# The Square Calendar December 2019

| Date | Time | Service, event, activity | Location |
|---|---|---|---|
| Week 1 | | | |
| **Sunday 1st December** | 13:00 – 17:00 | CHRISTMAS PARTY! | Cedar Court Hotel, Bradford, BD5 8HW |
| WEEK 2 | | | |
| **Tuesday 3rd December** | 10:00 – 15:30 | Wellbeing Therapies | The Square |
| **Wednesday 4th December** | 10:00 – 13:00<br>12:30 – 15:30 | Wellbeing Therapies<br>Hairdressing (families staying on the ward only) | The Square<br>The Square/Ward/Pavillion |
| **Thursday 5th December** | 10:00 – 19:30<br>10:30 – 11:30<br>16:00 – 20:00<br>16:00 – 20:00 | Wellbeing Therapies<br>Virtual Yoga<br>Talking Therapies: Young Persons<br>Talking Therapies: Adult | The Square<br>The Square<br>The Square<br>The Square |
| **Friday 6th December** | 10:00 – 15:30 | Wellbeing Therapies | The Square |
| **Saturday 7th December** | 09:30 – 18:00<br>12:00 – 16:00 | Sibling Trip (all siblings)<br>Mums Group (bereaved mums only) | Stockeld Park, Wetherby, LS22 4AN<br>The Square |
| WEEK 3 | | | |
| **Tuesday 10th December** | 10:00 – 15:30 | Wellbeing therapies | The Square |
| **Wednesday 11th December** | 10:00 – 13:00<br>12:30 – 15:30 | Wellbeing therapies<br>Hairdressing (families staying on the ward only) | The Square<br>The Square/Ward/Pavillion |
| **Thursday 12th December** | 10:00 – 19:30<br>10:30 – 11:30<br>14:00 – 20:00<br>16:00 – 20:00<br>15:00 – 18:00 | Wellbeing therapies<br>Virtual Yoga<br>Talking Therapies: Young Persons<br>Talking Therapies: Adult<br>Grandparents Tea Party | The Square<br>The Square<br>The Square<br>The Square<br>The Square |
| **Friday 13th December** | 10:00 – 15:30 | Wellbeing therapies | The Square |
| **Saturday 14th December** | 10:30 – 14:00<br>12:00 – 16:00 | Patients Group<br>Dads Group (bereaved dads only) | The Square<br>The Square |
| **Sunday 15th December** | 12:00 – 14:00 | Christmas Carvery in Hull | Lambwath Pub, Sutton Road, Hull, HU8 0HU |
| WEEK 4 | | | |
| **Tuesday 17th December** | 10:00 – 15:30<br>12:00 – 16:00 | Wellbeing therapies<br>Talking Therapy: Adult | The Square<br>The Square |
| **Wednesday 18th December** | 10:00 – 13:00<br>12:30 – 15:30 | Wellbeing therapies<br>Hairdressing (families staying on the ward only) | The Square<br>The Square/Ward/Pavilion |
| **Thursday 19th December** | 10:00 – 19:30<br>10:30 – 11:30<br>16:00 – 20:00<br>16:00 – 20:00 | Wellbeing therapies<br>Virtual Yoga<br>Talking Therapies: Young Persons<br>Talking Therapies: Adult | The Square<br>The Square<br>The Square<br>The Square |
| **Friday 20th December** | 10:00 – 15:30 | Wellbeing Therapies | The Square |
| WEEK 5 | | | |
| **Monday 23rd December** | 10:00 – 13:00 | Wellbeing therapies | The Square |
| **Tuesday 24th December** | 11:00 – 13:00 | PJ Party and Christmas Film Day! (Parents and children only) | The Square |
| **Wednesday 25th December** | | CLOSED FOR CHRISTMAS DAY | |
| **Thursday 26th December** | | CLOSED FOR BOXING DAY | |
| **Friday 27th December** | 10:00 – 15:30 | Wellbeing therapies | The Square |
| WEEK 6 | | | |
| **Monday 30th December** | 10:00 – 13:00<br>11:00 – 13:00 | Wellbeing therapies<br>New Years Eve Eve Party! | The Square<br>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**