

Date	Time	Service, event, activity	Location
WEEK 1			
Tuesday 4th February	10:00 – 15:30	Wellbeing Therapies	The Square
Wednesday 5th February	10:00 – 13:00 12:30 -15:30	Wellbeing Therapies Hairdressing (families staying on the ward only)	The Square The Square
Thursday 6th February	10:00 – 19:30 10:30 – 11:30 14:00 – 20:00	Wellbeing Therapies Virtual Yoga Talking Therapies: Young Persons	The Square The Square The Square
Friday 7th February	10:00 – 15:30 16:00 – 20:00	Wellbeing Therapies Talking Therapies: Adult	The Square The Square
Saturday 8th February	10.30 - 14.30	Sibling Group (On treatment/Post Treatment siblings)	The Square
Sunday 9th February	12.00 – 15.00	Family Network Group – York	Rose & Crown, Main St, Sutton-On-The-Forest, York, YO61 1DP
WEEK 2			
Tuesday 11th February	10:00 – 15:30	Wellbeing therapies	The Square
Wednesday 12th February	10:00 – 13:00 12.30-15.30	Wellbeing therapies Hairdressing (families staying on the ward only)	The Square The Square
Thursday 13th February	10:00 – 19:30 10:30 – 11:30 14:00 – 20:00 16:00 – 20:00	Wellbeing therapies Virtual Yoga Talking Therapies: Young Persons Talking Therapies: Adult	The Square The Square The Square The Square
Friday 14th February	10:00 – 15:30	Wellbeing therapies	The Square
Saturday 15th February	14:00 – 16:00	Family Network Group - Huddersfield	UK Superbowl, Leeds Road, Huddersfield, HD2 1YL
Sunday 16th February	10.30 – 16.00 12.00 – 14.00	Candlelighters in Your Community Family Fun Day in Hull	North Bransholme Community Centre, Hull, HU7 5DD North Bransholme Community Centre, Hull, HU7 5DD
WEEK 3			
Tuesday 18th February	10:00 – 15:30 12:00 – 16:00	Wellbeing therapies Talking Therapies: Adult	The Square The Square
Wednesday 19th February	10:00 – 13:00 12:30 – 15:30	Wellbeing therapies Hairdressing (families staying on the ward only)	The Square The Square/Ward
Thursday 20th February	10:00 – 19:30 10:30 – 11:30 16:00 – 20:00	Wellbeing therapies Virtual Yoga Talking Therapies: Young Persons	The Square The Square The Square
Friday 21th February	10:00 – 15:30	Wellbeing therapies	The Square
Saturday 22nd February	11.00 – 15.00 12.00 – 14.00	Teen Siblings Group Family Network Group - Wakefield	Abbey Retail Park, Savins Mill Way, Kirkstall, Leeds LS5 3RP Volcano Falls, Adventure Golf, Xscape, Colorado Way, Castleford, WF10 4TA
WEEK 4			
Tuesday 25th February	10:00 – 15:30	Wellbeing therapies	The Square
Wednesday 26th February	10:00 – 13:00 12:30 – 15:30	Wellbeing therapies Hairdressing (families staying on the ward only)	The Square The Square/Ward
Thursday 27th February	10:00 – 19:30 10:30 – 11:30 16:00 – 20:00 16:00 – 20:00	Wellbeing therapies Virtual Yoga Talking Therapies: Young Persons Talking Therapies: Adult	The Square The Square The Square The Square
Friday 28th February	10:00 – 15:30	Wellbeing therapies	The Square
Saturday 29th February	11.00 – 14.00	Grandparents Tea Party	The Square



Information about services and groups

Wellbeing Therapies - The therapy team work Tuesday - Friday offering bed and chair massage, head/ shoulder/ back massage, Indian head massage, hot-stones massage and holistic-facial massage. Hand/ arm massage, energy balancing and reflexology is also available. No need to decide in advance - you can chose on the day.

Talking Therapies - Our Talking Therapists offer private and confidential talking therapies, mindfulness and coaching session's @ The Square and across Yorkshire. Going though children's cancer can be a confusing time where you may feel angry, unsupported or not sure what to do next. There is support available for you.

1-1 Children Support - Children affected by childhood cancer that might be facing challenges such as anger issues, anxiety and frustration can access specific 1-1 support. This support includes mindfulness, talking and play activities.

Hairdressing - This service is only available for families staying on the ward. We understand that when living on the ward getting a haircut may be difficult as a parent may not want to leave their child for long periods of time. We offer wash, cuts and blow-dries with our qualified hairdresser.

Virtual Yoga - Virtual yoga is held in one of our room's @ The Square. It is set up like a yoga studio to provide a relaxing environment perfect for practicing mindfulness and Yoga.

Candlelighters in Your Community - Sometimes it can be hard to travel across Yorkshire just for a massage, so Candlelighters in Your Community is here to bring it to you. This service offers the treatments available @ The Square, but out in an area near year.

Mums Support Groups - Our Mums group meet every 3 months @ The Square. It is a lovely opportunity to meet and chat with other mums affected by childhood cancer. The day usually involves food, drinks, beauty treatments, chat and much more. Groups are run for mums with a child on treatment/post treatment and for mums who are sadly bereaved.

Dads Support Groups - The newest support group @ The Square is far from sitting around chatting. Groups are run for dads with a child on treatment/post treatment and for dads who are sadly bereaved. Groups are run every 3 months with activities such as going out for a curry, watching the rugby and clay pigeon shooting.

Sibling Support Groups - Candlelighters runs two sibling groups, one for children who have a brother/sister on treatment/post treatment and a group for those children who are sadly bereaved. Groups run bi-monthly and are for those aged 5-15. The group usually consists of lots of fun activities and games, where children will be able to make something to take home. Lunch is provided on the day.

Grandparents Tea Party- Grandparents play an important part in a lot of our families' lives and, at The Square, we support the whole family. As part of that support, we run Grandparents' Tea Parties once every two months. This is a special event held at The Square to enjoy an afternoon of pampering, arts & crafts and afternoon tea! Our Grandparents Tea Parties are for all grandparents/great grandparents, whether

Family Network Groups- The Family Network is a chance to meet other family members who have been affected by childhood cancer in your local area. Please note that the groups are organised by Family Network Volunteers who have been affected by childhood cancer and there may be a cost dependent on the activity you attend. For example the cost of a cuppa or a meal. Currently groups are held @ The Square, Bradford, Hull and York.

To book please

Call: 0113 887 8333,

Email: thesquare@candlelighters.org.uk or

Facebook: Candlelighters at The Square