

**The Square Calendar**

**May 2018**

| Date | Time | Service, event, activity | Location |
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| **WEEK 1** |  |  |  |
| **Tuesday 1st May** | 10:00 – 16:0012:00 – 16:00 | Wellbeing TherapiesTalking Therapies: Adult | The SquareThe Square |
| **Wednesday 2nd May** | 10:00 – 13:00 | Wellbeing Therapies | The Square |
| **Thursday 3rd May** | 10:00 – 20:0010:30 – 11:3015:30 – 20:00 | Wellbeing TherapiesVirtual Yoga1-1 Children’s Support | The SquareThe SquareThe Square |
| **Friday 4th May** | 10:00 – 16:0012:30 – 15:30 | Wellbeing TherapiesHairdressing (Families on the ward only) | The SquareThe Square/Ward |
| **WEEK 2** |  |  |  |
| **Tuesday 8th May** | 10:00 – 16:00 | Wellbeing therapies | The Square |
| **Wednesday 9th May** | 10:00 – 13:00 | Wellbeing therapies  | The Square  |
| **Thursday 10th May** | 10:00 – 20:0010:30 – 11:3015:30 – 20:0016:00 – 20:00 | Wellbeing therapies Virtual Yoga* 1. Children’s Support

Talking Therapies: Adult | The Square The SquareThe SquareThe Square |
| **Friday 11th May** | 10:00 – 16:0012:30 – 15:30 | Wellbeing therapiesHairdressing (Families on the ward only) | The SquareThe Square/Ward |
| **Saturday 12th May** | 12:00 – 14:0012:00 – 14:00 | Family Network Group in YorkFamily Fun Day | The Balloon Tree Farm Shop & Café, YO41Victoria Dock Village Hall, Hull HU9 1TL |

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| Week 3  |

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| **Tuesday 15th May** | 10:00 – 16:0012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 16th May** | 10:00 – 13:00 | Wellbeing therapies | The Square  |
| **Thursday 17th May** | 10:00 – 20:0010:00 – 16:3010:30 – 11:3015:30 – 20:00 | Wellbeing therapies Candlelighters Bus in SkiptonVirtual Yoga* 1. Children’s Support
 | The SquareCoach Street, Skipton, BD23The Square The Square  |
| **Friday 18th May** | 10:00 – 16:0012:30 – 15:30 | Wellbeing TherapiesHairdressing (Families on the ward only) | The SquareThe Square/Ward |
| **Saturday 19th May** | 10:30 – 14:3010:30 – 14:30 | Parent WorkshopSibling Group (on/post treatment siblings) | The SquareThe Square |
| **Sunday 20th May** | 13:00 – 16:00 | Day of Memories | York Racecourse, York |

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| Week 4  |

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| **Tuesday 22nd May** | 10:00 – 16:0012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 23rd May** | 10:00 – 13:00 | Wellbeing therapies  | The Square |
| **Thursday 24th May**  | 10:00 – 20:0010:30 – 11:30 15:30 – 20:0016:00 – 20:00 | Wellbeing therapies Virtual Yoga* 1. Children’s Support

Talking Therapies: Adult | The SquareThe SquareThe SquareThe Square |
| **Friday 25th May** | 10:00 – 16:0012:30 – 15:30 | Wellbeing therapiesHairdressing (Families on the ward only) | The SquareThe Square/Ward |
| WEEK 5 |  |  |  |
| **Monday 28th May** | 18:00 – 20:00 | Family Network Hull Group | Asda Mount Pleasant, Hull HU9 2BN |
| **Tuesday 29th May** | 10:00 – 16:00 | Wellbeing Therapies | The Square |
| **Wednesday 30th May** | 10:00 – 13:0018:00 – 20:00 | Wellbeing TherapiesFamily Network Group in Bradford | The SquareThe Noble Comb, Shipley, BD18 3ST |
| **Thursday 31st May** | 10:00-20:0014:00 – 15:3015:00 – 18:00 | Wellbeing TherapiesCuppa & Cake Family Network Drop inGrandparents Tea Party | The SquareThe Square |



**Information about services and groups**

Wellbeing Therapies - The therapy team work Tuesday - Friday offering bed and chair massage, head/ shoulder/ back massage, Indian head massage, hot-stones massage and holistic-facial massage. Hand/ arm massage, energy balancing and reflexology is also available. No need to decide in advance - you can chose on the day.

Talking Therapies - Our Talking Therapists offer private and confidential talking therapies, mindfulness and coaching session’s @ The Square and across Yorkshire. Going though children’s cancer can be a confusing time where you may feel angry, unsupported or not sure what to do next. There is support available for you.

1-1 Children Support – Children affected by childhood cancer that might be facing challenges such as anger issues, anxiety and frustration can access specific 1-1 support. This support includes mindfulness, talking and play activities.

Hairdressing - This service is only available for families staying on the ward. We understand that when living on the ward getting a haircut may be difficult as a parent may not want to leave their child for long periods of time. We offer wash, cuts and blow-dries with our qualified hairdresser.

Virtual Yoga - Virtual yoga is held in one of our room’s @ The Square. It is set up like a yoga studio to provide a relaxing environment perfect for practicing mindfulness and Yoga.

The Bus: Wellbeing Therapies - Sometimes it can be hard to travel across Yorkshire just for a massage, so The Candlelighters Bus is here to bring it to you. This service offers the treatments available @ the Square, but on the road. Because of the nature of the facilities and space on bus, unfortunately it is only possible to offer chair massage.

Mums Support Groups - Our Mums group meet every 3 months @ The Square. It is a lovely opportunity to meet and chat with other mums affected by childhood cancer. The day usually involves food, drinks, beauty treatments, chat and much more. Groups are run for mums with a child on treatment/post treatment and for mums who are sadly bereaved.

Dads Support Groups - The newest support group @ The Square is far from sitting around chatting. Groups are run for dads with a child on treatment/post treatment and for dads who are sadly bereaved. Groups are run every 3 months with activities such as going out for a curry, watching the rugby and clay pigeon shooting.

Sibling Support Groups – Candlelighters runs two sibling groups, one for children who have a brother/sister on treatment/post treatment and a group for those children who are sadly bereaved. Groups run bi-monthly and are for those aged 5-15. The group usually consists of lots of fun activities and games, where children will be able to make something to take home. Lunch is provided on the day.

Grandparents Tea Party- Grandparents play an important part in a lot of our families’ lives and, at The Square, we support the whole family. As part of that support, we run Grandparents’ Tea Parties once every two months. This is a special event held at The Square to enjoy an afternoon of pampering, arts & crafts and afternoon tea! Our Grandparents Tea Parties are for all grandparents/great grandparents, whether

Family Network Groups– The Family Network is a chance to meet other family members who have been affected by childhood cancer in your local area. Please note that the groups are organised by Family Network Volunteers who have been affected by childhood cancer and there may be a cost dependent on the activity you attend. For example the cost of a cuppa or a meal. Currently groups are held @ The Square, Bradford, Hull and York.

**To book please**

**Call: 0113 887 8333,**

**Email:** **thesquare@candlelighters.org.uk** **or Facebook: Candlelighters at The Square**