

**The Square Calendar**

**November 2018**

| Date | Time | Service, event, activity | Location |
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| **WEEK 1** |  |  |  |
| **Thursday 1st November** | 10:00 – 20:0010:30 – 11:3011:30 – 14:3016:00 – 20:0016:00 – 20:00 | Wellbeing TherapiesVirtual YogaPJs and Disney DayTalking therapies: AdultTalking Therapies: Children | The SquareThe SquareThe SquareThe SquareThe Square |
| **Friday 2nd November** | 10:00 – 16:00 | Wellbeing Therapies | The Square |
| **WEEK 2** |  |  |  |
| **Tuesday 6th November** | 10:00 – 16:0011:00 – 13:00 | Wellbeing therapiesFamily Network: Rainbow Baby/Child Support Group | The SquareThe Square |
| **Wednesday 7th November** | 10:00 – 13:00 | Wellbeing therapies  | The Square  |
| **Thursday 8th November** | 10:00 – 20:0010:30 – 11:3015:00 – 18:0016:00 – 20:0016:00 – 20:00 | Wellbeing therapies Virtual YogaGrandparents Tea PartyTalking Therapies: ChildrenTalking Therapies: Adult | The Square The SquareThe SquareThe SquareThe Square |
| **Friday 9th November** | 10:00 – 16:0012:30 – 15:30 | Wellbeing therapiesHairdressing (Families on the ward only) | The SquareThe Square/Ward |
| **Saturday 10th November** | 12:00 – 14:3012:00 – 14:00 | Mums and Dads Group (on/post treatment)Family Lunch in Hull | Fazenda, Leeds, LS1 4GLFrankie and Bennys, Hull, HU3 4SA |

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| Week 3  |

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| **Tuesday 13th November** | 10:00 – 16:0012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 14th November** | 10:00 – 13:00 | Wellbeing therapies | The Square  |
| **Thursday 15th November** | 10:00 – 20:0010:30 – 11:3016:00 – 20:0016:00 – 20:00  | Wellbeing therapies Virtual YogaTalking Therapies: AdultTalking Therapies: Children | The SquareThe Square The Square The Square  |
| **Friday 16th November** | 10:00 – 16:0010:30 – 16:30 | Wellbeing TherapiesCandlelighters Bus in Skipton | The SquareCoach Street, Skipton |

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| Week 4  |

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| **Tuesday 20th November** | 10:00 – 16:0012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 21st November** | 10:00 – 16:00 | Wellbeing therapies Hairdressing (Families on the ward only) | The SquareWard/Pavilion only – not The Square |
| **Thursday 22nd November** | 10:00 – 16:0010:30 – 11:30 16:00 – 20:0016:00 – 20:00 | Wellbeing therapies Virtual YogaTalking Therapies: AdultTalking Therapies: Children | The SquareThe SquareThe SquareThe Square |
| **Friday 23rd November** | 10:00 – 16:00 | Wellbeing therapies | The Square |

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| Week 5 |

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| **Tuesday 27th November** | 10:00 – 16:0012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 28th November**  | 10:00 – 13:00 | Wellbeing therapies  | The Square |
| **Thursday 29th November** | 10:00 – 20:0010:30 – 11:3016:00 – 20:00 | Wellbeing therapies Virtual YogaTalking Therapies: Children | The SquareThe SquareThe Square |
| **Friday 30th November** | 10:00 – 16:00 | Wellbeing Therapies | The 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 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

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**