

**The Square Calendar**

**August 2018**

| Date | Time | Service, event, activity | Location |
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| **WEEK 1** |  |  |  |
| **Wednesday 1st August** | 10:00 – 13:00 | Wellbeing Therapies | The Square |
| **Thursday 2nd August** | 10:00 – 20:00  10:30 – 11:30  16:00 – 20:00 | Wellbeing Therapies  Virtual Yoga  Talking therapies: Adult | The Square  The Square  The Square |
| **Friday 3rd August** | 10:00 – 16:00  12:30 – 15:30 | Wellbeing Therapies  Hairdressing (Families on the ward only) | The Square  The Square/Ward |
| **Saturday 4th August** | 10:30 – 14:30 | Sibling Group (bereaved siblings only) | The Square |
| **WEEK 2** |  |  |  |
| **Tuesday 7th August** | 10:00 – 16:00  12:00 – 16:00 | Wellbeing therapies  Talking therapies: Adult | The Square  The Square |
| **Wednesday 8th August** | 10:00 – 13:00  12:30 – 15:00 | Wellbeing therapies  The Greatest Showman Singalong | The Square  The Square |
| **Thursday 9th August** | 10:00 – 20:00  10:30 – 11:30  15:30 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Children | The Square  The Square  The Square |
| **Friday 10th August** | 10:00 – 16:00  12:30 – 15:30 | Wellbeing therapies  Hairdressing (Families on the ward only) | The Square  The Square/Ward |
| **Saturday 11th August** | 9:30 – 16:30 | Sibling Trip (bereaved, on treatment and post treatment siblings) | York Maze |

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| Week 3 |

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| **Tuesday 14th August** | 10:00 – 16:00 | Wellbeing therapies | The Square |
| **Wednesday 15th August** | 10:00 – 13:00  12:00 – 14:00 | Wellbeing therapies  Children’s Arts and Crafts Afternoon | The Square  The Square |
| **Thursday 16th August** | 10:00 – 20:00  10:30 – 11:30  10:00 – 14:00  16:00 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Children  Talking Therapies: Adult | The Square  The Square  The Square  The Square |
| **Friday 17th August** | 10:00 – 16:00  12:30 – 15:30 | Wellbeing therapies  Hairdressing (Families on the ward only) | The Square  The Square |

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| Week 4 |

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| **Tuesday 21st August** | 10:00 – 16:00  12:00 – 16:00 | Wellbeing therapies  Talking Therapies: Adult | The Square  The Square |
| **Wednesday 22nd August** | 10:00 – 13:00 | Wellbeing therapies | The Square |
| **Thursday 23rd August** | 10:00 – 16:00  10:30 – 11:30  12:00 – 15:00 | Wellbeing therapies  Virtual Yoga  Picnic in the Park | The Square  The Square  Kirkstall Abbey, LS5 3EH |
| **Friday 24th August** | 10:00 – 16:00  12:30 – 15:30 | Wellbeing therapies  Hairdressing (Families on the ward only) | The Square  The Square/Ward |

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| Week 5 |

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| **Tuesday 28th August** | 10:00 – 16:00 | Wellbeing therapies | The Square |
| **Wednesday 29th August** | 10:00 – 13:00  12:00 – 15:00 | Wellbeing therapies  Beach Party | The Square  The Square |
| **Thursday 30th August** | 10:00 – 20:00  10:30 – 11:30  16:00 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Adult | The Square  The Square  The Square |
| **Friday 31st August** | 10:00 – 16:00  12:00 – 14:00  12:30 – 15:30 | Wellbeing Therapies  Family Lunch at Pizza Hut (THIS EVENT IS NOW FULL)  Hairdressing (Families on the ward only) | The Square  Pizza Hut, Cardigan Fields, Kirkstall, LS4 2DG  The Square/Ward |



**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 2 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 bi-monthly with activities such as going out for a curry, watching the rugby and playing video games.

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 on treatment/post treatment or bereaved.

**To book please**

**Call: 0113 887 8333,**

**Email:** [**thesquare@candlelighters.org.uk**](mailto:thesquare@candlelighters.org.uk) **or Facebook: Candlelighters at The Square**