



Live Well
with Cancer

Find out
how we're
helping the
community
to live well
with cancer.

Spring has sprung!

Q2 Newsletter



Inside this issue

Charity updates

Find out the latest news from the Live Well Hub.

Exciting new projects

Learn about our current and upcoming campaigns.

What's on in Q2?

From Easter Coffee Morning to Catwalk Cabaret!

We care. We empower. We are a community.

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

2026 is flying by, with so much happening so far and even more to come in the weeks and months ahead.

So far this year, we've had 1,380 visitors and 150 new people visiting the Live Well Hub for the first time.

As always, our creative arts, crafting and movement classes have proven very popular with regulars and newcomers alike.

We're very grateful to our funders and supporters for making our work possible, and we'll continue to do all we can to ensure every penny we receive is used to support our community.

Funding for our Live Well in West Moor project may have come to an end, but we're excited to share new projects made possible by our wonderful funders.

Work is well underway on our Live Well with Healthy Habits Masterclasses and regional rehabilitation workshops, while we're excited to start our Live Well Lads project.

Keep reading our quarterly newsletter to see how our charity is helping our community to live well with cancer.

Ben Elliott
Education Lead of Live Well with Cancer

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Live Well with Cancer Updates

Catwalk Cabaret

It's less than three months until members of our community take to the stage for our Catwalk Cabaret and our models are hard at work preparing for the show. We can't wait to see everyone strut their stuff for our community!



Weekly and monthly sessions

Check out our upcoming workshops, events and support groups held in the Live Well Hub and West Moor Community Centre, including new evening and weekend sessions.



Healthy Habits & Prehab

Find out more about upcoming prehabilitation sessions, funded by Northern Cancer Alliance through Point North, including Live Well with Healthy Habits Masterclasses held in the Live Well Hub and prehabilitation workshops across the region.



Beyond the Diagnosis

We're excited to share blogs written by members of our community, including our Founder and CEO reflecting on the Calman-Hine report, published in 1995, and why post-cancer support still feels like a postcode lottery.

Funders and Fundraisers

We'd like to say a massive thank you to everyone who helps make our charity possible, including new grants from The National Lottery Community Fund, Macmillan Cancer Support and Northern Cancer Alliance.



Fleecewool Mac | Live Well Easter Window

Catwalk Cabaret

Thank you so much to everyone who bought a ticket to our Catwalk Cabaret.

The event sold out before we could make tickets available to the wider community, and we can't wait to enjoy the show!

We are looking for sponsors for the event to cover the cost of our models' tickets, as well as auction and raffle prizes for the night.

Thank you to Newcastle United, The Barbour Foundation, Alnwick Garden, Spanish City and Face Facts Aesthetics for supporting us so far!

We still need volunteers to sell raffle tickets for the Catwalk Cabaret, now available on our website and in the Hub.

Please email info@livewellwithcancer.co.uk for more information.

Scan the QR code below to buy a raffle ticket!



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!

Strength & Balance

Monday 12.30 - 1.30pm

Join us for a Pilates-inspired gentle introduction back to strengthening and balancing exercises.

Live Well Writers

Tuesday 11am - 2pm

Connect with other creatives while you write your own stories of transformation.

Fun with Acrylics

Tuesday 5.30 - 7.30pm

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

Movement

NHS- Sign up required !

Tuesday 6.30 - 7.30pm

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

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

Strength & Balance

Friday 11am - 12pm

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



West Moor Community Centre

Tai Chi

Monday 2.30 - 3.30pm

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.

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

Craft & Craic

1st Saturday | 10.30am - 12.30pm

Back by popular demand, we are delighted to host monthly Craft & Craic sessions, led by Dawn.

Veterans' 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 info.

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 Facial

Appointment required !

3rd Tuesday

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

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

Crafting for Wellbeing

4th Monday | 5 - 7pm

In response to growing desire for crafting sessions held outside for 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 Massage

Appointment required !

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.



Healthy Habits & Prehab



So far in 2026, Ben has been delighted to host Live Well with Healthy Habits in person and online for people across the region, starting with the Macmillan incurable cancer support group in Billingham Synthonia Cricket Club.



We welcomed members of the Cramlington and Wansbeck MRI teams to the Live Well Hub, where they all successfully completed Level 1 of our Live Well with Healthy Habits courses.



Ben debuted the presentation of our upcoming Masterclasses during the bi-monthly meeting of Macmillan centre managers from across the North East.

Thank you to everyone who attended our prehabilitation workshops at Cramlington Health Care Academy and Riverside Stadium. It was great to share *Live Well with Healthy Habits: The Prehab Edition* with patients and professionals.



Stay tuned for more dates to be arranged. Up next is our first Live Well with Healthy Habits Masterclass, held from 10-2pm on 23rd April at the Live Well Hub. At time of writing, there are still a few spaces available for the day.

Live Well with Healthy Habits: Masterclasses!

23rd April

Learn how to improve your wellbeing with the nine habits of a healthy lifestyle.

Discover more about The Wellbeing 9-a-Day and the Three Pillars of Wellness. These sessions are open to patients and professionals impacted by cancer.

Please email transformation@livewellwithcancer.co.uk to register for the session.



Join us 10am - 2pm!
Live Well Hub, North Shields

www.livewellwithcancer.co.uk
Registered charity number: 1186471



Email transformation@livewellwithcancer.co.uk to register your interest in a place.

Arts & Crafts

We'd like to say a massive thank you to The National Lottery Community Fund for awarding us £17,848 for our Live Well with Arts & Crafts project.

This funding is truly wonderful for our community, empowering us to continue our always popular arts and crafts sessions and increase our delivery of evening and weekend sessions in the Live Well Hub.



Fun with Acrylics

- Mondays @ 9.45 - 12pm
- Tuesdays @ 5.30 - 7.30pm

Arts

Live Well Writers

- Tuesdays @ 11am - 2pm

Arts

Crafting for Wellbeing

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

Crafts

Craft and Craic

- 1st Saturday @ 10.30 - 12.30pm

Crafts

Check out www.livewellwithcancer.co.uk/blog to read our latest Beyond the Diagnosis blog or scan the QR below!



Japanese Kinusaiga by the Crafting for Wellbeing group

Beyond the Diagnosis

30 years on: Why post-cancer support still feels like a postcode lottery.

Maureen Elliott, CEO of Live Well with Cancer

I remember clearly when the Calman-Hine Report was published in 1995. I was working in cancer care at the time and, like many nurses, I felt genuinely hopeful. As an ever-optimistic nurse, I believed we were witnessing the beginning of a transformation in how cancer services would work for patients and families. The report promised a more organised, equitable cancer service across the UK – better coordination, improved standards, and most importantly, care centred around the person living with cancer.

Thirty years on, it is important to acknowledge that real progress has been made. Cancer treatment today is different from what it was when I first started nursing. Advances in surgery, radiotherapy and systemic treatments have transformed outcomes for many people. The development of targeted therapies has changed the landscape of cancer care. Conditions that once carried a very limited life expectancy are now often managed for many years.

I sometimes reflect on people I nursed 30 years ago who sadly had very short life expectancies. Today, many patients with the same diagnoses are living far longer – sometimes for decades.

This is something the cancer community should rightly be proud of. Scientific progress, research, and clinical innovation have saved and extended countless lives.

The landscape of cancer has changed, and yet this success brings with it a new and growing challenge. More people are now living with and beyond cancer, often managing the long-term physical and emotional consequences of treatment. Survival is no longer the only measure of success. Quality of life matters enormously. During my career, I had the privilege of working as a Macmillan Complex Case Manager, leading a Living With and Beyond Cancer team in the community. Our work followed the recovery package model and focused on truly personalised care.

Until I founded Live Well with Cancer, it was the best role I had in my professional life.

For seven years, part of our role was supporting people after treatment had ended. We saw first-hand the challenges they faced once the hospital appointments stopped. Fear of recurrence, ongoing fatigue, financial pressures, relationship changes, and the feeling of suddenly being “cut loose” from the system that had supported them through treatment. Because we worked in the community, we could meet people where they were in their lives, not just in their diagnosis.

We helped individuals rebuild confidence, manage the long-term effects of treatment, reconnect with their communities and begin to live well again. Time and time again, we saw the difference the right support could make. For many people, it was life changing.

Yet, despite the clear impact, the service was never fully adopted by the NHS Trust we operated from. After seven years, it was allowed to disappear.

It was viewed as the “cherry on the cake” – a valuable extra if resources allowed. In reality, for so many people, it was a lifeline. In my view, this type of support should have been recognised as gold-standard cancer care, not an optional add-on.

That experience, along with lived experience of family members impacted by cancer, was one of the driving forces behind founding the charity Live Well with Cancer.

I had seen too clearly that the period after treatment is when many people feel most alone. Despite the advances in treatment and the improvements in clinical pathways, post-treatment support remains inconsistent across the country. Many people travel miles to access help while others receive none at all.

“Access to support often depends on where you live. In other words, it remains a postcode lottery.”

This is where charities and third sector organisations play such a vital role. Across the country, local charities are quietly filling the gaps that exist within the system. They provide practical support, emotional guidance, peer connections, prehab and rehabilitation activities and safe spaces for people to rebuild their lives after cancer.

These organisations make an enormous difference to people’s quality of life, yet their contribution is not always recognised in the way it should be.

At Live Well with Cancer, we are proud to be one of many local charities supporting people on this journey. Every day we see individuals regain confidence, find community, and begin to move forward after the life-changing experience of cancer.



But charities cannot – and should not – be expected to carry this responsibility alone.

“Thirty years after the Calman-Hine Report, we have transformed how cancer is treated. Now we must give the same attention and commitment to how people are supported after treatment ends.”

Post-cancer support should not be seen as an optional extra. It is an essential part of the cancer pathway. If we truly want people not just to survive cancer but to live well after it, then community support, survivorship services and partnerships with the third sector must be recognised, valued and sustainably supported.

Surviving cancer is only part of the story. Learning how to live well afterwards is the next chapter – and it is one we must write together.

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 and make our vital work possible.

National Lottery Community Fund



The National Lottery Community Fund awarded us **£17,848** for our Live Well with Arts & Crafts project, including additional painting & crafting sessions held on evenings and weekends.

Northern Cancer Alliance and Point North



Northern Cancer Alliance and Point North awarded us **£9,370** to fund weekly exercise classes and monthly prehab workshops, and **£1,000** to host two Live Well with Healthy Habits Masterclasses in the Live Well Hub.

Macmillan Cancer Support



Macmillan Cancer Support awarded a grant of **£8,245** for Live Well Lads, a year-long programme designed to support men who have received a cancer diagnosis with regular support and engagement activities.

The Emerton Christie Charity

Emerton-Christie Charity

The Emerton Christie Charity awarded **£2,000** to help us empower anyone impacted by cancer to improve their health and wellbeing.

Ballie Gifford

BaillieGifford™

Our new friends at Ballie Gifford awarded **£1,000** through Foundation Scotland as their charity of choice, as nominated by one of our wonderful service users.



Fundraisers

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

Foundever

Thank you to the team at Foundever for raising **£5,000** over the past few years through bake sales, the £5 challenge and other fundraising activities. The funds have been vital in helping us provide counselling and complementary therapies to our community.



Michelle and Steven

Thank you to Michelle and Steven for raising an incredible **£3,033.50** at a fundraising event at the PTE Social Club in Byker.

Gemma and Ian

Thank you to Gemma and Ian for raising **£586** with their indie disco to help support our Counselling Service.



The Nicola Gauld School of Dance

Thank you to The Nicola Gauld School of Dance for raising **£249.66** during their wonderful performance at Whitley Bay Playhouse.



Bailey Wilson

We'd like to say a massive thank you to our superstar fundraiser, Bailey, for completing his 30-day challenge. In total, he raised over **£6,000** for Bailey's Bears!

Our wonderful community

Thank you to everyone who has helped support our charity so far this year. We're very grateful to receive regular donations for our raffles and tombola, including a bumper haul of Easter eggs this year thanks to the kindness and generosity of people and businesses in our community.

In Loving Memory

It is with great sorrow that we mark the peaceful passing of Peter, a beloved member of our community who will be missed by everyone in the Live Well Hub, especially our Fun with Acrylics, Bowel Cancer Support Group and Live Well Choir.

Peter wasn't just part of our community – he was our friend. Our hearts are with Lisa, Jess and James, and we cannot thank them enough for choosing to raise funds for our charity at Peter's funeral.

Rest in peace, Peter – you'll be missed more than words can say.





Live Well Runners

Howay the Bay!

Sign up for Howay the Bay and join us for our annual 15km from Blyth to North Shields!

Starting at 9am on 23rd August, the route takes you along our gorgeous coastline and into the Live Well Hub for post-run refreshments!

Register today and help support our charity.



Looking for an inclusive community that can help you run to wellness? Look no further than Live Well Runners!

Led by Run Leader Holly, Live Well Runners is a mixed ability group that meets twice weekly.

All are welcome - you do not need to be affected by a cancer diagnosis to get involved.

Our run club supports anyone with running goals or looking to improve their physical, mental and emotional health and wellbeing.



For more information, contact Holly at [@outlook.com](https://www.LiveWellRunnersUK.com)



Live Well in West Moor

We'd like to say a massive thank you to the UK Shared Prosperity Fund for making our Live Well in West Moor project possible.



For the past two years, we've been delighted to host regular sessions at West Moor Community Centre so that more people in North Tyneside can access our services.

Tai Chi

Thank you, Sandra, for running weekly Tai Chi classes full of gentle movements and mindful breathing.

Pilates

Thank you, Stefania, for delivering weekly Pilates classes that helped members of our community exercise.

The good news is we'll continue to run sessions in West Moor Community Centre as we continue to live well in West Moor.

Kickaround with the Lads

Thank you, Ben, for facilitating weekly football sessions for men impacted by cancer in our community.



Weekly classes

Monday

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

Tuesday

- Live Well Writers | 11am - 2pm @ Live Well Hub
- Fun with Acrylics | 5.30 - 7.30pm @ Live Well Hub
- 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

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

What's on in

2nd quarter?

April

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

13 Veterans Drop-in
2.15 - 3.30pm @ Live Well Hub

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

21 Emma's Facial
@ Live Well Hub Appt required

23 Live Well Masterclass
10am - 2pm @ Live Well Hub Sign up required

27 Crafting for Wellbeing
5 - 7pm @ Live Well Hub

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

28 Mag's Massage
@ Live Well Hub Appt required

May

2 Craft & Craic
10.30am - 12.30pm @ Live Well Hub

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

11 Veterans' Drop-in
2.15 - 3.30pm @ Live Well Hub

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

19 Emma's Facials
10am - 2pm @ Live Well Hub Appt required

26 Mag's Massage
2 - 5pm @ Live Well Hub Appt required

June

6 Craft & Craic
10.30am - 12.30pm @ Live Well Hub

8 Veterans' Drop-in
2.15 - 3.30pm @ Live Well Hub

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

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

16 Emma's Facials
10am - 2pm @ Live Well Hub Appt required

20 Live Well Catwalk Cabaret!
7pm - Midnight @ Village Hotel SOLD OUT!

22 Crafting for Wellbeing
5 - 7pm @ Live Well Hub

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

23 Mag's Massage
2 - 5pm @ Live Well Hub Appt required

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

Live Well with Banter



Our podcast gets to know the people behind Live Well with Cancer, with lots of banter along the way!

From Live Well Runners to Life Kitchen, our latest episodes feature members of community and the work they do to help people to live well with cancer.

We've also been delighted to host several experts on key health and wellness topics, including menopause, trauma-informed care and grief.

9 Menopause, Cancer & Charlotte

10 Heywood and Stuff

11 Live Well Runners

12 Life Kitchen

13 Trauma-informed Care

14 The Grief Circle

Subscribe to our YouTube channel to never miss an episode!

Charity Corner

Live Well lads

Are you a man who has received a cancer diagnosis?

We are delighted to announce that we have received funding from Macmillan Cancer Support for our upcoming Live Well Lads project.

The funding empowers us to deliver a structured annual calendar of regular support and engagement activities, including a weekly men's drop-in session at the Live Well Hub.

We'll also host monthly group activities focused on creativity, physical activity and wellbeing.

To register your interest, please email transformation@livewellwithcancer.co.uk.



Supporter of the Quarter

Each quarter, we shine a light on the people who go the extra mile to support our charity.

This time, we'd like to recognise Michelle and Steven Kilday for raising an incredible **£3,033.50** at a fundraising event at the PTE Social Club in Byker.

As Michelle nears the end of her cancer treatment, she wanted to bring family and friends together to thank them for their love and support. She chose our charity to benefit so that the funds raised stay local and support people in their own community.

Huge thanks to everyone who supported on the night. The money raised will go directly towards our counselling and



Michelle & Steven!



Thank you Michelle and Steven! We are proud to make you our Q2 2026 Supporters of the Quarter.



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

