



Live Well
with Cancer

Winter Edition

Q1 Newsletter

Celebrating
the power of
community
this
season.



Inside this issue

Live Well Last Christmas

A look back on our biggest bauble appeal yet!

Weekly and Monthly Sessions

Learn about our workshops, events and groups.

What's on in Q1?

Find out what's on in January, February and March.

We care. We empower. We are a community.

Registered Charity Number 1186482 | www.livewellwithcancer.co.uk

Reflecting on 2025 - A year of community, courage and connection.

This past year has given us powerful moments – some joyful, some challenging, all deeply meaningful. We've seen people lift one another up with kindness, share their stories with incredible bravery, and offer support to those who needed just a little extra strength.

Our highlights from 2025 include our unforgettable Live Well Fashion Show, Howay the Bay, Pilates at the Beach and the Great North Run. As always, we loved hosting our annual Christmas Fayre, while our Christmas Bauble Appeal saw our community make over 1,500 baubles for people affected by cancer.

We've welcomed new volunteers, built safe spaces for connection and created opportunities for people to talk, learn, laugh and simply be themselves.

We have also experienced deep loss, saying goodbye to people who meant so much to us, whose memories continue to guide and strengthen our purpose.

To our patients, carers, families, volunteers, fundraisers, partners and supporters – thank you! Your compassion and commitment continue to drive everything we do.

As we look ahead to our seventh year, we remain committed to offering support, connection and hope to anyone affected by cancer.

Here's to a year ahead filled with hope, joy, kindness and togetherness. From all of us at Live Well with Cancer – thank you for being part of our story.

Maureen Elliott
Founder and CEO of Live Well with Cancer

| | | |
|--------------------------------------|-------|------------|
| Live Well Updates | | Page 1 |
| Last Christmas | | Page 2 |
| Sessions | | Page 3,4 |
| Live Well with Healthy Habits | | Page 5 |
| Writing for Wellness | | Page 6 |
| 2025 Highlights | | Page 7,8 |
| Funders and Fundraisers | | Page 9,10 |
| Learning | | Page 11 |
| Resource Library | | Page 12 |
| What's on in Q1? | | Page 13,14 |
| Charity corner | | Page 15 |
| Supporter of the Quarter | | Page 16 |

Live Well with Cancer Updates



Last Christmas

We'd like to say a huge thank you to everyone who supported us during the festive period. Whether giving time or money to our cause, we were blown away by the kindness and generosity of our amazing community.



Weekly and monthly sessions

After a lovely two weeks off over Christmas, we're excited to get back to what we do best in the Live Well Hub. Most of our regular weekly and monthly sessions will start again in January, with some new ones added into the mix.

Writing for Wellness

Whether using our range of wellness journals or writing your story of transformation, our sessions and resources can help you write your way to wellness. We're very excited to share our upcoming Live Well with Stories anthology.

Funders & Fundraisers

Our work is only possible because of our wonderful funders and fundraisers. We'd like to thank the Trusts and Foundations that support our work, and our growing community of supporters who fundraise for our cause.

Step into Shields

Since our first day in our home on Nile Street in North Shields, we've been welcomed into the community with open arms, and we're delighted that we've been able to give back to our community with our Step into Shields walking guide.



Live Well with Banter

Learn more about the people behind Live Well with Cancer with our brand-new podcast, where members of our community talk about healthy habits, Newcastle United, and their experiences with our charity, with lots of banter along the way.





Last Christmas

Christmas is always a very special time at our charity, and last year was no exception. We were blessed to celebrate with so many of you and blown away by the kindness and generosity of our community. To everyone who donated time, energy or money to our charity last Christmas – thank you! Your support helps make our vital work possible.



Live Well Christmas Fayre

It was so lovely to see our community come together for our annual Christmas Fayre in the Trevelyan Hall at Linskill Centre. From Santa and Mrs Claus to our Live Well Choir and their brilliant young co-stars, we were thrilled to host such a great event, which raised over **£3,500** for our charity. Thank you to everyone who came, including our wonderful volunteers and the fabulous stallholders who supplied their local products for the event. **We'll be back to do it all again next year at the Linskill Centre on 12th December 2026.** If there are any local businesses reading, we are looking for sponsors to cover the cost of the hall hire and Santa's gifts for kids.

Michael Bauble Appeal

Our seventh annual Christmas Bauble appeal was the biggest yet! Our amazing community made over **1,500 handmade baubles** for people receiving treatment during the festive period.

Whether you attended a Michael Bauble event, hosted your own, or helped make baubles in your own time by yourself or with others, we cannot thank you enough for making this year's appeal such a wonderful success.

We'd like to thank **Dunelm** for donating 50+ gifts through Delivering Joy, **Karbon Homes** for gifting selection boxes, and **Sweet Reminisce** for donating chocolate for Santa's gifts!



Christmas Coffee Morning

The Live Well team signed off for the year in style with our Christmas Coffee Morning. It was wonderful to see so many people from our community come together for the last time in 2025. Coffee mornings have been a vital part of our charity from the beginning, and we're looking forward to getting together for a cuppa and chat in 2026.



Over 1500
handmade
baubles
made!



Weekly sessions

Fun with Acrylics

Monday 9.30am - 12pm

Discover your creative side through weekly art sessions, with a local artist!



Strength and Balance

Monday 2.30 - 3.30pm

Join a qualified NHS physio for a gentle introduction back to exercise.

Live Well Writers

Tuesday 11am - 2pm

Connect with other creatives while you write your own stories of transformation, whether fiction or non-fiction.



Live Well Runners

Tuesday 6pm | Various locations

Learn how to improve your running with a weekly skill session led by a qualified running club leader.

Movement

NHS- Sign up required



Tuesday 6.30 - 7.30pm

Move your way to better wellbeing with our weekly movement classes led by a qualified NHS physio.

Crafting for Wellbeing

Wednesday 11am - 1pm

Craft your way to better wellbeing by taking part in the group session or working on your own project.

Yoga Drop-in

Starting 15th Jan



Thursday 5.45 - 6.45pm

Enjoy restorative yoga for beginners led by a qualified oncology nurse specialist and yoga instructor.

Crafting for Fundraising

Friday 10am - 12pm

Join our peer-led crafting session to put your skills to use and help raise funds for our charity.

Tai Chi

Friday 10 - 11am



Work on your breathing and improve your strength and stability with our weekly Tai Chi classes.

Strength and Balance

Friday 11am -12pm

Improve mobility and increase independence with weekly strength and balance classes.

Live Well Runners

Sunday 9am

Jog your way to better fitness and connect with others with our weekly social runs.

West Moor Community Centre

Tai Chi

Monday 2 - 3pm

A sanctuary of gentle exercise and mindful movements led by a qualified Tai Chi and Qigong tutor.

Pilates

Starting 14th Jan



Wednesday 2 - 3pm

Connect your mind and body with weekly Pilates classes adaptable to all levels of fitness.

Kickaround with the Lads

Wednesday 6 - 7pm

Improve your fitness, connect with men from our community and score some goals in the process.

Monthly sessions

Veteran's Cancer Support Group

2nd Monday | 2.15 - 3.30pm

An informal drop-in for anyone who has served in the armed forces and their families. Contact Jim at info@operationveteran.co.uk for more information.

All our monthly sessions are hosted at the Live Well Hub.

Secondary Cancer Support Group

2nd Tuesday | 1 - 2.30pm

A monthly support group for people living with a secondary cancer diagnosis.

Bowel Cancer Support Group

2nd Friday | 11am - 1pm

A monthly support group held by a younger bowel cancer patient and experienced cancer nurse for anyone affected by bowel cancer.

Nipple Project

1st Friday

Starting 6th Feb! Appointment required.

New!

New!

Emma's Facial

3rd Tuesday

Appointment required

!

Join our wonderful ambassador Emma for monthly facials using fabulous Tropics products.

Retired Fishermen's Group

4th Monday | 10am - 12pm

Share stories from the sea and connect with fellow retired fishermen over a coffee and a biscuit.

Breast Cancer Support Group

4th Monday | 7 - 8.30pm

Women support women through all stages of breast cancer, from diagnosis to recovery.



Mag's Massage

4th Tuesday

Appointment required

!

Enjoy some relaxation and oncology massage from the expert hands of Mags.

Please email info@livewellwithcancer.co.uk for more info on our weekly and monthly sessions.

Dates for your diary

Nicola Jane Bra Fitting

3rd February

Appointment only

!

We're delighted to be welcoming our friends back into the Live Well Hub on 3rd February for free bra fitting appointments. Email in to book your slot.

Easter Coffee Morning

28th March | 10.30am - 12.30pm

Everyone is welcome to join us for a brew and a biscuit at the Live Well Hub and see what our community is all about at our Easter Coffee Morning.

Newcastle Building Society

Dates to be announced

We're excited to announce that we will be working with Newcastle Building Society to deliver financial talks.

Live Well with Healthy Habits

Working in partnership with Transformational Learning, we've developed a range of wellness journals that put the power in your hands as you live well with The Wellbeing 9-a-Day.



Check out our range of Healthy Habits journals!

Wellness Journals

Our Live Well with Healthy Habits campaign focuses on the nine habits of a healthy lifestyle, best understood as the Three Pillars of Wellness. Learn how to move forward on **your journey**, improve **your health** and enhance **your relationships**.

1. Live Well with Healthy Habits

This 1-day journal is the perfect introduction to The Wellbeing 9-a-Day.

2. Wellness Week

Start to build healthier habits with this 8-day wellness journal.

3. The Prehab Edition

Create positive behaviour change while preparing for treatment.

4. 31-day Transformation

Transform your health and wellbeing with our month-long journal.

5. The Wellbeing 9-a-Day

Build habits that benefit you now and into the future with our 91-day journal.

Available to purchase at our website! Head to shop and discover the range from hardback, paperback and wiro-bound.

Writing for Wellness

While our journals can help you to write your way to better health and wellbeing, our workshops and resources empower you to write fiction and non-fiction stories.

Live Well Writers

Join us every Tuesday for weekly writing workshops at the Live Well Hub. Whether you want to write the story of your life or create a fictional world of your own, the sessions can help you get your ideas out of your head and onto paper.

Live Well with Stories

We are so excited to share our Live Well with Stories anthology, consisting of pieces written by members of our community. Generously funded by Catherine Cookson Charitable Trust, the book features stories from regular attendees of our weekly Creative Drop-in sessions.

The Story of Transformation

Used regularly in our Live Well Writers sessions, The Story of Transformation is an innovative approach to storytelling that can help anyone to structure fiction and non-fiction pieces. The concept will be at the heart of an upcoming resource we are developing to help anyone get their story out of their head and onto the page.

If you would like to learn more about our wellness journals or writing resources, email us at transformation@livewellwithcancer.co.uk



Let's take a look back at the charity



highlights in 2025...



Funders

Our charity only exists because of the kindness of our supporters and the generosity of our funders.



Postcode Neighbourhood Trust

£24,000 to employ key roles in the Live Well Hub

Finished



National Lottery Heritage Fund

£1,000 to produce Step into Shields walking guide for NS800.

New



Garfield Weston Foundation

£10,000 of core cost funding for our charity.

£3,000 to provide workshops and support groups for our community.

The Barbour Foundation



Rothley Trust

£1,000 to deliver workshops and groups for people affected by cancer.

£59,400 over three years to cover our core costs.

Greggs Foundation



Ballinger Charitable Trust

£30,000 over two years to cover our core costs.

£9,640 to fund three ongoing movement classes for our community.

UKSPF

Funded by UK Government, North East Local Authority, VODA, North Tyneside Council



Bright Northumbria Healthcare Charity

£5,670 to host emotional wellbeing courses for people affected by secondary cancer.

£3,600 to support people living with secondary cancer in North Tyneside.

Karbon Homes



The Catherine Cookson Charitable Trust

£3,000 to capture tales from our community in our Live Well with Stories anthology.

£500 to support our ever-popular weekly art classes.

Hadrian Trust



Ongoing

We are deeply grateful to our funders, whose generous support makes our work possible.

Fundraisers

We are always blown away by our community's ability to fundraise for our cause. Some highlights from our last quarter include:

100km Sahara Desert Trek

Emma raised over **£4,000** with her Sahara Desert 100km challenge. As an ambassador for our charity, Emma continues to blow us away with her amazing fundraising efforts.

Live Well Christmas Fayre

Our Live Well Christmas Fayre raised over **£3,000**, with many from our community supporting our raffle, auction and tombola.

Michael Bauble

Too many people hosted Michael Bauble festive fundraisers for us to thank you all individually, and so we thank you all collectively.

We appreciate all your hard work and the amazing baubles you created for our appeal!

Canny Dramatic

Canny Dramatic raised **£320** for our charity with their annual pantomime.

In Loving Memory

We are deeply saddened by the loss of Sarah Harrison from Sarah's Star, who touched the lives of so many in our community. A great friend who will be sadly missed.

We are always touched and honoured when people fundraise for our charity in memory of loved ones they have lost to cancer.

Netherton Social Club

Netherton Social Club raised **£1,975** in memory of our wonderful friend, Gail.

Charlie, Emma and Family

Charlie, Emma and family raised an incredible **£700** in memory of Linda on what would have been her 62nd birthday.

Michelle and Family

We'd like to thank the family and friends of Michelle Williams for supporting our charity in her memory. Michelle raised **£453** with her birthday fundraiser, while Alan, Carol and her family raised **£824.30** for Live Well with Cancer through donations given at her funeral.

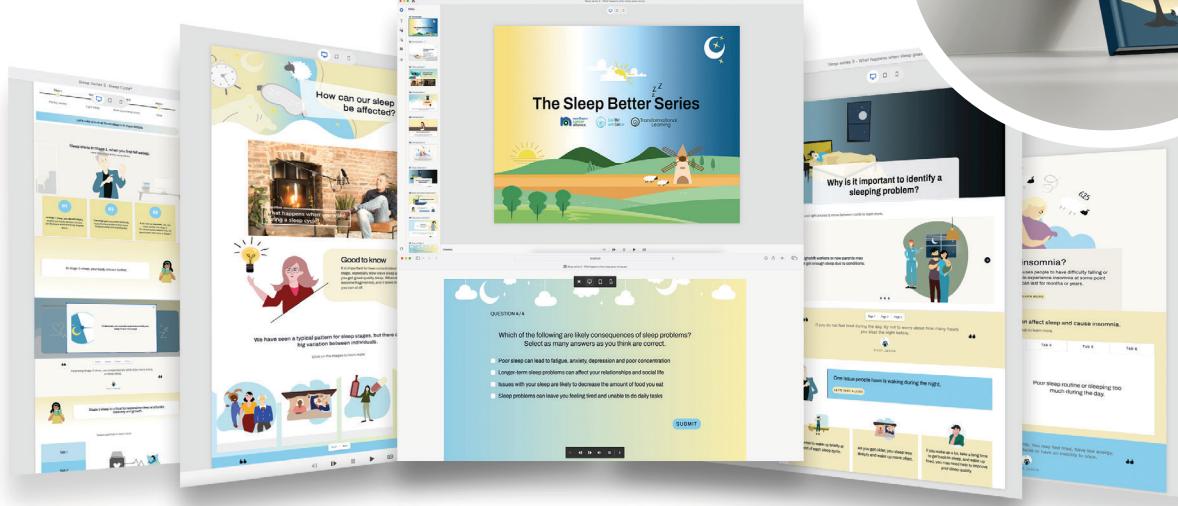


Gone but not forgotten, we pledge to use every penny raised to help our community to live well with cancer.

Learning

While we pride ourselves on delivering in-person sessions at the Live Well Hub, we also develop engaging online and physical resources with our partners at Transformational Learning and Northern Cancer Alliance.

Why not check out our Sleep Better journal? Available to purchase on our shop!



Out now!



The Sleep Better Series

Coming soon!



Managing Fatigue

Out now!



Menopause, Cancer & Me

Poor sleep is one of the most common issues facing people impacted by a cancer diagnosis. Learn what sleep is, why it is important for health and wellbeing, and how you can sleep better with our 6-module eLearning series.

Cancer-related fatigue is commonly experienced by people affected by cancer. Find out how to manage cancer-related fatigue and the benefits of physical activity and psychological wellbeing with our upcoming resource.

Going through menopause during or after cancer treatment can be incredibly difficult, often leading to more severe symptoms than a natural menopause. Learn about symptoms and how to manage them on the Transformational Learning website.

To explore the resources we have on offer visit
www.transformationallearning.co.uk

Our library of resources

From walking guides to colouring books, our growing library of books has something for everyone!

Available in range of colours!



Find out more about our Live Well with Healthy Habits wellness journals on page 5!

Step into Shields

Funded by the National Lottery Heritage Fund as part of NS800, our Step into Shields walking guide is the perfect way to learn more about the past and present of North Shields. Visit the Live Well Hub to get a copy or download the PDF from our website.



Bailey's Bear

Funded by North Standard, Bailey's Bear tells the story of how Bailey Wilson and his support bear, Bobby, fundraised through his dad's treatment so that other children affected by cancer could get free support bears from our charity.

Bobby's Adventure

Colour your way through Bobby's adventure across North Tyneside as he tries to reunite with Bailey, with the help of Big Dan the Seal, Crabian Schär and more.

The Sleep Better Journal

Capturing all the key learning from The Sleep Better Series, this book contains a sleep diary, information on what happens when you sleep, and four weeks of journal pages to help you sleep better at night.

Visit our website for additional resources.

Weekly classes

Monday

- Fun with Acrylics | 9.30am - 12pm
@ Live Well Hub
- Strength and Balance | 2.30 - 3.30pm
@ Live Well Hub
- Tai Chi | 2 - 3pm
@ West Moor Community Centre

Booking required

Tuesday

- Live Well Writers | 11am - 2pm
@ Live Well Hub
- Live Well Runners | 6pm
@ Various locations
- Movement Class | 6.30 - 7.30pm
@ Live Well Hub

Booking required

Wednesday

- Crafting for Wellbeing | 11am - 1pm
@ Live Well Hub
- Pilates | 2 - 3pm
@ West Moor Community Centre
- Kickaround with the lads | 6 - 7pm
@ West Moor Community Centre

Starting 14th Jan!

Thursday

- Yoga Drop-in | 5.45 - 6.45pm
@ Live Well Hub

Starting 15th Jan!

Friday

- Crafting for Fundraising (Peer led)
10am - 12pm @ Live Well Hub
- Tai Chi | 10 - 11am
@ Live Well Hub
- Strength and Balance | 11am - 12pm
@ Live Well Hub

Sunday

- Live Well Runners Sunday Social | 9am
@ Live Well Hub

What's on in

January

9 Bowel Cancer Support Group
11am - 12.30pm @ Live Well Hub

12 Veterans' Cancer Support Group
2.15 - 3.30pm @ Live Well Hub

13 Secondary Cancer Support Group
1 - 2.30pm @ Live Well Hub

20 Emma's Facials
@ Live Well Hub

Appt required

26 Retired Fishermen's Group
10am - 12pm @ Live Well Hub

26 Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub

27 Mag's Massage
@ Live Well Hub

Appt required

1st quarter?

February

- 3** Nicola Jane Bra Fitting
@ Live Well Hub Appt required
- 6** Nipple Project
@ Live Well Hub Appt required
- 9** Veterans' Cancer Support Group
2.15 - 3.30pm @ Live Well Hub
- 10** Secondary Cancer Support Group
1 - 2.30pm @ Live Well Hub
- 13** Bowel Cancer Support Group
11am - 12.30pm @ Live Well Hub
- 17** Emma's Facials
@ Live Well Hub Appt required
- 23** Retired Fishermen's Group
10am - 12pm @ Live Well Hub
- 23** Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub
- 24** Mag's Massage
@ Live Well Hub Appt required

March

- 6** Nipple Project
@ Live Well Hub Appt required
- 9** Veterans' Cancer Support Group
2.15 - 3.30pm @ Live Well Hub
- 10** Secondary Cancer Support Group
1 - 2.30pm @ Live Well Hub
- 13** Bowel Cancer Support Group
11am - 12.30pm @ Live Well Hub
- 17** Emma's Facials
@ Live Well Hub Appt required
- 23** Retired Fishermen's Group
10am - 12pm @ Live Well Hub
- 23** Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub
- 24** Mag's Massage
@ Live Well Hub Appt required
- 28** Easter Coffee Morning
10.30am - 12.30pm @ Live Well Hub

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

Live Well with Banter



We've been so thrilled to get such amazing feedback for our Live Well with Banter podcast. It's been lovely to share the first six episodes, which were produced for free for our charity by Stuff Productions. Check them out on our website!

- Episode 1 > Founder and CEO
- Episode 2 > Dad and Daughter Duo
- Episode 3 > From Patient to Trustee
- Episode 4 > From Patient to Ambassador
- Episode 5 > Prehab and Movement
- Episode 6 > Bailey's Christmas Special!



Charity Corner

Trustee Update

We are delighted that two new trustees have joined our board, united in their desire to help our community to live well with cancer.

Dr Jenny Johns

Jenny is a Clinical Lead Psychologist based in the North East, supporting people affected by cancer and the incredible staff who care for them. She loves mountain walks, wild swims, and time with friends and family. A long-time supporter of Live Well With Cancer, Jenny is proud to join as a Trustee of this special community.

Charlie Simpkin

Charlie brings over 20 years of experience as a Chartered Health and Safety Manager, including four years as a Senior H&S Advisor in the NHS before retiring. After losing his wife to cancer in February 2025, he felt called to support Live Well with Cancer in a personal and meaningful way, guided by her strength and courage.

Stay tuned for
upcoming episodes of
Live Well with Banter!

Supporter of the Quarter

When discussing who should get this edition's Supporter of the Quarter, we had a shortlist of more than a dozen names, with plenty more deserving of a place.

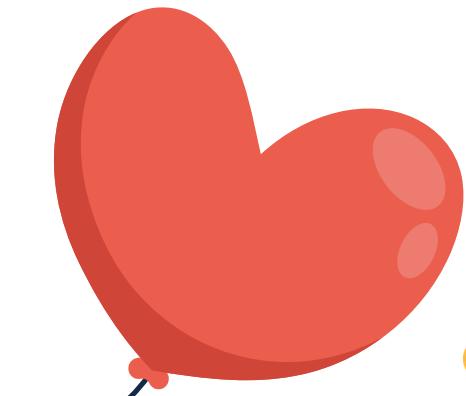
The buildup to Christmas highlights the kindness and generosity of our supporters and beneficiaries. We received countless donations, gifts and prizes, while dozens of people donated their time and energy to our cause.

For the first time, we've found it impossible to pick just one person when there are so many people deserving of the honour, and so we've decided to give the award to... the **Live Well community!**

Each and every one of you has played an essential part in helping us grow into the charity we are today, and we cannot thank you enough for helping us make the Live Well Hub a cornerstone of cancer care in our community.

Thank you all for everything you do for our charity.

Let's make 2026 our best year yet!



Live Well community!





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 the Live Well Hub at
38 Nile Street, North Shields, NE29 0BB

Contact us

For more information, visit our website at
www.livewellwithcancer.co.uk

Or contact us at
info@livewellwithcancer.co.uk

