

The Candlelighter

Supporting the families of children with cancer

Issue: 79

SPRING
SUMMER
2022

Amy

READ ABOUT
OUR COVER STARS

AMY

our Family Support Worker,
who won Candlelighters 2021
Employee of the Year,
on pages 4 & 5,
and the wonderful

EDEN

on page 13

Eden



Hello from our mascot, Champ!

To support us or find out more visit: www.candlelighters.org.uk

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Candlelighters Leeds



Keith

A welcome from our Chair of Trustees

A warm welcome to you all and thank you for joining us in our latest newsletter as we look forward to another exciting year ahead.

Despite all the difficulties of 2021, we are extremely proud of our team at Candlelighters for their dedication, commitment, and hard work in ensuring we get support to those that need it and continue moving ahead with research and engagement projects. I would like to take this opportunity on behalf of all the families to extend a huge thank you to them all.

The thank yous can't stop there; we extend our thanks to all those volunteers, challenge events competitors, fundraisers and general supporters – we can't be there for families who need us without you all. The important Play Leader roles we fund at the hospital, for example, are making a huge difference, and you can read about them in this edition, as well as about our own Family Support Team and new Community Team.

We closed last year with our annual Hearts and Minds event, looking at the strategy going forward. It was great to see the level of engagement and excitement for the year ahead. Whilst we still have a challenging environment, we are confident we can build on the research and support we offer whilst still delivering the core support and services required every day. We need your help and support more than ever to keep that candle burning and make a difference!

Fundraising is a huge part of all our activities. We are so grateful for your amazing fundraising efforts and look forward to seeing more stories in 2022. We all enjoy seeing the fantastic efforts in the challenges our supporters undertake, and throughout this year they will be a huge help in providing essential funding. Why not challenge yourself or your colleagues and friends to make a huge difference to lives affected by cancer, whilst achieving something amazing? We provide some ideas in this edition on how you can get involved at different levels and how we may be able to help you do so.

To all our families, please remember we are here for you and I hope you all enjoy reading the exciting news from our Candlelighters family.

Take care,

Keith

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FIND OUT ABOUT OUR 2021 EMPLOYEE OF THE YEAR, AMY!

A welcome from our CEO

In this edition of our newsletter, you will find an extra special intro below from some of our 'Young Dreamers' (patients and siblings), who took the reins at Candlelighters for a day as Chief Executive. I'm sure it won't come as a surprise to you that they did an absolutely outstanding job alongside many other 'Young Dreamers' who were taking on numerous roles throughout the charity. We have a future of amazing, talented and inspirational patients and siblings in our Candlelighters family and we couldn't be prouder of them.

Everything we do is for these children and their families and, as we move into a year where we are determined to do even more to make a difference to their lives, I want to take this opportunity to thank you, our wonderful supporters, because you are the reason Candlelighters makes a difference.

As we head into spring, we are delighted to let you know that our plans to invest in a new five-year research project focusing on making sure children have the best possible support, and the best possible quality of life during and after cancer, are picking up pace. At Candlelighters, we do things that create real change for our families and this new research project is designed to do just that: to make a difference to the lives of children with cancer not just in Yorkshire or the UK, but across the world.



Emily

As we look to the future, many of you will know that over the coming years there will be a brand new children's hospital built in Leeds and so our next big challenge is to make sure that when this happens, our support services remain close to patients and their families and that they are even better than they are now. As we start to think about these future plans, we do so in line with our aspirations: to be recognised nationally and internationally as the Centre of Excellence in providing support to children affected by cancer and their families.

I hope you enjoy catching up on all of the wonderful news and finding out more about what's coming up!

And a very special welcome from two of our... ...Young Dreamer CEOs!



Rowan



Jack

One of our highlights from 2021 was our fabulous Young Dreamers event, where Rowan and Jack played a very special role as two of our Young Dreamer CEOs! Here, they'd like to welcome you to this edition of our newsletter and tell you what Candlelighters means to them.

Read about our Young Dreamer events on page 6!

Hello Candlelighters Supporters!

Candlelighters is special because they are inclusive; children with cancer or tumours need to know that they can always fit in. Candlelighters means to us that we have a good place to have all the things that we could wish for. The patient and sibling groups are fun, nice and helpful. We love the Square, it's so big and a happy place to be! We were so nervous before we started going to Candlelighters, but it got easier. There's always lots of chocolate and the helpers are really nice, generous, always happy, and make things exciting. We have met other children and taken part in activities like creating a journal, trips out, Halloween party and arts and craft.

We took part in the Young Dreamers event and we shadowed Emily the CEO. It was a very serious job and we created a PowerPoint of ideas. We have helped to design the new Children's Hospital and we feel that Candlelighters really listen to our ideas.

The Candlelighters Cottage is a good idea for families so they don't get isolated like having to drive miles to see your mum if she's staying in hospital with your brother or sister so families can stay together. It would have made a big difference to us if we'd been able to use it but it didn't exist then.

Thank you for supporting Candlelighters and making a difference to us and other families to make children happy.

A day in the life of a Family Support Worker

Our Family Support Team is at the heart of the work we do at Candlelighters

Our fabulous Family Support Workers work directly with our families, across the oncology wards and the Oncology and Haematology Day Unit at Leeds Children's Hospital, and at The Square, helping to make a difficult time a little easier. They are on-hand to offer help and practical and emotional support to our families with whatever they need — from helping them access Candlelighters' services and booking appointments, to doing their laundry, or just being a friendly, familiar face to talk to.

Our Family Support team includes the fabulous Amy! In 2021, Amy was recognised by the whole Candlelighters team and Board of Trustees as our Employee of the Year for adapting from her previous front of house role at The Square, to working throughout the pandemic, providing front-line support to families on the wards and clinic at Leeds Children's Hospital, and helping to shape our family support model.

Being a Family Support Worker is an incredibly varied role, and it's definitely true to say that no two days are the same! However, here Amy talks us through what a typical day at each location might look like...



Amy



The Wards

A typical day on the oncology wards

- ★ The day starts with a handover with the Play Team or our amazing Candlelighters dinner lady, Elaine, to catch up on any updates about our patients and organise the day ahead.
- ★ We clean and tidy the parents' rooms and make sure they're fully stocked with tea, coffee and snacks. It's important that parents have somewhere relaxing to go to take a break from the ward atmosphere to recharge.
- ★ We visit all beds across the wards to see how the families are and ask if they need anything. For parents needing a break or some support, we'll arrange to sit with their child during the day and will also book appointments for the parent to use our wellbeing services or massages. It's vital that we support the parents as well as the child to help with their emotional and physical wellbeing.
- ★ Many of our parents and carers may not be able to leave the ward, so we arrange to do a food shop for them or do their laundry. Often simple things like this can make a huge difference for a family that can't leave the ward.
- ★ If there are any new families on the wards, we say hello and have a natter, and give them a new patient bag, containing lots of information and goodies to introduce them to Candlelighters. This helps them to understand that Candlelighters are here for them in a way that isn't overwhelming amongst so much information, change and worry about their child.
- ★ Throughout the day, we sit with patients when their parents or carers need to leave the ward, to make sure they're happy and entertained.

A typical day at the Day Unit

- ★ We have a handover to find out which patients are coming into the clinic that day. If any new patients are coming in, we make sure we have new patient bags ready for them to make sure they understand what support is available to them on their journey.
- ★ We set up our Candlelighters room at the start of each day. This is a calm, comfortable room where families can break away from the busy waiting room or take some time out and have a brew to more easily cope with the stresses and strains of a day in clinic.
- ★ We have a parents' room and staff room at the Day Unit too. We make sure these are clean and fully stocked with refreshments to enable both parents and staff to have somewhere to take a break and recharge, so they can give children the best level of support they can.
- ★ We help Candlelighters' dinner lady, Elaine, hand out sandwiches, drinks and snacks throughout the day to make sure children on the clinic all day have yummy food to eat and those coming round from anaesthetic have food ready for them after their procedure.
- ★ We make brews and chat with families during the day, helping them feel supported and making sure they're aware of all we can do to help them. We sit with our patients if their parents or carers need to pop out to get some fresh air, so they don't have to wait on their own.



The Square



The Cottage



Candlelighters have worked alongside the NHS staff on the oncology wards at Leeds Children's Hospital since the charity was formed over 45 years ago. The support provided by our own family support team as well as the NHS roles we fund (such as the Play Team you can read about on page 11) and all the things in between – from snacks to bedside TVs to birthday boxes – have all contributed to an incredibly high level of care for children and their families at the hospital. In recognition of this, the Paediatric Haematology and Oncology service at Leeds Children's Hospital have been designated a 'centre of excellence in supportive care' by the Multinational Association of Supportive Care in Cancer. Leeds Children's Hospital is the first Children's Hospital in the world to be awarded this status and we are incredibly proud to have been part of this achievement.



Eden

Read about how our Family Support Team have helped Eden and her family on page 13!

The Square is our family support centre where all families, both on and off the wards, can visit us for support, wellbeing treatments and a chat.



The Square



"To put it honestly, the weight of doing this without Candlelighters – life would be too difficult to bear. Because of them I will forever advocate and fundraise, so that many families don't have to feel so alone."

On-treatment Mum

"The list is endless of how Candlelighters have helped but just to name a few: Help with laundry and food shopping, referrals for talking therapy, massage offers, always checking in and asking if we need anything doing. God knows what I would do without those cups of tea, and them just being there to listen and so often passing those tissues when things get too much."

On-treatment Mum

A typical day at The Square

- ★ A day at The Square starts with opening up the building and making sure our lovely therapy rooms are set up ready for any appointments. Families come in through the day for talking therapy or wellbeing appointments, such as massage, so we ensure the environment is as relaxing as possible.
- ★ We book in appointments for massages and talking therapies. Parents and children need a safe place to come to talk to a professional to help them process and deal with what they are going through which we provide at The Square.
- ★ Some families may pop in for a much-needed brew and a chat, so our coffee machine is always ready to go! Often this is their only time to relax and recharge or just chat with someone that understands what they're going through and is itself a huge support for families.
- ★ When we work at The Square, we also look after the Candlelighters cottage. This provides home-from-home accommodation for families that may have to travel large distances to the hospital, allowing them to stay closer together in a homely atmosphere.
- ★ At the end of the day, we close everything down ready for the next day!

We asked our Family Support Workers, "What's your favourite bit about your job?"

"To work with families at different points of their journey is extremely rewarding. I've met some of the strongest and most resilient people that I've ever come across in my time here at Candlelighters."



Ryan



Brittany

"Just seeing the smile on families' faces – it could be from us making a brew for the parents/carers or even playing a game with the child. If we can make their time in hospital as enjoyable as it can be, my day has been made."

"My favourite part of my job is knowing I've made the family's day a little easier. Whether that's having a long chat with a cup of tea, doing their washing or spending some time with the child watching movies or playing games. It helps them to take a break from what they're going through and that makes me really happy."



Amy



The Cottage

The cottage is our home-from-home accommodation used by families when their children are on the wards.



Lucy

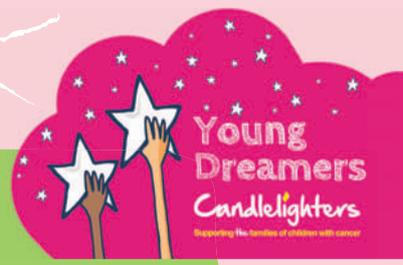
"My favourite part of my role is getting to spend time with the kids on the ward; from playing catch with a beach ball to watching a DVD and everything in between. It is great knowing I am making a difference and bringing a little bit of joy to our families."

For any of our families that need support at any time, please remember we're always available for you. Just call us on 0113 887 8333 or email thesquare@candlelighters.org.uk





Dreaming big for Candlelighters



At Candlelighters, children are absolutely at the heart of everything we do. For over 45 years, we have continually evolved to ensure the support we give children and their families is the best it can be, and that the generous donations we receive are always well spent.

As we continue to grow and make plans for the future, it is vital to us that we listen to the needs and wants of the children we support, and embed this feedback at a strategic level. So last year, we invited patients (past and present) and their siblings to a series of 'Young Dreamer' events to help us do just that!

Young Dreamers community events

In September we held three community sessions, where children and young people took part in fun workshops, sharing their thoughts on virtually every aspect of Candlelighters – from marketing to finance, and fundraising to support services. They then enjoyed an afternoon of exciting activities, including sailing, orienteering and archery! The sessions took place in different locations across Yorkshire so that children across the county could come along.



The Young Dreamers Takeover Day!

Children took on their 'dream job' for a day at Candlelighters, taking over all of our teams, from Family Support to Fundraising to HR, giving us lots more ideas and feedback across the charity. They helped to plan upcoming patient and sibling support groups and events, reviewed and added to our staff interview process, worked with our fundraising team to think of new ways to raise funds and thank supporters, and did some film and photography with our marketing team! Three children took on the role of CEO (including Jack and Rowan, who you can meet on page 3!), helping review our strategies and plans.

They even met Associate Professor Ryan Mathew, who receives funding from Candlelighters, to hear about his work in neurosurgery and research, and at the end of the day, let off steam at the annual Halloween party!



What the Young Dreamers thought...

- ★ They believe it is important that we invest more in research.
- ★ They want to see a wider variety of holidays across more of the UK.
- ★ They believe we should expand The Square's services more geographically – so they have somewhere closer to visit when they are at home.
- ★ They would like us to invest more in technology and gaming, both at The Square and the hospital.
- ★ They would love to see us on YouTube and TikTok.
- ★ They have good resources to help them cope with anxiety in hospital.
- ★ They'd like the Community Team to support them more in the home and on a one-to-one basis.
- ★ They'd like more fundraising activities to be involved in.
- ★ They want the new hospital to have a good focus on technology and communal areas for all the family to use.

Check out our new Candlelighters in Your Community Team on pages 16 and 17!

What's next?

The feedback and ideas the Young Dreamers have given us have been presented to our Board of Trustees as well as everyone else at the charity. We're already progressing a number of their suggestions and are incorporating all of their feedback in reviews of our strategy and services this year.

Young Dreamers will be an important part of our future annual feedback events, helping us to be the best we can be. We can't wait to take their feedback forwards and work with more Young Dreamers in the future – watch this space!

The Young Dreamers events and takeover day have been absolutely amazing. We'll continue to run more Young Dreamers events to ensure we have a continual feedback mechanism from children to take to our board of trustees to help make decisions about the direction of the charity.

Natalie, Head of Family Support



DONATIONS IN MEMORY

Donations in Memory are very precious to us. Whoever your donation remembers, we thank you for your very special way of showing your support

DONATIONS FROM 1ST JULY 2021 - 31ST DECEMBER 2021.

A - G

Abbass £30.00, Abigail Haley £12.50, Adam James Marshall £37.50, Adele Crammond £40.00, Alan Potter £20.00, Alistair Hathway £20.00
Anne Nevitt £250.00, Archie £31.25, Archie Vaughan £1,721.25, Arlo Brown £3,487.06, Arthur Lazenby £177.50, Audrey & Eric Doyle £20.00
Belle & Neve Boitelle £10.00, Ben Ramsey £31.25, Betty Bell £213.00, Billy Pilotille £64.63, Carol Fisher £98.70, Chris & Chloe Smith £1,321.31
Christian Buckley £312.50, Christian Milner £1,790.00, Christine Buset £30.00, Christine Smith £785.00, Christopher Chapman £1,000.00
Collette Rhodes £192.25, Daniel Bayes £75.00, Daniel Greenwood £115.00, Daniel Jackson £635.39, Daniel Lewis Oliver £20.00
Danielle Wade and Walter Szpak £150.00, Danny Harris £10.00, David Chapel £105.50, David Hutchinson £250.00, David Murray £375.00
David Redsell £359.83, Deborah Tracey Smith £116.80, Doreen Parish £20.00, Dr W.B. Stephens (Bill) £125.00, Eden Shaw £82.34
Ella Halliday £478.75, Ellis Price £60.00, Elsa McGee £6,508.15, Emilie Robinson £145.44, Ethan Ivers £2,099.64,
Florence Bowman £332.75, Freya Lewis £418.04, Gareth Parr £45.00, Gerald Waterton £51.00,
Grace Wheeldon £172.50, Guy Metcalfe £1,500.00

H - K

Harold Chadwick £631.69, Harrison Torr £962.49, Harry Buckley £265.00, Harry Coopland £983.90, Harry Flatt £232.83,
Harry Taylor-Robinson £6,116.25, Harvey Kendrew £25.00, Hayley Blogg £31.25, Henry Hamer £75.00, Holly Price £150.00,
Hope Rooms £735.15, Ian Hudson £110.00, In memory of everyone who has been impacted by cancer £507.25, Isabelle Ellis £92.70,
Jack Gales £162.50, Jack Pack £407.50, Jaiden Worrall £286.95, James Brook (Brookie) £312.50, Jane Gilbert £100.00,
Janette Green £208.61, Jason Stamp £1,100.00, Jean Dalton £182.50, Jeffrey Fox £200.00, Jessica Weaver £276.57,
Joan Badrick £30.00, Joanne Cunningham £100.00, John Hird £37.50, John Nicholas Jackson £474.00, Joseph £170.00,
Joseph Mayman £7,750.68, Joshua Kinnear £179.00, Julie Andrew £12.50, Julie Mitchell £281.60, Kathleen Adcock £150.00,
Kathleen Hartley £25.00, Kathy £125.00, Keith Anderson £274.50, Kenneth Chapman £62.50, Kenneth Smillie £55.00

L - Q

Laura Hart £3,991.38, Laura Loftus £15.00, Lauren Kisby £25.00, Lauren Young £270.00, Leanne Holt £10.00, Lewis Lightowler £164.16,
Lucy Moore £1,004.50, Maci Craddock £2,842.52, Marianne £250.00, Marianne Shackleton £175.00, Mary Goodenough £110.00,
Matthew Adcock £40.00, Matthew Hodgson £12.50, Matthew Marsden £62.50, Maxwell Johnson £100.00, Megan Pratt £1,482.50,
Melanie Laffey £50.00, Millie May Wright £1,631.14, Mr A E Morrow £20.00, Mr Jankowski £85.50, My young cousin £750.00,
Nadeem Hussain £37.50, Nick (Nicholas) Gill £1,761.00, Nicola Aisthorpe £430.00, Nola Shipley £93.75, Norman Evans £45.00,
Oliver Field £85.00, Oliver Hurd £50.00, Oliver James Marshall £10.00, Olivia Arnold £500.00, Paris Sloan £483.75, Paris Somma £232.35,
Patricia Bateman £387.50, Pauline Hind £214.25, Peter Bray £100.00, Peter Brook £312.50, Peter Harman £200.00

R - Z

Rana Mohammed Ashraf £5.00, Richard Armstrong £25.00, Richard Speak £200.00, Robert Beaumont £1,893.75, Robert Blundell £495.00,
Robert Gomm £94.50, Rory James Welsh £250.00, Samantha Tracey £6.25, Sarah Bainbridge £187.50, Sebastian Pope £895.50,
Shaun Markey £48.80, Sienna Shield £439.86, Skye Sutcliffe £937.51, Stephen Smith £25.00, Summer Rose Thompson £37.50,
Susan Newbould £66.38, Tayyab Akram £200.00, Ted Semain £100.00, Thomas (Tim) Delaney £500.00, Thomas Hudson £675.50,
Tim Slater £187.50, Timothy Wray £12.50, Valerie Vreede £20.00, Virginia Payne £50.00, Volodymyr Szpak £35.00,
William (Billy) Waugh £94.64, William Watson £50.00, Zack Barrett £125.00, Zoe Kilby £1,119.97, Zoe Taylor £110.00

We were saddened to hear that one of the founders of Candlelighters, Angela Robinson, passed away in late 2021. Angela was instrumental in establishing our charity, and making it everything it is today. We send our love to Angela's family and friends.

Isobel & Esther's Story



At Candlelighters, we're lucky to have an amazing network of supporters. Fundraising is vital to ensure we can offer the best possible support for families facing cancer in Yorkshire. Sisters Isobel and Esther Sheer from Leeds decided to raise money for Candlelighters after their family experienced our support first-hand, and have since received some very special recognition for their amazing fundraising achievements!



Tim said: "We became aware of Candlelighters at the very start of Isobel's treatment. A play specialist, Tracy, introduced herself and the services that her team offered on the ward. Immediately, Isobel loved the sessions and was a duck to water, especially with crafts. On the ward, Isobel also loved the playroom and music sessions by a fantastic lady called Denise. We still sing her version of 'The Wheels on the Bus Go Round and Round'. Later, the play sessions in the clinic to distract from sometimes lengthy waits were priceless. The girls benefitted from sessions at The Square too and always looked forward to the Candlelighters Christmas party at the Royal Armouries!



"It was always important to us that, whilst on treatment, the environment around Isobel needed to remain as normal as possible, as well as secure and supportive, whilst offering the opportunity to play, have fun and laugh. Whilst the medics at Leeds treated Isobel, Candlelighters played a massive part in creating the environment that we felt was so important. It is not always understood how immense the pressure is on family and friends to create this environment for children receiving treatment. The support that organisations such as Candlelighters offer cannot be underestimated."

Isobel was diagnosed with acute lymphoblastic leukaemia in September 2013, aged two, and just before Esther's first birthday. Along with mum Julia, and dad Tim, the family had just returned from a holiday in France and were looking forward to their next milestones; Esther was joining Isobel at nursery and Julia was returning to work from maternity leave. Following Isobel's diagnosis, these plans quickly changed. Everything became about creating a supportive, secure and positive environment around Isobel in hospital, whilst also looking after Esther and making sure she was supported at home too.

Tim told us: "Throughout Isobel's treatment, we split our time between Isobel at hospital and Esther at home. We also had great support from the girls' grandparents. The shock of diagnosis, pressures of caring for two children in completely different settings, worry of the treatment working and possible side effects were only things we truly understood the impact of long after this initial period. The medical teams at Leeds were fantastic and fully explained the treatment plan Isobel would go through – the early intensive treatment, followed by a further two-year period. The toughest spells were always the stays in hospital when the family was split up, including one Christmas."

Whilst in hospital, the family received support from Candlelighters – including the Play Team, who are funded by Candlelighters.

Isobel, now 11 and Esther, now nine, have always wanted to give back for the support they received. Last year, they both organised fundraising events for Candlelighters at Brownies and at school, selling cakes, which earned them both Blue Peter badges! If you're thinking of fundraising, the Sheer family has one piece of advice: "Do it! Your fundraising will help deliver truly life-changing support to people who really need it, right here in Yorkshire."



Find out more about the hospital Play Team on page 11

Thank you so much Isobel and Esther, and big congratulations on your Blue Peter badges! Want to learn more about how you could fundraise for Candlelighters? Scan the QR code!



Are you ready for a challenge?

WE'RE SO EXCITED THAT CHALLENGE EVENTS ARE BACK FOR 2022!



The money raised by our fabulous supporters who take part in challenge events is a vital part of our income. With restrictions sadly causing some challenge events to be postponed last year, we've really felt the absence of your fantastic fundraising, as well as missing meeting up with you all and cheering you on. We couldn't be happier to have a calendar full of exciting challenge events ahead for this coming year! Here's what's coming up and how you can get involved...

Leeds Half Marathon
Sunday 8th May 2022



Hull 10k
Sunday 12th June 2022



Total Warrior and Junior Warrior
Friday 24th to Sunday 26th June 2022



Great North Run
Sunday 11th September 2022



York 10k
Sunday 7th August 2022



Leeds 10k
Sunday 3rd July 2022



Three Peaks Walk
Saturday 24th September 2022

Yorkshire Marathon
Sunday 16th October 2022



Christmas Abseil
Saturday 3rd December 2022

Fundraising target
£120,000



Get involved!

If you'd like to take part in any of these events, you can secure your place online here:

www.candlelighters.org.uk/products/events/ or zap the QR code.

As well as lots of fabulous fundraisers, we're always in need of friendly faces to volunteer at these events to help them run smoothly! If you think you could volunteer at one of these events, we'd love to hear from you.

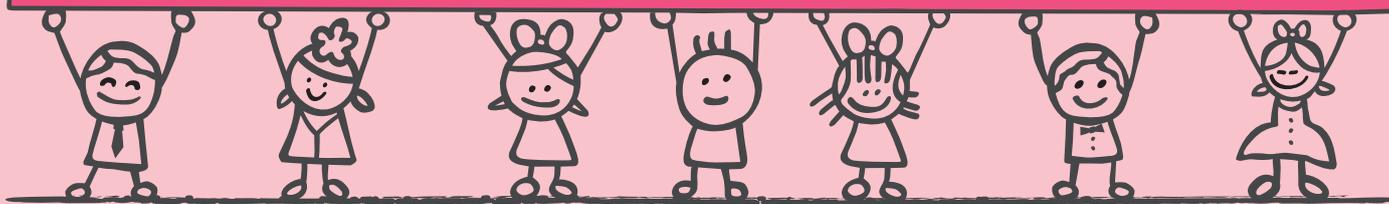
Just fill in the form on our website here:

www.candlelighters.org.uk/current-volunteering-opportunities



If a challenge event has to be cancelled or postponed, registrations will automatically roll over to the next year or the rearranged event date. If this happens and any of our participants cannot make an alternative date, we will offer a full refund for the cost of their place.

Volunteering at Candlelighters



Throughout 2021, our volunteers donated an amazing 1,847 hours of their time to support Candlelighters!

This was despite the ongoing challenges of COVID-19 and not being able to run a number of our usual events. A big, huge thank you to our wonderful team of volunteers. We could not do what we do without you!

In 2021 our volunteer roles included:

- Ambassadors
- Front of House
- Gardener
- Challenge Event Cheerers & Marshals
- Delivery Drivers
- Development Board
- Bucket Collectors
- Trustees
- Office Support
- Photographers & Videographers
- Community Support & Family Event Volunteers



We need you



Become a Volunteer Ambassador

We are still looking for more Volunteer Ambassadors to join our team! Volunteer Ambassadors increase awareness of Candlelighters, from attending local events and cheque presentations, holding information stalls and ultimately visiting and thanking our fantastic supporters! We are looking for confident and approachable volunteers who are comfortable with giving presentations and talking to groups.

If you would like to know more please visit the volunteering section of our website www.candlelighters.org.uk/current-volunteering-opportunities or contact Corinne by calling 0113 887 8333 or by emailing volunteering@candlelighters.org.uk. We can also arrange for one of our current Ambassadors to contact you and explain a bit more about what they do.

We'd love to hear from you!



Find out more about volunteering for Candlelighters!



HOW ELSE CAN YOU HELP?

Did you know you can volunteer on a one-off or occasional basis?

For every challenge event we attend, we have to provide at least 20 volunteers as part of our commitment to the organisers, to ensure the smooth running and success of the event for everyone involved. Event volunteering can be great fun, you can be flexible with your volunteering based on your availability, and just a few hours cheering on runners or marshalling can make a huge difference to the event participants.

We are particularly looking for volunteers to help at the following events:

- Sunday 8th May 2022:** Leeds Half Marathon
- Sunday 12th June 2022:** Hull 10k
- Friday 24th June – Sunday 26th June:** Total/Junior Warrior
- Sunday 3rd July 2022:** Leeds 10k
- Saturday 24th September 2022:** Yorkshire Three Peaks
- Sunday 16th October 2022:** Yorkshire Marathon

If you would like to help at any of these events, please complete the Event Volunteer Registration Form online at www.candlelighters.org.uk/volunteer-for-candlelighters

If you are already one of our Event Volunteers and would like to help at one of these events, please visit www.candlelighters.org.uk/volunteer-for-candlelighters

Thank you!

A FESTIVE THANK YOU!

Thank you to everyone that came to our regular volunteers get-together at The Square in November. It was a great chance for the team to meet and thank volunteers we hadn't already met and for our fabulous volunteers to meet each other as well! We had a lovely time having a natter whilst listening to Christmas tunes and making Christmas wreaths!



Roles we fund

THE ONCOLOGY PLAY TEAM

When a child is admitted to hospital, they are entering a new, often unknown, environment. It can be a very anxious time as they adapt to so many things, including a new routine and learning about their treatment. But one of the hardest adjustments can be losing their usual social interactions with friends and siblings, and not having access to the play and stimulation they would usually enjoy at home.



Play is widely recognised as being essential for children staying in hospital, which is where the fantastic Oncology Play Team at Leeds Children's Hospital come in!

The Play Team are there to make this difficult time a little easier. By using therapeutic play as a specialised tool, the team help children cope with anxiety and also develop their resilience.

The team also work hard to make the hospital environment less clinical and more fun for children by using normative play – engaging the child in play activities and social interaction via group activities.

The eight-strong Oncology Therapeutic Play Team work together to ensure that the patients are cared for throughout their inpatient, outpatient and radiotherapy treatment. At Candlelighters, we're privileged to fund three Play Leader posts. We also fund two Outreach Play Specialist posts, who take this wonderful support into the community.

Some of our families may be in hospital for a significant amount of time, and the Play Team is also an important support for parents, carers, and siblings – advising on appropriate play and terminology and making the hospital experience as positive as possible for the whole family. Along with our Family Support Team, they are able to bring light, hope, and fun to families during a very difficult time.

To support the experience we provide families, zap the QR code or visit <https://candlelighters.enthuse.com/donate> to donate now. Or why not take on your own fundraising challenge?! (Check out page 16 for ideas!)



"They bring light on the darkest of days with a smile full of fun and laughter."

On-treatment Mum

Here are just a few of the wonderful ways the Play Team help children staying in hospital:

- ★ Organise daily play activities in the hospital playroom or at the bedside, such as arts and crafts – even making slime!
- ★ Use therapeutic play to help children emotionally prepare for and understand anything that may cause them anxiety, such as hospital procedures (e.g. injections or operations), or taking tablets.
- ★ Organise birthday boxes for children who are inpatients on their birthday, containing a present, decorations, and a cake – these are funded by Candlelighters too.
- ★ Use play activities to help children who are struggling to eat.
- ★ Help bone marrow transplant patients feel more comfortable at hospital, by decorating their room so it feels more like their bedroom at home – these decorations are also funded by Candlelighters!

"The Play Team are absolutely amazing. Both in clinic and down on the ward. They offer distraction to procedures and initiate fun to take away anxieties. When we are the ward I can leave my three year old with them and go and make a cup of coffee, knowing she is happy, safe and cared for in their hands. Can't really stress how vital they are to every child battling cancer."

Mum



"The Play Team use play to help children in hospital feel less anxious by giving them a way to express feelings and worries, and to help them understand treatment, which builds their resilience. Play helps the child regain a sense of control whilst in hospital, helps ensure they still meet their developmental targets, and also that they have fun – normalising their hospital stay.

We also offer emotional and mental wellbeing support for the whole family throughout a child's treatment. This may be by helping explain a child's treatment/illness to their sibling via the cell talk, or supporting parents with play interventions when a child is struggling with treatment – or just being there for a parent to talk to."

Natalie Bulmer, the Oncology Play Team Leader

"Albie's rollercoaster cancer journey would have been much more challenging without the Play Team. From diagnosis to end of treatment they have supported all of the sad moments with cuddles and smiles and given him lots of happy and laughter moments. They helped Albie through treatments, medicine challenges, at every clinic appointment and their knowledge of dinosaurs is second to none."

Mum

Research Success

GETTING CHILDREN HOME EARLIER

RESEARCH STUDY - Reducing hospital stays for children with a fever

SCIENTISTS - Dr Bob Phillips & Dr Jess Morgan

Here at Candlelighters we recognise the importance of investing in vital research. As well as improving outcomes for children with cancer, we also want to make the actual treatments for cancer kinder, reducing side effects and improving the quality of life for our children.

Children with cancer can spend lots of time in hospital with fevers

Treatment for cancer can increase the risk of children developing life-threatening infections. When these children get a fever they are said to have 'febrile neutropenia' and are often urgently admitted to hospital to receive antibiotics for up to seven days, to get on top of any severe infections quickly.

Febrile neutropenia has a big impact on the lives of children being treated for cancer. As well as the potentially serious medical consequences, children and their families have to be 'on alert' all the time because it is a frequent but unpredictable complication. The repeated long hospital admissions can also be very disruptive to normal life. Combined, all these factors can take a significant mental toll on children and their families.

But not all children need to spend a long time in hospital every time they get a fever

Admitting children to hospital keeps them very safe, meaning nearly all severe infections can be cured. However, not every child needs to be treated as intensively as this. This approach might mean, for example, that children who may just have a cold have to stay in hospital for days until their temperature settles. Meanwhile, they may experience the side effects of antibiotics without any benefit.

Candlelighters funded research over a ten-year period, which now means children with cancer don't always have to spend a week in hospital every time they get a temperature.

In instances where it is safe to send them home early, the average time a child will now be in hospital as a result of a temperature is two days, with some able to leave after as little as eight hours. *This crucial change will make a huge difference to children and families.*

How did we make this change happen?

Scientists all over the world carry out lots and lots of different research studies on childhood cancer. As well as undertaking new research projects, it's also really important that scientists have the time to analyse the results of these different studies to be able to identify trends and patterns in the results. We funded doctors Bob Phillips and Jess Morgan to spend a significant amount of time pulling data from many studies on febrile neutropenia, to find evidence to show if children could safely go home quicker. From their work, they were able to identify which children with a temperature could be allowed home earlier. The framework they produced was accepted by doctors across the UK and as far as Australia, which led to changes in the way fevers are treated.

Because of this, many children in the UK and across the world can spend more time at home with their families. But we're not stopping there! For children who can't immediately be identified as being safe to go home early, Dr Bob and Dr Jess have undertaken a further study to see if a blood test can be used to judge their risk of developing an infection, in the hope of getting them home sooner too. Candlelighters funded this successful pilot study for this project and now, Dr Bob is planning to undertake a much larger study to build upon this. Scan the QR code to watch a video and find out more about this latest piece of research!

When children have to spend a long time in hospital, it can impact mental health for them and their family. It can also affect family finances if a parent needs to take repeated time off work.



Dr Bob Phillips



Dr Jess Morgan

Candlelighters-funded research has resulted in new national guidance in the UK and even Australia to get children home sooner!



AN UPDATE ON DR BOB'S LATEST RESEARCH WITH CANDLELIGHTERS

Help us continue to invest in research to improve outcomes and make treatments for childhood cancer kinder, by making a donation. Head to <https://candlelighters.enthuse.com/donate/> or zap this QR code.



Eden's story

Angels in Pink



Jen, mum of Eden, tells us their story

I'm a teacher and Lee, Eden's dad, is a service director at a forklift truck company. Our oldest daughter Tia is nine years old and Eden is just six. Eden was diagnosed with neuroblastoma in April 2021 after we first thought she had growing pains in her legs.

We were devastated, terrified, and also confused by everything the doctors were saying. I stayed with Eden and have not been to work since diagnosis, while Lee has continued to work and stay at home with Tia.

Until April 2021, we had absolutely no experience of childhood cancer, knew nobody who it affected, and never considered that this could ever possibly happen to our beautiful little girl. The first 80 days of chemo was not enough to get Eden to surgery, requiring several months of different chemo. She had an operation to remove her main tumor just before Christmas followed by several weeks of high-dose chemo and will require radiotherapy then immunotherapy.

I first experienced Candlelighters the day Eden was diagnosed, and we were transferred to Leeds Children's Hospital. That first night, I was in a very dark place mentally and just wanted to go home. Ladies in pink kept offering to make me a cuppa and kept asking if I needed anything. I couldn't eat for a few days but, when I was ready, I had crisps and biscuits readily available in the parents' room all thanks to Candlelighters. This might seem like something small to anyone else but to me in those first days, it was huge.

For me personally, Candlelighters have been Angels In Pink!

Eden never liked hospital food and getting calories into her has become increasingly important. Brittany (Candlelighters' Family Support Worker) took me all the way to Tesco so I could give Eden options and encourage her to eat. Elaine (the Dinner Lady funded by Candlelighters) is always on hand to sort breakfast, be that simple cereal or something more substantial like sausages or bacon.

My routines and 'normal life' are totally different now and to be offered a free haircut by Candlelighters Family Support Worker, Amy, was more welcome than I ever thought possible. One of the very best things for me has been massages. Candlelighters made me see that if I look after myself then I am better placed to look after Eden. Sleeping on the fold-up beds and excessive stress in my shoulders takes its toll so I gladly take up any offers of massage whenever I can – guilt-free.

Being asked how I am feeling and if I need anything during Eden's treatment has such a hugely positive impact on my mental health. There are some very dark times when Eden feels her worst and seeing the friendly face of someone asking after me makes such a difference. The Candlelighters staff know my name (rather than just calling me Mum) and always make a big fuss of Eden which she loves.

Candlelighters provide an invaluable service to the children and their families – families who could easily be forgotten. If anyone is considering fundraising, I cannot think of a more worthy cause: they are angels in pink.



To make a donation to help families like Eden's, head to <https://candlelighters.enthuse.com/donate/> or call us on 0113 3229283. To find out about fundraising for Candlelighters, read more on page 19.



Make your will for free with our partner Bequeathed

We know how important it is to have an up-to-date will, but that it can be difficult to find the time to make or update one. We're delighted to now offer our supporters a quick, easy and free way to make their will by launching our first free will service, with our carefully-selected and fully-accredited service provider, Bequeathed.

Making a free will with Bequeathed is very simple and straightforward:



- 1 Fill in the details for your will online at www.bequeathed.org/candlelighters
- 2 A solicitor then reviews the information you have submitted.
- 3 The solicitor will arrange to call you for a half-hour chat to go through all the details, giving you confidence that your will has been thoroughly reviewed by a professional.

That's it all done! To make your free will right away, visit: www.bequeathed.org/candlelighters
We've currently signed up to offer this service to you all for one year – so take advantage!

What people have said about making their will with Bequeathed:

"Very easy to complete and all done professionally and properly for no charge. Amazing!" – Carol

"The legal jargon is kept to a minimum and there is an easily accessible help chat-line to offer any support that may be required." – Adrian



If you access this service, there is no obligation to leave a gift in your will to Candlelighters. However, if you do choose to support Candlelighters in this special way, you can leave a gift of any amount, big or small, for which we would be immensely grateful. Gifts in wills are a special and profound way to support the future of our charity. By leaving a gift in your will to Candlelighters, you are helping us continue to invest in life-changing research, and to support future generations of children and families facing childhood cancer.



To find out more about leaving a gift to Candlelighters in your will, visit www.candlelighters.org.uk/donate/legacies or scan the QR code.

Alternatively, call us for a chat on 0113 322 9283 or email info@candlelighters.org.uk. We'd love to help in any way we can.



Get your Workplace Involved!



So much of what we do at Candlelighters simply would not be possible without the involvement of brilliant businesses across Yorkshire who support us by fundraising in so many different ways. Last year, business supporters raised an incredible £465,047 (and counting!) to support children with cancer and their families. Here are some of the ways they did it...

Challenge Events

An army of 17 from Maths Made Easy took on Total Warrior as part of their Charity of the Year fundraising for Candlelighters. Oliver Naylor, Director at MME, said, "Participation in fundraising events such as Total Warrior has helped to bring the team together and has had greater benefits to the business than we had anticipated. Any company looking to support a charity should seriously consider partnering with Candlelighters as not only is the work they do is truly inspirational, their fundraising team are always there to support with ideas and suggestions."

Donating a percentage of profit

Another great way to raise funds for Candlelighters is through donating a percentage of profit or turnover. Frontline Security Services and Platinum Asset Protection were able to make a fantastic donation of over £8,000 after pledging to donate 2.5% of their annual turnover to Candlelighters.

Adding £1 on a bill

The simple idea to ask customers to donate £1 on their restaurant bill led to the Thai Leisure Group raising over a staggering £169,000 for Candlelighters. This incredible feat really proves that even by doing something small, everyone can make a difference!

Do your own thing!

We love to see all the creative ideas our wonderful supporters come up with, like the recent 2k press up challenge the team at Dorteck Direct completed, raising over £2,500! Our Partnerships Manager, Chris, and Family Support Worker, Lucy, even managed to attend the event at their premises in Huddersfield to cheer them on.



If you think your workplace could support Candlelighters, we'd love to chat and support you in any way we can. Just drop us an email at corporate@candlelighters.org.uk or zap the QR code to find out more!



myenergy GRANTS

Welcome to...



We're so pleased to announce the latest member to join Club Candlelighters is My Energy Grants! My Energy Grants have joined the club as Transformers, pledging to donate £25,000 per year for the next three years – a really fantastic amount, which will help to transform our services for families in the future.

Speaking of their brilliant support, Managing Director, Shaun Yates, said...

"At My Energy Grants we share a number of the core values that define Candlelighters. When we were setting out to find a charity that we felt we could support, Candlelighters were a clear fit to our own commitment, determination and integrity that we always aspire to. To be able to help an organisation which is dedicated to help with the fight against cancer, both in clinical terms and the support that they offer to individuals and their families, provides a sense of accomplishment and satisfaction for all members of our team, no matter which department they may work in."

Candlelighters In Your Community



In the last edition of The Candlelighter, we were excited to introduce readers to Candlelighters In Your Community (CIYC) – our new support model for families all across Yorkshire to access our support in their local areas. Here's a round-up of the fabulous things CIYC achieved last year, as well as what we have planned! Want to find out more about our community support? Head to www.candlelighters.org.uk/candlelightersinyourcommunity or scan this QR code 



Some of the team's highlights from the first year of Candlelighters In Your Community:

- ★ Holding events and groups in real life after the coronavirus restrictions were lifted in June.
- ★ Building trusting relationships with families, helping them feel part of the Candlelighters family and fully supported when they are back home.
- ★ Introducing our Patients Group for children who are both on treatment and post treatment.
- ★ Our Young Dreamers events, which took place on three days across Yorkshire. We had a wonderful time with the children we support, gathering lots of important feedback. The findings were very exciting and will feed into future plans for CIYC!



FIND OUT MORE ABOUT OUR YOUNG DREAMERS ON PAGE 6

In 2021, our Community Support Team...

- ★ Held over **50** community days, including picnics and strolls in local parks, wellbeing days, and coffee mornings, closer to the homes of families.
- ★ Provided over **35** groups for all family members – both virtually and in real life (since restrictions lifted).
- ★ Held a residential for **35** siblings, who spent two nights at Dearne Valley in August.
- ★ Hosted two Sibling Trips with over **65** attendees.
- ★ Put on three Young Dreamers events across Yorkshire for **30** children.
- ★ Held a Day of Memories event for our bereaved families.
- ★ Hosted Picnic in the Park at Kirkstall Abbey for over **50** family members.

"Thanks so much for this and for hosting the picnic on Friday, we all had a lovely time, and it was great to see you again! Thanks so much for being there for us"

On-treatment Mum

- ★ Hosted a Halloween Party for **20** families.
- ★ Created memories for **nine** children receiving palliative care.
- ★ Worked closely with over **100** individuals to help them access support services both from Candlelighters and other local resources.

"I spoke to my son the other day about the patient group... He said it made him feel normal to be with other children that have gone through what he has, not having to constantly explain why he has a bump on his head, a scar, or why his hair is like it is."

On-treatment Mum



Our fabulous Candlelighters Community Support Workers have so much planned for this year.

Our Community Days for families in YO & DB postcode areas:

4th March: Coffee Morning - The Old Lodge, Malton
7th March: Coffee Morning - Salts Mill, Saltaire, Bradford
9th March: Coffee Morning - The Star Inn the City, York
23rd April: Walk - Skipton Castle Woods, Skipton
28th May: Walk - St Ives Country Park, Bingley
2nd July: Family Fun Day - Ripley Town Hall, Ripley, Harrogate

Our Community Days for families in LS, WF, HD & HX postcode areas:

12th March: Coffee Morning / Walk - Greenhead Park, Huddersfield
18th April: Coffee Morning / Walk - Thomes Park, Wakefield
16th May: Coffee Morning / Walk - TBC (LS)
6th June: Coffee Morning / Walk - The Piece Hall, Blackledge, Halifax

Our Community Days for families in DN & HU postcode areas:

21st May: Community Family Day - TBC
 Plus lots more to come!

Our Community Days are for all family members - so make sure you bring everyone along!



We run lots of groups throughout the year for patients, siblings, mums, dads and grandparents. To find out more, email community@candlelighters.org.uk and remember to keep an eye on The Square's Facebook page by scanning this QR code!



To book on to one of our Community Events or Groups, or to find out more, just email community@candlelighters.org.uk or call 0113 887 8333

Please note: Due to COVID-19, we have adapted our family support services. There may be some differences in the services we are currently running compared to pre COVID-19. This may continue to change over time as we adapt our services to the guidance given and the needs of individual families. This being said, groups and dates may change, and the team will keep you up to date on any changes.



"I found the meeting at the Piece Hall so wonderful, connecting with the other parents, children, and friends. The children were thick as thieves. Just incredible."

On-treatment mum



"He loved today. Thank you so much. I feel he really comes out of himself and values himself during the sessions. It does him so much good! He's naturally confident but he's had so many massive knockbacks (like all the kids you deal with) that these sessions are such a positive distraction and aid for him."

On-treatment mum

"Again, thank you for the superb support - we feel close to Candlelighters and really value your time and care. The Community Support approach is absolutely spot on - and you absolutely embody the role."

Bereaved dad



Tell us what you think!

We would love your feedback and ideas on Candlelighters in Your Community! If you have any thoughts on our new community project and how it could further support families in the future, then please drop us an email at community@candlelighters.org.uk

What your donations could fund

None of what we do at Candlelighters is possible without your kind donations. Here are just some of the fantastic things that your donations and fundraising could help provide for children and families facing childhood cancer...

£10 - Craft materials for children visiting or staying in hospital, to help bring fun to what might be a daunting medical environment for them.



£25 - A day trip for a child or sibling to have some fun and time to enjoy being children.

"I just wanted to say thank you for the trip to Stockeld Park at the weekend. Ismay had a brilliant time! It came at the perfect time for us, in terms of everything that's been going on with Nina. It was just fab that Ismay could go and do something really fun, festive and lovely - that we can't quite manage as a family just at the moment - and especially after a particularly difficult handful of weeks. Ismay had been really upset in the morning, with all the hospital stuff, and by the time I collected her she was in great form and chatted all about the trip all the way home! So a great big thank you."

Ismay & Nina's mum

£70 - A child's talking therapy session, providing vital mental health support and a safe space to work through their feelings, worries and anxieties with a trained therapist.



£150 - Grandparents groups for one month, helping grandparents to build a support network with others in similar situations and talk freely about their concerns.



"It was really lovely to see you and Chloe and so many grandparents this morning. There is so little opportunity at the moment to talk to such a variety of people, especially those with whom one can feel completely at ease. It is very much appreciated. Thank you."

Grandparent

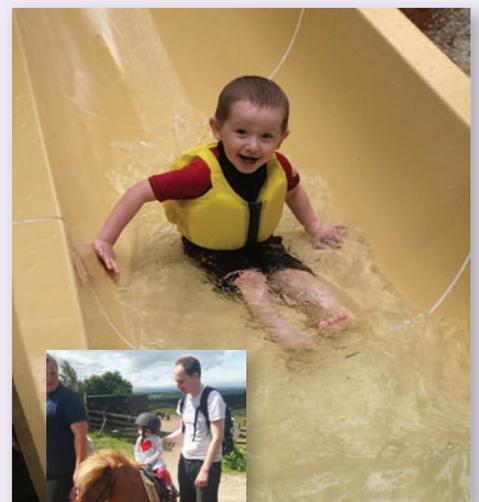
£200 - A family assistance grant for a family facing financial hardship, helping to ease the burden of costs exacerbated by a child's diagnosis such as travel and parking costs, loss of income and higher day to day living costs.

£400 - Palliative support from trained therapists for a whole family whose child is receiving end of life care.

"Having Tracy support my children really means the world to us. She has been there for us as a family since our daughter's diagnosis right up to where we are now - trying to find our feet after losing our daughter and their sister. She brings joy and fun and is an amazing source of support to listen to our children if they want to discuss anything about their sister and her illness. She brings positivity with every visit, after going through the worst possible loss, which we will always be grateful for."

Bereaved Mum

£1000 - A family holiday to provide some much-needed respite and an opportunity to create special, lasting memories.



To make a donation



Zap the QR code or go online to: www.candlelighters.org.uk

Call us on: 0113 322 9283. Send a cheque to: Candlelighters, 8 Woodhouse Square, Leeds, LS3 1AD. To make a regular donation visit: www.candlelighters.org.uk/givearegulargift

Community Fundraising

We are incredibly grateful for our fantastic community fundraisers, who always inspire us with their passion for bringing people together in such fantastic ways to raise money. The vital income that this amazing support brings us means we can continue to bring light and hope to all families affected by childhood cancer in Yorkshire.

This year, our target is to raise £500,000 from community fundraising, from people just like you. Every single fundraising success — from £50 made at a bake sale to £3000 raised during a charity rugby match — is so appreciated and helps provide all of the wonderful support services and investment in research we need to support families now and in the future. We could not do this without you, you are all amazing!



There are so many ways in which communities can join forces to raise money and have some fun! Here are just a few recent examples from our fabulous fundraisers...

Why not run a school fundraising event?



East Ayton Primary School in North Yorkshire held a fashion show with pupils modelling their “Aliens Love Underpants” t-shirt designs and lots of very sparkly wigs!

Head teacher Mrs Nellist said, “We engaged in lots of sporting activities, bake sales, a super raffle with lots of local businesses donating some incredible prizes and of course we sold Candlelighters merchandise. We had a super week, and the school and local families did an incredible job of coming together and raising an amazing total to support a truly amazing charity.”

Through all of their fabulous fundraising efforts, East Ayton Primary School raised an amazing £1,396!

If your local school would like to get involved, we’d love to hear from them! They can get in touch with us by calling 0113 887 8333 or emailing info@candlelighters.org.uk

Could your team be Candlelighters’ Brightest Sparks..?!

Do you and your colleagues, or fellow students, fancy developing your creative, entrepreneurial and business skills, whilst also supporting the local community? For our Bright Sparks Challenge, your team will compete with others across the county to turn tea-light candles into the biggest pot of money you can to win the Bright Sparks crown!

Two student groups from Leeds Colleges recently took on the challenge, raising a fabulous amount! Visit www.candlelighters.org.uk/bright-sparks to find out more.



HOW YOU CAN HELP US RAISE £500,000

Set up a regular direct debit

Over a year, even just £5 a month would fund an evening wellbeing clinic for a parent, helping them to manage stress and impacts on their mental health. Set a direct debit up now at <https://candlelighters.enthuse.com/donate> and choose to give monthly – or scan the QR code.



.... or try something else!

And here are some more ways you could fundraise for us this year: A sponsored walk, jog or swim, coffee morning, table top stall, quiz night, dress down day... The list of all the fun things you could do is endless! Scan the QR code to download our fundraising pack!



PINK IT UP 2022



6th-12th June

Save the date to join in with our annual Pink It Up fundraising week!

If you want to get started, head to our Pink It Up web page for all the ideas and tools you'll need www.candlelighters.org.uk/pink-it-up

Help us make this year's Pink It Up pinker than ever before to raise money to support families and fund vital research!

