

# Live Well with Cancer

## 2026 Prospectus

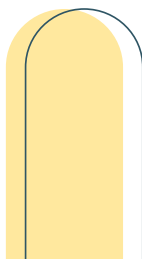


 [www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)

 [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)



Live Well  
with Cancer



# What's in our prospectus?

1 | Arts & Crafts

7 | Movement Classes

11 | Support Groups

15 | Bailey's Bears

17 | 1-2-1 Support

20 | Events

23 | Live Well with  
Healthy Habits

27 | Transformational  
Learning

29 | Live Well Writers

30 | Podcast &  
Walking Guide

31 | Our Funders

## A word from our CEO

In 2019, we set up Live Well with Cancer to help anyone affected by a cancer diagnosis to improve their health and wellbeing. Since then, our charity has found its niche hosting workshops, events and support groups in North Tyneside and the surrounding areas.

Since moving into the Live Well Hub, we have increased our sessions and provided much needed 1-2-1 support to our community. Working with trusted partners, we deliver masterclasses and educational resources that empower people to live well with cancer.

Read our 2026 Prospectus to find out what we have planned at the Live Well Hub and beyond in the weeks and months ahead.

Times are subject to change so please email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) if you are attending a session for the first time.



# Arts & Crafts

## Fun with Acrylics Monday 9.30am - 12pm

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



## Live Well Writers Tuesday 11am - 2pm

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



## Crafting for Wellbeing Wednesday 11am - 1pm

Put your crafting skills to good use and help to raise much needed funds for our charity.

## Crafting for Fundraising

Put your crafting skills to use and raise funds for our charity.



For more information,  
please email us at  
[info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

# Arts & Crafts

After hours!

## Crafting for Wellbeing

5 -7pm | 4th Monday of the month

Join us for a couple of hours of crafting on a Monday evening. Take part in the group activity or work on your own project.



## Fun with Acrylics

5:30 - 7:30pm | Tuesdays, weekly

Join us for an evening painting session held downstairs for our community in the Live Well Hub.



Part of Live Well with Arts & Crafts



## Craft & Craic

10:30 - 12:30pm | 1st Saturday of the month

Our ever-popular Craft & Craic sessions are back at the Live Well Hub! Join us for a couple of hours of cuppas and chat.



Part of Live Well with Arts & Crafts

For more information, please email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)





# Movement Classes

## Movement

Tuesday 6.30-7.30pm

Enrolment  
required!

Move your way to better wellbeing with our weekly movement class adaptable to all fitness levels.



## Kickaround with the Lads

Wednesday 6-7pm

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



## Live Well Runners

### Skill Session

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



### Sunday Social

Jog your way to fitness and connect with others with regular social runs.

For more information, please email us at [LiveWellRunnersUK@outlook.com](mailto:LiveWellRunnersUK@outlook.com)



Live Well Runners

## Yoga Drop-in

Thursday 5.45-6.45pm

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



## Tai Chi

Friday 10-11am

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



## Strength & Balance

Monday 1.30 - 2.30pm

Join us for weekly sessions that offer a gentle introduction back to exercise for over 55s.

## Strength & Balance

Friday 12.30 - 1.30pm

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



For more information, please email us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

# Support Groups

## Coffee mornings

We regularly host coffee mornings in the Live Well Hub. Check out our website and social media for dates.



## 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.



## Breast Cancer Support Group

4th Monday, 7-8.30pm

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



For more information,  
please email us at  
[info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)



## Secondary Cancer Support Group

2nd Tuesday, 1-2.30pm

A monthly session for people living with and beyond secondary cancer.





## Retired Fishermen's Group

Last Monday of the month  
10am-12pm

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



Contact Jim at  
[info@operationveteran.co.uk](mailto:info@operationveteran.co.uk)  
for more information.

## Veterans' Cancer Support Group

2nd Monday of the month  
2.15-3.30pm

An informal drop-in for anyone who has served in the armed forces and their families.

# Bailey's Bears

## Support bears

Our campaign provides support bears for children impacted by cancer, with each bear personalised to match the person who is receiving treatment.



## 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.



## Bailey's Bear

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



**Books available to purchase on our online shop!**

We care. We empower. We are a community.



Live Well 2026 Prospectus: 1-2-1 Support

## 1-2-1 Support

**Cancer nurse support**  
Live Well Hub

Appointment  
required!

Newly diagnosed patients are invited to book in for 1-2-1 support with a cancer nurse specialist. Ask any questions you have about your diagnosis over a cuppa in the Live Well Hub.

**Counselling**  
Live Well Hub

Appointment  
required!

Cancer and its treatments can have a massive impact on a person's mental and emotional health. Our counselling service provides invaluable support for those struggling with a diagnosis.



**Reiki**  
Live Well Hub

Appointment  
required!

Patients with a secondary cancer diagnosis are invited to book in for Reiki. Each 1-2-1 session promotes relaxation, reduces stress and supports healing.



To arrange an appointment,  
please email us at  
[info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

## Emma's Tropic Facials

3rd Tuesday of the month | Appointment required

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



## Mags' Oncology Massage

4th Tuesday of the month | Appointment required

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

To arrange an appointment,  
please email us at  
[info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

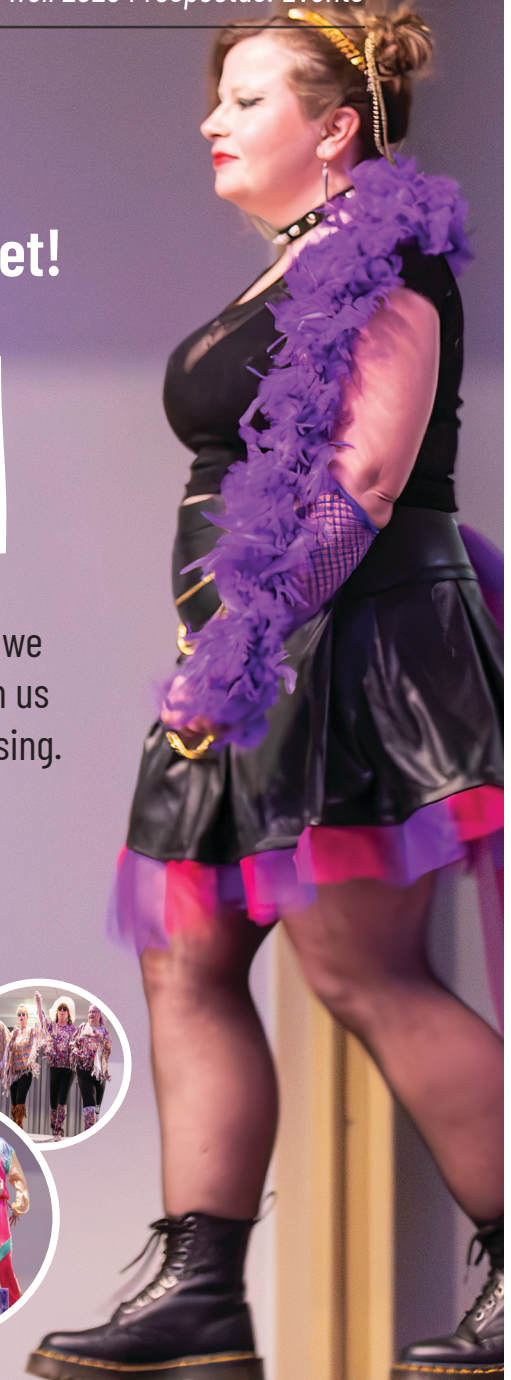
## Events

### Live Well Catwalk Cabaret!

20th June 2026 @ 7pm  
Village Hotel, Silverlink

After the success of our Fashion Show, we can't wait for our Catwalk Cabaret! Join us for a fantastic night of fun and fundraising.

Email [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk) if you would like to support the event.



We care. We empower. We are a community.



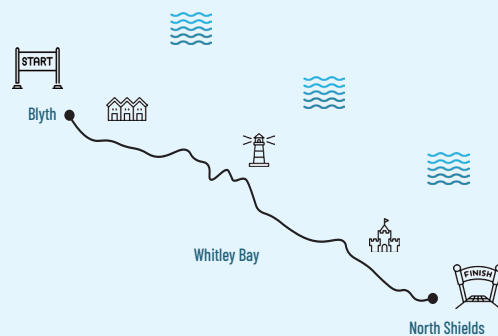
## Howay the Bay

23rd August

Blyth to North Shields 15km!

Join us for the 2nd annual Howay the Bay 15k!

After the success of last year's event, we can't wait to do it all again! Sign up today and be part of our growing group of Live Well Runners.



For more information email,  
**LiveWellRunnersUK**  
**@outlook.com**

# Christmas

## Christmas Fayre

December 12th @ 10.30am - 2.30pm  
Linskill Centre

Whether you want to find the perfect gift at one of the stalls ran by local businesses or win a fabulous prize in our tombola, raffle and auction, our Christmas Fayre is the place to be this festive season.



## Michael Bauble Appeal

Help make our 8th annual Christmas Bauble Appeal and help us provide handmade baubles for patients on treatment over the festive period.

Download your Michael Bauble Festive Fundraiser or pick a fundraising pack at the Live Well Hub.



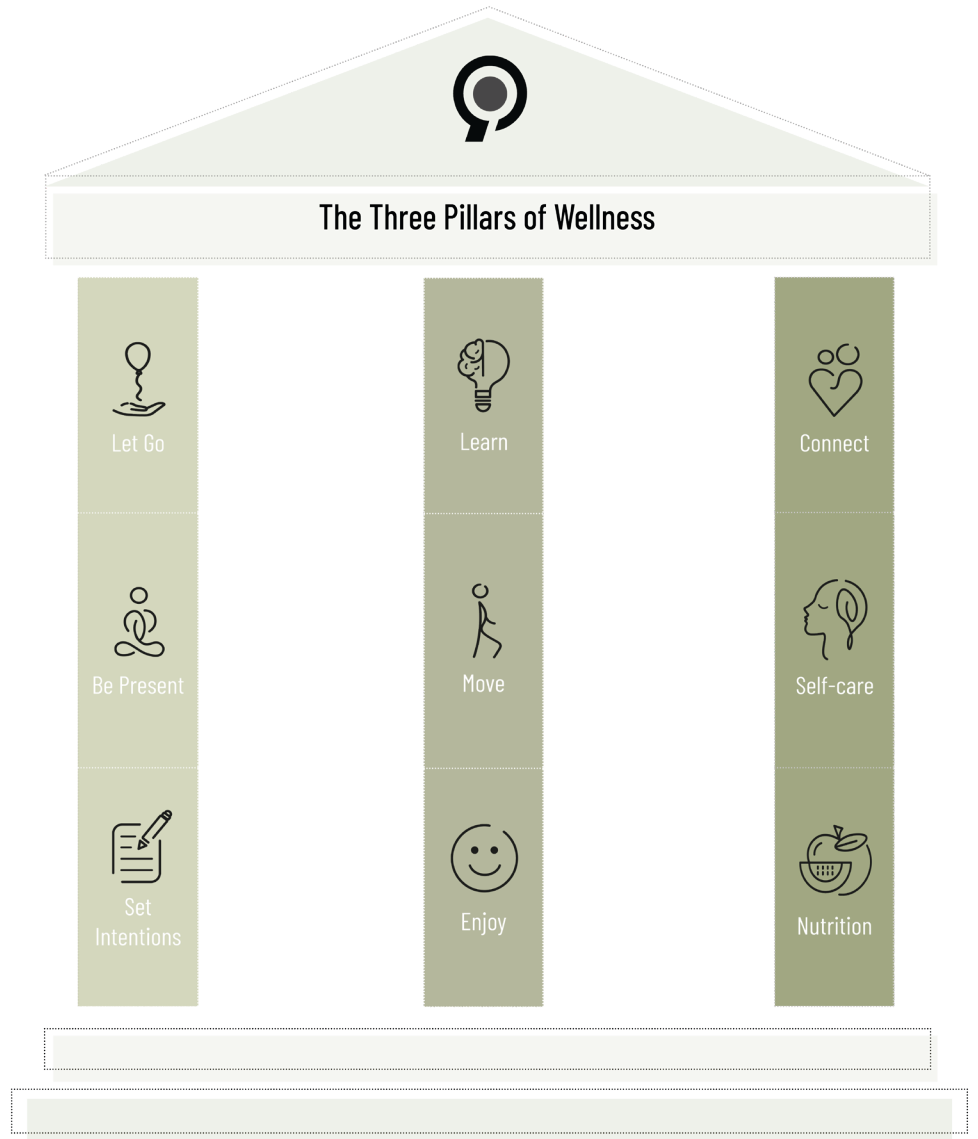
# Live Well with Healthy Habits

Our range of wellness journals put the power in your hands as you live well with The Wellbeing 9-a-Day.



Our campaign promotes the nine habits of a healthy lifestyle, which are best understood as the Three Pillars of Wellness.

Learn how to move forward on **your journey**, improve **your health** and enhance **your relationships**.



## Live Well with Healthy Habits 1-2 hr workshop

Level 1 course!

The perfect introduction to The Wellbeing 9-a-Day and the Three Pillars of Wellness.

## The Prehab Edition

Create positive behaviour change while preparing for treatment. Developed to help newly diagnosed cancer patients to improve their health and wellbeing with effective prehabilitation.

## Wellness Week 2 x 1-2hr workshops

Level 2 course!

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

## 31-Day Transformation

Create lasting transformation for your health and wellbeing with our month-long journal.



## 1-2-1s and groups

Learn how to improve your wellbeing with our Live Well with Healthy Habits journals. These sessions are available to individuals or small groups impacted by cancer.



To arrange an appointment, please email [transformation@livewellwithcancer.co.uk](mailto:transformation@livewellwithcancer.co.uk)

## Masterclasses

• 23rd April 2026

Date for the diary!

10am - 2pm  
Live Well Hub



Sign up for one of two Live Well with Healthy Habits Masterclasses, funded by Northern Cancer Alliance through Point North. These sessions are open to patients and professionals impacted by cancer. To register for an event or for more information, email [transformation@livewellwithcancer.co.uk](mailto:transformation@livewellwithcancer.co.uk)

# Transformational Learning

## The Sleep Better Series



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.



## 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.

## Managing Fatigue

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.

## The Prehab Hub

Developed by clinicians to help patients prepare for treatment.



## Menopause, Cancer & Me

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.



We care. We empower. We are a community.

## Live Well Writers

### The Story of Transformation

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



### Live Well with Stories

Our Live Well with Stories anthology consists of pieces written by members of our community. Generously funded by Catherine Cookson Charitable Trust, the book features stories from regular attendees of Live Well Writers.



Live Well 2026 Prospectus: Live Well with Banter & Step into Shields

## Podcast & Walking Guide

### Live Well with Banter

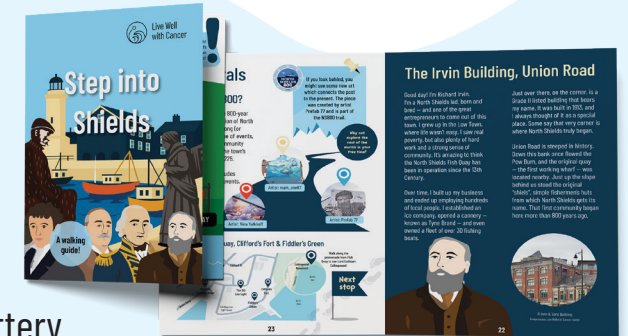
We've been so thrilled to get such amazing feedback for our Live Well with Banter podcast. From Menopause to Trauma-informed care, there's something for everyone in our growing library of episodes. Check them out on our site now!



Get your free copy from the hub or on our website!

### 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. Download the PDF from our website, order from our online shop, or collect your free copy from the Live Well Hub.



# Our Funders

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

We cannot thank the Trust, Foundations and Funds who support our charity enough for making our vital work possible.



## 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*



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



Registered Charity Number 1186482