

**The Square Calendar**

**August 2019**

| Date | Time | Service, event, activity | Location |
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| **WEEK 1** |  |  |  |
| **Thursday 1st August** | 10:00 – 15:30  10.30 – 11.30  16:00 – 20:00  16:00 – 20:00 | Wellbeing Therapies  Virtual Yoga  Talking Therapies Adult  Talking Therapy Young Persons | The Square  The Square  The Square  The Square |
| **Friday 2nd August** | 10:00 – 15:30  12.30 – 15:30  11:00 – 14:00 | Wellbeing Therapies  Hairdressing (families on the ward only)  Mad Scientist Day Hull | The Square  The Square  St. James’s Church, Sutton- on- Hull, HU7 4TL |
| **Saturday 3rd August** | 12:00 – 15:00 | Family Group Huddersfield | Ruddi’s The Vintage Tea Room, HD7 5NF |
| **WEEK 2** |  |  |  |
| **Monday 5th August** | 11:30 – 14:30 | Teen Sibling Group (13-18) | LaserZone Leeds, Cardigan Fields, LS4 2DG |
| **Tuesday 6th August** | 10:00 – 15.30  12:00 – 16:00 | Wellbeing Therapies  Adult Talking Therapies | The Square  The Square |
| **Wednesday 7th August** | 10:00 – 13:00 | Wellbeing Therapies | The Square |
| **Thursday 8th August** | 10:00 – 19:30  10.30 – 11:30 | Wellbeing Therapies  Virtual Yoga | The Square  The Square |
| **Friday 9th August** | 10:00 – 15:30  10:30 – 16:00 | Wellbeing Therapies  Candlelighters Bus in Castleford  Hairdressing (Families on the ward only) | The Square  Junction 32, Carr Wood Road, WF10 4FR |
| **Saturday 10th August** | 08:30 – 18:15 | Sibling trip to Flamingo Land | Malton, York |
| **Sunday 11th August** | 11:30 – 12:45 | Family Focus Group Skipton | Skipton Town Hall |

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| Week 3 |

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| **Tuesday 13th August** | 10:00 – 15:30 | Wellbeing therapies | The Square |
| **Wednesday 14th August** | 10:00 – 13:00 | Wellbeing therapies | The Square |
| **Thursday 15th August** | 10:00 – 19:30  10:30 – 11:30  16:00 – 20:00  16:00 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Young Persons  Talking Therapies: Adult | The Square  The Square  The Square  The Square |
| **Friday 16th August** | 10:00 – 15:30  12:30 – 15:30 | Wellbeing therapies  Hairdressing (families on the ward only) | The Square  The Square/Ward |
| **Saturday 17th August** | 11:30 – 12:45 | Family Focus Group: Kirklees and Calderdale | The Mirfield Free Grammar |
| **Sunday 18th August** | 11:30 – 12:45 | Family Focus Group in Bradford | Thornbury Centre, 79 Leeds Old Road, Bradford, BD3 8JX |

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| Week 4 |

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| **Tuesday 20th August** | 10:00 – 15:30  12:00 – 16:00  12:00 – 15:00 | Wellbeing therapies  Talking Therapies: Adult  Picnic in the Park Hull – East Park | The Square  The Square  Holderness Rd, Hull HU8 8JU |
| **Wednesday 21st August** | 10:00 – 13:00  12:00 – 15:00 | Wellbeing therapies  Picnic in the Park – Kirkstall Abbey | The Square  Abbey Rd, Leeds LS5 3EH |
| **Thursday 22st August** | 10:00 – 19:30  10:30 – 11:30  16:00 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Young Persons | The Square  The Square  The Square |
| **Friday 23nd August** | 10:00 – 15:30  10:30 – 16:00  12:00 – 15:00 | Wellbeing therapies  The Candlelighters Bus in York  Family Group York | The Square  Vangarde Shopping Park, YO32 9AE  Frankie and Bennys Unit 2, Monks Cross, York, YO32 9AE |
| WEEK 5 |  |  |  |
| **Tuesday 27th August** | 10:00 – 15:30 | Wellbeing Therapies | The Square |
| **Wednesday 28th August** | 10:00 – 13:00  11.00 – 14.00 | Wellbeing Therapies  Under The Sea Family Event | The Square  The Square then next door to Swarthmore |
| **Thursday 29th August** | 10:00 – 19:30  10:30 – 11:30  16:00 – 20:00 | Wellbeing therapies  Virtual Yoga  Talking Therapies: Young Persons | The Square  The Square  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 sessions @ 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 the child is on treatment/post treatment or if the grandparents are bereaved.

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