well," she said.

Redkite provides essential support to families who have a child with cancer, such as free online, video and phone counselling, financial assistance, as well as funding music therapists and social workers in children's cancer wards around the country.

Over the last year, Redkite has supported approximately 250 West Australian families facing cancer and this April, the number of support sessions delivered nationally was 60% higher than the 2019 monthly average.

Redkite CEO, Monique Keighery, said she was looking forward to seeing families from around the country take part in the challenge in their home gyms or on their living room floors.

"Redkite's Crunch 4 Kids encourages people to do something positive for their wellbeing, and everyone who participates is showing a child with cancer that you're on their team.

"Right now, these families need extra support and for the community to acknowledge and understand their unique challenge. Every crunch crunched and every dollar raised will go towards providing essential support to children with cancer and their families," Ms Keighery said.

To show a West Australian kid with cancer that you're on their team, please visit: <https://crunch4kids.redkite.org.au/>

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