

# The Candlelighter

Supporting the families of children with cancer

AUTUMN  
2019



We're excited  
to introduce our new mascot

Meet CHAMP on page 3

Issue: 76

To support us or find out more visit: [www.candlelighters.org.uk](http://www.candlelighters.org.uk)

 @CandlelightersTrust

 @CandlelightersT

 @candlelightersyorkshire

 Candlelighters - Yorkshire's Children's Cancer Charity

# Candlelighters Christmas Party 2019

Join us at Cedar Court Hotel,  
Bradford, for our fabulously  
festive Christmas Party!  
DECEMBER 1ST 2019



This year, the wonderful people at Absolute Warehouse Services and the family of Aidan Wray are sponsoring our party. We are so grateful to them.

If you would like to get involved with our party as a volunteer, or make a donation of raffle prizes or other items we need for the day, please contact [info@candlelighters.org.uk](mailto:info@candlelighters.org.uk) or call 0113 322 9283.

RSVP by 15/11/19

To RSVP please return form to The Square or email [christmas@candlelighters.org.uk](mailto:christmas@candlelighters.org.uk)

## Register your interest here!

|               |               |     |           |
|---------------|---------------|-----|-----------|
| Child's name  | Date of birth | M/F | Allergies |
| Child's name  | Date of birth | M/F | Allergies |
| Child's name  | Date of birth | M/F | Allergies |
| Child's name  | Date of birth | M/F | Allergies |
| Child's name  | Date of birth | M/F | Allergies |
| Child's name  | Date of birth | M/F | Allergies |
| Adult's name  |               |     |           |
| Adult's name  |               |     |           |
| Email         |               |     |           |
| Telephone No. |               |     |           |



Please note this event is for patients, siblings & parents/guardians only.

## A message from Stephen, Chair of Trustees

AKA Mr Custard!

When we get together as trustees and look at the financial demands on the charity we sometimes fret over how we will get the money to help all the people we want to do. The fact is that there are loads of things on our "to do list" and never quite enough money. The charity sector is feeling the pinch and in a society that has become very familiar with the word 'austerity' even Candlelighters has to go through our expenditure with a fine tooth comb and work out what is necessary and what isn't. Having recently reviewed the draft accounts for last year, it is clear that the charity has just had its best financial year ever - something which we are very grateful for, but without every pound donated by you we would be lost!

I want to thank you for every gift, every donation, every legacy, every grant, the support of every business, family and child - we are doing more than ever and want to increase that next year. Whichever method you use to raise money for us, whether it be traditional, sporty or plain wacky - thank you and keep it up!

Speaking of the wacky, I usually introduce myself as "Stephen" but recently I have been called "Mr Custard" by a wide number of people - from some of our children fighting cancer to my local butcher. The photo gives you an idea of what I did for "#PINKITUP week", and I have to say that I still like custard (although I prefer it just in my mouth rather than in every orifice!)

*If you are doing something even more wacky to raise money for Candlelighters then let us know - and send us the pictures!*

# Welcome!



Stephen getting covered in custard!  
for #PINKITUP week

## Welcome to the team Champ!

Thanks to you we now have  
our very own Candlelighters mascot!



*Once you've experienced childhood cancer, you never forget, and we never forgot those we've lost. Elephants are sensitive to other's emotions and support those in their group, like Candlelighters do for all families. Elephants stay close to their group for life... like the families that are affected by cancer and supported by Candlelighters.*

Jane, Winner of Mascot Idea.

## Champ talks business with CEO Emily...

**EMILY:** Hiya Champ!

**CHAMP:** So I'm new here, can you tell me a little about Candlelighters?

**EMILY:** Well Champ, firstly, a big warm welcome to #TeamCandlelighters! We provide financial, emotional and practical support to children and families affected by childhood cancer across Yorkshire, from diagnosis and for as long as families need it. We also fund vital research to improve outcomes for children with cancer.

**CHAMP:** Wow that sounds amazing, how do we pay for all of this?

**EMILY:** We have THE most incredible supporters and fundraisers who get up to all kinds of weird and wonderful activities to raise money for us! We are so grateful for every penny raised!

**CHAMP:** I've already met some of our supporters and fundraisers and I agree they are all incredible! Do you have any big plans for the future?

**EMILY:** We want to provide EVEN MORE support to families across Yorkshire! We can't forget though Champ, that for us to be able to provide more support, we need to raise even more money!

**CHAMP:** I'd love to help anyway I can Emily! What's been your favourite part of the year so far?

**EMILY:** It has to be #PINKITUP week in June, the support we received for this new campaign was incredible! The ideas people came up with were so impressive from dressing shop windows, to swimming in pink custard (Stephen). Look out for #PINKITUP 2020!

**CHAMP:** I definitely want to be part of #PINKITUP next year! I think we can make it EVEN bigger and better with the help of all our wonderful fundraisers, supporters and volunteers!

**EMILY:** Sounds like a great plan to me Champ!

**CHAMP:** I'll look forward to it, well I think I'd better be going now Emily, I am out on the road across Yorkshire meeting even more amazing people who are part of the Candlelighters family.

# Candlelighters

## Quiz...



**Q1:** How much do Candlelighters need to raise this year?

- £1 million
- £1.5 million
- £2.2 million

**Q2:** How do Candlelighters raise money?

- They receive funding from the Government
- They raise money from fundraising
- They get money from the Lottery

**Q3:** Approximately how many children are diagnosed with cancer in Yorkshire every year?

- 50
- 100
- 150

**Q4:** How long do Candlelighters support families for whilst their child is on treatment?

- 2 years
- Their support lasts a lifetime

**Q5:** What do Candlelighters do to support families?

- Fund Research and staff roles at the hospital
- Provide financial support and family holidays
- Give emotional and practical support
- All of the above

**Q6:** Who do Candlelighters primarily support?

- Children with cancer in the UK
- Children with cancer and their families in Yorkshire
- Any poorly child

**Q7:** Where do Candlelighters support families?

- At the hospital
- At their support centre The Square, in Leeds
- All over Yorkshire
- All of the above

**Q8:** How much on average does Candlelighters spend on childhood cancer research annually?

- £50k
- £100k
- £500k

**Q9:** What did Candlelighters open in February 2015?

- The Square (Family Support Centre)
- The Candlelighters Bus
- The Pavilion
- The Candlelighters Cottage

**Q10:** What did Candlelighters open in November 2015?

- A new car park
- A new hospital
- The Candlelighters Cottage



Head to the back page to find the answers!

DID YOU GET THEM ALL RIGHT?



**£50** could fund a child who has to remain in hospital for their birthday with a birthday box!

**£300** could fund a compassionate grant for a family who has lost a child to cancer.

**£1000** could fund a holiday for a family to spend some much needed quality time together.

We are so grateful for your support and without it we wouldn't be able to continue to support families affected by childhood cancer across Yorkshire.

# THE SQUARE

If you would like to find out more about any of the services The Square has to offer please contact 0113 887 8333

## GRANDPARENTS TEA PARTY

A wonderful support group for grandparents and great grandparents – providing the opportunity to meet others, make friends and share stories whilst enjoying crafts, massage, afternoon tea and a good brew!

Massage  
Energy Balancing  
Reflexology  
Hot stones

## Patient Groups

A fun filled afternoon which is chock a block with crafts and games. This group is for those children aged 5-12 who are more than 6 months post treatment - it is a great way to have fun and meet new friends.

## FAMILY NETWORK GROUPS

## TALKING THERAPIES

## FAMILY EVENTS ACROSS YORKSHIRE

Our family events offer a FABULOUS day for all families supported by Candlelighters. From a picnic in the park, movie days, panto's, Christmas parties and much more in between, these events are for all members of the family and aren't to be missed.

## THE SQUARE

## HAIRDRESSING

## VIRTUAL YOGA

## TEEN SIBLING GROUPS

For all siblings aged 13-18... to kick the day off we head out to do an exciting activity like Laser tag, Escape Room or Trampoline Park followed by a yummy lunch nearby!

## SIBLING GROUPS & TRIPS

## MEMORY MAKING

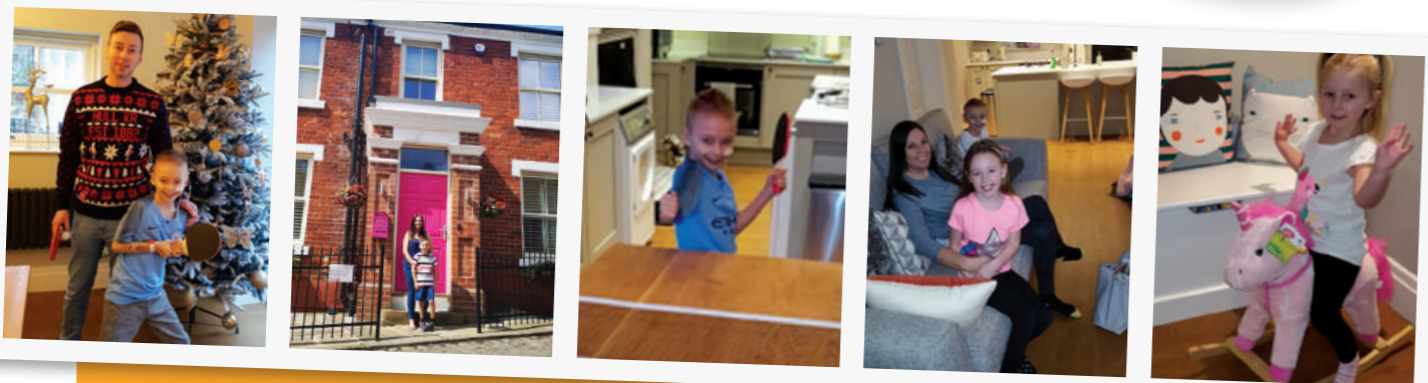
## 1-1 YOUNG PERSONS SUPPORT

## What our families say...

However you are feeling, The Square is there for you... a chat with someone who understands what you are going through, a massage because you are carrying stress and anxiety, a haircut because it's hard to find the time for these things whilst your child's on treatment, an office because you need to do a bit of work while you are in hospital. Our whole family love that whenever you walk in there's a friendly face opening the door ready to make you a coffee and help take some of your worries away. We would have been truly lost without The Square.

# The Cottage

67 Miles Away from Ward 31



Our son Archie, now 9 years old was diagnosed with Acute Myeloid Leukaemia (AML) mid-August 2018. He spent 7 months in Leeds General Infirmary (LGI) on the Children's Oncology & Haematology Ward 31 being treated by the lovely doctors and nurses. As Archie was receiving intense chemotherapy he only had a handful of days at home in between his four sessions.

Archie lives in a village East of Hull with mum, dad, his twin sister Connie and his little sister Alice. This was a total distance of 67 miles away from LGI so this was creating major problems for us so being the first family to be offered a room in the newly renovated Candlelighters cottage was amazing. We jumped at the chance to stay there and couldn't believe how nice it was when we were shown around. When you are living in a hospital month after month you can soon go crazy, so having use of a bright, modern, cosy, spacious house complete with all mod cons was very much appreciated. The cottage really helped us with 'Archie's Journey' as a whole. It relieved the pressure of the logistical nightmare and vastly improved our mental state.

The cottage enabled Archie's sisters to stay over at the weekend and during the school holidays so that we could be a family and have a little snippet of normality without paying ridiculous hotel fees. Grandma and Grandad alternated their stay during the week which was great as whichever parent spent the night with Archie then had the option to go to the cottage and freshen up, do some washing or catch up on some much needed sleep.

When on chemotherapy your taste buds can change daily. It didn't take long for Archie to lose interest in the hospital food provided and on the ward there was only a microwave and a fridge. When Archie was well enough we were able to do some proper cooking in the oven with some of his favourite meals and all sit around a table - the nice little things like this that you take for granted at home. It was also a very much welcomed change of scenery for us all and Archie looked forward to his time there. We played board games, completed jigsaws, plugged his Playstation in or just sprawled out on the sofas and watched TV together and it felt like home for the few hours we were there. We spent all of Christmas and New Year in Leeds General Infirmary so again having a 'nice warm home' to go to made Christmas bearable. For us as a family the Cottage was a lifeline and we are truly grateful to have been able to use this amazing facility and are very thankful for the support Candlelighters gave us throughout our hospital stay.

Andy & Tina (Archie's parents)



Since The Cottage opened in November we have had 24 families stay in our home from home accommodation, many of which have stayed there multiple times, highlighting just how essential our new facility is for our families.

## 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 JANUARY 2019 - 30TH JUNE 2019.

|                               |           |                            |           |                            |           |
|-------------------------------|-----------|----------------------------|-----------|----------------------------|-----------|
| Alex Read.....                | £168.69   | Guy Metcalfe.....          | £1,332.58 | Mick Hilliard.....         | £167.00   |
| Alison Smith.....             | £275.00   | Guy Robert Leadbeater..... | £86.30    | Mr Tomlinson.....          | £225.00   |
| Andrew 'Chalky' White.....    | £7,305.69 | Harry Buckley.....         | £563.77   | Mrs Longbottom.....        | £330.00   |
| Andrew Wilson.....            | £130.64   | Harry Flatt.....           | £284.52   | Natalie Lindsey Walsh..... | £141.35   |
| Anthony Michael Grunnill..... | £203.09   | Harvey Kendrew.....        | £25.00    | Nioni Grant.....           | £120.38   |
| Axl Walker.....               | £1,517.45 | Heather Hilliard.....      | £225.00   | Oliver Field.....          | £28.11    |
| Barrie O'Neil.....            | £950.00   | Henry Hamer.....           | £60.00    | Oliver James Marshall..... | £85.00    |
| Barry Britton.....            | £70.00    | Hope Rooms.....            | £1,805.62 | Olivia Arnold.....         | £91.93    |
| Belle Ellis.....              | £2,310.00 | Jack Hamblett.....         | £206.00   | Patricia Haunch.....       | £120.00   |
| Betty Clibbens.....           | £123.50   | Jack Gales.....            | £175.00   | Paul Michael Hansell.....  | £310.00   |
| Bradley MacDonald.....        | £25.00    | James Brook.....           | £6,943.08 | Phil Asquith.....          | £232.62   |
| Brenda Allen.....             | £182.79   | Jane Gilbert.....          | £2,563.30 | Phyllis Gott.....          | £217.66   |
| Brett Scott.....              | £767.20   | Jason Miller.....          | £83.75    | Rebecca Hodgkinson.....    | £438.00   |
| Brian Goodwin.....            | £121.10   | Jemma Louise Coyles.....   | £100.00   | Rebecca Varney.....        | £311.71   |
| Brian Hargreave.....          | £20.00    | Joan Badrick.....          | £411.00   | Robert Blundell.....       | £130.00   |
| Calvin Marshall-Patel.....    | £554.24   | Joan Coulson.....          | £312.01   | Robert Brown.....          | £152.39   |
| Carol Myers.....              | £316.00   | John Ainscough.....        | £120.00   | Rory James Welsh.....      | £2,124.74 |
| Ceri Anderson.....            | £1,100.00 | John and Ann Rodgers.....  | £1,150.00 | Rose Ellen Hardy.....      | £119.81   |
| Chris Chapman.....            | £120.83   | John Gospel.....           | £400.00   | Roy Hollingworth.....      | £107.80   |
| Christopher Alex Preston..... | £171.44   | Joseph Mayman.....         | £111.25   | Ruth Hulse.....            | £70.00    |
| Connor Lancaster.....         | £58.03    | Joseph McDermott.....      | £60.00    | Sammy Medley.....          | £100.00   |
| Dan Bayes.....                | £22.00    | Josephine Crowther.....    | £218.19   | Sarah Bainbridge.....      | £5,701.06 |
| Daniel Carter.....            | £400.00   | Joshua Kinnear.....        | £588.28   | Shaun Markey.....          | £681.90   |
| Daniel Jackson.....           | £719.50   | June and Caroline.....     | £10.00    | Skye Sutcliffe.....        | £2,405.77 |
| David Barker.....             | £35.00    | Karen Christmas.....       | £117.00   | Sophie Drake.....          | £106.00   |
| David Bradford.....           | £259.95   | Kathleen Gartlan.....      | £70.10    | Summer Rose Thompson.....  | £1,343.74 |
| David Crowther.....           | £156.50   | Kevin Hirst.....           | £1,021.71 | Susan Mary Westbury.....   | £792.85   |
| David Redsell.....            | £40.00    | Laura Hart.....            | £39.43    | Susan Webster.....         | £420.25   |
| Dayle Brayshaw.....           | £239.63   | Lauren Kisby.....          | £176.93   | Susan's Mother.....        | £180.00   |
| Donald Fentiman.....          | £270.00   | Lynn Horsfield.....        | £395.92   | Sylvia Dawson.....         | £1,353.95 |
| Donald Mcnee.....             | £40.00    | Lynn Stapleton.....        | £234.65   | Taylor Sheldrake.....      | £50.00    |
| Edna Davy.....                | £20.00    | Maci Craddock.....         | £5,000.00 | Terence Dickinson.....     | £174.51   |
| Eirik Kjelstad.....           | £10.00    | Malcolm Batley.....        | £71.99    | Thomas Babbage.....        | £30.00    |
| Elizabeth Medlock.....        | £475.00   | Margaret Middleton.....    | £5,000.00 | Thomas Cammack.....        | £30.00    |
| Ella Crann.....               | £5,810.57 | Marianne Shackleton.....   | £181.87   | Thomas Hudson.....         | £319.02   |
| Ella Martin.....              | £25.00    | Marjorie Jackson.....      | £30.03    | Timothy Wray.....          | £100.00   |
| Elsbeth Collinson.....        | £221.00   | Mark Allison.....          | £50.00    | Tina Walker.....           | £180.20   |
| Finley Bailey.....            | £178.17   | Mark Butterfield.....      | £369.33   | Tracey Clark.....          | £62.56    |
| Florence Gomersall.....       | £40.00    | Matthew Hodson.....        | £75.00    | Valerie Mullins.....       | £50.00    |
| Freyja Wood.....              | £498.20   | Megan Bell-Walker.....     | £211.62   | Vera Elliott.....          | £300.00   |
| Gemma Moolard.....            | £20.00    | Megan Carr.....            | £100.00   | Zack Barrett.....          | £2,375.48 |
| Geoffrey Steels.....          | £430.00   | Megan Leanne White.....    | £19.71    | Zoe Kilby.....             | £158.51   |
| Grace Wheeldon.....           | £540.00   | Melanie Laffey.....        | £1,796.15 |                            |           |
| Graham Elliott.....           | £250.00   | Michele Di Cristofaro..... | £233.38   |                            |           |

day of memories

hosted by Candlelighters

Each year we invite family members to join our Day of Memories committee. This involves attending monthly meetings where we discuss decorations, activities and most importantly the poems, songs and readings which will be performed on the day. We are looking for family members to join our committee for Day of Memories 2020.

If you are interested in joining or have any queries about the committee, please email [memory@candlelighters.org.uk](mailto:memory@candlelighters.org.uk) or call The Square on 0113 887 8333.

# WE GET IT

The Family Network is a project designed to provide support for families in their local area. The Network is run by families for families. The groups are based on peer support which means they are run by trained Family Network Volunteers who themselves are family members who understand what it is like to have a childhood cancer diagnosis within the family.

We currently have groups in York, Hull, Leeds and Huddersfield... and launching soon in Wakefield and Castleford.

Hull and Huddersfield are new groups to the network and we would like to invite families who are at any stage of their journey to these groups.

Whether sharing stories, coping strategies or simply having some time out, Family Network Groups are a great opportunity to connect with others who 'Get it'.

Please note, as there are now a number of groups across Yorkshire, we ask that you attend the group that's most convenient / appropriate to you.

*Nobody really understands what it is like to be affected by childhood cancer until it happens to you. Talking to others who have been there and "Get it" is amazing. You do not have to explain how you are feeling or make apologies or explain why you cancelled your plans. There is a general sense of understanding, it is fine to talk about how you feel equally its fine if you don't want to talk. You find that you are not alone and that how you are feeling is normal. The not sleeping, stiff and aching neck, shoulders and back are common features of others that have been affected. The constant worry about absolutely everything is normal. The fact that there are not enough hours in the day to do everything. Juggling work, school, hospital appointments, family life, whilst totally neglecting yourself. The Network is time for me to talk, unload, relax and recoup. It is time for me to be me.*

Mum, 2018



## Dates for your Diary!



**Hull Family Group**  
21st September 1-4pm,  
Gino D'Acampo's  
**Time and locations to be confirmed for:**  
16th November  
18th January

**Huddersfield Family Group**  
**9th November** 12-3pm  
Ruddi's Vintage Treat Rooms

**York On/post Treatment Group**  
**19th October** 11-2pm  
Creepy Crawlies Play Centre  
**23rd November** 6-9pm  
Rustique, Castlegate

## Leeds

**Leeds On/Post Dads Group**  
**12th October** 1-4pm  
Northern Snooker Centre  
**11th Jan** 12-4pm  
The Square

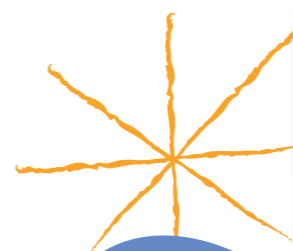
**Leeds On/Post Mums Group**  
**26th October / 18th Jan**  
12-4pm, The Square

**Leeds Bereaved Mums Group**  
**14th September / 7th December**  
12-4pm, The Square

**Leeds Bereaved Dads Group**  
**21st September** 1-4pm  
Northern Snooker Centre  
**14th December** 12-4pm  
The Square

**Our Rainbow Baby Group!**  
**14th October**  
The Square  
**18th November**  
Tropical World

For further information or to book a place at one of our groups please contact [thesquare@candlelighters.org.uk](mailto:thesquare@candlelighters.org.uk) or check out our Facebook page [candlelightersatthesquare](https://www.facebook.com/candlelightersatthesquare) to find events near you!



## MEET JULIE



### CAN YOU TELL US A LITTLE ABOUT YOUR STORY?

My son Connor was on treatment for Ewings Sarcoma. Connor lost his battle in 2014 at 15 years old. I chose to have a change in career, after being a chef for 20 years and went back to university, studying Psychology and Counselling.

### WHAT IS YOUR CONNECTION WITH CANDLELIGHTERS?

We first heard about Candlelighters when Connor was diagnosed. We went on two holidays, as well as visiting a Royal Air Force station at Linton-on-Ouse. In the second year of my new course, I was able to take on a placement and approached Candlelighters to see if I could do it with them. I finished that back in April but still volunteer on a Friday and I'm also a Family Network Volunteer.

### HOW DID YOU KEEP POSITIVE THROUGHOUT YOUR JOURNEY?

My son Connor kept us all going, he had a really positive outlook on life and he carried that the whole way through his journey. Don't get me wrong there was a mixture of good and bad days but the good outweighed the bad. I had a good network of family and friends but no matter how much they said they understood, unless you've been in that situation, nobody really gets it. I think the Family Network is so important, for the answers to those questions that can only be answered by someone who has been there, bought the t-shirt and read the book.

### WHY DID YOU WANT TO BECOME A FAMILY NETWORK VOLUNTEER?

Families facing childhood cancer are unfortunately in the same boat and although no two journeys are the same, we all share similar worries, concerns, low and high points. People now have an opportunity to speak to their peers and hopefully we will be able to make their journey that bit easier, like Candlelighters does for us all.

## MEET TRACEY



### CAN YOU TELL US A LITTLE ABOUT YOUR STORY?

Six years ago, my son was diagnosed with Rhabdomyosarcoma at the age of 15.

### WHAT IS YOUR CONNECTION WITH CANDLELIGHTERS?

Candlelighters were there from day one, providing help and support. Often it's the small things that are hardly noticed like daily sweets and treats, Sunday lunch and a friendly smile. As time went on, I realised Candlelighters do so much more, such as funding hospital wards, staff and research as well as supporting families through the difficult times.

### HOW DID YOU KEEP POSITIVE THROUGHOUT YOUR JOURNEY?

I maintained a positive outlook throughout my journey because of my son's personality, humour and never stop fighting attitude. Knowing I had the support and assistance from family and friends but also the excellent staff at Leeds Children's Hospital and St James Bexley and while all the time, Candlelighters were there to support not only my son, but the whole family and people affected.

### CAN YOU TELL US A LITTLE ABOUT YOUR STORY?

Our journey took us to America and London for specialist treatment as well as in Leeds and at times, it was a lonely journey as we did not have anybody who 'understood' to talk to. This is why I volunteered to be a Family Network Volunteer, so I can be there to offer an understanding ear to all families who are or have gone through a similar tough journey.

The Candlelighters Family Network is where families and past patients give peer support to others who are facing their own cancer journey

## We need you - would you like to become a Family Network Volunteer?

Do you live in Harrogate, Leeds, Skipton or the East Coast area?  
Could you facilitate four groups a year, attend a one day training course and attend four Working Group meetings a year.  
We are seeking family members who are either post treatment or sadly bereaved.  
Be a part of our Family Network. A fantastic opportunity to meet and support other families living in your local area who may be on a similar journey to you.

If you are interested in becoming a Family Network Volunteer please email Carly at [carly.tordoff@candlelighters.org.uk](mailto:carly.tordoff@candlelighters.org.uk)

# Community Fundraising!

## Go GOLD for Childhood Cancer Awareness Month!

At Candlelighters we are passionate about raising awareness of childhood cancer and will be GOING GOLD this September.

### There are lots of ways you can get involved!



#### Gold Ribbon Pin Badges - £1.50

The perfect way to show your support, with the profit from the pin badges helping fund our services. Choose from a pink or green stone.



#### Candlelighters Golden Ticket - £1

Take part by purchasing a chocolate bar. Lucky winners will get a bronze, silver or GOLDEN ticket inside, winning them a special prize!

## CCAM Annual Bucket Collection!

Leeds City Centre,  
Sat 21st September.

If you would like to volunteer for an hour or two please contact us. It will be lots of fun we promise!

## REGULAR GIVING

Candlelighters would like to say a heartfelt thank you to everyone who makes a regular monthly donation. Regular donations help us to plan ahead and invest in the future of Candlelighters. However small, a regular donation makes a huge difference to us.

For example, last financial year, together our regular donors raised nearly £29,000. This could fund the running costs for the Candlelighters Cottage for an entire year!

If you are considering making a regular donation to support Candlelighters to continue our vital work, and plan for the future we would love to have you on board. You can contact us on 0113 322 9283 or email [info@candlelighters.org.uk](mailto:info@candlelighters.org.uk) for general information and friendly advice on how to set up your donation via Payroll Giving, standing order or direct debit.

You can make a difference for children and families affected by childhood cancer in Yorkshire today.

Buy your Christmas cards and gifts from Candlelighters and support children with cancer in Yorkshire.

We have a fantastic selection of cards, gifts and even virtual gifts at <https://www.candlelighters.org.uk/products/virtual-gifts>



**THE**  
Candlelighters  
**AWARDS**  
2019

Hosted by  
**ICF next+**

The annual Candlelighters Awards will take place on the 13th September 2019.

All nominees are stars in our eyes and we cannot wait to celebrate an extra special evening, thanks to our friends at ICF Next who put this night together for us!

Our 10 Awards are sponsored by fantastic companies, and we are so grateful for their support

**FUNDRAISER OF THE YEAR**  
sponsored by  
BREWIN DOLPHIN

**TEAM EFFORT**  
**ABOVE AND BEYOND**  
sponsored by HSBC

**IDEA OF THE YEAR**  
sponsored by LOOKING4.COM

**YOUNG FUNDRAISER OF THE YEAR**  
sponsored by  
TOWN CENTRE SECURITIES

**COMPANY OF THE YEAR**  
**COMPANY CONTACT OF THE YEAR**

**EVENT OF THE YEAR**  
sponsored by ICF NEXT

**VOLUNTEER OF THE YEAR**  
sponsored by BARRATT AND  
DAVID WILSON HOMES

**LIFETIME ACHIEVEMENT**  
sponsored by CNG

## We're not just pink

## We're GREEN too!

Here at Candlelighters we love pink but did you know our charity colours are pink and green and we are striving to be as GREEN as possible!



2019 has seen the beginning of a new team - our very own Green Team. The purpose of the team is to implement changes to make Candlelighters more environmentally friendly and to work towards reducing any type of pollution we create - and that is exactly what we have been busy doing!

The team was formulated after changes had already been made with the environment in mind. This year was the first year we stopped releasing balloons at Day of Memories and made the amazing change to bubble art. Balloon releases have held a special place at Day of Memories and we didn't want to lose this lovely sentiment so we wanted to think of something that could match this moment. At first we were unsure about this change but we received amazing feedback from our families!

For the first time earlier this year this newsletter was sent out in recycled envelopes, not plastic packaging. We are also looking into having a digital option for our newsletter in the future.

We have moved on from the use of plastic water bottles at The Square. Now after a relaxing wellbeing session at The Square you will be offered a glass of cold water from our kilner jar. This small change has made a big impact on our plastic use and cut costs!

In addition, we have made a number of small but easy changes like defaulting to double sided printing, reminding people to turn off lights, promoting car sharing and not boiling more water than needed for brews.

With all these changes we also have cost reduction in mind. By making little changes we can save money and therefore the money raised by YOU can go further in supporting our families.

The team has only just been formed but we have lots of ideas for the future. Watch this greenspace!

## Volunteer with us!

Volunteers help us in so many ways; find out about some of the different ways here.



### TRUSTEE

Using their professional and personal experience to represent other families or medical experts' views on our Trustee Board, planning the future of the charity.



### PHOTOGRAPHER

Capturing the amazing efforts of our supporters, volunteers and staff or maybe families having a great time at many of our events.



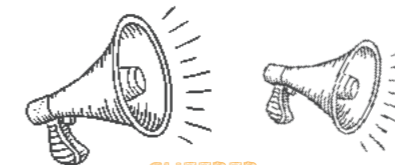
### FAMILY EVENT VOLUNTEER

Helping our Family Events run smoothly, making tea, playing games, doing crafts and chatting with families.



### FRONT OF HOUSE VOLUNTEER

Welcoming families to our family support centre: The Square, helping to book treatments and just being a friendly face at our family support centre.



### CHEERER

Cheering our supporters on at challenge events to give them that extra push to carry on walking, running, cycling on to the finish line.



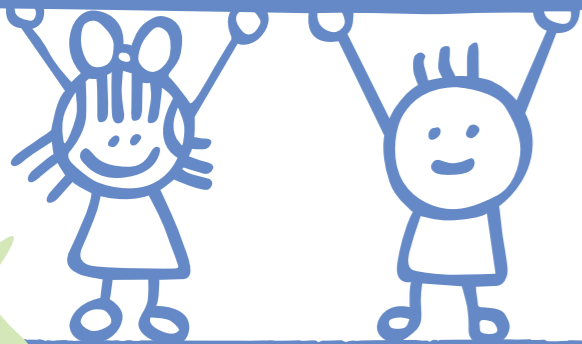
### OTHER WAYS

We're always looking at new ways where people might be able to help us and our families. We also have people approach us offering their own specialities, skills and experience. If you think this could be you, please get in touch.

If you'd like to give some of your time to help us, please get in contact. We have lots of these roles available to read more about and sign-up for on our website: <https://www.candlelighters.org.uk/howyoucanhelp/volunteer-for-candlelighters> - we'd love to welcome you into the team!

Telephone: 0113 887 8333 Email: [volunteering@candlelighters.org.uk](mailto:volunteering@candlelighters.org.uk)

# Businesses of Yorkshire



In this edition of the newsletter, we want to celebrate our partnerships across the county. We are so lucky to work with a variety of incredible businesses, and here are just a few examples of the amazing work going on to raise money and awareness for Candlelighters across Yorkshire.

## SKIPTON

Skipton Building Society hosted a fabulous pink quiz in May as part of their partnership with us!

## KEIGHLEY

Ogden Fulfilment cycled from Liverpool to Leeds in June and continue to support us!



## YORK

The Graduate Team at Aviva York traded the pink paperclip for some amazing prizes for our raffle!

## HULL

The fantastic team at XPS Solutions completed Total Warrior, and as part of our amazing partnership with Hudgells Solicitors, they sponsored our new mascot!



## WAKEFIELD

We attended digital festival #pt19 to raise money and awareness with the wonderful Pure Technology Group who support us year round.

## DONCASTER

Keebles Law firm did a fantastic bag pack as part of their partnership with us!

## LEEDS

The Hilton Leeds City hosted a Sports Dinner for us last November, raising over £2000.

## HUDDERSFIELD

As part of #PINKITUP, Major Recruitment in Huddersfield voted for the office's WORST cake baker!

## BIRSTALL

Bag packing and fundraising is happening throughout the year at M&S Birstall!

## BRADFORD

Grant and Bowman have donated over £500 worth of toys as part of their charity partnership.

## BAILDON

Fisical Sports have taken on a year of gruelling physical challenges for Candlelighters.

## 3 PEAKS

So many incredible teams take on the huge challenge of the Yorkshire 3 Peaks!



# September is... Childhood Cancer Awareness Month

If you would like to make a donation to support CCAM please text CANDLE001 to 70970 to donate £5



## What is CCAM?

Childhood Cancer Awareness Month takes place in September each year.

At Candlelighters, along with many other children's cancer charities, we mark CCAM each year to help increase the awareness of childhood cancer, as well as the work we do and the support we offer to families across Yorkshire.

Did you know? The internationally recognised symbol for childhood cancer is the gold ribbon.

## Signs & symptoms

Cancer symptoms can be very similar to those of other illnesses and they vary between children. The following symptoms are not usually cancer, but it's always worth a visit to your doctor if your child has any of these...

- C**ontinued, unexplained weight loss
- H**eadaches, often with early morning vomiting
- I**ncreased swelling or persistent pain in the bones, joints, back or legs
- L**ump or mass, especially in the abdomen, neck, chest, pelvis or armpits
- D**evelopment of excessive bruising, bleeding or rash
- C**onstant, frequent, or persistent infections
- A** whitish colour behind the pupil
- N**ausea that persists or vomiting without nausea
- C**onstant tiredness or noticeable paleness
- E**ye or vision changes that occur suddenly or persist
- R**ecurring or persistent fevers of unknown origin

If you would like to make a donation to support CCAM you can use our **TEXT DONATE.**

To donate £1  
Text CANDLE001 to 70201

To donate £5  
Text CANDLE001 to 70970

To donate £10  
Text CANDLE001 to 70191

Go with your gut instinct, if your child does not seem right, persist and seek advice from the professionals. As a parent you are the expert on your child. You know when something is wrong.

Sarah, Harry's Mum

# #ChildhoodCancerAwarenessMonth



# Roles we Fund!



**NAME:** Tracy West

**ROLE:** Outreach Play Specialist

**WHAT DO YOU DO?** I work with children, siblings and families with a cancer diagnosis that are identified as needing additional play support within their own home. This may be to help work through some anxieties around a procedure or diagnosis, any difficulties and adjusting to life at the end of treatment. I work on memory making with palliative patients and provide support for siblings pre and post bereavement.

**WHAT DO YOU LIKE ABOUT YOUR ROLE?** Everything, I am so lucky and privileged to be welcomed into our family's homes at such a difficult time and to be part of their journey is a real honour. I often go into schools to work with siblings and this is so nice and a real pleasure too. You really get to know the families so well and they are remarkable. Seeing the benefits from the play support provided makes me very proud. And making sure the sessions are fun too.

**FUN FACT ABOUT YOUR TIME AT CANDLELIGHTERS:** The siblings nicknamed me 'T Dog' from our first residential!



**NAME:** Mark Sloan

**ROLE:** Advanced Nurse Practitioner

At the moment we fund two of the Advanced Nurse Practitioners on the Oncology and Haematology units at Leeds Children's Hospital. Our Advanced Nurse Practitioners (ANPs) are highly experienced and educated nurses who are able to assess, investigate, diagnose, and prescribe. They manage the complete clinical care for patients on our oncology and haematology units at Leeds Children's Hospital.

**NAME:** Dalvir Jakku

**ROLE:** Social Worker

**WHAT DO YOU DO?** As a social worker, my role encompasses a variety of methods of support. Most people think my role is just about helping families apply for benefits and money, but I also provide emotional support. I am essentially an advocate for them, as I ensure they get answers.

**WHAT MEMBERS OF THE FAMILY DOES YOUR SUPPORT REACH?** Everyone. The support is generally concentrated on parents, but we offer a service to siblings as well. There are often, depending on the family, aunts and uncles and grandparents too. We are looking to help whoever is associated with the child.

You can find Dalvir over on the oncology and haematology units over at Leeds Children's Hospital as well as at St James's where Dalvir works with our families who are having radiotherapy treatment. Dalvir is a familiar face at The Square and also volunteers at some of our family events.



## We also fund...



Paediatric Radiographer

3 Play Leaders

Dinner Lady

Youth Worker

We also fund many roles surrounding Research. Stay tuned to our social media channels to find out more about who and what we fund!

# You turned Yorkshire PINK!



## #PINKITUP week was AMAZINGLY PINK!

This June, we launched our #PINKITUP campaign, where many of our supporters, partners and families helped us turn Yorkshire PINK to raise funds and awareness for families affected by childhood cancer.

Whether you wore pink, hosted a pink party or bake sale, wore pink socks or a tie to work or school, popped on your pink marigolds around the house or simply took a photo of yourself in PINK, your very pink fundraising and fun goes towards making a huge difference!



Staff from across the Oncology and Haematology wards joined in the pink fun! #TeamWorkMakesTheDreamWork



Marples Sweet Shop in Horsforth pinked-up their window as well as many other shops across the region. #BESTPINKWINDOW



WE ARE SO GRATEFUL FOR YOUR SUPPORT! LOOK OUT FOR... #PINKITUP 2020

## #PINKITUP has raised £27,150 and counting!

### Date for your Diary



Annual General Meeting, Wednesday 2nd October

Time: 6.00pm - 6.30pm Location: Candlelighters Trust, 8 Woodhouse Square, Leeds LS3 1AD Refreshments served prior to meeting

Strictly RSVP to: Lucy at [lucy.fletcher@candlelighters.org.uk](mailto:lucy.fletcher@candlelighters.org.uk) by 25th September 2019 or call 0113 887 8333. Copies of the charity's accounts can be sent out prior to the meeting on request.



# Candlelighters Christmas Raffle

Bigger and better than ever before!

**1st PRIZE**

A city break at Hotel Indigo Netherlands for two with flights to Amsterdam and airport parking

**2nd PRIZE**

A week long stay for 6 at Camel Creek Adventure Park in Cornwall in lodge with hot tub

**3rd PRIZE**

A boxing training session with Josh Warrington!

**4th PRIZE**

A 3 night romantic stay for 2 in beautiful Tottergill Farm in the Lake District

**5th PRIZE**

A night out in Leeds Dinner and stay at Ibis Styles Hotel

**6th PRIZE**

A night out in York Dinner and stay at Ibis York

**7th PRIZE**

Afternoon tea at Malmaison Leeds

**8th PRIZE**

A family day out in York! Family pass to the Jorvik Viking Centre and Beate Farm.

**9th PRIZE**

A children's toy hamper

**10th PRIZE**

A delicious food hamper



We have some amazing prizes that you can win by simply buying a raffle ticket for £1.

Tickets are now on sale and the winners will be drawn and contacted on Thursday 12th December just in time for Christmas!



4 easy ways to buy your tickets...



- ★ Visit our website. Simply, select the number of tickets you want to buy, pay online and we'll send you your tickets in the post!
- ★ You can also ring us, make a payment over the phone and we will post your tickets.
- ★ Post a cheque. Don't forget to let us know how many tickets you want to buy, and give us your name and contact details so we can let you know if you win.
- ★ Pop in and get your tickets from Candlelighters at The Square, or clinic.

If you would like us to send you lots of tickets to sell to your friends, family, work or school please contact us. We will happily send you tickets which you can sell, simply return the stubs of the tickets you sell and any you don't return to us.

Call 0113 322 9283

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This year Candlelighters are GOING GREEN, to do our bit to help the environment and keep costs low so more money can be used to fund our services. That is why you will notice that we have not included a book of tickets in your newsletter. We send out thousands of newsletters and by trailing not sending tickets out to every reader we have already saved over £500 in printing costs.

## Candlelighters Quiz Answers

Q1: £2.2 Million Q2: They raise money from fundraising. Q3: 150. Q4: Their support lasts a lifetime. Q5: All of the above. Q6: Children with cancer and their families in Yorkshire. Q7: All of the above. Q8: £500k. Q9: The Square (Family Support Centre). Q10: The Candlelighters Cottage.



RCN: 1045077 Company No: 3020552. www.candlelighters.org.uk. If you change your mind about hearing from us, you can stop receiving our newsletter at any time by emailing info@candlelighters.org.uk or calling 0113 322 9283. This newsletter was produced by Helena Fewkes.