



Live Well
with Cancer

We care. We empower. We are a community.

Q4 NEWSLETTER

Autumn Edition

Welcome to our fourth newsletter of 2024 - The best place to get all the news from our charity. In this edition, we look back on summer and look forward to autumn!

What's inside?

Christmas is around the corner
Get ready for our favourite time of year!

Live Well in West Moor
We've found our second home!

The Sleep Better Series
Our first e-Learning course is out now!



Registered Charity Number 1186482

| www.livewellwithcancer.co.uk

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Updates on the charity

Happy 5th Birthday to us!

How has it been five years already?!
On 11th November, Live Well with Cancer will celebrate its 5th birthday, and we can't wait to celebrate the occasion with our growing community.

To everyone who has supported us over the years, thank you!



The most wonderful time of the year!

Christmas is our favourite time of year at Live Well with Cancer, and we've got so much planned to celebrate! Whether you join us for our Christmas Coffee Morning and Christmas Fayre or help with our 5th annual Christmas Bauble appeal, we'd love to celebrate the festive season with you!

Read on to see what we have planned this quarter.

Live Well in West Moor

We're absolutely delighted to have found our second home in North Tyneside. Generously funded by the UK Shared Prosperity Fund, our Live Well in West Moor project brings some of our best loved sessions, and some new ones, to West Moor Community Centre. Check out our Live Well in West Moor October newsletter, included at the end of this newsletter.



Celebrating 1 year with Greggs Foundation

As we approach the end of our first full year of core cost funding, we'd love to say a massive thank you to Greggs Foundation for their ongoing support of our charity. We could not do what we do without their support, and it is our privilege to put their funding to excellent use as we continue to support people in the North East cancer community. We always loved Greggs, but the support of Greggs Foundation has taken our appreciation to a whole new level.



The Sleep Better Series Launch

Our first e-Learning resources is now live on our website! Generously funded by Northern Cancer Alliance, and developed by Transformational Learning, *The Sleep Better Series* is designed to help people improve their quality and quantity of sleep. You can access the resource on our website today!

North Standard fund Bailey's Bear book



We are thrilled to announce that Bailey's Bear will soon be getting his own book thanks to the wonderful people at North Standard, who have been the biggest supporters of Bailey's Bears. Work is already under way on the story, and we can't wait to share the book with you!

Emma Campbell speaks to Northumbria Healthcare Trust

Our incredible ambassador, Emma Campbell, shared her powerful story with the oncology teams at Northumbria Healthcare Trust. Her speech was preceded by the world premiere of our new promotional video, which captures what our charity means to some of our beneficiaries. You can watch it now on the homepage of our website.



Save the date for our first fashion show

We are delighted to announce that we will be hosting our first fashion show on 21st June 2025 at The Village Hotel. Stay tuned for more information as we prepare for this exciting event.

Working in partnership with other organisations in our community

We are proud to form new partnerships with organisations that share our goal of empowering people to improve their health and wellbeing. We will be hosting a Coffee Morning on October 1st in partnership with **Liver Cancer UK**. We are also proud to be part of the **North Tyneside Mental Health Alliance**. We are delighted to welcome members of the **Active North Tyneside** team to our Wellbeing Centre from 10-11.30am on October 15th for a Healthy Eating Guide session and from 10-1pm on 23rd to do cholesterol checks.

Thank you, Lyndsay!

We'd like to say a massive thank you to Lyndsay Montgomery from Koromiko Physiotherapy for her amazing support over the years. Lyndsay returns to New Zealand with our gratitude and a promise that she will always have a place at Live Well with Cancer.



Workshops

Prehabilitation Monthly Group

3rd Thursday of the month | 10 - 12pm

LWWC Wellbeing Centre

It is our pleasure to announce that we will be running monthly Prehabilitation workshops in partnership with Northumbria NHS Foundation Trust. Open to newly diagnosed cancer patients in our region, the sessions will highlight the value of preparing for treatment by taking part in prehabilitation, teaching attendees the benefits of movement, nutrition and good mental health.

The Sleep Better Journal

13th November | 6 - 7.30pm

LWWC Wellbeing Centre

Following on the back of our Sleep Masterclasses, we have developed The Sleep Better Journal in partnership with Transformational Learning to help people improve their quality and quantity of sleep. Generously funded by Morrison's Foundation, as part of our Sleep and Wellbeing project, we are looking for volunteers to help trial our first batch of the journal. Please email to register your interest in taking part in our trial.

The Wellbeing 9-a-Day

11th December | 6 - 7.30pm

LWWC Wellbeing Centre

New year, new you? Many people set New Year's resolutions in the hope of transforming their wellbeing, and we've got the perfect tool to help you stick to yours. We are looking for volunteers to join us for a January fundraising campaign. Join us on 11th December, where we will set you up with your own copy of The Wellbeing 9-a-Day, ready to transform your wellbeing in January 2025.

Live Well Runners

7th October | 6 - 7.30pm

LWWC Wellbeing Centre

Join us for an induction session for our Live Well Runners group, starting January 2025. This first session will introduce attendees to Holly Smith, leader of the running club, and teach you about The Wellbeing 9-a-Day, a holistic wellness journal we will be using as part of the sessions.

Introduction to Art

Weekly, Monday | 10am - 12pm

LWWC Wellbeing Centre

Join local artist Michael Dennison every Monday to learn about new creative techniques over a cuppa. Classes are open to all abilities and materials provided.

Crafting for Fundraising

2nd Thursday of the month | 10 - 12pm

LWWC Wellbeing Centre

Join Dawn each month and put your creativity to good use to raise much needed funds for our charity.

Craft and Craic

3rd Saturday of the month

11am - 12.30pm

LWWC Wellbeing Centre

Our ever-popular crafting sessions continue to provide a safe space for crafters of all ages to come together to connect and share their love of crafts. Join the wonderful Dawn as she leads monthly crafts sessions from our Wellbeing Centre.

“The Crafting for Wellbeing group has boosted my abilities in Arts and Crafts. It's a great way to relax and switch off a busy mind.”
- John



Workshops

Therapeutic Drumming

2nd Wednesday of the month | 6.30 - 7.30pm

Linskill Centre, North Shields

In collaboration with Sarah's Star, we are excited to host monthly Therapeutic Drumming events at the Linskill Centre. Drumming Therapy uses drums to help release emotions, reduce stress and boost your mood.

Yoga for Wellbeing

Weekly, Monday | 2 - 3pm

LWWC Wellbeing Centre

Join us for weekly restorative yoga for beginners led by Michelle, a qualified oncology nurse specialist and yoga instructor. Spaces are limited, so please register to make sure you can enjoy these wonderful sessions.



Movement

Weekly, Tuesday | 6-7pm and 7-8pm

LWWC Wellbeing Centre

Booking
required

These sessions are a great way to get your body moving before and after cancer treatment in a supportive environment with others in a similar position. They are available to people undergoing or recovering from cancer treatment, with all equipment provided. Booking is required.

Crafting for Wellbeing

Weekly, Wednesday | 11am - 1pm

LWWC Wellbeing Centre

Join Dawn for a couple of hours of crafting for wellbeing every Wednesday, funded by the National Lottery Community Fund. You can join in with the group activity or bring your own. The classes are suitable for all abilities and all materials are provided.

Tai Chi

Weekly, Friday | 10 - 11am

LWWC Wellbeing Centre

Booking
required

Join Sandra, our wonderful Tai Chi and Qigong tutor, for a series of excellent sessions for people affected by cancer. After the success of our first five-week course, we have been thrilled to host these weekly sessions.

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

Our Tai Chi class!



Our Crafting for Wellbeing session



Events & Support Groups

Christmas Fayre

Sunday, 8th December | 10.30 - 2.30pm

Linskill Centre, North Shields

We are delighted to be back at Linskill Centre for our 4th annual Christmas Fayre! Whether you want to find the perfect gift or win a fabulous prize in our tombola, raffle and auction, our Christmas Fayre is the place to be! We will even keep the kids entertained with a gift from Santa's Grotto!

Michael Bauble on Tour

Save the Dates!

3rd November | 2-4pm

West Moor Community Centre

13th November | 11am - 1pm

LWWC Wellbeing Centre

30th November | 2-4pm

Linskill Centre, North Shields



The success has gone to Michael Bauble's head as he prepares for his tour of North Tyneside! As part of our 6th annual Christmas Bauble Appeal, we invite you to put your crafting to good use to help support cancer patients on treatment over Christmas. It's simple, you make a bauble and take a bauble. Come join us!

Christmas Coffee Morning

Tuesday, 17th December | 11am - 12.30pm

LWWC Wellbeing Centre

We would love to see you all at our Wellbeing Centre for our Christmas Coffee Morning. Join us for a cuppa and mince pie as we celebrate the festive season.



Cancer Support Drop-in

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

LWWC Wellbeing Centre

Our Lung Cancer Support Group will transform into a Cancer Support Drop-in. These monthly sessions will be facilitated by Mags, who has worked previously as a cancer nurse specialist and will continue her fabulous work supporting people affected by cancer.

Bowel Cancer Support Group

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

LWWC Wellbeing Centre

Our Bowel Cancer Support Group is facilitated by a younger bowel cancer patient and an experienced cancer nurse who are passionate about providing help and support to people after a bowel cancer diagnosis.

Breast Cancer Support Group

4th Monday of the month | 7 - 8.30pm

LWWC Wellbeing Centre

Join us as women support women through all stages of breast cancer, from diagnosis to recovery, and all the mental, physical and emotional challenges along the way. Generously funded by Northumbria Healthcare NHS Foundation Trust, we regularly have different speakers coming for talks on specific topics.

Pop-up Coffee Mornings

1st October (Liver Cancer UK Coffee Morning)

17th December (Christmas Coffee Morning)

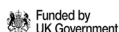
Save the dates and come join us for a chat and a cuppa!

Our regular workshops, events, and support groups are free to those who are affected by cancer, including family, friends, carers and healthcare professionals. If you are interested in attending any or all our sessions, please email us at:

info@livewellwithcancer.co.uk

Funders

UK Shared Prosperity Fund



We'd like to thank the UK Shared Prosperity Fund and their partners for funding our Live Well in West Moor project. We are delighted to be able to run our sessions from West Moor Community Centre and provide workshops, events and support groups for people across North Tyneside.

North Standard



We'd like to thank North Standard for their continued support of Bailey's Bears. Their latest funding will be used to create *Bailey's Bears*, a new book that tells the story of how Bailey began fundraising so that children affected by cancer could have a support bear like he did.

Greggs Foundation



We'd like to extend our heartfelt thanks to Greggs Foundation for their generous contribution to our core costs. As we come to the end of our first year of funding, we cannot express how grateful we are for our largest funding to date, which has helped to make so much of our work possible. We look forward to putting their money to the best possible use and continuing our excellent work into our second year of funding.

Postcode Neighbourhood Trust



As we reach the end of our year's funding, we would like to say a massive thank you to Postcode Neighbourhood Trust for funding our 1-2-1 cancer nurse support project. The grant has been invaluable to our community, helping people receive vital support and signposting after a cancer diagnosis. We are excited to share our report at the end of our funding and hope to continue our wonderful relationship.

Morrisons Foundation

We'd like to say thank you Morrisons Foundation for funding our Sleep and Wellbeing project, part of which will be used to print copies of The Sleep Better Journal for our upcoming trial. We hope our journal will help many people to improve their quality and quantity of sleep.



Finally, we'd like to thank all our past funders for making our vital work possible. We are grateful for the opportunity to put your funding to good use as we help people to live well with cancer.

Donations

We'd like to thank everyone who has donated something to our Wellbeing Centre or North Bank Cafe. There are simply too many of you for us to thank everyone individually, and so we thank you all collectively for all your generosity - we can't do what we do without your help.

Calling all Funders!

If you are aware of any funding opportunities that may benefit us, please get in touch. Our charity is growing daily, and we need all the support we can get to help support our community. We are currently seeking funding for several of our established projects and campaigns, including:

- LWWC Newsletter
- Christmas Bauble Appeal
- Wellbeing workshops
- Support groups
- The Wellbeing 9-a-Day
- The Sleep Better Journal
- Bailey's Bears
- Crafting for wellbeing

If you know any individuals or organisations who could fund one of these projects, please let us know how to contact them or ask them to email us at info@livewellwithcancer.co.uk.

FROM THE
LWWC
TEAM

THANK YOU

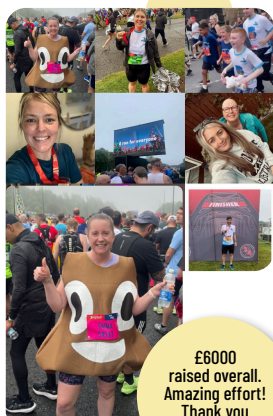
FUNDERS

Fundraisers

We're always blown away by the fundraising efforts of our supporters in the community. Unfortunately, we don't have space to thank everyone in our Newsletter, but we want you to know that your kindness and generosity is very much appreciated.

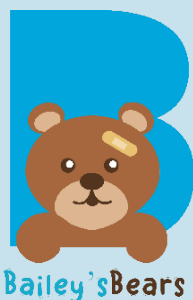
Great North Run

A massive well done and thank you to all our Great North Runners! We are so proud of Abi, James, Holly, Emma, Lydia, Amy, Dylan, Katherine and Fiona for completing the half marathon in LWWC colours. Collectively, they raised over £6,000 for our charity. Thank you all so much!



Bailey's Bears

Bailey ran the kid's Great North Run, continuing his incredible fundraising efforts for Bailey's Bears. So far, Bailey and his family and friends have raised well over £5,000 to provide support bears for children affected by cancer. Work has already begun on a Bailey's Bear book! Coming soon!



Kingston Property Services

We'd like to thank Kingston Property Services for raising almost £300 at a 'Pie your Boss!' day! A huge shout out to the bosses who took one for the cause and thank you to all those employees who took the opportunity to pie their boss!



£5 Fundraising Challenge

Thank you to everyone who is taking part in our **£5 fundraising challenge** to help celebrate our 5th birthday and raise much needed funds for our charity. It's been great to see people reinvesting their earning to see how much they can raise to support our community.

Please get involved or donate via the QR link on the right. Please scan with your phone's camera.



Tropics Pamper Night

We'd like to thank Emma Campbell for hosting a wonderful Tropics and Skincare workshop and pamper. It was a much needed night of relaxation, fun and laughter as our ladies made the most of the chance to unwind and pamper in our Wellbeing Centre.



Thank you, regular givers!

We'd love to thank our supporters for their regular monthly donations and donations of food to our community cafe.

Calling all Fundraisers!

Every penny and pound we receive makes a massive difference to our charity. If you or anyone you know is looking to do some fundraising, please consider choosing Live Well with Cancer as your charity of choice. Please get in touch if you have any ideas for fundraising.

Products

Live Well with Cancer's 2024 Christmas Cards

It's almost Christmas, and that means it's time for our latest Christmas card designs! This year, our bespoke cards celebrate some of our favourite spots in North Tyneside, from Fiddler's Green to St Mary's Lighthouse.



North Tyneside
Landmarks
Christmas Cards!

2025 North Tyneside Landmarks Calendar

Continuing our tradition of releasing an annual Live Well with Cancer Calendar, we are delighted to give a sneak peak of next year's edition. Our 2025 calendar celebrates the landmarks of North Tyneside with bespoke images. Our North Tyneside inspired Christmas cards and calendar were created by Jervie Ellamil, the talented, creative mind behind most of our charity's visuals. Check out @jedesigns.studio on Instagram!



New calendar
release
for 2025!

The Wellbeing 9-a-Day

COMING SOON
STAY TUNED!

The new and improved edition of *The Wellbeing 9-a-Day* will soon be available to buy on our website! The wellness journal offers an innovative and holistic framework that you can personalise to your own wants and needs as you build habits at the base of a healthy lifestyle. The perfect gift for your loved ones this Christmas, ready for those New Year's resolutions!

The Sleep Better Journal

Stay tuned for updates on *The Sleep Better Journal*, which will be available to buy after we have trialled the first version with our volunteers.



North Bank Cafe

All our products are available for sale in North Bank Cafe, along with artwork from local artists who have agreed to display their work and give our charity a percentage of the sale. Come to Nile Street to check out what's in and say hi to Linda and the team.



Live Well With Cancer Shop

All our products are available to buy online exclusively on our website, including our North East inspired colouring books. Visit www.livewellwithcancer.co.uk/shop to get yours now!

www.livewellwithcancer.co.uk/shop

Live Well with Cancer Shop

Charity Corner

Live Well with Cancer is keen to work in partnership with the NHS and other charities to help anyone in our cancer community get the help they need when they need it.

Now more than ever, we need you to help us empower our community to improve their health and wellbeing. We are looking for volunteers to help in North Bank Cafe and help us support our community.

The Sleep Better Journal

Would you like to sleep better? We are looking for volunteers to help us trial The Sleep Better Journal and provide feedback on how we can improve our new resource so that it can help more people improve their quality and quantity of sleep.

Our first workshop of the trial will be held on 13th November at our Wellbeing Centre. We hope to see you there!

The Wellbeing 9-a-Day

New year, new you? We are looking for volunteers to help with a group fundraiser based around The Wellbeing 9-a-Day, starting January 1st 2025. We will be hosting an induction session on 11th December 2024 to set participants up with their own journal, ready for the new year.

We are looking for volunteers to help us test The Sleep Better Journal and support our January fundraiser with The Wellbeing 9-a-Day.



**CALLING
ALL
VOLUNTEERS**

Please email us at info@livewellwithcancer.co.uk if you are interested in helping us with either or both of our trials.

Supporters of the Quarter

EE & Foundever



As a charity, we are blessed to have so many amazing supporters who volunteer their time and energy to help us empower anyone affected by cancer to improve their health and wellbeing. We are delighted to announce our latest Supporter of the Quarter award!

For the first time, our team has decided to name co-winners for our Q4 Supporter of the Quarter, choosing the staff at EE and Foundever.

We have been blessed to be supported by EE and Foundever after being chosen as their charity of the year. Each week, we have hosted members of the EE North Tyneside team at our Wellbeing Centre and North Bank Cafe, while Foundever staff have been busy running fundraising events to help us. We are incredibly grateful to both companies for choosing us!

Thank you, EE and Foundever, for your amazing ongoing support.

From the Live Well with Cancer team x

What's on in 4th quarter?

Weekly Classes

Time	Day	Event & Location
10-12pm	Monday	Introduction to Art @LWWC Wellbeing Centre
2-3pm	Monday	Yoga Drop-in @LWWC Wellbeing Centre
6-7pm and 7-8pm	Tuesday	Movement @LWWC Wellbeing Centre <small>Booking required</small>
11am-1pm	Wednesday	Crafting for Wellbeing @LWWC Wellbeing Centre
1-2.30pm	Thursday	The Grief Circle @LWWC Wellbeing Centre <small>Booking required</small>
10am-11am	Friday	Tai Chi @LWWC Wellbeing Centre

October

Time	Date	Event & Location
11am-1pm	1	Liver Cancer UK Coffee Morning @LWWC Wellbeing Centre
4-6pm	5	The Self Care Place @Jasmine Yoga
6-7.30pm	7	Live Well Runners @LWWC Wellbeing Centre <small>*First meet up</small>
11am-12.30pm	8	Cancer Support Drop-in @LWWC Wellbeing Centre <small>*Appointment required</small>
6.30-7.30pm	9	Therapeutic Drumming @Linskill Centre <small>*In collaboration with Sarah's Star</small>
10am-12pm	10	Crafting for Fundraising @LWWC Wellbeing Centre
11am-1pm	11	Bowel Cancer Support Group @LWWC Wellbeing Centre
12pm	12	Afternoon Tea Party @The Laurels Theatre, Whitley Bay <small>*Ticketed event</small>
10-11.30am	15	Healthy Eating Guide @LWWC Wellbeing Centre <small>*Active North Tyneside</small>
10am-12pm	17	Prehabilitation Monthly Group @LWWC Wellbeing Centre <small>*NHS</small>
11am-12.30pm	19	Craft and Craic @LWWC Wellbeing Centre
10am-1pm	23	Cholesterol Checks @LWWC Wellbeing Centre <small>*Active North Tyneside</small>
10am-12pm	28	Retired Fishermen's Group @LWWC Wellbeing Centre
7-8.30pm	28	Breast Cancer Support Group @LWWC Wellbeing Centre

November

Time	Date	Event & Location
2-4pm	3	Michael Bauble on Tour @West Moor Community Centre
11am-1pm	8	Bowel Cancer Support Group @LWWC Wellbeing Centre
11am-12.30pm	12	Cancer Support Drop-in @LWWC Wellbeing Centre
11am-1pm	13	Michael Bauble on Tour @LWWC Wellbeing Centre Booking required
6.30-7.30pm	13	Therapeutic Drumming @Linskill Centre
6-7.30pm	13	The Sleep Better Journal @LWWC Wellbeing Centre Sign up required for trial
10am-12pm	14	Crafting for Fundraising @LWWC Wellbeing Centre
11am-12.30pm	16	Craft and Craic @LWWC Wellbeing Centre
10-12pm	21	Prehabilitation Monthly Group @LWWC Wellbeing Centre <small>*NHS</small>
10-12pm	25	Retired Fishermen's Group @LWWC Wellbeing Centre
7-8.30pm	25	Breast Cancer Support Group @LWWC Wellbeing Centre
2-4pm	30	Michael Bauble on Tour @Linskill Centre

December

Time	Date	Event & Location
10.30am-2.30pm	8	Christmas Fayre @Linskill Centre
11am-12.30pm	10	Cancer Support Drop In @LWWC Wellbeing Centre
6-7.30pm	11	The Wellbeing 9-a-Day @LWWC Wellbeing Centre Sign up required for trial
6.30-7.30pm	11	Therapeutic Drumming @Linskill Centre
10am-12pm	12	Crafting for Fundraising @LWWC Wellbeing Centre
11am-1pm	13	Bowel Cancer Support Group @LWWC Wellbeing Centre
11am-12.30pm	17	Christmas Coffee Morning @LWWC Wellbeing Centre
10am-12pm	19	Prehabilitation Monthly Group @LWWC Wellbeing Centre <small>*NHS</small>

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.



Live Well
with Cancer

Registered charity number | 1186482

Our first month in West Moor Community Centre saw people from across North Tyneside and beyond joining us for our wellbeing sessions.

Whether you joined us for Tai Chi, Pilates, Football with the Lads, Men's Group, Crafting for Wellbeing or our Sleep and Wellbeing workshop, we'd like to thank our attendees for making our first month such a success. As we move into October, we'd love to see you and your family and friends at any or all of our classes, workshops and events.

Generously funded by the UK Shared Prosperity Fund, these sessions are free to anyone in our community who will benefit.

Please email
info@livewellwithcancer.co.uk
for more details on
Live Well in West Moor!

Dates for the diary!

Michael Bauble on Tour!

After the success of our Afternoon with Michael Bauble events, we are delighted to bring this wonderful session to three venues as we grow our annual Christmas Bauble appeal.

West Moor Community Centre

3rd November | 2-4pm

Live Well with Cancer Wellbeing Centre

13th November | 11-1pm

Linskill Centre

30th November | 2-4pm

We'd love for you to join Michael for one or all of his North Tyneside tour dates!



Funded by
UK Government

NE North East
Combined
Authority

VODA

North
Tyneside
Council

Weekly Classes at West Moor

Pilates

Wednesday, weekly | 2-3pm

Join us for weekly Pilates classes led by the fabulous Stefania, where you will enjoy low-impact exercises that strengthen your core and improve posture, balance and flexibility.

Tai Chi

Wednesday, weekly | 7-8pm

Join Sandra, our wonderful Tai Chi and Qigong tutor, for a series of gentle exercise classes that combine movements, meditation and deep breathing to boost your health and wellbeing.

**Check out
what's on
October!**

2nd Oct

Meet the LWWC Team

Wednesday | 6-7pm

Come and meet the Live Well with Cancer team to find out more about what we do. We'll be holding a space each month to answer any questions you have about our charity.

2nd & 30th Oct

Football with the Lads!

Wednesday | 6-8pm

We are delighted to hold a regular space for men to come together to enjoy a kickaround. Join us for heads and volleys, pick out a few top corners and get involved in some banter. A five Wednesday month means a bonus Football with the lads!

8th Oct

Tuesday | 6-7.30pm

Sleep and Wellbeing

Join the Transformational Learning team for a sleep and wellbeing workshop and learn about how what we do during the day affects how well we sleep at night.

16th Oct

Wednesday | 6-8pm

Men's Group

Men of all ages, come and join the lads from Live Well with Cancer for two hours of mental and physical wellbeing as we create a space for men to exercise their minds and bodies.

17th Oct

Thursday | 12-2pm

Crafting for Wellbeing

Join the wonderful Dawn for her ever-popular Crafting for Wellbeing workshops. Suitable for all abilities, the sessions are a great place for some mindful crafting and chat.



Registered charity number | 1186482



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 North Bank Cafe

Open Monday to Friday from 9.30am-2.30pm

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