

This Autumn
issue brings you
all the upcoming
festivities and
exciting new
workshops!
Our best
newsletter yet!



Live Well
with Cancer

Q4 Newsletter

We care. We empower. We are a community.



Support our upcoming 24-hr podcast!
Scan the QR code to donate!

www.livewellwithcancer.co.uk

Registered Charity Number 1186482

A message from our CEO

I hope everyone has had a lovely summer and is feeling ready for autumn and all the wonderful Christmas activities we have planned. It has certainly been a busy few months here at Live Well with Cancer, and we have lots to celebrate.

We're delighted to be expanding our team and welcoming Katie, our new Cancer Support Lead. Katie brings valuable experience, knowledge and compassion, and we know she will be a wonderful asset to our charity.

Over the summer, we've celebrated the success of Howay the Bay, organised new sessions and activities for our community, and seen Ben nominated for a Northern Cancer Alliance Going the Extra Mile Award. We were also delighted to see Bailey win the BBC Make a Difference Young Hero Award!

We were so thrilled to win **£15,000** in the Certas Energy Community Bloom Awards, something made more special because it was decided in a public vote – thank you to everyone who voted for our charity! We cannot wait to put the money to good use improving the Live Well Hub.

Alongside the highs, we've also experienced sadness, losing five members of our community this summer. Our thoughts remain very much with their families, friends and loved ones. They will be greatly missed and always remembered as part of our Live Well with Cancer family.

And finally, at the time of writing, I'm still waiting to go in for surgery on October 23! So, while I'm looking forward to getting back to full speed, I'm also incredibly grateful to our amazing team, volunteers and community for everything they continue to do.

Thank you, as always, for being part of Live Well with Cancer.

Maureen Elliott

Founder and CEO of Live Well with Cancer

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Live Well with Cancer Updates

Welcome to the team, Katie!

We are delighted to welcome Katie as our Cancer Support Lead. It's been so lovely to see Katie with our groups as she gets used to life in the Live Well Hub. She'll be a vital support while Maureen recovers from her surgery.



Certas Community Bloom Fund

Thank you to everyone who voted for our charity in Certas Energy's Community Bloom Fund campaign! Your votes helped us win one of two **£15,000** grants to help us renovate the Live Well Hub and create an accessible area for 1-2-1 support in our back garden.



Our Young Hero

Congratulations to Bailey for winning the BBC Make a Difference Young Hero award! Well-deserved recognition for all his amazing fundraising efforts.



Congratulations Bailey!

Howay the Bay

Thank you to everyone who took part in our 2nd annual Howay the Bay 15km(ish) from Blyth beach to Northumberland Park in North Shields. 87 people took on the route, raising an amazing **£3,726** for our charity!

Happy 7th Birthday to us!

Our charity turns 7 on 11th November and we're celebrating in style! We'll be hosting a 24-hour podcast and fitness challenge, as well as a Paint n' Sip for £15.



Live Well this Christmas

Q4 means one thing...Christmas! There's so much to look forward to this festive period as our Michael Bauble Appeal goes into overdrive.



Conversations that Matter

We'll be hosting a friendly, supportive half-day workshop on 16th November to help our community to have conversations that matter in partnership with Turnbull Funeral Directors and The Will Guys.



Howay the Bay

Thank you everyone and well done to all runners!

A huge thank you to Holly and everyone who helped organise and run our 2nd annual Howay the Bay 15km(ish)! 87 runners made their way from Blyth beach to North Shields, and it was lovely to see everyone enjoy some well-deserved treats after in the Live Well Hub. We can't wait to do it again next year!

If you're interested in joining an inclusive run club, Live Well Runners is a mixed ability group that meets twice weekly in North Tyneside. All are welcome – you do not need to be affected by a cancer diagnosis.

For more information, contact Holly at LiveWellRunnersUK@outlook.com



Stay connected!

[@livewellrunnersuk](https://www.instagram.com/livewellrunnersuk)

Why not give Live Well Runners a follow on Instagram? It's a great way to keep up with their latest news, updates and upcoming events, and see what's happening in the Live Well Runners community.





We care. We empower. We are a community.

Howay the Bay 15k 2026

Weekly sessions

Fun with Acrylics

Monday | 9.30am - 12pm

Explore your creative side with weekly art sessions, plenty of fun and chat along the way!

Chair Pilates

Monday | 12.30 - 1.30pm

Join us for an accessible Pilates session designed to improve your strength and balance.

Live Well Writers

Tuesday | 10am - 1pm

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

Live Well Lads

Tuesday | 1.30 - 3.30pm

Drop-in to the Live Well Hub and learn how to live well with other men in our community.

Fun with Acrylics

Tuesday | 5 - 7pm

Join us for a couple of hours of creativity as Michael leads an evening painting session.

Movement

Booking required! ✓

Tuesday | 6 - 7pm

Move your way to better wellbeing with our weekly classes, adaptable to all levels.

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

Thursday | 5.45 - 6.45pm

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

Tai Chi

Friday | 10 - 11am

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

Strength & Balance

Friday | 11am - 12pm

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

Live Well Runners

Tuesday & Sunday

Join our inclusive run club for weekly skill and social sessions. Contact livewellrunnersuk@outlook.com for more info.



West Moor Community Centre

Tai Chi

Monday 2-3pm

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

Pilates

Wednesday 2 - 3pm

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

Monthly sessions

Scar Therapy

Booking required! ✓

1st Tuesday of the month

Join Anna for monthly sessions to reduce scar visibility, improve mobility and reduce discomfort.

Newcastle Building Society

1st Wednesday | 10am - 12pm

Join their friendly staff for a weekly drop-in. Get information, guidance and support on a range of subjects, from managing finances to protecting yourself from scams and fraud.

Craft & Craic

1st Saturday | 10.30am - 1.30pm

We are delighted to host monthly crafting workshops, led by the wonderful Dawn.

Secondary Cancer Support Group

2nd Tuesday | 1 - 2.30pm

A monthly support group for people living with and beyond secondary cancer.

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.

Emma's Facials

Booking required! ✓

3rd Tuesday of the month

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

Crafting for Wellbeing

4th Monday | 5 - 7pm

In response to growing desire for crafting sessions held outside of normal working hours, we are thrilled to introduce monthly crafting workshops in the evening.

Breast Cancer Support Group

4th Monday | 7 - 8.30pm

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

Mag's Massages

4th Tuesday

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.



Please note that our weekly & monthly sessions are all hosted at the Live Well Hub unless stated otherwise.

Live Well's 7th Birthday

Our charity turns 7 on 11th November, and we're celebrating with a 24-hour podcast and fitness challenge in the Live Well Hub!

Ben and Heywood from Stuff Productions will be live streaming from 9am on 7th November, with many members of our community joining us to celebrate all our charity has achieved.

Our 24-hour podcast is the first of several events we'll be hosting to raise funds for a Live Well with Healthy Habits app!

Our journals have helped hundreds of people to live well with healthy habits; support our campaign to help thousands more to live well with cancer.



Live Well Masterclass

Sign up for our Live Well Masterclass on November 24th from 10am to 2pm at the Live Well Hub. Join us for a day of healthy habits, with sessions of tai chi, felt painting and communicating with other attendees.

To register for the session, please email us at transformation@livewellwithcancer.co.uk



Live Well Courses

Introducing new services this Autumn!

We're excited to introduce a range of new services this October.

To register your interest in the sessions, please email us at info@livewellwithcancer.co.uk

Scar Therapy

Join Anna on the 1st Tuesday of each month for Scar Therapy sessions that reduce scar visibility, improve mobility and reduce discomfort.



Sign up for our 6-week courses!

Auricular Acupuncture @ Live Well Hub

Sign up for a 6-week course of Auricular Acupuncture with Lisa, starting Tuesday 20th October, time



October 20 & 27
November 3, 10, 17 & 24



4.45 - 5.45pm

Aqua Restore @ PaddlePod

Take to the water for a 6-week Aqua Restore program with Lisa in PaddlePod starting Thursday 29th October.



October 29
November 5, 12, 19, 26
December 3



2.45 - 3.45pm



***Booking required for all our courses.**
Please email info@livewellwithcancer.co.uk

Arts and Crafts

Our creative sessions continue to be amongst our most popular sessions at the Live Well Hub.

Fun with Acrylics

- Mondays from 9.30am-12pm
- Tuesdays from 5-7pm

Live Well Writers

- Tuesdays from 10am-1pm

Crafting for Wellbeing

- Wednesdays from 11am-1pm
- 4th Monday from 5-7pm

Craft & Craic

- 1st Saturday from 10.30-12.30pm



Movement classes

Our range of movement classes help you to move your way to better wellbeing.

- Tai Chi
- Pilates
- Chair Pilates
- Yoga
- Movement
- Aqua Restore
- Live Well Runners



Funders

Our charity only exists because of the kindness of our supporters and the generosity of our funders. We cannot thank the Trusts, Foundations and Funds who support our charity and make our vital work possible.

Certas Energy



Awarded us **£15,000** as one of the two winners of their Community Bloom Fund. Thank you to everyone who voted for us!



The Shears Foundation

Awarded us a grant of **£6,000** to support our charity as we help our community to live well with cancer.



High Cohesion

Donated **£5,000** to our charity to help improve the Live Well Hub.

The Pink Ribbon Foundation

Awarded us a grant of **£5,000** to help people living with secondary cancer.



The Community Foundation

Awarded **£2,000** to help fund our creative groups.



The Asda Foundation

Awarded **£1,000** to support our Christmas Bauble Appeal.



The Mayor of North Tyneside

The Mayor and her wonderful team donated **£640** from their raffle at Mouth of the Tyne Festival.



Charity of the year!

We're honoured to have been chosen as two organisations Charity of the Year!

AZETS Dance Distraction



Fundraisers

Thank you everyone who has fundraised for us this summer!



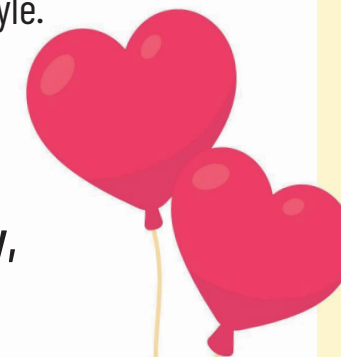
Great North Run

Each year, we're blessed to have people run the junior and adult events for our charity. Thank you to Steve, Harry, Molly, Jack, Jennifer, Jenny, Laura, Mike, Molly, Tommy, Rebecca, Holly and Lydia for raising over **£7,000** between them. If you are signed up for next year's GNR and you're looking for a charity to support, we'd love to supply you with a Live Well with Cancer running top so that you can represent us in style.

In Loving Memory

Anna, Christine, Kelly, Gemma and Pat

Thank you to everyone who has fundraised for our charity in loving memory of members of our community. Our thoughts are with the loved ones of Anna, Christine, Kelly, Gemma and Pat. We are here to support you if you have lost a loved one to cancer.



Fundraisers

• Michael O raised **£1,293** by completing the Geordie Man 70.3 mile triathlon

• Holly W raised **£948** running Howay the Bay



• Tracy G raised **£875** for our charity from her pub, Rosehill Tavern, in Wallsend

• Katrina P raised **£593** running Howay the Bay



• Bailey raised **£480** with his August bike ride challenge

• Sarah N raised **£440** with her tuck shop

• Lindsey raised **£434** with her 60th birthday Facebook fundraiser



• David D raised **£312** with the memorial cup in memory of Gail

• Lisa raised **£161.17** from her bucket collection at Avicenna Seaton Burn Pharmacy



• Heather raised **£155** by collecting and selling offcuts of fabric to be used for crafting

• Bob and Tom from North Shields Football Club donated **£100** to our charity.



• We raised **£100** with our World Cup sweepstake. Congrats to Laura and Jervie!

North East Junior Lawyer Division hosted a quiz and their Summer Ball to raise funds for our charity.

Bailey's Bears

Congratulations to Bailey for winning this year's BBC Radio Newcastle Make a Difference Young Hero Award. Bailey was selected by NUFC legend John Anderson and met lots of familiar faces!



Bailey's Bike Riding Challenge

Bailey was at it again this summer, riding five miles every day this August to raise **£480** for Bailey's Bears, helping us provide counselling and support for children impacted by cancer.



Visit www.livewellwithcancer.co.uk/baileys-bear to learn more.

Live Well Lads

Our Live Well Lads project aims to help men in our community who have received a cancer diagnosis to connect with others.

Funded by Macmillan Cancer Support, we run weekly drop-ins at the Live Well Hub, from 1.30-3.30pm, and monthly sessions offering different activities that promote health and wellness.



Monthly sessions

We held our first monthly session with TYDE Sea View Sauna on September 24th, with events planned for the rest of the year:

- 24-hour podcast on November 7th
- Indoor Bowls on November 16th
- Live Well Christmas Quiz on November 27th

£5 per entry

To learn more about Live Well Lads please email transformation@livewellwithcancer.co.uk

Shop

Toon Christmas card!

Our graphic designer has been working hard behind the scenes and we're delighted to release this year's Christmas card design - featuring the legendary Kevin Keegan at St James' Park!

Available to pre-order.



Live Well this Christmas

Save the dates!

It's beginning to look a lot like Christmas!

27th Nov

Live Well Christmas Quiz

2nd Dec

Michael Bauble workshop

5th Dec

Michael Bauble workshop

12th Dec

Christmas Fayre @ Linskill Centre

19th Dec

Christmas Coffee Morning



What's on in 4th quarter?

Monday

- Fun with Acrylics | 9.30am - 12pm @ Live Well Hub
- Chair Pilates | 12.30 - 1.30pm @ Live Well Hub
- Tai Chi | 2 - 3pm @ West Moor Community Centre

Tuesday

- Live Well Writers | 10am - 1pm @ Live Well Hub
- Live Well Lads | 1.30 - 3.30pm @ Live Well Hub
- Fun with Acrylics | 5 - 7pm @ Live Well Hub
- Movement Class | 6 - 7pm @ Live Well Hub

Booking required

Wednesday

- Crafting for Wellbeing | 11am - 1pm @ Live Well Hub
- Pilates | 2 - 3pm @ West Moor Community Centre

Thursday

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

Friday

- Tai Chi | 10 - 11am @ Live Well Hub
- Strength & Balance | 11am - 12pm @ Live Well Hub

October

- 3 Craft and Craic 10.30am - 1.30pm @ Live Well Hub
- 6 Scar Work Therapy 10.30am - 12.30pm @ Live Well Hub
- 7 Newcastle Building Society 10am - 12.30pm @ Live Well Hub
- 9 Bowel Cancer Support Group 11am - 12.30pm @ Live Well Hub
- 13 Secondary Cancer Support Group 1 - 2.30pm @ Live Well Hub
- 20 Emma's Facials @ Live Well Hub
- 26 Crafting for Wellbeing 5 - 7pm @ Live Well Hub
- 26 Breast Cancer Support Group 7 - 8.30pm @ Live Well Hub
- 27 Mag's Massages @ Live Well Hub

Appt required

Drop-in

Appt required

Appt required

Courses

New!

- Auricular Acupuncture 4.45 - 5.45pm @ Live Well Hub October 20 & 27 November 3, 10, 17 & 24
- Aqua Restore 2.45 - 3.45pm @ PaddlePod October 29 November 5, 12, 19 & 26 December 3

Appt required

Appt required

November

- 3 Scar Work Therapy @ Live Well Hub
- 4 Newcastle Building Society 10am - 12.30pm @ Live Well Hub
- 7-8 24-hr Birthday Podcast 9am - 9am @ Live Well Hub
- 7 Craft and Craic 10.30am - 1.30pm @ 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
- 13 Paint n' Sip Birthday Fundraiser 7 - 9.30pm @ Live Well Hub
- 16 Men's Indoor Bowls 6 - 8pm @ The Parks
- 16 Conversations that Matter 1 - 4.30pm @ Live Well Hub
- 17 Emma's Facials @ Live Well Hub
- 23 Crafting for Wellbeing 5 - 7pm @ Live Well Hub
- 23 Breast Cancer Support Group 7 - 8.30pm @ Live Well Hub
- 24 Mag's Massages @ Live Well Hub
- 27 Live Well Christmas Quiz! 7 - 9.30pm @ Live Well Hub

Appt required

Drop-in

£15 per ticket

Booking required

Booking required

Appt required

Appt required

£5 per ticket

December

- 1 Scar Work Therapy @ Live Well Hub
- 2 Newcastle Building Society 10am - 12.30pm @ Live Well Hub
- 2 Michael Bauble Workshop 11am - 2pm @ Live Well Hub
- 5 Michael Bauble Workshop 11am - 2pm @ Live Well Hub
- 8 Secondary Cancer Support Group 1 - 2.30pm @ Live Well Hub
- 11 Bowel Cancer Support Group 11am - 12.30pm @ Live Well Hub
- 12 Christmas Fayre 10am - 2pm @ Linskill Centre
- 15 Emma's Facials @ Live Well Hub
- 19 Christmas Coffee Morning 11am - 1pm @ Live Well Hub

Appt required

Drop-in

Appt required

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

For Live Well Runners, contact livewellrunnersuk@outlook.com

Charity Corner

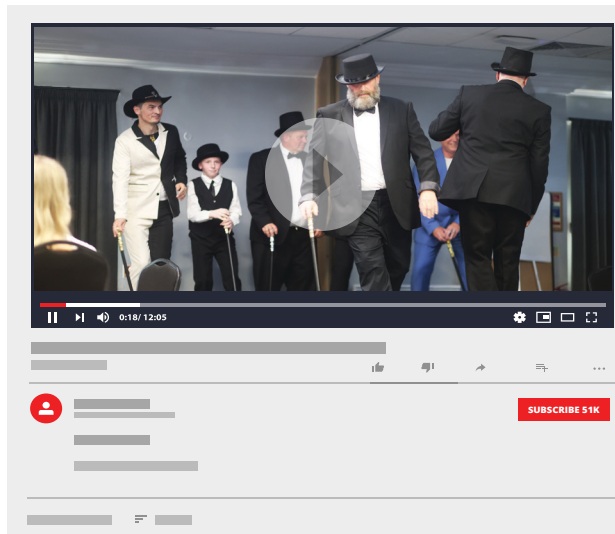
Conversations that Matter

In partnership with Ben from Turnbull Funeral Directors and The Will Guys, we will be hosting Conversations That Matter, a friendly, supportive half-day workshop designed to help you think about the things that matter to you and those around you. You don't need to be at the end of life to take part – these conversations can be helpful at any stage of life, particularly if you have been affected by cancer or another life-changing experience.

Catwalk Cabaret premieres!

Watch on our youtube channel!

We're thrilled to release the film of our Catwalk Cabaret show! Thank you to Heywood and Stuff Productions for capturing an amazing night for our community.



North Tyneside Together Festival

Maureen, Anthony and Charlie were delighted to attend North Tyneside Together Festival to raise awareness of our charity.



Volunteers

Thank you to everyone who donates their time and energy to our cause. Whether you donate once or regularly, we appreciate all the help we receive, including those who helped our cleaning days on 14th and 15th July.



Partnership working

- Newcastle Building Society are offering a free community drop-in at the Live Well Hub on the 1st Wednesday of the month.
- Northumbria Healthcare NHS Foundation Trust hosted a lung cancer screening drop-in on 13th July and 9th September for people aged 55 to 74.
- We were delighted to host the Northeast Nipple Project for another day of 1-2-1s on 17th July at the Live Well Hub.

Supporters of the Quarter

As we near our 7th birthday, we'd like to say a massive thank you to everyone who has supported our charity over the years.

While many of our community deserve the honour, we'd like to shine a light on one family that has championed our cause for as long as they've been part of our charity.

Ruth, Katrina and Kayleigh are three generations of one family who have worked tirelessly behind the scenes to support us.

Whether signposting people to the Live Well Hub, getting prizes for raffles, volunteering at events or fundraising for Howay the Bay, we can't thank you enough for all you have done over the years.

Thank you, Ruth, Katrina and Kayleigh – it's our pleasure to make you this edition's Supporters of the Quarter.



Ruth, Katrina, Kayleigh

Don't miss our Paint and Sip night!

November 13 at 7pm! You're welcome to bring your own bottle to enjoy while you paint. Painting supplies are provided on the night.

£15 per ticket!



Together we can.

LIVE WELL WITH CANCER
We care. We empower. We are a community.

Who we are
Live Well with Cancer hosts workshops, events, and support groups that empower people to improve their wellbeing.

What we do
Free to anyone affected by a cancer diagnosis, including family, friends, carers, and healthcare workers, our sessions provide a safe place for people to improve the quality of their life and build social connections.

How to get involved
To learn more about our volunteer-led charity, we'd love to see you for a coffee and a chat at our Coffee Mornings.

TOGETHER WE CAN
Registered charity number: 1108462

Our schedule of workshops and support groups include:
• Coffee Mornings • Wellbeing 9-to-5 • Art Therapy • Craft and Cook • Relaxation • Walk & Talk • The Self Care Place • Breast Cancer Support Group

Crafting for Wellbeing workshop



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

