



Live Well
with Cancer

Q1 Newsletter

We care. We empower. We are a community.

Welcome, 2025!

Welcome to our first newsletter of 2025 - the best place to get all the news from our charity!

What's inside our winter edition?

Welcoming in 2025

We're excited to share our plans for the new year!

The Wellbeing 9-a-Day

Read on to learn more about our wellness journals!

Bailey's Bear

Get a sneak peak of our first kid's book!



Registered Charity Number 1186482

| www.livewellwithcancer.co.uk

Fresh from celebrating our 5th Birthday, everyone at Live Well with Cancer would like to thank everyone who has supported us on our journey so far.

We are only able to help people improve their health and wellbeing because of the kindness, generosity and support of our wonderful community.

2024 was a transitional year for our charity as we spent our first full year in our home on Nile Street in North Shields. We were happy to welcome so many wonderful people, whether downstairs in North Bank Cafe and upstairs in our Wellbeing Centre.

As we move into 2025, we are hoping to see you at our workshops, events and support groups, all of which can help you improve your wellbeing.

This year, we aim to help our community to build the nine foundational habits of a healthy lifestyle with our wellness journals and resources.

Keep reading to find out more about what we do and how we can help you and your loved ones live well with cancer.

**Wishing everyone good health,
happiness and prosperity in the New Year.**

Live Well with Cancer team x

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Live Well with Cancer Updates

Life at 5

Just over a month since our 5th birthday and the Live Well with Cancer team is excited for what the future holds.

As we move into our sixth year as a charity, we are so thrilled to have received such amazing support over the years. It is our mission to keep helping as many people as possible to improve their health and wellbeing.



Last Christmas

The festive period has been important for our charity from the start. Our Christmas Fayre and annual bauble appeals have grown each year, while our North Tyneside inspired christmas cards and calendars always prove popular.



The Wellbeing 9-a-Day

For the past few years, we have been developing *The Wellbeing 9-a-Day* to help people transform their health and wellness for the better. We have been absolutely delighted to receive funding for two new versions of our journals – The Prehab Edition and Wellness Week Edition. Find out more on page 6!



The Sleep Better Resources



Out Now!

Since delivering a series of regional Sleep masterclasses, we have been developing resources to help people improve their sleep. *The Sleep Better Series* is now available on our website, while we have volunteers testing *The Sleep Better Journal*, a new tool designed to put the power in your hands as you build better sleep habits. Find out more on page 9!

Bailey's Bears

Our Bailey's Bears project has helped provide over 100 support bears for children affected by cancer. We've also been thrilled to develop *Bailey's Bear*, a new kid's book funded by North Standard. Turn to page 10 for a sneak peak!



Coming soon!



Funders and Fundraisers

We'd like to thank all our wonderful funders and fundraisers for helping to make our work possible. We have been blessed to receive funding from various trusts and foundations, while our supporters continue to raise funds for our charity with various challenges and events. Turn to page 11 to see our wonderful funders and fundraisers.

Live Well in West Moor

We've been so privileged to put funding from the UK Shared Prosperity Fund to good use by running our Live Well in West Moor project from West Moor Community Centre. We were delighted to receive a second grant of £1,000 to deliver a Wellness Week in early 2025. Find out more on page 15.

Counselling

We'd like to thank Nicola for her wonderful work running The Grief Circle from our centre and counselling some of our community. We are hoping to share some exciting news about this soon!

Live Well Fashion Show

Save the date! We will be hosting our first fashion show on 21st June 2025 at Village Hotel. Learn more on page 18.

Live Well Last Christmas

Christmas has been a huge part of our charity since we founded in November 2019.

One of our first projects was our Christmas Bauble Appeal, where our wonderful volunteers make baubles for patients receiving treatment over Christmas.

Now in their sixth year, our Michael Bauble crafting events are more popular than ever, with hundreds of talented crafters making baubles with love.

Another annual event that continues to grow is our Christmas Fayre at Linskill Centre. It was so nice to host such a brilliant event, and we were happy to hold a stall in the Salt Market.



Our Christmas Coffee Morning is now held in our home on Nile Street, and we were so happy to see you all before we signed off for Christmas.



Thank you to everyone who supported our charity this festive season. Whether you bought our Christmas cards and calendar or entered our raffle and tombola, we are incredibly grateful to each of you for helping to make our work possible.

Weekly sessions

Fun with Acrylics

Monday | 10am - 12pm

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

Yoga Drop-in

Monday | 5.30 - 6.30pm

New time!

Join us for restorative yoga for beginners led by Michelle, a qualified oncology nurse specialist and yoga instructor.

Movement

Tuesday | 6 - 7pm | 7 - 8pm

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

Live Well Runners

Tuesday | 6pm

Sunday | 9am

Join Live Well Runners for twice weekly sessions run by Holly, a qualified running club leader and nutrition guru!

Crafting for Wellbeing

Wednesday | 11am - 1pm

The wonderful Dawn hosts for a couple of hours of crafting each week, where you can take part in the group sessions or work on your own project!

Tai Chi

Friday | 10 - 11am

Sandra is a Tai Chi tutor who has made Fridays mornings a sanctuary of gentle exercise and mindful movements.

The Grief Circle

Thursday | 1 - 2.30pm

8-week course,
starting 9th January

After the success of last year's grief circle, Nicola will be hosting a new 8-week course for those who have lost a loved one, starting 9th January.



Movement



Fun with Acrylics



Crafting for Wellbeing



Yoga



Tai Chi

Monthly sessions

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.

Cancer Support Drop-in

2nd Tuesday of the month | 11am-12.30pm

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

The Wellbeing 9-a-Day

2nd Tuesday of the month | 6 - 7.30pm

Ben and Jonny from Transformational Learning will teach you how to use wellness journals to build the nine foundational habits of a healthy lifestyle.

Men's Group

3rd Tuesday 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.

Craft and Craic

3rd Saturday of the month | 11am - 12.30pm

Our ever-popular crafting sessions provide a safe place for crafters of all ages to share their love of crafts.

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 cup of coffee and biscuits.

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.

Sleep and Wellbeing

4th Tuesday of the month | 6 - 7.30pm

Generously funded by Morrisons Foundation, these sessions help you to build habits that help you live well through the day and sleep better at night.



Retired Fishermen Group



Bowel Cancer Group



Sleep Masterclass

Join our workshops/support groups at our Wellbeing Centre on Nile Street in North Shields.

Please email us at info@livewellwithcancer.co.uk to register for one of our sessions.

The Wellbeing 9-a-Day

As we enter 2025, we are excited to share some of the amazing work we have been doing with *The Wellbeing 9-a-Day*. We have been delighted to receive funding for a range of wellness journals that help users build the nine foundational habits of a healthy lifestyle. These are the best understood as The Three Pillars of Wellness, as shown below...

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 your body

Enjoy

Experiencing positive emotions

Your Relationships

Connect

Cultivating better relationships

Self-care

Tending to your needs

Nutrition

Developing a healthy diet

Wellness Journals

The Wellbeing 9-a-Day: For Beginners of All Ages introduces you to the nine foundational habits of a healthy lifestyle. The first edition was funded by National Lottery Community Fund.

Our Wellness Week Edition helps you build positive behaviours that can change your health and wellness for the better. We were thrilled to receive funding from Social AF to deliver copies of the journal as part of their Christmas hampers, while the UK Shared Prosperity Fund generously funded an upcoming wellness week in West Moor - learn more on page 15.

30-day Transformation is available to buy now in our online shop. We have wire bound copies for £10 and hardbacks for £15. Available in white or blue!

We are delighted to announce that we have received funding from Northern Cancer Alliance and The Community Foundation for The Prehab Edition, an 8-week version that helps patients prehabilitate before treatment.

Available
on our
shop!



We are also looking for partners and/or funders to help us develop 90-day Habit Builder for people who are committed to long term behaviour change and have time to devote to improving their health and wellbeing.



"The secret to getting ahead is getting started."

Date: | |

Set Intentions

Today I get to...



Intentions

Reflections



Be Present



Let Go



Learn






Move



Enjoy

| | Intentions | Reflections |
|------------|------------|-------------|
| Be Present | | |
| Let Go | | |
| Learn | | |
| Move | | |
| Enjoy | | |

Day One | Daily journal

| | Intentions | Reflections |
|---|------------|-------------|
|  Connect | | |
|  Self-care | | |
|  Nutrition | | |

Journal

A space for reflection...



Wellbeing 9-a-Day Tally

Track your progress...

A row of nine circular icons representing different wellbeing categories: a notepad, a person in a yoga pose, a person holding a flower, a lightbulb, a person walking, a smiley face, a heart with two hands, a profile of a head, and a bowl of fruit. Below this row is a horizontal bar divided into nine empty rectangular boxes for tallying progress.

Sleep

If you sleep well, you live better.
If you live well, you sleep better.

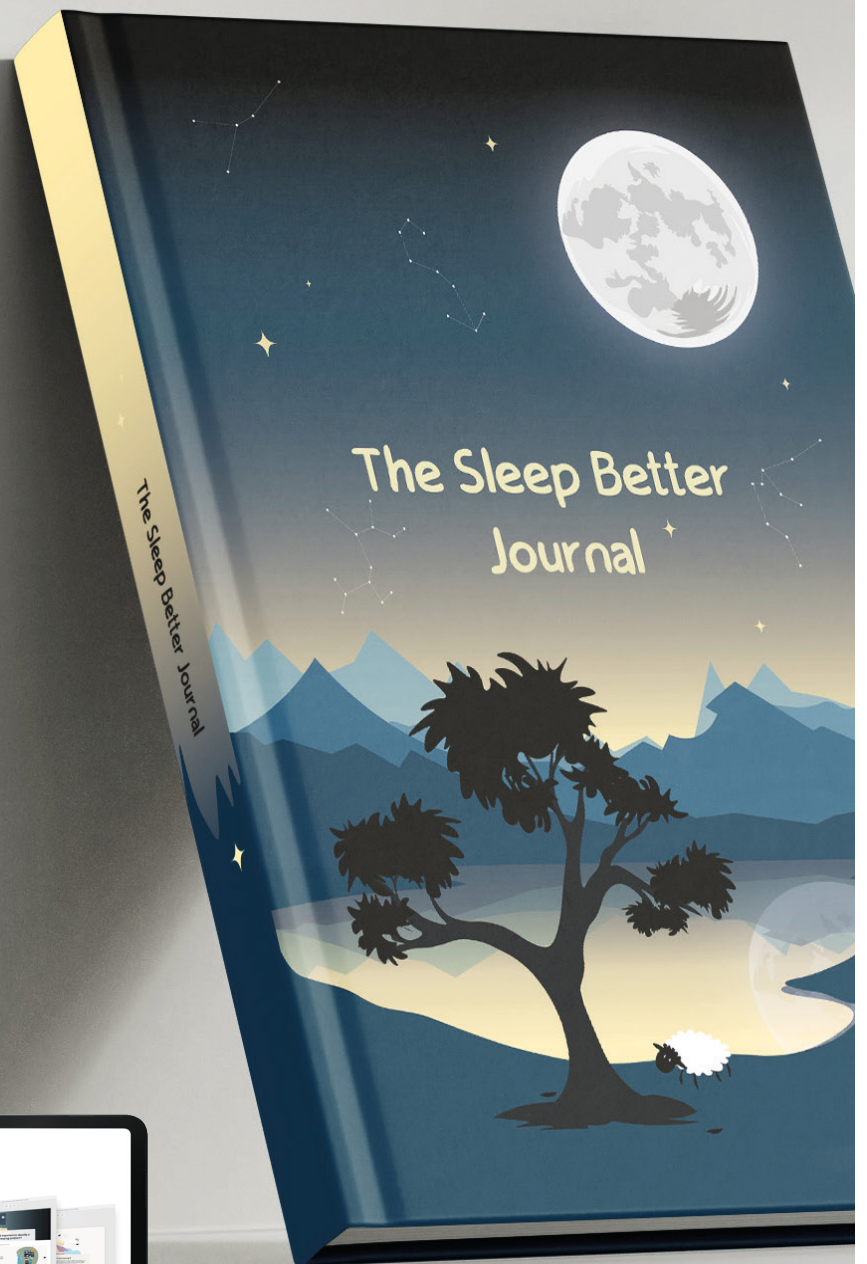
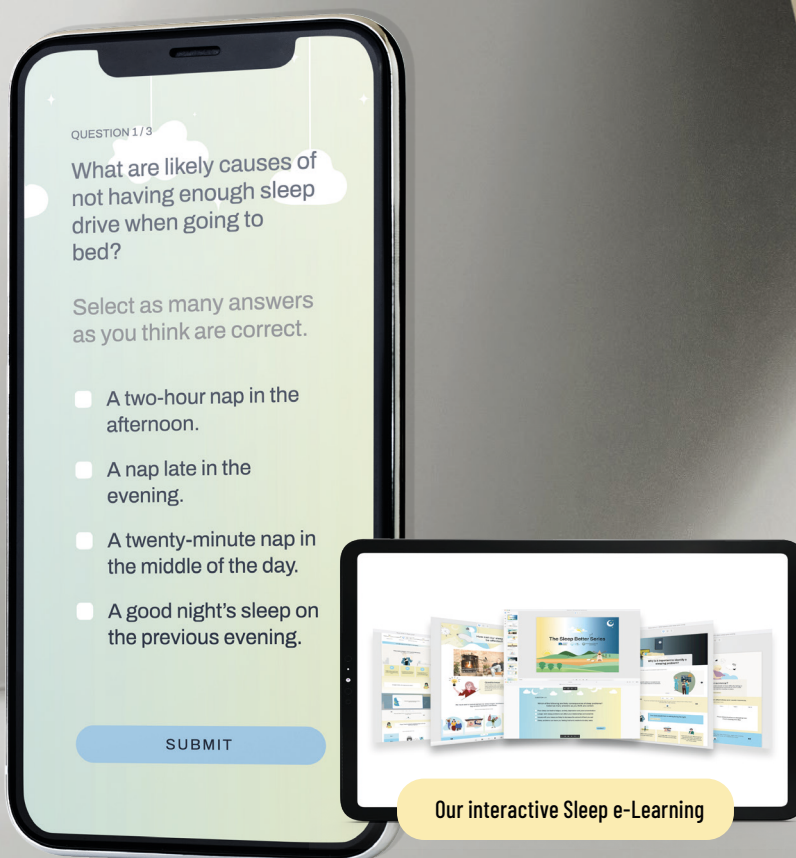
Our Sleep and Wellbeing project, generously funded by our friends at Morrisons Foundation, has seen us host a series of workshops designed to help people improve their sleeping habits.

At the heart of the project is *The Sleep Better Journal*, a wellness journal that helps you track your sleep, build better habits and put the day to bed before you go to bed.

In partnership with Northern Cancer Alliance and Transformational Learning, we developed *The Sleep Better Series*, an online resource featuring the expert advice of Professor Jason Ellis.

If you want an overview of what sleep is, why it is important and how you can improve it, you can download *The Sleep Better Booklet* for free now on our website.

To find out more visit:
www.livewellwithcancer.co.uk/sleep

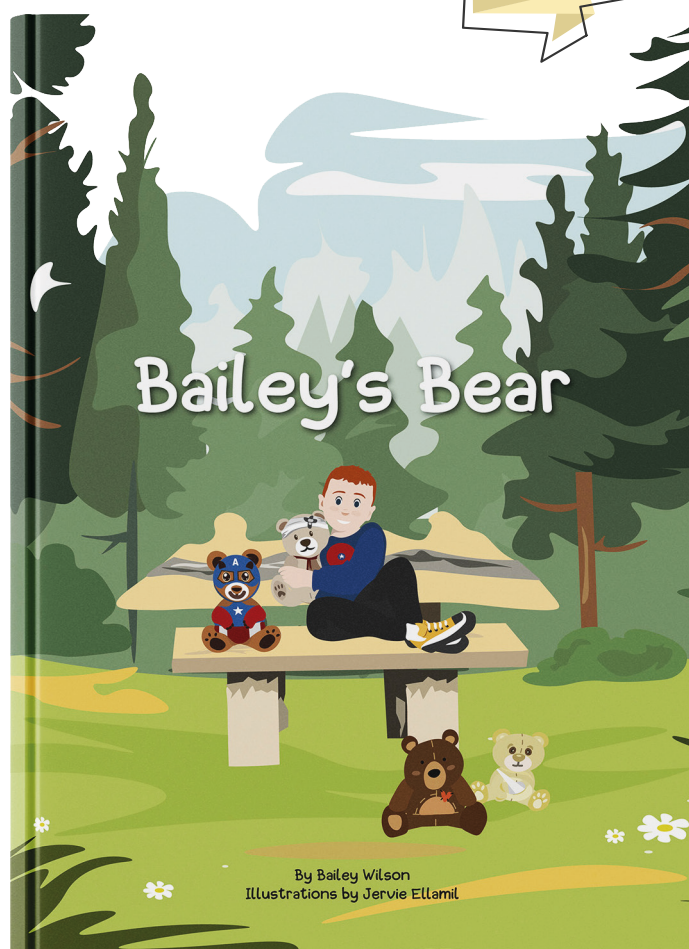


Bailey's Bears

Bailey was six when he found out his dad needed surgery. Inspired by the safe bear he was given 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.



Be one of the first to read Bailey's Bear by preordering today!



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



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.

Postcode Neighbourhood Trust



We cannot thank the Postcode Neighbourhood Trust enough for their generous grant of £24,000 towards our core costs.

Greggs Foundation

We were absolutely thrilled to receive the second year of funding from Greggs Foundation, who generously awarded us £59,400 over three years.



National Lottery Community Fund



It has been our privilege to run Wellbeing Wednesdays using £19,200 funding from TNL Community Fund to help people in our community to improve their health and wellbeing.

UK Shared Prosperity Fund

Massive thanks to the UK Shared Prosperity Fund for awarding two grants totalling £10,960 for our Live Well in West Moor and Wellness Week projects.



Morrisons Foundation



We'd like to thank Morrisons Foundation for £9,440 funding for our Sleep and Wellbeing project and the first edition of The Sleep Better Journal, which helps people improve their habits.

Northern Cancer Alliance and Community Foundation



We are delighted to get to work on The Wellbeing 9-a-Day: The Prehab Edition after receiving £8,500 in funding from Northern Cancer Alliance and Community Foundation.

B&Q Foundation



FOUNDATION

We'd love to thank B&Q for granting us £5,000 to renovate our community spaces.

Pink Ribbon Foundation



Thank you for your generous funding of £6,000 for our movement classes for people affected by cancer.

Sir James Knott Foundation



SIR JAMES KNOTT TRUST

We gratefully received £3,000 for workshops from Sir James Knott Trust, who were amongst our very first supporters.

Barbour Foundation



We were so thrilled to receive £3,000 from Barbour Foundation, who continue to fund our workshops for our community.

RW Mann Trust



Huge thanks to R W Mann Trust for their generous grant of £2,000 to fund our health and wellbeing workshops.

Active North Tyneside

We are incredibly grateful to Active North Tyneside for granting us £584 for our 5-a-side football project.



Grow and Eat

We were thrilled to use our £491 Grow and Eat grant to grow herbs and vegetables in our back garden.

Fundraisers

Thank you

As we reflect on 2024, we want to extend a heartfelt thank you to all our fundraisers who've gone above and beyond for Live Well with Cancer in 2024. From our GNR runners, big and small, to our dedicated marathon, Geordie Man and Great North Swim participants like Christine, Michelle, Beth, Ashley, Hannah, Luke, Andrew, Rachel and Jenna, to local businesses EE, Foundever, and Kingston Property Services, your contributions have made an incredible impact.

A special thanks to Gail, Vicky, and Whitley Bay District Scouts, The Hearth, Katrina, Kayla, Ruth, Alison, Emma, Kerry, and Michelle for their creativity and passion in raising funds and awareness. We're honoured to have such a compassionate and caring community behind us.

To those who have experienced the heartache of losing a loved one and choosing to raise funds for Live Well with Cancer during such a difficult time, we want to express our deepest gratitude.

To everyone who has donated, volunteered, or supported us in any way, we are eternally grateful. Your kindness and generosity make it possible for us to continue our mission of providing support to those affected by cancer.

Thank you for being part of the Live Well with Cancer family. We can't wait to see what we'll accomplish together in 2025!



Thank
You

What's on in 1st quarter?

Weekly Classes

| Time | Day | Event & Location |
|-----------------|-----------|---|
| 10am-12pm | Monday | Fun with Acrylics @LWWC Wellbeing Centre |
| 5.30-6.30pm | Monday | Yoga Drop-in @LWWC Wellbeing Centre <small>Time subject to change</small> |
| 6-7pm and 7-8pm | Tuesday | Movement @LWWC Wellbeing Centre <small>Booking required</small> |
| 6pm | Tuesday | Live Well Runners @LWWC Wellbeing Centre <small>Starting 9th Jan</small> |
| 11am-1pm | Wednesday | Crafting for Wellbeing @LWWC Wellbeing Centre |
| 10am-11am | Friday | Tai Chi @LWWC Wellbeing Centre |
| 9am | Sunday | Live Well Runners @LWWC Wellbeing Centre <small>5th Jan - optional diet & strength session</small> |

January

| Time | Date | Event & Location |
|--------------|------|--|
| 11am-1pm | 10 | Bowel Cancer Support Group @LWWC Wellbeing Centre |
| 11am-12.30pm | 14 | Cancer Support Drop-in @LWWC Wellbeing Centre <small>Appointment required</small> |
| 6-7.30pm | 14 | The Wellbeing 9-a-Day @LWWC Wellbeing Centre |
| 10am-12pm | 16 | Prehabilitation Monthly Group @LWWC Wellbeing Centre <small>NHS</small> |
| 11am-12.30pm | 18 | Craft and Craic @LWWC Wellbeing Centre |
| 6-7.30pm | 21 | Men's Group @LWWC Wellbeing Centre |
| 10am-12pm | 27 | Retired Fishermen's Group @LWWC Wellbeing Centre |
| 7-8.30pm | 27 | Breast Cancer Support Group @LWWC Wellbeing Centre |
| 6-7.30pm | 28 | Sleep and Wellbeing @LWWC Wellbeing Centre |

Courses

| Time | Day | Event & Location |
|----------|----------|--|
| 1-2.30pm | Thursday | The Grief Circle @LWWC Wellbeing Centre <small>8 week course - starting 9th January</small> |

February

| Time | Date | Event & Location |
|--------------|------|---|
| 11am-12.30pm | 11 | Cancer Support Drop-in @LWWC Wellbeing Centre Appointment required |
| 6-7.30pm | 11 | The Wellbeing 9-a-Day @LWWC Wellbeing Centre |
| 11am-1pm | 14 | Bowel Cancer Support Group @LWWC Wellbeing Centre |
| 11am-12.30pm | 15 | Craft and Craic @LWWC Wellbeing Centre |
| 6-7.30pm | 18 | Men's Group @LWWC Wellbeing Centre |
| 10am-12pm | 20 | Prehabilitation Monthly Group @LWWC Wellbeing Centre NHS |
| 10am-12pm | 24 | Retired Fishermen's Group @LWWC Wellbeing Centre |
| 7-8.30pm | 24 | Breast Cancer Support Group @LWWC Wellbeing Centre |
| 6-7.30pm | 25 | Sleep and Wellbeing @LWWC Wellbeing Centre |

March

| Time | Date | Event & Location |
|--------------|------|---|
| 11am-12.30pm | 11 | Cancer Support Drop In @LWWC Wellbeing Centre Appointment required |
| 6-7.30pm | 11 | The Wellbeing 9-a-Day @LWWC Wellbeing Centre |
| 11am-1pm | 14 | Bowel Cancer Support Group @LWWC Wellbeing Centre |
| 11am-12.30pm | 15 | Craft and Craic @LWWC Wellbeing Centre |
| 6-7.30pm | 18 | Men's Group @LWWC Wellbeing Centre |
| 10am-12pm | 20 | Prehabilitation Monthly Group @LWWC Wellbeing Centre NHS |
| 10am-12pm | 24 | Retired Fishermen's Group @LWWC Wellbeing Centre |
| 7-8.30pm | 24 | Breast Cancer Support Group @LWWC Wellbeing Centre |
| 6-7.30pm | 25 | Sleep and Wellbeing @LWWC Wellbeing Centre |

Please send us an email at info@livewellwithcancer.co.uk if you are interested in attending any of our sessions.

Live Well in West Moor

We care. We empower. We are a community.

Since receiving funding from the UK Shared Prosperity Fund, we've been so happy to run our sessions from our second home at West Moor Community Centre. It's been so lovely to host new friends and help our community to improve their health and wellbeing.

For the final two months of the project, we are delighted to add an extra Tai Chi session each Monday, while our Kickaround with the Lads sessions will now be held weekly on the outdoor pitch.

As we welcome in the new year, we are thrilled to announce that the UK Shared Prosperity Fund has generously funded a Wellness Week with The Wellbeing 9-a-Day, running 19th to 26th January.

Everyone is welcome to come to any and all of our events as we finish our Live Well in West Moor project with a bang!

Please email info@livewellwithcancer.co.uk to learn more!



Live Well
with Cancer

Registered charity number | 1186482

Dates for the diary!

The Wellbeing 9-a-Day: Wellness Week!

The Wellbeing 9-a-Day helps people build the nine foundational habits of a healthy lifestyle. Join us for back to back Sundays where we will be providing free copies of our latest wellness journal and running some of our most popular sessions, whether indoors for some crafting or outside for a kickaround.

19th January | 10.30am - 1.30pm

26th January | 10.30am - 1.30pm

Join us for our
Wellness Week!



Funded by
UK Government



North East
Combined
Authority



VODA



North
Tyneside
Council

Weekly Classes at West Moor

Tai Chi

Monday, weekly | 1-2pm

Wednesday, weekly | 7-8pm

Our Tai Chi classes help you to combine gentle movements, conscious breathing and meditation to boost your health and wellbeing. Sessions run from 6th Jan to 26th Feb.

Kickaround with the Lads

Wednesday, weekly | 6-7.30pm

Fancy a kickaround? Join us for heads and volleys, pick out a few top corners and get involved in some banter. Running from 15th January to 26th February.

8th Jan & 5th Feb

Wednesday | 6-7pm

Meet the LWWC Team

Come and see the LWWC team to find out more about our charity's work. We'll be holding a space each month to answer any questions. You can also come and see us at our Wellbeing Centre on Nile Street in North Shields.

16th Jan & 20th Feb

Thursday | 12-2pm

Crafting for Wellbeing

Our ever-popular crafting workshops are suitable for all abilities, with all materials provided. The sessions are a great place for some mindful crafting and chat.

Check out
what's on in
Jan & Feb!

Pilates

Wednesday, weekly | 2-3pm

Our Pilates sessions are the perfect place to practise low-impact exercises that help to strengthen your core and improve your posture, balance and flexibility. Running from 8th Jan to 26th Feb.

19th Jan

Sunday | 10.30am -1.30pm

Wellness Week

LWWC are taking over West Moor Community Centre to launch The Wellbeing 9-a-Day: Wellness Week Edition. Join us for a day of wellness and get your very own copy of the journal.

26th Jan

Sunday | 10.30am-1.30pm

Wellness Week

Come see us the following Sunday, where we'll do it all again! Join the LWWC team to get your hands on a journal or take part in our tai chi and crafting.



Funded by
UK Government



North East
Combined
Authority



VODA



North
Tyneside
Council

Words from our community

We'd like to thank Naomi, John, Anne and Chika for speaking so kindly about our charity in our Live Well with Cancer Wellbeing Centre video.

"It's nice to be around people who've got this unsaid knowledge that we're all dealing with cancer in some form of way."

Naomi

"It's been a lifesaver for me. Beforehand, I was very depressed, but now I know I've got a friendly face to come and talk to."

Anne

"I don't want to replace it with anything. It's an amazing place to be."

John

"The feeling that I know that somebody is there for us. That feels really good."

Chika

Supporters of the Quarter

Michelle



We are delighted to name Michelle Williams as our first Supporter of the Quarter for 2025!

Michelle has been a wonderful supporter for as long as she has been involved with our charity. We have been privileged to sell her coasters and fridge magnets at North Bank Cafe and grateful to receive a percentage of the sales. Michelle also sells calendars and gives LWWC 50% of the sales.

Michelle recently ran a coffee morning and set up a birthday fundraiser to raise much needed funds for our charity. She's even got her husband doing his own birthday fundraiser now!

**Thank you Michelle
for the joy you bring to everyone
at Live Well with Cancer**

x

Do you fancy being a model at our fashion show at The Village Hotel?

Would you like to volunteer behind the scenes or buy a ticket to attend the event?



Calling all models!

Join us!

21 . 06 . 25

We are so excited to deliver a sustainable fashion show with the help of Coast Vintage and St Oswalds.

More info on this soon! Watch this space.



Active efforts to cancer patients

CHARITY TAKES HOLISTIC APPROACH TO WELLBEING





We care. We empower. We are a community.





Live Well
with Cancer



Our Charity

Live Well with Cancer aims to empower anyone affected by cancer in North Tyneside and beyond to improve their wellbeing. Our mission is to support anyone affected by a cancer diagnosis in our community, including family, friends, carers and healthcare professionals.

Delivered in-person and online, we host regular workshops, events, and support groups that help to address the most common issues that affect people, such as anxiety, isolation, and stress.

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



SCAN ME

Contact Us

For more information, visit our website at

www.livewellwithcancer.co.uk

or contact us at

info@livewellwithcancer.co.uk