# The Canalelighter Supporting the families of children with cancer



To support us or find out more visit: WWW.Candlelighters.org.uk













# What's coming up in the Candlelighters Newsletter?

Hi, it's Candlelighters here. We are back in full swing with our bi-annual newsletter, so here we are with our 2021 autumn edition! After our spring 2021 Bumper Edition which was jam-packed with the many achievements, stories and inspirational feats that we'd shared together over the last year, there is plenty more to come in this edition too.

There is always something new and exciting happening at Candlelighters, whether that be the launch of a new project, fabulous new fundraising ideas from our supporters, or simply sharing the stories of our incredible families. There's lots of those in here!

So without further ado, we welcome you to the world of Candlelighters, one great big family, with one great big vision... to bring light and hope to every family affected by childhood cancer across Yorkshire.

Uandlelighxe

### Page 3 An Intro from Keith and Emily

Page 4 What's been happening on The Wards and Clinic

Page 5 Candlelighters in your Community

Page 6 Volunteering Update

Page 7 Donations in Memory

Page 8 Leighton's Story

Page 9 Community Fundraising

Pages 10 & 11 Childhood Cancer Awareness Month & Candlelighters at 45

Page 12 The Yorkshire Specialist Register of Cancer in Children and Young People

Page 13 Candlelighters through the Years

Page 14 Legacy Giving

Page 15 Building A Brighter Future

Page 16 Niamh's Story

Page 17 Business Fundraising

Page 18 A Trip Down Memory Lane

Page 19 Christmas Cards and Merch

Back Cover Candlelighters Christmas Party invite







"It can rain on us for the rest of our journey, as long as we have our Candlelighters umbrella!"

Mum

### Date for your Diary

Annual General Meeting - Wednesday 29th September 2021. Time: 6.00pm - 6.30pm

Option to attend in person or via Zoom (a link to the Zoom meeting will be sent out on 27th September 2021). Strictly RSVP to Lucy at **lucy.fletcher@candlelighters.org.uk** by 17th September 2021 or call 0113 887 8333

Copies of the Charity's accounts can be sent out before the meeting on request.





### A welcome from our Chair and CEO

A warm welcome to you all and I hope you all find something inspiring in our latest newsletter. It's certainly been a busy period for our Candlelighters family in all departments, as they continue to do an amazing job offering support where it is needed.

As we emerge from the pandemic, there are exciting times and opportunities ahead as we align ourselves to further improve the services we can offer and research we can support. Indeed, we are all so excited to be engaging with our supporters and families once again and hearing of the amazing fundraising that has been carried out during tricky times; The Square is simply buzzing with excitement and our team are there to welcome you back.

If that wasn't enough, even more exciting is the news that Candlelighters officially reaches its 45th anniversary this year! From a humble start, we are now able to offer so much more; we owe our gratitude to everyone along the way who has helped to shape the charity we are today. Our support has evolved over the years in order to make a real impact to families and ensure that we're there for families for years to come, through all aspects of the childhood cancer journey. I feel so privileged along with the board to help continue that vision into the future.

Candlelighters has changed beyond recognition and continues to change to meet new challenges and feedback, creating friends and alliances along the way. There have been some astonishing achievements and lots of memories, even through my relatively short involvement since 2009. The opening of The Pavilion, The Square and The Cottage, were all once dreams but turned reality thanks to our wonderful supporters and fundraising groups.





It has been especially important to us this year to receive your kind donations and fundraising efforts, which are helping us begin to recover our income following COVID - a heartfelt thanks from me and all the team and of course the patients and families. We could not do it without you and every little makes such a difference.

Our excitement continues to grow as many of the face-to-face events are now able to run again, from fundraising, to our annual sibling residential and the legendary Christmas party for families! I hope we will see more of you over the coming months.

For families in hospital, there are still tough restrictions in place and we appreciate the extra difficulties this puts on you and will continue to be there with you on the wards. Our thoughts, as always, are with the families and children affected by childhood cancer at this particularly difficult time, with each and every one of us all thinking of you. For all our families, please remember, Candlelighters is here for you whenever you need us. Finally, I would like to thank you all, supporters, families, patients and our amazing staff past and present, for shaping Candlelighters into such a special and unique charity, with extended thanks to all those who inspirationally 'lit the candle' 45 years ago!



Welcome to this very exciting edition of our newsletter where we have so many things to tell you about, so sit back, relax and enjoy the read!

It has been incredibly heart-warming to see The Square, our Family Support Centre in Leeds, reopen after being closed for quite a long time due to COVID-19. I will never forget walking back into The Square earlier this year on the day we reopened and being overwhelmed by feelings of love and warmth; I am not really sure words can describe how special it was seeing families visiting their safe space again and accessing the support they need. The true value of being able to connect families and support them on a very personal level is invaluable and provides the crucial support they need during what is the most difficult time of their lives. At Candlelighters, everything we do is for families, they are at the heart of all our decisions and we know that as well as needing our support in, and close to the Hospital, they also need it just as much when they are at home, which is why I am delighted to let you know that we have launched our new 'Candlelighters in Your Community' service which you can find out more about on page 5.

Our Family Support Workers are on the wards every day supporting families in a multitude of ways at a time when restrictions in hospital are still in place. We continue to invest in the wards from funded play workers to mugs and refreshments to make stays at the hospital as comfortable as we can and have plans for even more in

It has been amazing to see the return of our sibling trips and groups. It has been a fun-packed summer for our siblings, with lots of laughing, time spent building special friendships and creating memories together!

We are also super excited to see the long-awaited return of fundraising events and activities. It was fabulous to see so many people in pink, doing pink things, for our Pink It Up annual campaign in June, I even tried to turn Cornwall pink on a little trip away! We are so incredibly lucky at Candlelighters to have so many wonderful supporters, volunteers and donors and I want to extend my sincere thanks to each and every one of you. I want you to know that YOU make an incredible difference in the wonderful way that you help us, whether that be through raising money or giving your precious time, advice and knowledge - we couldn't do what we do without you.

As this newsletter reaches you, we are currently observing Childhood Cancer Awareness Month (CCAM) throughout the whole of September. If you have been joining in so far and helping to raise vital funds and awareness – thank you. If you'd like to be involved, you can find out how on pages 10 and 11.



### The Wards & Clinic

Supporting the children's Oncology
Wards and the oncology
and haematology day unit is a big
part of Candlelighters' work.

We have a great presence at the oncology wards and clinic at Leeds Children's Hospital, where our Family Support Workers provide crucial front-line support for families in the hospital. Our team provide practical support to families staying on the wards or visiting the clinic, helping to signpost our services, entertaining children so that parents can get some respite and anything and everything in between. We also fund the roles of Social Workers, Play Leaders, a Dinner Lady, an Outreach Play Specialist, Paediatric Radiographers and more across the children's hospital, providing extra support to families and the NHS hospital staff.

As many families will spend a significant amount of time in hospital, we work to make the environment feel a little less daunting by funding decorations, activities and home comforts for children and their families.

Over the past few months, we've funded lots of equipment on the Oncology Wards and Day Unit as well as treats to make the hospital stays a little easier.

'Sarah, mum to sixteen-year-old Sam, often attended the Day Clinic at Leeds Children's Hospital for Sam's treatment. Sarah was really grateful for the cups of coffee we used to make her, and she wanted to give back by donating a fridge to us so we weren't constantly walking back and forth from the parent's kitchen to get milk, cold drinks and squirty cream for hot chocs! So, the family raised loads of money for the fridge (around £2k!!!). They bought the fridge but obviously, there was A LOT of money left over so they wanted it ring-fencing to other things the wards and Day Clinic needed.

Using that and additional money from Candlelighters we have bought for Ward L31 - a microwave for the treatment room to heat up heat packs for the children, a new toaster, new tea, coffee, sugar canisters and nice new storage bowls for snacks etc. On Ward L32 we have bought a new large fridge freezer for the parent's room, a coffee machine, a toastie machine and a tabletop oven and we also have new takeaway/ travel cups across the wards. We also supply all wards with chocolate bars, sweets, coffee pods and more!'

Amy, Family Support Worker



We'd like to say a huge thank you to Sarah, Sam, and their family and friends for raising such an incredible amount. You are absolute superstars!

We've also provided:
Baby Monitors, A Projector, Sweets and treats
throughout the year!









What kind of things do our Family Support Workers help with?

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

Mum

### Safeguarding at Candlelighters

### Safeguarding is everyone's responsibility

Here at Candlelighters we take safeguarding both adults and children very seriously. Everyone has the right to be protected against harm and abuse.

If you have any concerns or worries that you would like to discuss, we have a team of Safeguarding Leads at Candlelighters, so someone will always be around to listen and talk to. We have a duty of care to make sure everyone is safe which means information may need to be shared with other agencies to seek the best support for individuals.

fou can ask to speak to one of the Safeguarding Leads, by either visiting The Square or calling 0113 887 8333.

# Candlelighters In Your Community



At Candlelighters, we're always looking at new ways of supporting families. In 2019, we conducted a research project with families and professionals, to see how we could further expand our support services. We found that families wanted more support in their local area when they returned home from the hospital.

We know that whilst families are in hospital, The Square is close by, meaning our services are easy to access and they are never far from a friendly face. But what about when they go home? Or those families who live further afield?

We want our families to know that our support is here for them for as long as they need it and so we have launched Candlelighters In Your Community, which will allow Candlelighters to extend our services and assist families all across Yorkshire, no matter the distance. We have increased our localised support, bringing our services closer to home. By being close by, we can tackle feelings of isolation together and give families access to our services without the travel. Our Community Support Workers can help to build a local support network for families, by introducing them to other families in their area and increase their knowledge on the organisations around them, assisting them in utilising their services.

### Who are the Community Support Workers?

Our Community Support Workers are at the heart of the Candlelighters community. They are there to ensure that you are part of the Candlelighters family and supported every single step of your journey.

Candlelighters will have four Community Support Workers who cover all the postcodes in Yorkshire. Each has their own area, so they can focus on getting to know all the families in their area well. The team are as follows: Vicky is the team leader and looks after families in the BD, HD and HX postcodes. Chloe supports families living in the YO, HG and DL postcodes. Debbie helps families in the DN and HU postcodes and we are currently recruiting for a fourth Community Support Worker who will support families in the LS and WF postcodes (in the meantime these are being supported by the rest of the team). If you want a chat on the phone, or to meet one of our Community Support Workers in person, we work flexibly with you to provide tailored support for you and your family.

### How to Get in Touch

There are a number of ways of getting in contact with our Community Support Workers. You can contact a member of our team directly by **email** or **phone** or you can send a general enquiry to **community@candlelighters.org.uk** and this will be passed on to the Community Support Worker who covers your area. They will then be in touch to help you in the best way that works for you.

Over the next few months, the Community Support Workers will start contacting all newly diagnosed families from 2021, to introduce themselves and explain the support available. Families can also be referred by a hospital team member who thinks that the family would benefit from support in their local community. Our Community Support Workers are there for families affected by childhood cancer, whether the are currently on treatment, post treatment or sadly bereaved.



Where can I find out more information about sibling support?

How do I meet other parents in my area?







Are there any other charities in my area that can support me and my family?





Chloe 07826 401116

(Woohoo!)

## Volunteering is Back

We are so, so happy to be able to finally welcome back our wonderful regular volunteers - thank you so much for your patience and help during these tricky COVID times. We are really grateful for everything that you do!

We've been busy recruiting new volunteers for various roles, including Front of House, Family Events, Challenge Events Administrator, Community Support Administrator, and Volunteer Ambassador. We are super excited to welcome Jason, Natalie, Mona, Laura, Michelle, Charlotte, and Hannah to our team!

### Event volunteers

A big, colossal thank you to everyone that volunteered at the Total Warrior, York 10k and the Leeds 10k and Half Marathon; these events raise much-needed funds for Candlelighters and could not go ahead without you!

We really need more volunteers to help marshal or cheer at the Yorkshire Marathon on 17th October 2021! Please do contact volunteering@candlelighters.org.uk before 24th September if you are able to help.





#### SPECIAL SHOUTOUT!

A big thank you to our volunteer gardener, Carl, who, along with his family and work colleagues, helped us to clear a large overgrown area at the back of the Candlelighters cottage, and who continues to make the garden area look pretty with flowers and plants.

Our HR and Volunteering Manager, Corinne, and HR and Volunteering Administrator, Lauren, look after all our fabulous volunteers



### Volunteering opportunity for family members!

If you have been supported by Candlelighters and are at a stage in your journey where you feel you would like to help us, then this opportunity could be perfect for you!

As our fundraising opportunities are beginning to open up again, we are looking to recruit more Volunteer Ambassadors to support the Fundraising Team.

### What is a Volunteer Ambassador, I hear you say?

Volunteer Ambassadors represent Candlelighters at functions and events throughout Yorkshire. They help us reach a wider audience and have a wider presence throughout the region, raising awareness of our work and encouraging individuals and groups to support our work.

The role of an ambassador is varied, but activities may include:

- Representing Candlelighters at events and functions
- ★ Delivering talks and presentations about Candlelighters
- \* Attending cheque presentations (including taking part in photographs where required)
- Receiving donations on behalf of Candlelighters
- 🖈 Running information and fundraising stalls
- ★ Promoting ways people can get involved, either as supporters or volunteers
- ★ Supporting with other fundraising events and activities where possible

We are asking for volunteer ambassadors to be family members that we have supported in some way as our families know first-hand what we do! Volunteers would be asked to attend 1-2 events a month in their local area and would receive full training and continuous support. The role is subject to an enhanced criminal record check which is processed through the Disclosure and Barring Service (DBS

HOW TO APPLY

For more information and to apply, please complete an application via our website www.candlelighters.org.uk/howyoucanhelp/volunteer-for-candlelighters/current-volunteering-opportunities or if you have any questions please contact Corinne or Lauren in the HR and Volunteering Team on 0113 887 8333 or email volunteering@candlelighters.org.uk

### DONATIONS IN MEMORY

nembers,

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 DECEMBER 2020 - 13TH JUNE 2021

### A - G

Abbass £15.00, Ada Frood £100.00, Alan Boothman £112.00, Alan Suttle £70.00, Alfie Mallam £140.00, Andrew 'Chalky' White £1,937.07
Arlo Brown £62.50, Audrey Greenwood £25.00, Beckie £250.00, Belle & Neve Boitelle £439.75, Bernard Mudd & Lauren Kisby £133.35
Beryl Emmett £97.50, Blake Holdsworth £998.95, Bradley MacDonald £195.00, Bradley Stevens £20.00, Brett Woodfine £30.00
Brian MacFadyen and his Granddaughter £75.00, Brian Teasdale £125.00, Brogan Fenton £25.00, Bronwen Wilson £100.00
Bruce & Nola Shipley £62.50, Charlotte Slater £125.00, Chris & Chloe Smith £1,380.00, Chris Loftus & Kevin Speight £4,565.00
Chris Thirkill £330.00, Christian Buckley £250.00, Christine Hall £100.00, Christopher Chapman £121.80, Claire Griffin £30.00
Cliff and Jean Anderson £31.25, Clifford Anderson £155.00, Connor Lancaster £22.38, Daniel Bayes £112.50, Daniel Jackson £187.50
Daniel Oliver £20.00, Daniel Stamp £100.00, Daphne Sykes £1,004.88, David Allen £25.50, David Coopland £16,305.00
David Lightfoot MBE £45.00, David Redsell £476.25, Delia Thomas £59.00, Dennis Farrell £102.00, Dorothy Emery £270.00, DS £165.00
Eirik Kjellstad £12.50, Elaine Jennings £405.00, Elliot Firth £12.50, Ellis Price £70.00, Elsa McGee £603.75, Elsie £25.00
Emilie Robinson £50.00, Emily Myers £62.50, Emma Butler £71.04, Eric Teale £1,541.25, Ethan Ivers £37.50
Finlay Thomas Nuttall £237.50, Finley Bailey £137.50, Florence Gomersall £50.00, Frank Chappell £105.00, Freda Wood £50.00
Frederick Peter Ollett £129.76, Freya Lewis £499.54, Geoff Cotton £646.15, Grace Wheeldon £873.75, Graham Hobbs £200.00
Grandma of Michael Smith £31.25, Granny Val £110.00, Guy Metcalfe £358.70.

### H-K

Hannah Collins £100.00, Hannah Gibson £37.50, Haris Kapadia £125.00, Harrison Torr £463.75, Harry Buckley £242.50

Harry Flatt £962.50, Harry Taylor-Robinson £1,104.55, Harvey Kendrew £50.00, Hayley Blogg £62.50, Henry Hamer £87.50, Holly Price £100.00

Hughie Wilson Eyles £1,872.50, Isabelle Ellis £725.13, Jack Gales £175.00, Jaiden Worrall £382.25, James Brook £331.25

James John Delaney £45.00, Jamie Inglis £56.25, Janette Green £50.00, Jean Barr £25.00, Jean Kathleen Anderson £30.00

Jessie Reddie £45.00, Joan Badrick £35.00, Joan Barker £25.00, Joe Mallinson £414.50, Joseph Mayman £2,990.00, Joshua Kinnear £125.82

Joshua Robinson £25.00, Julie Andrew £43.75, June Mullinder £101.00, Justin Shardlow £62.50, Katherine Pearce £62.50

Kathleen & Robert Hartley £62.50, Kathleen Adcock £175.00, Kathleen Margaret Dunwell £155.00, Kathryn Dunn Collinson £15.00

Kathryn Murphy £75.00, Ken Chapman £25.00, Kevin Emmett £75.00.

### L = Q

Laura Hart £6,288.70, Laura Loftus £10.00, Lauren Young £173.00, Lucy £44.00, Lucy Moore £372.50, Luke Honeysett £60.00

Maci Craddock £263.75, Margaret £12.50, Margaret Dunwell £56.25, Mark Butterfield £772.50, Mark Dyson £312.50

Megan Bell-Walker £388.75, Megan Carr £62.00, Megan Pratt £75.00, Melanie Laffey £2,883.95

Michael Norfolk £675.00, Molly Lord £12.50, Mother of Susan Smith £25.00, Mr Brook £31.25, Musadique Ahmed £510.00, Nadeem Hussain £62.50
Nathan & Audrey Greenwood £85.00, Nick Gill £175.00, Nicola Aisthorpe £20.00, Nicole Stevens £5.00, Nola Shipley £541.29, Oliver Field £108.75
Oliver Marshall £150.00, Olivia Leigh Barnes £25.00, Paris Sloan £1,674.86, Patricia Bateman £25.00, Pauline Mary Newby £65.00, Peter £45.00
Peter Bray £100.00, Peter Johnson £100.00, Peter Makin £50.00, Peter Ollett £225.00, Peter Woodmansey £10,788.25, Philip Norman £25.00.

### R-Z

Rachael Bennett £43.75, Rebecca Varney £12.50, Richard Pitchford £400.00, Rob Brown £92.99, Robert Blundell £320.00, Rory Welsh £237.50
Rosie £20.00, Sammy Medley £50.00, Sarah Bainbridge £1,062.50, Sebastian Pope £3,260.04, Shaun Arnett £1,792.79, Shaun Markey £293.60
Simon Waterhouse £203.15, Skye Sutcliffe £50.00, Sonia Harrigan £180.00, Sophie Drake £62.50, Stephen Corrigan £109.00, Stephen Smith £18.75
Stuart Atkinson £250.00, Stuart Hawes £1,734.00, Summer Rose Thompson £1,621.25, Susan Dowling £105.00
The Burnley Sisters King and Queen £25.00, Thomas Cammack £161.25, Thomas Hudson £175.00, Tim Slater £218.75. Timothy Wray £62.00
Tony Smith £25.00, Trevor Binks £115.00, Unice Brierley £220.00, Valerie Andrews £175.00, Vicky Marsden
Virginia Payne £100.00, Zoe Kilby £55.00.



On Sunday 14th November, Candlelighters will be hosting 'Day of Memories' at Cedar Court Hotel, Harrogate. 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, songs, activities and an afternoon tea will be served. If you would like to attend this special day or suggest a poem or song to be performed then please email memory@candlelighters.org.uk or call Vicky on 07741 962177.



# Leighton's Story



If you received our Spring 2021 newsletter you may have read our article with academic neurosurgeon, Ryan Mathew, where we updated you on the support and funding we provide for much-needed research into childhood cancers, including brain tumours.

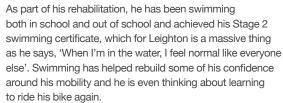
topic? Scan the QR code!





This research is crucial to help children like Leighton Moorhouse from Heckmondwike, who was just six when he was diagnosed with a brain tumour. His mum, Kerry, tells us, "Leighton had always been a happy little boy full of smiles and giggles. During the winter months of 2018, Leighton became unwell, screaming in pain with headaches, vomiting, and unable to walk in a straight line. Leighton collapsed at school on 12th February 2019 and was diagnosed with a brain tumour."

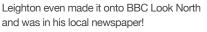
Leighton underwent emergency surgery to release pressure on his brain, requiring a further operation two days later to remove the tumour. Kerry said, "We were hours away from losing Leighton; our world just collapsed. Following surgery, we spent just over a month on the neuro ward, Leighton couldn't walk or talk, but he still laughed and giggled." Leighton's family received further bad news, finding that his tumour was a grade four sub-type of medulloblastoma, requiring aggressive treatment of 30 rounds of radiotherapy and four rounds of chemotherapy. Now, aged nine, Leighton has finished his treatment and is doing well, having sixmonthly scans. Kerry tells us, "Leighton has completed Year 4 on reduced hours at school, having extra tuition for his maths and English; he had a really positive school report which shows he is making good progress at school and is loving being back with his class friends. He has even found a new interest and started learning to play the guitar at school, and is looking forward to carrying on in Year 5.



While it's a long road and the fatigue still plays a big part, each day is a new day, and while Leighton has days where he feels down, he challenges them head-on and won't let what happened to him take away any more of his precious life.

Leighton says his ultimate goal is to be a YouTuber sharing information about Lego builds; he has been practising and trying to convince Dad to post them. Leighton loves life with his infectious laugh and beaming smile he keeps pushing forward.

Candlelighters have supported Leighton and our family right from our stay at the hospital, providing us with practical support on the wards, therapy sessions, sibling groups and even holidays to Center Parcs. Just having Candlelighters there, knowing someone was making the days more bearable, was a massive support. Along with the financial support, not worrying that I couldn't get Leighton what he wanted to eat, they just sorted it; nothing was ever too much trouble."



Ryan Mathew says, "If you want to make progress in things like cancer and brain tumours, you need people funded to do that work, who have the time paid to run research groups, to bring more funding in, to collaborate with other groups around the world or the country."

Candlelighters have provided funding for this and many other research programmes for nearly 40 years. You can read more about the positive impact of research on page 12 in an article on The Yorkshire Specialist Register of Cancer in Children and Young People, which is also funded by Candlelighters.

Candlelighters invests around half a million pounds each year into vital children's cancer research.









Ryan Mathew

### Community Fundraising

As always, we owe so much to our amazing community fundraisers. Through their passion for raising funds for Candlelighters, we are able to provide first-class support for families, making Yorkshire one of the best places in the world to receive children's cancer care. Here are just some of the incredible ways funds are raised to support children.

#### In Our Shoes - A Book in Memory of Jess

After a short battle with acute lymphoblastic leukaemia, Jill Weaver sadly lost her daughter, Jess, aged eight, in 2019. Since then, Jill has raised funds for Candlelighters in Jess's memory, most recently publishing a book of poetry, 'In Our Shoes' of which she's donated some of the proceeds to Candlelighters. Jill says, 'As Jess' mum, I am committed that Jess' memory will live on, that her fighting spirit keeps going and that something positive will come of our tragedy. I would love to see a world where no child and family ever has to experience what we did.'





### South Kilvington C of E Primary School



Earlier in the year, the fantastic pupils and team at South Kilvington C of E Primary School completed a fundraising walk around their village in support of pupil Amelia, who sadly relapsed with acute lymphoblastic leukaemia. Brilliantly, Amelia herself led the walk, with classmates and teachers in tow, and members of the South Kilvington community came out to show their support. Despite only having 95 pupils, the school raised an incredible £13,000 and Headteacher, Stephen Butterworth said, 'Amelia's character, bravery and courage is an example to us all. Amelia is our beacon of light and an example of what our fantastic school represents'.



#### Theo's Coast to Coast Cycle

Fabulous 12-year-old Theo decided to take on the challenge of cycling a whopping 140 miles coast to coast, from Whitehaven to Tynemouth, raising over £2,000 for Candlelighters in the process. Theo was inspired to fundraise because of the support we were able to give his younger sister, Rose, throughout her cancer experience. Mum Emily, dad Tom, and uncle James joined Theo on his fantastic fundraising journey (which ended closer to 160 miles with some detours along the way!), with Rose choosing to stay at home and enjoy some quality time with Granny and Grandpa instead!





#### SuperTed's Miles

When Ted Thomas was diagnosed with neuroblastoma shortly before Christmas last year, it came as a total shock to parents Andrew and Amanda. Following his diagnosis, they would have to travel to Leeds to begin treatment, over 50 miles away from their home in Driffield, East Yorkshire. Candlelighters were able to support the family in a number of ways. Amazingly, Andrew decided to rally friends, family and their local community to raise funds for Candlelighters in support of Ted. People were keen to help however they could, and so far, fundraising in support of Ted has totalled over an astonishing £30,000.





#### Heart & Sole

A wonderful group of 26 inspirational ladies dubbed 'Heart & Sole' from Harrogate, recently walked the distance of a marathon in and around the Harrogate area. Initially aiming to raise £6,000, the group of friends spectacularly exceeded this goal – finishing the challenge on over £27,000 raised, to be split between Candlelighters and another local charity. Walk organiser Charlotte Broadwith had the brilliant idea to ask local businesses to sponsor a mile of the walk each, to a fantastic response. The team boosted their total with a raffle. Charlotte was inspired to found the group after hearing how the pandemic had negatively impacted community fundraising for many charities. The ladies (including a Mum whose family had received our support) united to conquer the challenge - despite a torrential downpour joining for the last few miles!





We are so incredibly grateful to everyone involved in community fundraising at Candlelighters - you are all so inspirational. Every penny raised means that we can continue to do what we do and be there for families for the road ahead. As we begin to move on from the impacts of the pandemic, our income does remain affected, and so the support of fundraisers is as important as ever. If you'd like to fundraise for Candlelighters, you can find lots of information to get you started on our website here <a href="https://www.candlelighters.org.uk/howyoucanhelp/in-your-community-or-individually">www.candlelighters.org.uk/howyoucanhelp/in-your-community-or-individually</a> or drop us an email at info@candlelighters.org.uk, and we'll be happy to help.

Undlelighte & Average Average

September is Childhood Cancer Awareness Month and this year, we're also celebrating our 45th Anniversary!

虘

倉

倉

倉倉

倉 倉 倉 倉

含含含含含含含含



### 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 cancers, as well as the work we do and the support

### DID YOU KNOW?

The internationally recognised symbol for childhood cancer is the gold ribbon. CCAM is an important time for all of us to work together to raise the awareness of childhood cancer to ensure people know what signs to look out for to aid an early diagnosis, keeping this in the spotlight as much as possible.

We are collaborating with iconic buildings across Yorkshire to illuminate them in GOLD through September. Keep an eye out!

### 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 you child has any of these...



























#ChildhoodCancerAwarenessMonth



## 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 - £2 The perfect way to show your support, with the profit from sales helping to fund our services. Choose from a pink or green gem and purchase from The Square or online at www.candlelighters.org.uk/products/merchandise





For the latest information on CCAM, what we've been up to so far, and how you can get involved, visit our website at www.candlelighters.org.uk/ccam



poor and it was a lonely world for them and their families. Together, the parents and medical staff started a charity with one clear vision: to bring light and hope to all families affected by childhood cancer in Yorkshire.

Back then, the prognosis for these children was very

Today, Candlelighters brings light to families by providing emotional, practical and financial support, and hope, by investing in vital research to improve the outcomes and lives of children with cancer.

Throughout September, alongside CCAM, we're taking our supporters and families on a journey throughout the years of Candlelighters; showcasing our history, achievements and memories.

Check out our Facebook Page to see what we've been up to throughout September so far! @CandlelightersTrust



### Candlelighters at 45 - Ribbon Wall

For our 45th birthday we'll be sharing stories from past patients, staff and other people who have been involved in Candlelighters through the years too, looking back at 45 years of supporting children with cancer in Yorkshire.

We'd love you to share your own memories of Candlelighters through the years, and have created our gold ribbon wall as a place for you to do so. Use the wall to share your memories and make a donation to ensure we can be around to create memories for years to come too.

Visit here to add your ribbon: www.visufund.com/candlelighters-ribbon-wall



Yes that's right, our Yorkshire children's cancer charity has been around for 45 years! Founded in 1976, a group of parents and medical staff recognised a need for families with children facing childhood cancer to receive extra support.









# Yorkshire Leading the Way in Data Driven Cancer Research



Candlelighters has funded research into childhood cancers for nearly 40 years, as part of our mission to improve the lives and outcomes of children with cancer, bringing hope to families. As well as laboratory based research, Candlelighters has funded the Yorkshire Specialist Register of Cancer in Children and Young People since 1984, a hugely important world-class data-based research programme.

### What is The Register?

The YSRCCYP was established in 1974 to find answers and ask questions about the causes of cancer in young people, through data collection and analysis. Information about the patient, their diagnosis and treatment helps find trends that improve our understanding of cancer and treatments. The data collected covers Yorkshire and the Humber, an enormous 15,000 square kilometres that contains a population of 5 million people.

The Yorkshire Register is considered one of the best registers in the world and, because of this, it is used not just by scientists in the UK, but worldwide, as a vital research tool in the fight against capper.

#### Who runs The Register?

at the University of Leeds, the register is looked after by a research team at the Leeds Institute for Data Analytics. The programme is run by Professor Richard Feltbower and supported by Professor Adam Glaser, Medical Director for the registry and co-investigator for the register cancer outcomes research programme.

Richard has a PhD in Epidemiology and is a Professor in Epidemiology at the University of Leeds. He began working at the University in 1998, examining childhood and young adult cancer as a Research Statistician, and has since become the Director of the Yorkshire Register.

#### Why is it lapportant?

Candlelighters proudly funds running of the YSRCCYP, as we recognise the role it plays in improving childhood cancer survival. The data collected is used to improve care delivery and lessen the impact cancer has on a young person in later life. With better understanding of cancer being provided, researchers are able to pinpoint which processes and treatments are successful in contributing to more young people surviving.

### ttow has the Register Helped Childhood Cancer Research?

#### INCREASED SURVIVAL

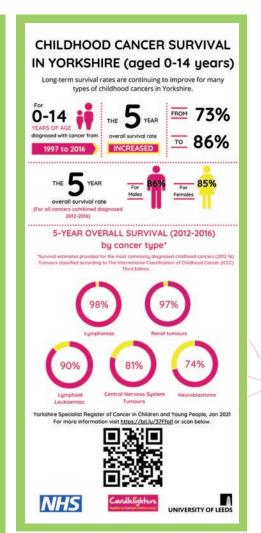
Yorkshire is amongst the best locations in the world for childhood cancer survival rates. The Yorkshire Register has influenced major research, improving processes and treatments in cancer. From 1990-1994, 71% of children diagnosed under 15 years would live for at least five years from the time of diagnosis. Recent results have proven an increase to 86%.

#### REDUCED LONG-TERM EFFECTS

When a child or young person is diagnosed, not only do they have to cope with their immediate recovery journey; this journey may have many long-term effects throughout their lives. The Register is a catalyst for change, providing a way for researchers to continually improve treatments and care for young people with cancer.

#### GUIDE FUTURE RESEARCH

Findings from the Register are used to guide up-and-coming research. Being able to determine the success, side-effects and difficulties of treatments is crucial in guiding research towards areas needing further insight. With results improving rapidly, there is strong reason to believe that results will continue to improve for the future.



If you'd like to help us on our mission to bring hope by investing in vital research, you can donate to us online at www.candlelighters.org.uk or call us on O113 3229283

"We are hugely grateful to Candlelighters in supporting the Yorkshire Register and research programme for almost 40 years. It has had a major impact locally, nationally and internationally, in describing the features and epidemiology of childhood and young adult cancers in Yorkshire since the 1970s. It has also provided invaluable information on long-term health and social outcomes for young people living with and beyond cancer, supporting clinicians as well as young people and their families".

Richard Feltbower

### Candlelighters through the years! 1976-2021

A few of the events throughout Candlelighters' History... we'd have to create a whole book to squeeze all of the achievements in, there has been so much to celebrate over the years!

### 1976 Candlelighters becomes registered as an officially charity

It's official! In 1976 Candlelighters Trust was registered with the Charity Commission. A group of parents and medical staff recognised a need for families with children facing childhood cancer to receive extra support. Prior to this date there were many people involved in the story of how Candlelighters began, before we became officially registered. We've been around for over 45 years, from the very first ideas, imaginations and ambitions of brilliant Yorkshire people, to what Candlelighters is today.



### Candlelighters Children's Cancer Research Laboratory Appeal

The first ever issue of 'The Candlelighter' went to press in light of a new appeal! The Candlelighters team in 1991 were well on their way to achieving their target of half a million pounds needed to establish Yorkshire's own children's cancer research laboratory at St James's University Hospital. The building still stands today, and just next door is where we help host some of the world's leading research into childhood cancers.

### 1992 First fully funded scientist

On 1st April 1992 Dr Sue Burchill took her place as the first scientist funded by Candlelighters to look specifically into the causes of childhood cancer.



### 2002 UKCCSG Anniversary Picnic

Families who were being treated at St James's Hospital were reunited at a Giant Picnic in the Park to mark the 25th Anniversary of the United Kingdom Childhood Cancer Study Group, now known as CCLG. Doctors, nurses and "the finger prick" people from Haematology put themselves in purpose built stocks offering children a rare chance to get their own back by hurling wet sponges at them! (The Candlelighter, issue 34, 2002). This sounds very much like the fun we have now: pink PIE splats, Trustee custard dunking, and of course we still enjoy our annual Picnic in the Park.



### 2008 Candlelighters Dinner Lady

Elaine, our famous Candlelighters Dinner Lady served the very first Fruit Kebab, during her Fruity Friday round to patients on the wards! You might also remember, another special Dinner Ladv called Joyce. We've funded Elaine's role for over ten years. with her role now supported by the pure technology group.



### The Candlelighters Pavilion

The Pavilion on Ward L31 opened its doors, providing a space for children and families to use to get away from the clinical setting of the hospital, yet still be within reach of expert medical care.



### 2013 The Storm Troopers arrive!

Stormtroopers make it to the annual Candlelighters Christmas Partyl



### 2016 The Candlelighters Bus

We set off on the road around Yorkshire, bringing our services and support closer to home. This was a three year project which has helped us to establish how Candlelighters can support all families in their local area, both now and in the future. See page 5 to see what this project now looks like!



### 2018 The Candlelighters Cottage

We officially opened to families on the 26th November 2018 after months of fundraising for our Cottage Campaign. A fully renovated cottage to provide a home from home accommodation for families with a child as an inpatient being treated for Cancer at Leeds Children's Hospital.



### 2018 Champ arrives as our charity mascot!

After a competition and with huge support from Hudgells Solicitors, our elephantastic mascot Champ became a part of the Candlelighters family!



### 2021 and into the future!

Candlelighters are experts at providing support to families in Yorkshire affected by childhood cancer. We are there from diagnosis and for as long as is needed. wherever that help is needed, whether on the ward, at home or in the community. We understand the complexities and impacts of a childhood cancer diagnosis, and we work hard to help ordinary families through extraordinary circumstances.



## Legacy Civing

It is a privilege to have been able to support so many families over the past five decades and looking back, we are so proud of all we have achieved. All of these incredible things have been made possible with the fantastic support we receive from all of our supporters, fundraisers, and volunteers.

We hope you all feel just as proud as we do!



### SUPPORT THE FUTURES OF CANDLELIGHTERS AND CHILDREN WITH CANCER

As we look back at the many things we have been able to achieve over the years and the many children and families we have been able to help as a result of your kind donations, it is important that we also look to the future.











Keep an eye on our social media as we share more memories and history throughout the rest of the month #CandlelightersAt45



### bequeathed (1

make your Will For Good

Gifts in wills are a special and profound way to support the future of our charity, the support we provide, and the research we invest in. At Candlelighters, we are launching our first ever free will service this September, enabling supporters to make their will for free through our carefully selected and fully accredited service provider, Bequeathed.



There is no obligation to leave a gift in your will to access this service, but if you did choose to support Candlelighters in this special way, you can leave a gift of any amount, big or small, for which we would be immensely grateful. By leaving a gift in your will to Candlelighters, we can continue to invest in research and support children and families affected by childhood cancer.

For more information on leaving a gift to Candlelighters in your will, visit our website here

www.candlelighters.org.uk/donate/legacies/

To make your free will with Bequeathed, visit here www.bequeathed.org/candlelighters





# Building a brighter future

### with Candlelighters Fellows

Candlelighters have funded £1.6m into
a fellowship programme since 2015 across the
University of Leeds and Leeds Teaching Hospitals NHS
Trust to support the research training of academic
paediatric oncologists and haematologists.

Over this time, we have supported nine fellows to study PhD's over a range of cancer types, treatments and the impacts of cancer. We are incredibly proud of this programme, which, as well as progressing vital research into understanding and treating childhood cancer, has also ensured that doctors with expertise in paediatric oncology and haematology are here in Yorkshire to treat children. Nicola Hughes talks to us about her fellowship and what she's doing now.









I am a Medical Oncology Registrar currently working as a National Institute of Health Research (NIHR) Doctoral Research Fellow at the University of Leeds. I grew up in Cumbria then came to Leeds in 2002 to study medicine. Since graduating, I have trained as an academic oncology doctor here in Yorkshire, enabling me to gain research experience alongside clinical training.

### What's your relationship to Candlelighters?

I am very grateful to Candlelighters, who funded me for the first year of my research fellowship. I used this time to develop a project and research proposal to successfully obtain a highly competitive NIHR doctoral fellowship to continue my work.

I continue to work alongside the charity as my research is based within the Yorkshire Specialist Register of Cancer in Children and Young People. I feel very fortunate to be a part of this research team and I am excited about the work we are doing.

#### What is a fellowship, and what is yours?

A fellowship supports an individual to carry out a research qualification, often a PhD. This doesn't just involve financial support but also training, teaching and opportunities to help the individual start to develop a research career.

For my fellowship, I am using existing, routinely collected NHS data and international clinical trial data to investigate whether the dose of chemotherapy that Teenagers and Young Adults receive affects their length of life. I am also looking at whether any factors exist which influence a patient's ability to receive the ideal amount of chemotherapy.

The ultimate aim of my fellowship is to help to optimise chemotherapy treatment for all patients to give them the best chance of a good outcome.

### What has the fellowship led you to do since then?

I'm halfway through my PhD now and I am enjoying embracing all of the opportunities that arise. I recently became a Young Investigator for the international research group MaGIC, which aims to improve treatments for germ cell tumours.

### What do you hope to achieve in the long-term through your career?

I hope through my research to bring about improvements in care for our patients and inspire others to go into research along the way. I would love to specialise in Teenage and Young Adult oncology and to stay in Yorkshire.

### Why is it important that Candlelighters can continue to fund the fellows and other childhood cancer research?

These fellowships give opportunities to trainees who might not otherwise have gone into research, inspiring future clinical academics to look into improving care for our patients.

Candlelighters funds research and fellows based in Yorkshire. This means that the research we do is particularly relevant to our patients and the unique health needs present in our population. The recent finding by the Register showing that Yorkshire's childhood cancer survival rate is among the best in the world really demonstrates the impact that this research funding has.

To help us fund research for a brighter future, donate to us online at www.candlelighters.org.uk or call O113 3229283

SCAN THE QR CODE TO DONATE!



# Where are they Now?





### Tell us your story

I was diagnosed with cancer at the age of three with a 10cm solid tumour of the kidney - a Wilms tumour - and plans were made for initial chemo, surgery and and six months of weekly chemo.

During the seven-hour operation, they found I had a duplex kidney on the affected side and it was all removed. The tumour had destroyed my kidney and had started to infiltrate to surrounding tissue. I had 50-60 clips right across my tummy to around my back. I started to lose my hair and eventually became bald.

### And now?

I recently turned 21, a birthday some thought I might never reach but here I am, happy and healthy. I have just finished three years at Northumbria University studying Business with Marketing Management and have just started a years' paid placement with a Cloud Company based in Manchester, Denver, New York and Seattle.

### Now did Candlelighters help?

When we first arrived onto Ward 10, the whole atmosphere seemed to lift the family's spirit. There were lots of kids, some toddlers running around with drip stands, driving little cars, lots of colour and activity, and a packed-to-the-brim playroom.

We recognised all of the fabulous extras and luxuries not normally found in the NHS were funded by Candlelighters. For example, the full-time registrar, the family Sunday lunches, the packed playroom and play staff, books, games, parent's kitchen, wonderful furniture and state of the art equipment, along with many other things.

Grace and Joe attended the sibling support groups and we went to the Christmas party. We also used the chalet at Primrose Valley where all of the family could spend quality time together relaxing and having fun.

We are so grateful to Candlelighters for all the support they have given us, and as a thank you, my family, friends and I have risen nearly £50k to support this amazing charity and all of the families they care for.

### What advice would you give to patients in treatment now?

I understand every cancer patient has different fears. Two main fears I had were the cancer returning and if I could have children. I found my annual chat with Naseem, who was, and has continued to be, my support nurse, really helpful. Naseem was always positive and provided helpful responses to put my mind at rest. I valued this guidance especially through my teenage years.









Niamh on her 21st Birthday – enjoying life at home with Alpacas!

For any of our families experiencing any worries or that feel they need any support at any time during or post Simply get in touch by calling us on 0113 887 8333 or email thesquare@candlelightrs.org.uk

### Thank you to our Business Fundraisers!

As well as our community fundraisers, businesses play a big part in raising the funds we need to support families through a child's cancer diagnosis. At Candlelighters, we're lucky to have the support of some fabulous businesses that feel passionately about helping children with cancer in Yorkshire. Here's a look at what just some of them have done recently...

#### David's 10 week 10k Challenge

After the sad loss of a friend's daughter to cancer a few years ago, Chief Operating Officer of The Property Buying Company, David Slater, decided he'd like to do something to raise funds for Candlelighters. David settled on completing the mammoth challenge of running 10k every day for 10 weeks. The Property Buying Company were only too keen to get behind David on his challenge, sponsoring him and helping to spread the word of his amazing feat through the press and social media. David finished his challenge, raising a fantastic £5,600 to be split between Candlelighters and another charity, but not only this, upon finishing, David decided he wanted to push himself further to raise funds. Through this, he decided to undertake a whole year of physical challenges to raise funds for Candlelighters - amazing!





#### Danations on Bills

In addition to an array of physical challenges and traditional fundraising activities, we've recently had two fantastic hospitality companies. Mowgli, and the Thai Leisure Group (who own restaurant brands Chaophraya, Thaikhun, Yee Rah and ChaoBaby), supporting us in a different way. Both businesses decided to give diners at their restaurants the option of adding a £1 donation to Candlelighters to their bill - with truly amazing results. Between them, Mowgli and Thai Leisure Group have raised over £100,000 so far for Candlelighters from donations on bills, a phenomenal amount that could fully fund all of our Christmas grants to help make Christmas as special as possible for children and families. We'd like to say a big thank you to the two companies for committing to support us in this way and their generous customers for contributing to an incredible amount raised.





#### Squire Patton Boggs

We were absolutely thrilled to be chosen as 'Charity of the Year' for the Leeds office of law firm Squire Patton Boggs for 2021. The team at Squire Patton Boggs have been so creative and determined with their fundraising, packing a whole host of activities into even just the first half of the year. These activities have included virtual distance challenges, bake-offs, raffles and even an internal department challenge to see who can raise the most money! Their enthusiasm for fundraising is second to none and there are still plenty of events planned for the remainder of the year, including the Yorkshire Marathon and a Three Peaks walk.

The Team SPB Trainees on their walking challenge

Could your business or workplace support Candlelighters? We would love to hear from you if so! Contact our Partnership Executive, Chris on 07741880474 or at chris.salt@ candlelighters.org.uk to chat about how you can get involved in workplace fundraising.





In our last newsletter, we welcomed the very first members to Club Candlelighters – a group of companies and individuals committed to helping protect, improve, and expand support for children and families facing childhood cancer in Yorkshire. In this edition, we're thrilled to share the news that The Acorn Wellness Retreat recently became our newest members.



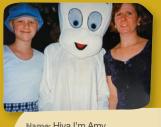
The Acorn Wellness Retreat are our first Rockets, having pledged to donate a fantastic amount of £10,000 every year for the next three years, which will help us to develop and further improve our fantastic support for families.

To learn more about Club Candlelighters and how to join, visit www.candlelighters.org.uk/club-candlelighters

# A Trip Down Memory Lane!



As we celebrate 45 years of Candlelighters, we've been catching up with some of our families who have fond memories from over the years.





Diagnosis: Acute lymphoblastic leukaemia (ALL)

Date: Just before my 13th birthday in 1995 - what a start to the teen years!

Memories: Here I am with Casper the ghost at one of the parties hosted by Candlelighters at The Lawnswood in Adel. I remember Dr Lewis. the nurses Carol (I think), Neil (always our fave) and Martyn (the nutter!). My stomach always twists a bit looking at these pictures - it's really strange but also reminds me how strong I am and how far I've come... also to make every moment matter! Some lovely memories of the amazing staff that cared for me (and my Mum), oh and one of the really good memories was going to stay in Bridlington at one of the lodges at South Cliff Caravan Park.

And now?: Amy is now happily married with two beautiful step-daughters and the three of them have been involved in volunteering for Candlelighters, like at the Bunny Hop at Temple Newsam in 2018!









Diagnosis: Non-Hodgkin lymphoma

Date: 1989

Memories: I went to the YMCA centre twice with Candlelighters and fondly remember the staff during any visits to clinic. Pat at the front desk always took me round to see the team. They certainly made a difference to me - the YMCA visits especially were some of the fondest childhood memories I have. I know my mum and dad would not have got through without the support and we all regularly help fundraise for Candlelighters to this day.

And now? I now have a beautiful partner, Jade, and three gorgeous children, Harry, 14, Lexie, 8, and Jesse, 12 weeks.









Name: Hello I'm Andrew

Diagnosis: Acute lymphoblastic leukaemia (ALL)

Memories: I remember the holiday we went on to Primrose Valley which was funded by Candlelighters, as well as a toy racing car which was donated by the charity. I also think Mum set up a local fundraising group!

And now? I now compete in triathlons and am planning my biggest race yet. Over the last couple of years I've been taking on several activities to raise money for Candlelighters. I've completed several triathlons, a marathon, and a half marathon and also held auctions of autographed sporting goods to raise extra funds.









### Christmas Cards and Merch

We're excited to be able to reveal the brand new Candlelighters Christmas card designs for 2021 - aren't they lovely?!

You can order your cards by using the order form below or visiting our online shop at: www.candlelighters.org.uk/shop/ All our cards come in packs of 10 for £3.95.

It's the most wonderful time of the year... nearly!

### Which cards will you pick?

1       Winter Scene       £3.95         2       Robin and Wreath       £3.95         3       Santa Feeding Reindeer       £3.95         4       Colourful Snowman       £3.95         5       Dove in the Dark Sky       £3.95	
3 Santa Feeding Reindeer £3.95 4 Colourful Snowman £3.95	
4 Colourful Snowman £3.95	
5 Dove in the Dark Sky \$3.95	
20.00	
6 Children's Nativity £3.95	
7 Christmas Puds £3.95	
8 Posting a Letter £3.95	
9 Fluffy Robin £3.95	
10 Penguin Party £3.95	

Sub-total
Postage
Optional Donation
TOTAL

Candlelighters

8 Woodhouse Square, Woodhouse, Leeds LS3 1AD

Postage	8	Packaging	costs

1-2 packs - £1.60 3-10 packs - £3. All postage is 2nd class. For orders of more than ten packs and for any other enquiries call 0113 3229283. Postage fees on our online shop may vary.

Name				
Address				
	Postcode			
Tel				
Email				
If you've given us an additional optional donation	٦,			
you could boost your donation by 25p of Gift Aic				
YES I want to Gift Aid all donations I make in the fu	* *			
to Candlelighters until I notify otherwise. Please enter too				
I am a tax payer and understand that if I pay less Income	e Tax and/or Capital Gains Tax than the amount			
of Gift Aid claimed on all my donations in that tax year it	is my responsibility to pay the difference.			
Payment method				
I enclose a cheque/postal order made payable to	o 'Candlelighters', OR			
please debit my total order sum from my debit/credit card				
Visa Mastercard	Maestro			
Card Number				
Expiry Date Sec	curity code			



1

1



















### www.candlelighters.org.uk/shop

Take a look at our online shop for all our other merchandise items too - we have lots of great stocking fillers or little treats for any time of year. Plus, when you buy our merchandise not only will you be getting a fabulous product, but you'll be helping to fund our family support services and raising awareness for childhood cancer all at the same time! Woohoo!

