



Live Well  
with Cancer

# Q2 Newsletter

We care. We empower. We are a community.

## Happy Spring, everyone!

Here's to longer days and more sunshine!  
Keep reading our second newsletter of 2025  
to get all the news from our charity!

## What's inside our spring edition?

### Welcome to Live Well Hub!

*Our health and wellness space is transforming!*

### What's on in Q2?

*Find out what's on between now and the end of June*



Registered Charity Number 1186482

| [www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)

How is it April already? It feels like we've not stopped since our last newsletter and we have so much to share in our latest edition.

Our Live Well Hub is transforming with each day as we create a community space for people to come together to improve their health and wellbeing.

We have renovated two upstairs spaces, and work is underway to transform downstairs into an accessible space for more sessions.

We are excited for what the next chapter of our journey will bring and hope you can join us for some upcoming workshops, events and support groups.

We will continue to offer 1-2-1 support to our community, while our resources put the power in your hands as you build a healthier lifestyle.

Read on to find out how we can help you to live well with cancer.

*Maureen Elliott*

Founder and CEO of Live Well with Cancer

<b>Live Well with Cancer Updates</b>	.....	<b>Page 1 - 2</b>
<b>Weekly Sessions</b>	.....	<b>Page 3</b>
<b>Monthly Sessions</b>	.....	<b>Page 4</b>
<b>The Wellbeing 9-a-Day</b>	.....	<b>Page 5</b>
<b>Wellness Journals</b>	.....	<b>Page 6</b>
<b>The Sleep Better Journal: Try it out</b>	.....	<b>Page 7 - 8</b>
<b>Fatigue and Sleep</b>	.....	<b>Page 9</b>
<b>Bailey’s Bear &amp; Bobby’s Adventure</b>	.....	<b>Page 10</b>
<b>Funders</b>	.....	<b>Page 11</b>
<b>Fundraisers</b>	.....	<b>Page 12</b>
<b>What’s on in 2nd Quarter?</b>	.....	<b>Page 13 - 14</b>
<b>Live Well Fashion Show / Live Well in West Moor</b>	.....	<b>Page 15</b>
<b>Charity Corner</b>	.....	<b>Page 16</b>

# Live Well with Cancer Updates

## Live Well Hub

Our Live Well Hub is getting better by the day as we transform our space into a community hub where anyone affected by a cancer diagnosis can come for support that can help them improve their health. We are excited to share our space with other organisations, including Northumbria Healthcare NHS Foundation Trust, I Love North Shields and the Northeast Nipple Project.



Come say hello and pop by at our new Live Well Hub!

## Prehabilitation with Northumbria NHS

We have been delighted to host the Prehabilitation team from Northumbria Healthcare Foundation Trust as we help newly diagnosed patients prepare for treatment. In addition to our weekly Movement classes and monthly Prehabilitation workshops, we have introduced fortnightly Pilates classes. Find out more about our sessions on pages 3 and 4!



## Writing for Wellness

Join us for our upcoming courses and workshops that put the power in your hands as you write your way to wellness. Whether for The Wellbeing 9-a-Day or our upcoming creative writing session, we'd love to see you at our Live Well Hub in Q2.



## Cancer Related Fatigue

Following on from our Sleep Better project, we are delighted to partner with Northern Cancer Alliance on an upcoming series of Fatigue Masterclasses. As part of the project, we will develop learning resources that cover what fatigue is, why it is a common problem, and how you can manage your fatigue to improve your quality of life. Find out more about our Fatigue project on page 9!

## Bailey's Bear

*Bailey's Bear* by Bailey Wilson is now available for sale! With illustrations by Jervie Ellamil, our wonderful designer, we are so pleased with how our first kid's book has turned out. Huge thanks to North Standard for making it possible. Turn to page 10 for a sneak peek!



## Funders and Fundraisers

Our work is only possible because of our wonderful supporters. Whether grant funding from Trusts and Foundations or individual fundraising from members of our community, we are incredibly grateful for every penny we receive. Turn to page 11 and 12 to see more about our wonderful funders and fundraisers.





## Improving Physical Activity with Dr Sam orange

We have been delighted to host Dr Sam Orange for a series of workshops aimed at developing a programme to improve women's access to physical activity support after breast cancer treatment. Funded by Breast Cancer Now, the final session is on 9th April. Find out what else is on in Q2 on page 13!



Come and join us!

## Easter Coffee Morning

12th April at Live Well Hub from 10-12pm

Join us for an Easter get together! See what you can win on our tombola and raffle and submit your entry for our Easter egg competition. Prizes for kids and adults are drawn on 16th April. Good luck!

## Live Well in West Moor

We were delighted to attend the UK Shared Prosperity Fund's closing party at West Moor Community Centre on 20th March. Thank you so much to NE Combined Authority, North Tyneside Council and VODA for choosing to fund our Live Well in West Moor project!

Subscribe to our mailing list to stay up to date with all the latest news from our charity.

## Live Well Hub

Just over a year and a half since we moved into Nile Street and it's hard to believe how much we have transformed our space! Day by day, we get closer to finishing renovations and creating a Live Well Hub that can help anyone affected by cancer to improve their health and wellbeing.

### B&Q Foundation

We would like to say a massive thank you to B&Q Foundation for their grant of £5,000 to renovate our community spaces. After much thought and discussions with our beneficiaries, we have decided to use the funding to build a downstairs toilet so that we have a multifunctional, accessible space for our community.

### We Love North Shields!

We are privileged to host Simmie, Pauline and the I Love North Shields team in our downstairs space every Monday.

It is amazing to share our space with a magazine that showcases the wonderful people and places of North Shields, including our Live Well Hub!



### The Grief Circle

We are delighted to work with Nicola from The Grief Circle to provide support to people bereaved by cancer. If you are interested in signing up for bereavement support, please email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) to register your interest in our next group.

### Northeast Nipple Project

Our newly renovated upstairs space will play host to pop-up sessions ran by Northeast Nipple Project, who provide free areola tattooing for women who have undergone a mastectomy and breast reconstruction because of breast cancer.



# Weekly sessions

## Fun with Acrylics

**Monday | 10am - 12pm**

Learn how to paint with acrylics with local artist Michael and have some fun and chat along the way!

## I Love North Shields

**Monday | 11am - 2pm**

Come meet Simmie, Pauline and the I Love North Shields team as they run weekly drop-in.

## Yoga Drop-in

**Monday | 1 - 2pm**

Try restorative yoga for beginners led by Michelle, an oncology nurse specialist and yoga instructor!

## Movement

NHS Signup required

**Tuesday | 6.30 - 7.30pm**

Move your way to better wellbeing with our weekly movement classes led by Beth, the Prehab Lead at Northumbria Healthcare NHS Foundation Trust!

## Pilates

NHS Signup required

**Alternate Tuesdays | 5.30 - 6.30pm**

Beth will be running pilates sessions on alternate Tuesdays to help people exercise with gentle movements.

## Live Well Runners

**Tuesday | 6pm | Various locations**

Join Live Well Runners for a running skills sessions, led by Holly, our running club leader and nutrition guru!

## Crafting for Wellbeing

**Wednesday | 11am - 1pm**

The wonderful Dawn hosts a growing group of crafters for a couple of hours of crafting each week. Take part in the group sessions or work on your own project!

## Pilates

**Wednesday | 2 - 3pm | West Moor Community Centre**

Join Stefania, a Pink Ribbon Foundation trained Pilates instructor, for her weekly classes.

## Tai Chi

**Friday | 10 - 11am**

Every Friday, our Tai Chi and Qigong tutor Sandra creates a sanctuary of gentle exercise and mindful movements.

## Live Well Runners

**Sunday | 9am**

Our Live Well Runners social run is the perfect way to improve your fitness and connect with other runners from our growing community of runners.



All our weekly workshops are hosted at our Live Well Hub unless stated otherwise.

## Monthly sessions

### Cancer Support Drop-in

2nd Tuesday | 11am - 12.30pm

The lovely Mags hosts our monthly Cancer Support Drop-in, using her experience as a cancer nurse specialist to support members of our community.

### Bowel Cancer Support Group

2nd Friday of the month | 11am - 1pm

Join a younger bowel cancer patient and an experienced cancer nurse for our monthly support group for anyone affected by bowel cancer.

### Men's Group

3rd Wednesday of the month | 6 - 7.30pm

Join Jonny and Ben for our monthly men's group, where men come together to learn how to progress on their journey in life.

### Prehabilitation Monthly Group

3rd Thursday of the month | 10am - 12pm

Open to newly diagnosed cancer patients in our region, these sessions highlight the value of preparing for treatment by taking part in prehabilitation.

### Retired Fishermen's Group

4th Monday of the month | 10am - 12pm

Each month, we hold a space for retired fishermen to share stories from the sea over a cuppa and a biscuit.

### Breast Cancer Support Group

4th Monday of the month | 7 - 8.30pm

Women support women through all stages of breast cancer, from diagnosis to recovery, and all the mental, physical and emotional challenges along the way.

### Creative Writing

15th April | 6 - 8pm

Join us for an evening of creative writing in our Live Well Hub! Whether you want to write fact or fiction, we can help you get your ideas onto paper.

Join our workshops/support groups at our Live Well Hub on Nile Street in North Shields.

Please email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) to register for one of our sessions.



# The Wellbeing 9-a-Day

We believe there are nine foundational habits of a healthy lifestyle, which we call The Wellbeing 9-a-Day, an innovative and holistic approach to wellness developed in partnership with Transformational Learning. Our range of wellness journals put the power in your hands as you build habits that transform your health and wellbeing, one day at a time.

## The Wellbeing 9-a-Day

### Your Journey

#### Let Go

*Releasing the past*

#### Be Present

*Connecting with the moment*

#### Set Intentions

*Aiming for a better future*

### Your Health

#### Learn

*Expanding the mind*

#### Move

*Exercising the body*

#### Enjoy

*Experiencing positive emotion*

### Your Relationships

#### Connect

*Cultivating better relationships*

#### Self-care

*Tending to your needs*

#### Nutrition

*Developing a healthy diet*





# Wellness Journals

## W9AD: For Beginners of All Ages

8th May, Thursday | 11am - 1pm

Join us for a 1-day health and wellness course, funded by the National Lottery Community Fund. Aimed at volunteers, the session introduces attendees to the nine foundational habits of a healthy lifestyle through *The Wellbeing 9-a-Day: For Beginners of All Ages*. Sign up for the session on our website now!

## W9AD: Wellness Week

9th & 16th June | 12-2pm

Ready to transform your health and wellness? Join us for two sessions for our first Wellness Week course, held in our Live Well Hub. Get your own copy of *The Wellbeing 9-a-Day: Wellness Week Edition* and start your journey to a healthier lifestyle.

## The Sleep Better Journal

6th May | 6 - 7.30pm

If you live well, you sleep better. If you sleep well, you live better. Join us for a Sleep and Wellbeing masterclass and get your own copy of *The Sleep Better Journal* to help you improve your sleeping habits and enjoy the benefits of a good night's sleep.

## The Wellbeing 9-a-Day

### 30-day Transformation

Available  
now!

A month-long version of *The Wellbeing 9-a-Day* is available to buy now in our online shop, with wire bound copies at £10 and hardbacks at £15.

## The Prehab Edition

We are so excited to share *The Wellbeing 9-a-Day: The Prehab Edition*, an 8-week journal that helps patients prehabilitate before treatment. This edition was funded by Northern Cancer Alliance through Community Foundation.



Coming  
Soon!

- 56 days of wellness journal + a Day Zero for a practice run
- Weekly reflections
- Weekly activity diary

Sleep Journal

FILL ME IN THE MORNING

Time:

Bedtime:

Awake time:

HABITS

Sleep habits you've noticed:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How well did you sleep last night?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

How well rested do you feel?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

How is your mood today?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

How long did it take you to fall asleep?	
Did you wake up last night? How often/long?	
Did you leave the bedroom when you couldn't sleep?	

Day One

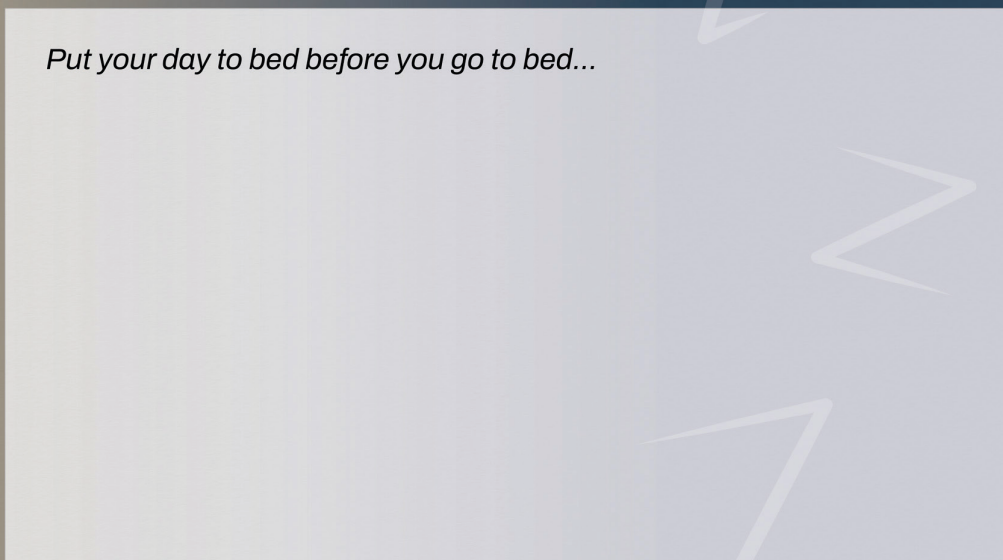
---

FILL ME IN THE MORNING

Did you exercise?	
How much caffeine did you drink?	
How much alcohol did you drink?	
How much nicotine did you have?	

THOUGHTS ON THE DAY

*Put your day to bed before you go to bed...*







## Fatigue masterclass *for patients and professionals*

Join us for a Cancer Related Fatigue Masterclass for patients and professionals.

We will consider the causes of fatigue and how we can help to manage the effects, with focus on therapies, physical activity and psychological wellbeing.

We'll end the day with sessions on journaling and conscious breathing to help you move forward with purpose and energy.

To book a space, please email [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

Facilitated by

The Live Well with Cancer Team and expert speakers

### Join us!

#### Date and Time

1st May 2025  
9am-3.10pm

#### Location

The Royal Station Hotel  
Neville Street, Newcastle Upon Tyne NE1 5DH

Come and join our first  
Masterclass in Newcastle!

# Fatigue Masterclasses

Our regional Fatigue Masterclasses for patients and professionals cover the causes of cancer related fatigue and how patients can manage the effects, with focus on therapies, physical activity and psychological wellbeing. We will end each day with sessions on journaling and conscious breathing, led by Transformational Learning and We Rise.

Running from 9am to 3pm, the masterclasses will be held across the region and throughout the year.

- 1st May @ Royal Station Hotel, Newcastle
- 26th June @ Middlesbrough Football Club
- 11th September @ The Durham Centre
- 13th November @ Hexham Abbey

Email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) to register your interest for one of the sessions.

# Sleep

Fatigue and poor sleep often go hand in hand. Our Sleep Better resources can help you live well through the day and sleep better at night.

*The Sleep Better Journal* helps you build better sleep habits and put the day to bed before you go to bed.

*The Sleep Better Series* is an online resource that features advice and guidance from sleep expert Professor Jason Ellis.

*The Sleep Better Booklet* is free resource that covers what sleep is, why it is important and how you can improve it.



Get your copy of *The Sleep Better Journal* in our shop!

Check out our sleep resources by scanning the QR code on the right with your phone's camera!





## Bailey's Bear

Bailey was only six years old when he found out that his dad needed surgery...

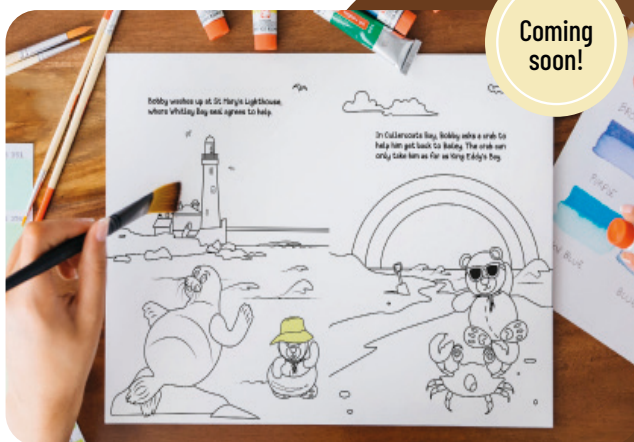
Inspired by the safe bear he used during lockdown, Bailey used his support bear Bobby to help him through his dad's recovery. Wanting to help others going through similar situations, Bailey started fundraising so that other children could have their own support bears.



You can support Bailey's Bears by ordering **Bailey's Bear** today!

## Bobby's Adventure

We are delighted to announce that our second book, *Bobby's Adventure*, is coming soon! Find out what Bobby get up to on his adventure and colour in North Tyneside landmarks along the way!



If you know a child impacted by cancer who would benefit from a support bear, please fill in the form on our website at

[www.livewellwithcancer.co.uk/bailey-s-bear](http://www.livewellwithcancer.co.uk/bailey-s-bear)

# Funders

We cannot do what we do without the generosity and support of our wonderful funders. We have been so blessed to receive funding from so many wonderful trusts, foundations and funds.

## RW Mann Trust

We'd like to say a huge thank you to RW Mann Trust for their generous grant of £2,000 to support our weekly Fun with Acrylics sessions. We can't wait to share some of the amazing artwork that this grant makes possible.



## Greggs Foundation

We cannot thank Greggs Foundation enough for their ongoing funding of our services. Their grant of £59,400 over three years helps make our vital work possible. We could not do what we do without their support.



## Postcode Neighbourhood Trust

We are incredibly grateful to the Postcode Neighbourhood Trust for their continued support of our charity. Their most recent grant of £24,000 for core costs has been invaluable in helping us run our Live Well Hub.



## National Lottery Community Fund

We have been blessed to be supported by Community Fund and would like to thank them for funding our Wellbeing Wednesdays, which now comes to an end. Their generous funding of £19,200 led to one of our most popular projects ever.



## Northern Cancer Alliance and Community Foundation

We are delighted to partner with Northern Cancer Alliance on our Prehabilitation project. Their grant of £8,500 funds weekly and monthly sessions and *The Wellbeing 9-a-Day: The Prehab Edition*. We cannot wait to share our latest wellness journal with you!



## UK Shared Prosperity Fund

We'd like to say a massive thank you to the UK Shared Prosperity Fund for funding our Live Well in West Moor project. The combined grants of £10,640 made a range of weekly sessions possible, the most popular of which we are continuing now the funding has ended.



## Morrisons Foundation

We were so grateful to Morrisons Foundation for £9,660 of grant funding for our Sleep and Wellbeing project. Our series of workshops helped people improve their sleeping habits, while *The Sleep Better Journal* ensures the project has a wonderful legacy.



Thank you from  
the bottom of our hearts.

# Fundraisers

## Foundever

We are beyond thankful to Foundever for choosing us as their charity of the year for the second year running! This tremendous honour means even more to us as we were chosen by Foundever's staff, who have been so helpful and supportive over the past year. We are incredibly grateful to have the chance to continue our wonderful partnership.

## Toon Tunes Fundraiser, at The Laurels

We'd like to say a massive thank you to Toon Tunes for hosting their fundraiser on Saturday 15th March at The Laurels, Whitley Bay, with all the proceeds from tickets going to Live Well with Cancer. It looked like a fantastic event and we are very grateful for your support.

## Emma's Sahara Desert Trek

Our wonderful ambassador Emma Campbell will be walking The Sahara Desert to raise funds for our charity. Emma and her bestie Becks will be walking 100km in October. We can't wait to see all the photos from the challenging trek through Morocco!



If you would like to donate and help Emma raise her target, visit her JustGiving page at:

[www.justgiving.com/page/emma-campbell-sahara-trek](http://www.justgiving.com/page/emma-campbell-sahara-trek)

## 80's Aerobic Fundraiser

Join Gemma Kendall for a fabulous 80s Aerobic Fundraiser at West Allotment Community Centre. Everyone is welcome to the event, held from 11-12pm on 10th May, for a suggested donation of £10.

## Great North Run

We would like to say a huge thank you to the individual runners who have chosen to fundraise for Live Well with Cancer at this year's Great North Run. We have entered a ballot to try to get charity spaces and will be sure to share with our community if we are successful.

If you have your own number and would like to run for a local charity, we would be delighted to supply you with a Live Well with Cancer running top with no minimum sponsorship required!



# What's on in 2nd quarter?

## Weekly Classes







Time	Day	Event & Location	Notes
10am-12pm	Monday	Fun with Acrylics @Live Well Hub	Excluding Bank Hol
1-2pm	Monday	Yoga Drop-in @Live Well Hub	Excluding Bank Hol
5.30-6.30pm	Alternate Tuesdays	Pilates @Live Well Hub	Booking required
6.30-7.30pm	Tuesday	Movement @Live Well Hub	Booking Required
6pm	Tuesday	Live Well Runners @Various Locations	Skill Session
11am-1pm	Wednesday	Crafting for Wellbeing @Live Well Hub	Drop in
2-3pm	Wednesday	Pilates @West Moor Community Centre	Drop in
10-11am	Friday	Tai Chi @Live Well Hub	Drop in
9am	Sunday	Live Well Runners @Live Well Hub	Social Run

## April

Time	Date	Event & Location	Notes
Buy your tickets	1 - 12	Tits Up Play @The Laurels	£15 per ticket
5.30-6.30pm	1	Pilates @Live Well Hub	Sign up required
11am-12.30pm	8	Cancer Support Drop-in @Live Well Hub	Appointment required
Book appointment	8	Nicola Jane Bra Fitting	Sign up required
Book appointment	9	Dr Sam Orange Exercise Workshop @Live Well Hub	Sign up required
11am-12.30pm	11	Bowel Cancer Support Group @Live Well Hub	
10am-12pm	12	Coffee Morning @Live Well Hub	
5.30-6.30pm	15	Pilates @Live Well Hub	Sign up required
6-8pm	15	Creative Writing @Live Well Hub	
6-7.30pm	16	Men's Group @Live Well Hub	
10am-12pm	17	Prehabilitation @Live Well Hub	NHS
10am-12pm	28	Retired Fishermen's Group @Live Well Hub	
7-8.30pm	28	Breast Cancer Support Group @Live Well Hub	
5.30-6.30pm	29	Pilates @Live Well Hub	Sign up required



## May

Time	Date	Event & Location
9am-3pm	1	<b>Fatigue Masterclass</b> @Royal Station Hotel 
6-7.30pm	6	<b>Sleep and Wellbeing</b> @Live Well Hub
11am-1pm	8	<b>The Wellbeing 9-a-Day</b> @Live Well Hub 
11am-12.30pm	9	<b>Bowel Cancer Support Group</b> @Live Well Hub
11am-12.30pm	13	<b>Cancer Support Drop-in</b> @Live Well Hub 
5.30-6.30pm	13	<b>Pilates</b> @Live Well Hub 
10am-12pm	15	<b>Prehabilitation</b> @Live Well Hub 
6-7.30pm	21	<b>Men's Group</b> @Live Well Hub
5.30-6.30pm	27	<b>Pilates</b> @Live Well Hub 

## June

Time	Date	Event & Location
12-2pm	9	<b>W9AD: Wellness Week</b> @Live Well Hub 
11am-12.30pm	10	<b>Cancer Support Drop-in</b> @Live Well Hub 
5.30-6.30pm	10	<b>Pilates</b> @Live Well Hub 
11am-12.30pm	13	<b>Bowel Cancer Support Group</b> @Live Well Hub
12-2pm	16	<b>W9AD: Wellness Week</b> @Live Well Hub 
6-7.30pm	18	<b>Men's Group</b> @Live Well Hub
10am-12pm	19	<b>Prehabilitation</b> @Live Well Hub 
7pm	21	<b>Live Well Fashion Show!</b> @Village Hotel, Silverlink 
10am-12pm	23	<b>Retired Fishermen's Group</b> @Live Well Hub
7-8.30pm	23	<b>Breast Cancer Support Group</b> @Live Well Hub
5.30-6.30pm	24	<b>Pilates</b> @LWWC Wellbeing Centre 
9am-3pm	26	<b>Fatigue Masterclass</b> @Middlesbrough Football Club 

Please send us an email at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) if you are interested in attending any of our sessions.

# Live Well Fashion Show

**SOLD OUT**

Tickets for our Live Well Fashion Show have sold out!

Thank you so much to everyone who has bought a ticket. We are so excited to see you all at Village Hotel on 21st June for the big night!

We can't wait to cheer on members of our community as they strut their stuff on the catwalk, wearing sustainable fashion supplied by our friends at St Oswald's Hospice.

Due to the popularity of the event, we plan to make this an annual event to celebrate our community in style.

If you have anything that could be used as a prize in our raffle or auction, we'd love to hear from you. Think vouchers, bottles, chocolates and beauty products...

# Live Well in West Moor

It has been a privilege to run our Live Well in West Moor project from West Moor Community Centre. We'd like to say a massive thank you to everyone who has helped make the projects such a success, including our facilitators, our attendees and the lovely team at West Moor.



## Thank you from the team

The project would not have been possible without funding from the UK Shared Prosperity Fund, and we would like to say a special thank you to the North East Combined Authority, North Tyneside Council and VODA for making it all possible.

As part of the legacy of the project, we were delighted to produce copies of *The Wellbeing 9-a-Day: Wellness Week Edition*, which helps people transform their health and wellbeing by building the nine foundational habits of a healthy lifestyle.

Due to the success of the project, we will be continuing some of the most popular sessions, including weekly Pilates and Kickaround with the Lads.

**LIVE WELL FASHION SHOW**

**Saturday 21st June 2025**  
7pm until late  
Village Hotel, Silverlink NE27 0BY

**£30 per ticket**  
Tickets now live on Event Brite

**Sustainable fashion show clothes from St Oswald's Hospice**

Join the Live Well with Cancer team for our first fashion show! Cheer on members of our amazing community as they model sustainable fashion supplied by our friends at St Oswald's Hospice! Join us for this exciting event, full of fun, food and a night of entertainment as we raise funds for our charity.

**Dress code: Black and White Formal**

**Order of events**

- 7pm Welcome Drink
- 7.15 Take your seat
- 7.30 1st half - Day Wear
- 8.00 Buffet
- 8.45 2nd half- Evening Wear
- 9.15 A word from Live Well
- 9.30 Auction and Raffle
- 10 Party Time!

**We care. We empower. We are a community.**

# Charity Corner

## Tits Up

Fancy a night at the theatre? You can support Alison Stanley and her Tits Up play, running at The Laurels in Whitley Bay from 1st to 12th April. Tickets cost £15.

## Drama Group for Women

We are so excited to share plans for a drama group run by Alison Stanley from The Laurels for women affected by breast cancer and domestic abuse. Stay tuned for updates on this exciting project!

## C-Aware Podcast

Our Founder and CEO was delighted to share her thoughts on the C-Aware podcast on 26th March. The episode focused on how best to support people post-treatment.

## We want to hear from you...

Live Well with Cancer is run by people affected by cancer, for people affected by cancer. All our services and sessions were set up in response to the needs of our community and we want to know about any unmet needs that we can help address.

Do you have any suggestions for our charity? Please get in touch at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

# Supporters of the Quarter



**We are absolutely thrilled to announce that John is our Supporter of the Quarter for Q2!**

A regular at our Crafting for Wellbeing, John has been a champion of our charity for as long as we've been on Nile Street, handing out leaflets and promoting our services at every opportunity.

It has been amazing to see how far John has come since joining our community, growing in confidence week by week and becoming a favourite in our classes.

John is our handyman, with an endless list of skills that we have put to good use in our Live Well Hub. We could not be more grateful for all his help and support.

*Thank you, John!  
Keep shining. We appreciate  
everything you do for our charity  
x*





Live Well  
with Cancer

## Our Charity

Live Well with Cancer empowers anyone affected by cancer in North Tyneside and beyond to improve their health and wellbeing. Our workshops, events, support groups, 1-2-1 support and educational resources are free to anyone affected by a cancer diagnosis, including family, friends, carers and healthcare professionals.

Visit our Wellbeing Centre at  
38 Nile Street, North Shields, NE29 0BB



## Contact Us

For more information, visit our website at  
[www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)  
or contact us at  
[info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)