

# The Candlelighter

Supporting the families of children with cancer

SPRING  
2018

Issue: 72



## SUPER WOMAN

**Ruth Wilson**

Shares her  
extraordinary  
story - PAGE 4



Meet Andy Walker  
and get the latest news  
about the Candlelighters  
Cottage project.

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

f @CandlelightersTrust

t @CandlelightersT

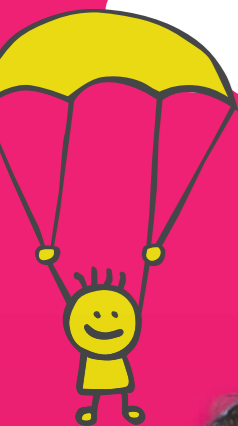
ig @candlelightersyorkshire

in Candlelighters - Yorkshire's Children's Cancer Charity

# Challenge Events 2018

## #TeamCandlelighters

Candlelighters has a range of events to suit all abilities and interests. Sign up today and become a part of #TeamCandlelighters



**10ks:**  
Hull, Leeds, York

**Half Marathons:**  
Hull Half, Great North Run

**Yorkshire Marathon**

 [www.candlelighters.org.uk/upcoming-events](http://www.candlelighters.org.uk/upcoming-events)  
 [events@candlelighters.org.uk](mailto:events@candlelighters.org.uk)  0113 322 9283

## A message from Stephen... The Chair

What a fabulous year the charity had in 2017 with the committed support of so many of many parents and families as well as that of our commercial partners and fundraisers. Our success is thanks to the wonderful children and families we serve and also the great team we have working for the charity.

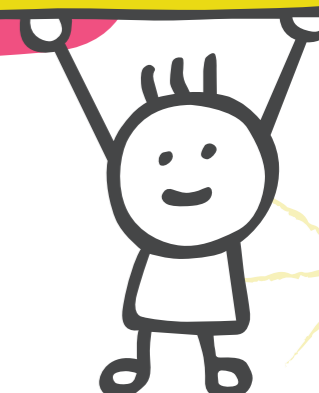
We regret to announce that, after 6 years at Candlelighters, Joanne Shephard has decided to move on to pursue other opportunities. Jo's last day with us was 15 December 2017. We would like to express our thanks to Jo for all that has been achieved during her time at Candlelighters, including the Candlelighters at the Square and all the wonderful support service, our community bus, Pavilion and the refurbishment of the ward. We're sure that you will join us in wishing Jo the very best in her future endeavours. Her greatest legacy is the fabulous team she has left us with, all of which are working hard to deliver the best possible service to our families - Candlelighters is safe in their hands.

The charity has also put in place a plan to satisfy new governance guidelines from the Charity Commission. Over the next 3 years we will be bringing in new blood to the trustee board as some of our long serving trustees retire. The first of these, Sue Picton and Sally Kinsey, have each been there at the heart of the charity for over twenty years, giving and serving in the best possible way and ensuring that Candlelighters has delivered its aims. I am sure you will also join me in expressing your gratitude to them for their tireless service and just as they continue in their medical roles we hope that their connection with the charity will continue too.

The next year is going to be amazing, with the Candlelighters Cottage appeal and all the activities and support we have planned. Thank you for your continued support and together let's make 2018 the best year ever for Candlelighters!



Candlelighters would like to thank everybody who bought tickets for the 2017 Christmas Raffle



An amazing total of £11,199 was raised which is going to make a huge difference to families facing childhood cancer across Yorkshire.

We would also like to thank companies and individuals who donated prizes. Achieving that amazing total would not have been possible without fantastic prizes.

If you would like to find out more information about The Christmas Raffle 2018 including how to donate prizes, please contact Jen Aspinall on 0113 322 9382

## Changes to General Data Protection Regulations

As you may have heard in the press, updated rules come in to effect in May across all of the EU called the General Data Protection Regulation or GDPR.

At Candlelighters we have been working hard to review our current process to ensure that we are compliant with all requirements of the GDPR, making sure that we look after your information safely and securely. We now ask all our new families and supporters for their explicit consent to send information about our services, volunteering, taking part in research, how they can donate and even about receiving our newsletter. In the past, we haven't always asked you to "opt in" to receiving this information and you may be receiving this newsletter because this is something we have sent to you previously and we hope that you continue to find it useful and interesting.

It is important that we are able to continue to keep you updated about our work as without people like you, we would be unable to continue to support families when they need us the most. However, in the future we may stop sending our newsletter and other information to you if we do not have your consent to do so, or if we have not heard from you for a little while, to ensure we are not sending you something that you do not want.

If you would like to ensure you continue to receive information from us, or alternatively would like to tell us to stop sending information, please let us know.

**You can do this easily by calling: 0113 322 9283, email: [info@candlelighters.org.uk](mailto:info@candlelighters.org.uk) or by sending us a note to Candlelighters, 8 Woodhouse Square, Leeds LS3 1AD.**

Please note, you can also choose HOW you hear from us (post, email, text, phone or any combination of these), don't hesitate to let us know what you prefer.

**If you have any questions about how we use your data please contact us, as above, for more information.**

# Where are they now?

## Ruth Wilson

Meet 45 year old Ruth from York. At the age of five, Ruth was diagnosed with cancer and struggled travelling to and from the hospital for check-ups and treatments. Almost 40 years on from her initial diagnoses, she is still heavily involved with Candlelighters as a brand ambassador, taking part in events and being an active member of the York Candlelighters fundraising group.



### Can you tell us a little about your story?

My story starts back in 1974, when I was taken to my doctor because I had unexplained bruises on my legs. My GP recognised my symptoms and sent me to Scarborough hospital for further tests. After this, I was transferred to Seacroft hospital which was 57 miles away from my home. When I was around four, I have memories of going for blood tests in the grounds of Seacroft hospital. I was on ward P in the early days and I was put on a trial for a new drug called Vincristine, a chemotherapy drug, which I believe they still use today. Fortunately, the drug worked for me and I battled through the side effects and the cancer.

### What obstacles did you have to overcome?

In those days there wasn't a regular bus service and my parents didn't have a car so they had to borrow a car from my mum's boss. My mum couldn't drive so she used to stay with me whilst my dad had to drive back to Whitby for work and then back to the hospital as soon as possible. During the winter months, snow was always our biggest challenge to get back home over the moors. Distance can be difficult getting to and from appointments and I suppose that's part of the reason the Candlelighters Cottage and a home provision, is going to be so beneficial to families.

### And now, at 45?

I have now been fundraising for Candlelighters for a number of years! I am a part of the York Candlelighters fundraising group as well as taking part in events such as The Great North Run, sky dives, The Yorkshire Marathon and abseils. I am thrilled to have recently been recruited as a brand ambassador for Candlelighters where I will be a positive voice and face for the charity and will also represent them at events. This year will be 40 years since my diagnoses and the journey I have been on since then so to celebrate will be taking part in many more fundraising activities.

### Why did you want to give something back?

I wanted to give something back to Candlelighters because they helped my parents in the early days of my treatment and I want my fundraising to help continue research into finding a cure for childhood cancers. Candlelighters make a very tough journey a little bit easier, so I love fundraising to help them continue the amazing work they do.

**Ilkley Candlelighters** was founded by two sisters in 1982, Rosemarie Fisher and Liz Hornby. Rosemarie's son John was tragically diagnosed with Leukaemia and after a brave battle, passed away.

No child should have to suffer as John did, which is why Ilkley Candlelighters continue to fundraise thirty-six years on. We are entirely run by volunteers, meaning every penny raised goes directly to families facing childhood cancer in Yorkshire. In 2017, the group led by Chair, Alison Clay, raised over £52,000 through street collections, events and their May Ball. This year, the spring ball is 'Masquerade' themed and will be held on the 12th May at Rudding Park. A fashion show is also planned. The Committee and their selfless hard work is the basis of Ilkley Candlelighters success - We are always looking for new members who are willing to give time and effort, from making table decorations, sourcing prizes, sponsorship, doing the accounts or just standing outside for street collections.

If you would like to get involved with the Ilkley Candlelighters fundraising group, please get in contact with Alison Clay on [info@ilkleycandlelighters.org.uk](mailto:info@ilkleycandlelighters.org.uk) for more information.

**Candle  
lighters  
Ilkley**

Fundraising Groups in the fight  
against children's cancer



## Other events calendar 2018

3rd March

Poppleton Centre  
car boot sale  
& charity stall  
(York Candlelighters)

2nd April

Charity  
Stall  
at Sandburn Hall  
(York Candlelighters)

14th-17th June

Summer  
Homes &  
Garden Fair  
at Ripley Castle

17th March

Robbie  
Tribute  
Night  
(Holiday Inn,  
Brighouse)

12th May

Masquerade Ball  
at Rudding Park,  
Harrogate  
(Ilkley  
Candlelighters)

14th September

The  
Candlelighters  
Awards  
(The royal  
armouries, Leeds)

24th March

Bunny  
Hop  
(Temple  
Newsam)

17th May

Spring  
Lunch  
(Harrogate  
Candlelighters)

22nd September

Harrogate  
CCAM  
bucket  
collection



# The Candlelighters Awards 2018



After the success of last years awards, we were keen to host again in 2018, so on the 14th September, you are invited to the **New Dock Hall at the Royal Armouries to enjoy a drinks reception, three course meal, star host and dancing till late!**

The main event is of course all about celebrating our wonderful supporters and fundraisers, because without them we would be unable to do what we do!

Tickets are £40 and tables of ten are available on our online shop: [www.candlelighters.org.uk/shop/events/the-candlelighters-awards/](http://www.candlelighters.org.uk/shop/events/the-candlelighters-awards/)

If you would like to purchase a corporate table of ten or sponsor a table, please contact Corporate Fundraiser Brian Curran on **0113 322 9283**.

**SAVE THE DATE...**  
**14th September 2018**



On Friday 1st September Candlelighters hosted their second annual awards ceremony at The Queens Hotel. With approximately 350 guests, the ballroom was filled with inspirational, heart-warming and emotional stories from families, corporate and community supporters.

The evening was hosted by Emmerdale star, Matthew Wolfenden and was attended by The Lord Mayor of Leeds as well as showcasing entertainment from four fantastic magicians and UK freestyle dance champion, Junior Frood.



## List of 2017 winners!

Above & Beyond  
**Steward Hullahd**

Company of the year  
**Enact**

Company colleague of the year  
**Mike Robinson**

Event of the year  
**Will Power**

Fundraising Innovation  
**Mike Ashton & Simon May**

Team Effort of the year  
**Team Guy**

Volunteer of the year  
**Julie Lancaster**

Young Fundraiser of the year  
**Nathan Barton-Kennedy**

Fundraiser of the year  
**Craig Wright**

Lifetime Achievement  
**Ron & Sheila Waterson**



## 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 2017 UNTIL 31ST DECEMBER 2017**

Abi Haley .....	£71.56	Gwyndoline Richardson .....	£25	Mark Butterfield .....	£300
Alexander Marsh .....	£25	Harry Buckley .....	£1,401.47	Mary Thompson .....	£209.83
Amanda Wright .....	£32.30	Harry Flatt .....	£666.16	Matthew Hodgson .....	£4
Angela Ambrose .....	£50	Harry Millington .....	£25	Megan Bell-Walker .....	£9.35
Arthur Blackburn .....	£75	Harvey Kendrew .....	£192	Megan Fox .....	£330
Audrey Doyle .....	£30	Harvey Pettit .....	£40	Megan Leanne White .....	£253.43
Barbara Jacobs .....	£25	Helen Megginson .....	£375	Megan Pratt .....	£3,604.92
Barry O'Neil .....	£560	Henry Hamer .....	£184.17	Milly Smith .....	£1,611.23
Bernard Gray .....	£295.80	Holly Price .....	£1,550	Mollie Ashton Waterworth .....	£146
Billy Pilotille .....	£13.54	Hope Rooms .....	£2,243.27	Neve & Belle Boitelle .....	£500
Bradley Macdonald .....	£367.59	Imogen Murray .....	£40	Nigel Desmond Mennell .....	£10
Bradley Stevens .....	£378.38	Irene & Derek Barker .....	£20	Nioni Grant .....	£444
Brian Cookson .....	£380.20	Jack Gales .....	£43.12	Nola Shipley .....	£141.61
Callum Ancill .....	£270.37	Jackie Fox .....	£20	Norman Harrison .....	£50
Ceri Elizabeth Anderson .....	£20	Jaiden Worrall .....	£10	Oliver Field .....	£38.72
Chloe & Chris Smith .....	£364.86	Jake Peel .....	£50	Oliver James Marshall .....	£100
Claudia Verdure .....	£130	James Brook .....	£120.91	Olivia Arnold .....	£37.80
Connor Lancaster .....	£56.33	Jayne Hewson .....	£10	Owen Dubber .....	£100
Danielle Alicia Wade .....	£100	Jean .....	£100	Patricia Mary Waddington .....	£305.59
Darren Watkins .....	£1,550	Jeffrey Fox .....	£100	Paul Yates .....	£230
David & Nicola Straw .....	£110	Jennie Hockin .....	£50	Peggy Boddy .....	£40
David Barker .....	£985.04	Jennifer Rowlands .....	£250	Peter Bray .....	£25
Dayle Braysshaw .....	£195.50	John & Ann Rogers .....	£1,000	Rachel Bennett .....	£10
Dennis Dove .....	£255	Joseph Mayman .....	£9,978.44	Simon Lewis .....	£20
Donny Gascoigne .....	£243	Joshua Kineear .....	£365.18	Robert Blundell .....	£100
Edward Barker .....	£100	June Fennell .....	£294.29	Robert 'Rob' Brown .....	£35.45
Edwin Hopkin .....	£611.02	Katherine & .....		Rory Welsh .....	£410.50
Elisie Thompson .....	£231.81	Andrea Hodlin .....	£207	Samantha Meehan .....	£150
Ella Crann .....	£824.86	Kathryn Amy Hodlin .....	£20	Sharon Lesley Fryer .....	£10
Emilie Robinson .....	£141	Kathryn Olivia Murphy .....	£37.15	Shaun Markey .....	£1,374.45
Emma Allender & Adam Scarfe .....	£100	Ken Spreckley .....	£655.70	Skye Sutcliffe .....	£4,313.82
Eric David Thompson .....	£570	Laura Hart .....	£32,162.80	Sonya Harrigan .....	£50
Finlay Nuttall .....	£150	Lauren Kisby .....	£1,390.47	Stephen .....	£10
Florence Angela Ambrose .....	£317.50	Lesley Fryer .....	£10	Summer Rose Thompson .....	£5
Freda Smith .....	£393	Lillie Holt .....	£215	Taylor Sheldrake .....	£5,524.22
Freya Westerman .....	£2,057.63	Lucy Moore .....	£260	Thomas Babbage .....	£105
Geoffrey Holmes .....	£540	Luke Honeysett .....	£78	Thomas Cammack .....	£124.79
George Harker .....	£20	Lyndsey Wilkinson .....	£100	Thomas Hudson .....	£1,073.56
George Seaton Perry .....	£135	Mabel Clayton .....	£243.40	Wendy .....	£10
George Wheatley .....	£405	Margaret Dorothy Mitchell .....	£75	Yasmin Chhettri .....	£9.84
Gloria Joan Beech .....	£265	Margaret Ruth Smith .....	£250	Zack Barrett .....	£20,601.02
Grace Wheeldon .....	£180	Margaret Walter .....	£50	Zoe Kilby .....	£180.80
Greg Vinnicombe .....	£500	Margaret Walter .....	£50		
Guy Metcalfe .....	£1,9902.20	Marianne Shackleton .....	£269.03		



On Sunday 20th May, Candlelighters will be hosting a 'Day of Memories' at York Racecourse. This special day offers families a chance to remember, reflect and celebrate the children who have sadly lost their lives to cancer. The day involves a variety of readings, activities, poems and songs chosen by a committee of bereaved mums and dads. If you would like to join the committee, suggest a poem or song to be performed on the day or if you would like to attend, please email [memory@candlelighters.org.uk](mailto:memory@candlelighters.org.uk) or call 0113 887 8333.

Having attended the last two Day of Memories an opportunity arose to be on the committee and to help plan the day. I made the decision to give it a go. I had a mixture of emotions; I laughed, I cried, I shared experiences and memories. Was it difficult? At times yes, but overall I felt I gave myself permission to feel what I was feeling and embrace it, rather than avoid it.

Julie Lancaster – Bereaved Mum

# Cottage Update



To start 2018, Candlelighters would like to provide supporters with an update about the progress and fundraising for the Candlelighters Cottage project.

Currently, The Candlelighters Cottage is uninhabitable and needs completely stripping back. Amongst other things, the property is going to require a new roof, re-wiring of electrics, a new plumbing and heating system, damp proofing course, full re-plastering and insulating to name but a few.

The kitchen is going to require two ovens and fridges to ensure there is adequate provision for the four families staying there at any one time. There are also four bedrooms, all with their own ensuite, toilet and wet room shower facility to be fitted out. We are also building an extension to expand the communal areas for families, encouraging the use of shared space.

On top of this, the entire property needs refurbishing with everything from beds and chairs through to towels and cutlery.

As homely as we want the property to be, it has to comply with various health and safety regulations for multiple occupancy for examples doors must be fire rated and the windows must be like for like timber sash windows, due to the cottage being situated in a conservation area; this higher standard increases our costs substantially.

We estimate the refurbishment will cost £330,000 however, we are saving money where possible from generous donations of skills and expertise as well as furniture and homeware.

If you would like to know more about the fundraising process and where the money will be allocated, please call Head of Income Development, Marie Peacock on 0113 322 9283.

## Eckersley House

Did you know?

This year we will continue to fund Eckersley House £24,000 towards their running costs, we know how important having accommodation is for our families. But, with up to nine families on a waiting list every night, The Candlelighters Cottage is an essential addition.

The Lord Mayor's Charity Appeal 2017/18

# JUST ONE DAY!

Friday 18th May 2018 in support of Candlelighters



The Lord Mayor invites you to join her in celebrating being a part of the wonderful City of Leeds, by supporting her chosen charity for "Just One Day". From a bake sale or dress down day, quiz nights, zumbathons, bbqs or sponsored walks to devoting a cocktail or holding a special event - anything goes!

We ask that you do something FUN on the 18th May (or a day to suit you) to raise funds for Candlelighters, who support families from across Yorkshire facing childhood cancer. All monies raised will go towards their Cottage Campaign to provide overnight accommodation for families enabling them to stay together whilst their child is treated at Leeds Children's Hospital.

For more details visit [www.candlelighters.org.uk](http://www.candlelighters.org.uk)  
Just One Day 2018 \*Work\*Live\*Play\*Learn\*Eat\*Drink  
\*Shop\* Celebrating the City of Leeds #JustOneDay



## Meet Andy



Almost ten years ago, Andrew Walker and his family were plunged into the unknown after their son, Robert, aged 8, was diagnosed with Acute Lymphoblastic Leukaemia, a form of blood cancer.

Robert underwent a course of chemotherapy which unfortunately, was unsuccessful. After the traumatic news that the treatment had not worked, Robert's younger sister Georgia was tested to see if her bone marrow was a match for a transplant. Fortunately, the tests came back positive and the brave siblings underwent a gruelling bone marrow transplant at the age of only six and eight.

Ten years on and Robert is fully recovered and hoping to secure a place at university to study Biomedical Science and Human Physiology, whilst father Andy has taken on a crucial role in the Candlelighters Cottage project. Andy has over 25 years experience in property consultancy and project management. He is the managing director of ECO Integrated Property Solutions (IPS), established in 2009, and has been able to use his experience in the renovation of the Candlelighters Cottage.

Andy said, "The difference it will make is it will help keep a family unit together. When you have got a sick child in hospital you are basically living as separate parents for quite a while and do things in shifts. As well as looking after your child, you have got to make money and pay the bills. The cottage will give families a place to stay outside the hospital environment yet within walking distance which is critical for any family with a sick child that spends long periods of time on the ward."

Andy explained that the support him and his family received from Candlelighters whilst Robert was on treatment was fantastic. "The pastoral care demonstrated by the playroom assistants, teaching staff and other support workers brought to us a kind of stability in very difficult circumstances. Candlelighters supported our whole family unit and not just Robert who was going through some very difficult treatment at the time."

Head of Income Development, Marie Peacock, said "Andy's contribution to the cottage campaign so far has been amazing and it is lovely that he wants to give something back to Candlelighters after so many years".

If you would like to read any other news or updates about the Candlelighters Cottage, please visit our website: [www.candlelighters.org.uk/howyoucanhelp/the-candlelighters-cottage/](http://www.candlelighters.org.uk/howyoucanhelp/the-candlelighters-cottage/)



# Family Network Groups



On the 19th of November Candlelighters launched the Family Network at The Square. The Family Network is based upon the giving and receiving of support from people who are going through a similar journey or experience.

At the launch, families were able to take part in lots of activities. The aim of the launch was to identify exactly what our families want from The Family Network. For example, how often groups should take place, where they would like to meet and what type of support they need. It was also a fantastic opportunity for our family members to meet the volunteers behind it all!

The response from families was amazing and feedback regarding their suggestions and wishes have helped shape the Family Network.

"Our Families are already supporting one another on the wards and through support groups at The Square. We know that not all family members can access The Square for the support they need, which is why we have created The Family Network, to try and reach more families. My role is to deliver groups in every area of Yorkshire. Nobody really understands what it is like until they have been through a similar experience."

Carly Barraclough, Family Network Coordinator.

To find out more about our Family Network and how to get involved, please call The Square on 0113 877 8333 or visit our website [www.candlelighters.org.uk/family-network](http://www.candlelighters.org.uk/family-network)

## Upcoming group dates

### York Group

9th March / 12pm - 2pm  
**Coffee and chat**  
Tealicious Vintage Tea Room,  
Unit 6  
Haxby Shopping Centre  
The Village,  
York YO32 2LU

15th April / 11am - 2pm  
**Lunch and play**  
Creepy Crawlies,  
Wigginton Road,  
York YO32 2RH

12th May / 12pm onwards  
**Lunch and play**  
Balloon Tree,  
Stamford Bridge  
Road, Gate Helmsley,  
Stamford Bridge  
YO41 1NB

20th June / 11am - 2pm  
**Mums Spa Day**  
The Bridge Inn,  
Walshford,  
Wetherby  
LS22 5HS

### Central Leeds Group

The Leeds group  
will meet at:  
**The Square,  
8 Woodhouse Square  
Leeds LS3 1AD**

29th March / 2pm - 3.30pm  
26th April / 2pm - 3.30pm  
31st May / 2pm - 3.30pm  
28th June / 2pm - 3.30pm  
26th July / 2pm - 3.30pm

### Bradford Group

The Bradford  
group will meet at:  
**Noble Comb,  
Quayside  
Salts Mill Rd,  
Shipley  
BD18 3ST**

**Coffee and chat**  
28th March / 6pm  
30th May / 6pm  
25th June / 6pm

### Hull Group

The Hull group  
will meet at:  
**ASDA  
Mount Pleasant,  
Hull, HU9 2BN**

26th March / 6pm-8pm  
30th April / 6pm-8pm  
28th May / 6pm-8pm  
25th June / 6pm-8pm  
30th July / 6pm-8pm  
27th August / 6pm-8pm



1 to 1  
young person's  
talking therapy



The Square offers 1 to 1 young person's support for those affected by childhood cancer. Whether you're a patient currently on treatment, post treatment or a sibling, we can support you.

The journey of childhood cancer can be a stressful, confusing and upsetting time for everyone involved. Whether it be struggling to deal with anxiety, issues at school or out of character behaviour our therapists offer one to one support tailored to an individual's needs.

Our therapists Vicky Spencer and Sarah Brown help children and young people cope and understand their emotions by providing them with essential tools and techniques. Since April 2016 we have supported over 60 young people.

We have therapists at The Square every Thursday and they are flexible if Thursdays are not suitable. If you would like to book an appointment or find out more, please call 0113 877 8333.

## Bus timetable

**Friday 16th March** 10.30am - 4pm  
Tong Garden Centre, Tong Lane, Tong Village, Bradford BD4 0RY

**Wednesday 28th March**, 10.30am - 4pm  
Junction 32, Castleford, WF10 4FR

**Thursday 12th April**, 10.30am - 4pm  
Harlow Carr, Crag Lane, Harrogate HG3 1QB

**Saturday 28th April**, 10.30am - 4pm  
Vangarde Shopping Park, Vangarde Way, Huntington YO32 9AE

**Thursday 17th May**, 10.30am - 4pm  
Coach Street Car Park, Skipton BD23 1LQ

**Friday 1st June**, 10.30am - 4pm  
Malton & Norton Rugby Club, Old Malton Rd, Malton YO17 7EY

**Friday 29th June**, 10.30am - 4pm  
Junction 32, Castleford, WF10 4FR

Sometimes, distance can act as a barrier for families trying to access our family support centre in Leeds. The Candlelighters Bus is here to take The Square on the road and travel across Yorkshire bringing you a variety of massage treatments and a friendly face to hop on board and chat to.





# Tina's story



Tina with son, Shaun



©Karen Turner Photography



## Wellbeing at The Square

Here at Candlelighters, we recognise the physical and psychological benefits of wellbeing treatments such as reducing anxiety and stress, easing depression, helping to induce sleep, ease muscle tension and many others. Our therapist team offer a variety of massages including; shoulder, back, Indian head, hand and arm, hot stone and holistic facials. Energy balancing and reflexology treatments are also available. Don't worry about choosing in advance, you are more than welcome to decide on the day.

Wellbeing can benefit an individual who is affected by childhood cancer at every stage of their journey whether that be whilst a child is on treatment, post treatment or if a family is sadly bereaved.

Our support is for life.

### Did you know?

The Square offers wellbeing treatments, free of charge throughout the week. To speak to a member of The Square team and to book an appointment, please call 0113 877 8333.



April 14th 2015. Shaun is diagnosed with cancer.

**When your child is diagnosed with a serious illness it comes as a huge blow, despite seeing the signs. When it is cancer, putting on a brave face is a massive challenge.**

Two weeks on from diagnoses, we are told that his type of cancer is Acute Lymphoblastic Leukaemia also known as 'ALL' to those in the "exclusive cancer club". Another blow... the Leukaemia has genetically mutated and this makes it very difficult to treat.

We have a fancy new diagnosis, Near Haploid High Risk ALL.

So very soon, it all becomes too normal. Chatting in the parent's kitchen as though you're shopping for bread, comparing food fads as though you're referring to anecdotes from fun times. You meet the housekeepers, ward clerks, care assistants, nurses, doctors, pharmacists and consultants and have so much information in your head you think you will explode!

Soon, 'Play Workers, Family Support Workers and Elaine are chatting to you and showing you the Beads of Courage, the playroom and the Pavilion. At first you're confused. This is like nothing you have seen before. How? Where? Why?

Candlelighters. That's how, that's where, and that's why. Making a difference. Elaine, suggested I visit the Square, so I ventured over to see what it was all about.

**The Square is my solace my saviour, my safe place where I recoup.**

I found comfort in not having to explain why I was there. Why I might be quiet, sad, over chatty or just tired out. A place to sit, a place to think, a place to take your mind off doctors, wards, needles, treatment, cancer and pain so much pain.

Before, a massage, quiet, peace, understanding, warmth and care, a chat, a giggle, a nod. No pity, no sympathy, no empty words. Just care, help and support. Just what I needed. Candlelighters, The Square, a place for my body to take a break from all the rush, the worry, the stress and the fear.....

25th June 2017.

After, a massage, lots of chat, a place for my mind not to think, a place to occupy my empty time, a place to remember, a place to cry, a place to nurture my mind, to meet others, to have a purpose to live, to carry on to be a parent of a child who no longer has cancer, no longer has pain, no longer has life."

Tina Markey, bereaved Mum



Julie Lancaster

Volunteer of the year!

**I joined the Candlelighters volunteering team after completing a 4 month placement from University where I'm studying psychology and counselling. I've been volunteering for 9 months now, and I love it!**

I work with Vicky and support her with the planning of groups and events as well as admin support. I've worked on Day of Memories and the Christmas party. I also volunteer at these events and help out where I can. I'm also part of the Family Support Network, which is looking at peer support for families and individuals that have been on, or are going through, a similar journey to you. I think The Family Network is so important as when you are going through that journey, nobody quite understands what it is like unless they have been through it themselves.

**I volunteer with Candlelighters because they provided so much help and support to my son, Connor and myself whilst he was ill.**

If I can help give back in some way, however big or small, then it's a bonus. It has also helped me on a professional level too and I've learnt new skills, gained confidence and made some lifelong friends. To be awarded volunteer of the year was amazing.

Just to be nominated was a massive honour, but to hear my name called out, was surreal. You don't go into a role like this looking for recognition, praise is one thing I struggle to accept. I just think I'm doing what I can, when I can but to receive this was one of the highlights of my year. I feel privileged to work alongside the amazing team at Candlelighters and long may it continue.

## Volunteering

### Frequently Asked Questions

#### What do volunteers do at Candlelighters?

Volunteers help Candlelighters in all sorts of ways, including helping at events, welcoming families to our support centre, providing essential administrative and office support, raising awareness about our work and more. Whatever the role, every single volunteer helps us make a difference to children and families affected by childhood cancer.

#### Why volunteer for Candlelighters?

People volunteer with Candlelighters for a variety of reasons. Some have a personal connection to Candlelighters and want to give something back. Some want to develop new skills or gain valuable work experience. Some want to make a difference to others in their community, whilst others want to meet new people or do something fun and rewarding.

#### What skills and experience do I need?

This varies depending on the role. Each Volunteer Role Profile lists the specific skills and experience required.

#### How old do I need to be?

All our volunteers need to be 18 years old or over.

#### How much time will I have to commit?

This depends on the role. Some roles involve a commitment of one day a week, whilst others are less frequent or for a specific period of time.

For more Frequently Asked Questions, and details of our current volunteering opportunities, visit [www.candlelighters.org.uk/howyoucanhelp/volunteer-for-candlelighters](http://www.candlelighters.org.uk/howyoucanhelp/volunteer-for-candlelighters)

## Events volunteering

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

Events Volunteers help ensure the smooth running of our fundraising events and make them a success for everyone involved. Event Volunteering is really flexible and just a few hours can make such a difference. Event volunteers help in all sorts of ways including:

- ★ Marshalling
- ★ Giving out water
- ★ Giving out medals or certificates
- ★ Cheering runners and cyclists along the route
- ★ Running a stall
- ★ Taking photographs
- ★ Providing massages for runners/cyclists

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

- ★ Saturday 19th May 2018: Leeds Gung Ho
- ★ Sunday 10th June 2018: Hull 10K and Hull Half Marathon
- ★ Saturday 16th June 2018: Great Yorkshire Bike Ride
- ★ Saturday 30th June 2018: Kapow
- ★ Sunday 8th July 2018: Leeds 10K
- ★ Sunday 5th August 2018: York 10K
- ★ Sunday 9th September 2018: Great North Run
- ★ Sunday 14th October 2018: 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/howyoucanhelp/volunteer-for-candlelighters](http://www.candlelighters.org.uk/howyoucanhelp/volunteer-for-candlelighters)

If you are already one of our Event Volunteers and would like to help, please email [volunteering@candlelighters.org.uk](mailto:volunteering@candlelighters.org.uk)



# Corporate Support

## Food Industry Associates

Leeds based specialist recruitment company, Food Industry Associates, have been involved with Candlelighters since 2014.

Their support spans a number of different elements from work related donations to participation in events and in total they have raised an amazing £8222.

They make a donation to us for every candidate they place and an annual challenge event involving all staff members helps swell the coffers. To date they have taken on the challenges of the Yorkshire 3 Peaks, rowed across Lake Windermere and walked the Nidderdale Way.

Rob Hawes, FIA's Founder and Managing Director said, *"We've worked in partnership with The Candlelighters Trust for several years now, and really enjoy seeing how the fundraising we've raised is used by them."*

*Candlelighters aren't just about medicines, treatments and equipment, their aim is to deliver as smooth a possible transition for all the family at such difficult times. Believe me, you cannot put a price on seeing a ward full of young brave children smile and laugh when greeted by a children's entertainer or receiving new toys, games etc as a result of your efforts.*

*We look forward to continuing our close work with the team at Candlelighters, and doing our bit wherever we can."*

Brian Curran, Candlelighter's Corporate Fundraiser said, *"I vividly remember FIA being the first corporate partner when I started working here. I am delighted that the company have continued to support us."*



## Bank of England



Following the launch of the new £10 note in September, various Jane Austen notes with low or special serial numbers were auctioned for charity on 6 October. The auction, held at Spink, in London, was a huge success. £89,779 was raised for three charities, Candlelighters being one of them. Corporate Fundraiser, Brian Curran and Head of Income Development, Marie Peacock went down to London to watch the auction unravel.

Brian said: *"The auction was truly a unique experience; exciting, breathtaking and astonishing all at the same time. As a small charity, being supported by the Bank of England through the £10 note charity auction is something we would usually only dream of. We are grateful for being nominated by someone whose family we supported some years ago. It was a huge privilege to attend this very special history making event and to see so much money raised. Thank you."*

The charity was selected following its nomination by Neil, a member of staff working in their notes directorate. Neil's son, Sam, and family were supported by Candlelighters over 14 years ago. Neil said: *"The support Sam and the whole family received from Candlelighters will always be remembered, so I had no hesitation in nominating them to benefit from our auction when the opportunity came along"*.

If your company would like to get involved in Corporate Fundraising for Candlelighters, please contact Brian on 0113 322 9283 or email [brian.curran@candlelighters.org.uk](mailto:brian.curran@candlelighters.org.uk).

September is Childhood Cancer Awareness Month (CCAM). During September, Candlelighters aims to increase public awareness and knowledge of childhood cancers and also the support offered at our family support centre, The Square.



## We Need You

Are you a family member and would like to get involved in a Candlelighters CCAM campaign, or have any ideas for the month of CCAM? If so then please contact Rebecca on [info@candlelighters.org.uk](mailto:info@candlelighters.org.uk) with the email subject CCAM Group. The group will work on activities that focus on raising awareness and fundraising through different initiatives, such as getting buildings lit up in yellow/gold, choosing venues and bucket collections.

Candlelighters will also be holding a group skydive event for CCAM on the 29th September. If you would like to get involved and skydive as part of #TeamCandlelighters, please use the above contact info to register your interest.

To keep up to date throughout CCAM make sure you are following us on Social Media. Our Facebook Profile Photo CCAM Overlay Frame will be active from Saturday 1st September, so make sure you join us and many more, in the campaign to increase the awareness of Childhood Cancer.

To find out more, read about symptoms, make a donation, purchase merchandise or to see how you can get involved. Please visit our website: [www.candlelighters.org.uk](http://www.candlelighters.org.uk)



#CandlelightersGoesGold

## Get involved and sponsor a service!



Candlelighters are inviting more companies to get involved in a number of sponsorship opportunities they are developing. Starting at £1000 sponsorship can fund a number of different services and events. The annual Candlelighters awards event has previously secured corporate support and now we want to offer more opportunities. In return sponsors will be presented with the opportunity to publicise their support.

The sort of sponsorship that are available include, siblings outings, Grandparents Tea Parties, Bereaved Parents Events, mum and daughter evenings. There is also the opportunity to sponsor the charity for a day. Brian Curran, Candlelighters Corporate Fundraiser said, *"This opportunity offers companies a platform for learning more about our work and hopefully engaging with us in way that will bring us closer together."*

To discuss sponsorship opportunities please contact Brian on 0113 322 9283 or email [brian.curran@candlelighters.org.uk](mailto:brian.curran@candlelighters.org.uk)



Dads Group receiving corporate hospitality at Hull FC

## Regular Giving Explained

Even by donating a small monthly amount you really can make a real difference



A regular gift has a great impact on our fundraising. It means you are investing in the future of Candlelighters and helping us to plan ahead and respond even more to the needs of our families. If you feel able to make a regular gift, please fill in the form below.

**Thank you for your support - it's great to have you on board.**

### Your information

Title ..... Forename ..... Surname.....

Address .....

..... Postcode .....

Telephone ..... Email .....

Please pay Candlelighters Trust ☐ each month ☐ quarterly ☐ each year, until further notice, the sum of £ .....

Starting on \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (please allow a month from today)

Account No. .... Sort Code .....

Name of Account Holder(s) .....

Name and address of Bank .....

..... Postcode .....

☐ I want to Gift Aid my donation and any donations I make in the future or I have made in the past 4 years to Candlelighters

I am a UK taxpayer and understand that if I pay less Income Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

(If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code).

☐ Please contact me by phone ☐ Please contact me by text

☐ Please contact me by email ☐ Please contact me by post

#### Please notify Candlelighters if you:

- ★ Want to cancel this declaration.
- ★ Change your name or home address.
- ★ No longer pay sufficient tax on your income and/or capital gains.

#### Please return this form to:

Candlelighters, The Square, 8 Woodhouse Square, Leeds LS3 1AD.

#### Instruction to Bank/Building Society

Account Name: The Candlelighters Trust  
Account No: 11163578 Sort Code: 05-00-20  
Bank Address: The Yorkshire Bank Plc, 94 Albion Street,  
Leeds LS1 6AG

These are the costs of just some of the things we help with, right from the start of a child's cancer journey.

Tempting treats after an operation

£3

Lunch for a bereaved brother or sister

£5

Snuggle up to watch a new film on the ward

£8

Some pampering for a mum staying with her child

£12

Getting the bus to and from hospital

£20

[www.candlelighters.org.uk](http://www.candlelighters.org.uk)

