

**The Square Calendar**

**October 2019**

| Date | Time | Service, event, activity | Location |
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| **WEEK 1** |  |  |  |
| **Tuesday 1st October** | 10:00 – 15:3012:00 – 16:00 | Wellbeing TherapiesTalking Therapy: Adult | The SquareThe Square |
| **Wednesday 2nd October** | 10:00 – 13:00 | Wellbeing Therapies | The Square  |
| **Thursday 3rd October** | 10:00 – 19:3010:30 – 11:3016:00 – 20:00 | Wellbeing TherapiesVirtual YogaTalking Therapies: Young Persons | The SquareThe SquareThe Square |
| **Friday 4th October** | 10:00 – 15:30  | Wellbeing Therapies | The Square |
| **WEEK 2** |  |  |  |
| **Tuesday 8th October** | 10:00 – 15:30 | Wellbeing therapies | The Square |
| **Wednesday 9th October** | 10:00 – 13:00 | Wellbeing therapies | The Square  |
| **Thursday 10th October** | 10:00 – 19:3010:30 – 11:3016:00 – 20:0016:00 – 20:00 | Wellbeing therapies Virtual YogaTalking Therapies: Young PersonsTalking Therapies: Adult | The Square The SquareThe SquareThe Square |
| **Friday 11th October** | 10:00 – 15:3010-30 - 16.00 | Wellbeing therapiesCandlelighters Bus in Harrogate  | The SquareRHS Garden Harlow Carr HG3 1QB |
| **Saturday 12th October** | 13:00 – 16:00 | On/Post treatment Dad’s group | Northern Snooker Centre 92 Kirkstall Rd, Leeds LS3 1LT |

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| Week 3  |

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| **Monday 14th October**  | 11.00 – 13.00 | Rainbow Babies Group  | Dan’s Den, The Grove, Ilkley LS29 9LW |
| **Tuesday 15th October**  | 10:00 – 15:3012:00 – 16:00 | Wellbeing therapies Talking Therapies: Adult | The SquareThe Square |
| **Wednesday 16th October** | 10:00 – 13:00 | Wellbeing therapies | The Square |
| **Thursday 17th October**  | 10:00 – 19:3010:30 – 11:3016:00 – 20:0017:00 – 19:00  | Wellbeing therapies Virtual YogaTalking Therapies: Young PersonsParent Group Hull  | The SquareThe Square The Square9 Humber Dock St, Hull HU1 1TB |
| **Friday 18th October**  | 10:00 – 15:30 | Wellbeing Therapies | The Square  |
| **Saturday 19th October**  | 10:30 – 14:30 11.00 – 14.00 | Bereaved Sibling Group On/Post Treatment Group York | The SquareWeb Adventure Park Creepy Crawlies, Wiggington Road YO32 2RH |

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| Week 4  |

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| **Tuesday 22nd October** | 10:00 – 15:3011.00 – 14.00 | Wellbeing therapies Disney, Pixar PJ Party and Film Day  | The SquareThe Square  |
| **Wednesday 23rd October** | 10:00 – 13:00 | Wellbeing therapies  | The Square |
| **Thursday 24th October** | 10:00 – 19:3010:30 – 11:30 16.00 – 20.0016:00 – 20:00 | Wellbeing therapies Virtual YogaTalking Therapies: AdultTalking Therapies: Young Persons | The SquareThe SquareThe Square The Square |
| **Friday 25th October**  | 10:00 – 15:3010:30 – 16:00 | Wellbeing therapiesCandlelighters Bus in York  | The SquareVangard Shopping Park,, Huntington, York YO32 9AE |
| **Saturday 26th October**  | 12:00 – 16:0012.00 – 14.00 | Mums Group (on treatment/post treatment only)Halloween in Hull  | The Square North Branshome Phoenix Project, Lothian Way, HU7 5DD Kingston upon Hull |
| WEEK 5 |  |  |  |
| **Tuesday 29th October**  | 10:00 – 15:3012.00 – 16.00 | Wellbeing TherapiesTalking Therapies: Adult | The SquareThe Square  |
| **Wednesday 30th October**  | 10.00 – 13.00 12.00 – 14.00 | Wellbeing Therapies Halloween in Leeds  | The Square The Square then Swarthmore (next door) |
| **Thursday 31tst October**  | 10:00 – 19:3010:30 – 11:30 16:00 – 20:00 | Wellbeing therapies Virtual YogaTalking 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 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**