

In this summer issue, find out how we're helping our community to live well with cancer.



Live Well
with Cancer

Q3 Newsletter



We care. We empower. We are a community.

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

From our Easter Egg competition to the Catwalk Cabaret, there's been so much to celebrate for our charity in Q2 and even more to look forward to this summer.

Our charity was showcased wonderfully by BBC and the lovely team at Look North, who captured moments from Tai Chi and our Bowel Cancer Support Group.

We welcomed Karen Clark, Elected Mayor of North Tyneside and Linda Yeo from The National Lottery to celebrate the Community Fund awarding us **£107,569** over the next three years to fund our Live Well: Building Healthier, Happier, More Connected Communities project.

We also received the incredible news that Postcode Neighbourhood Trust awarded us a grant of **£50,000** over 3 years to support our vital one-to-one services for people impacted by a cancer diagnosis.

We were delighted to receive **£9,095** from Macmillan Cancer Support to deliver Live Well Lads, a year-long programme of support and engagement activities with men who have received a cancer diagnosis, and a further **£2,500** from The Charles Robert Bell Fund to help support our Live Well Sessions.

Our Catwalk Cabaret raised **£8,510** for our charity and showcased the amazing community that we have created over the years. Thank you so much to everyone who helped make the show possible on stage and behind the scenes.

During the night, we honoured the memories of Michelle, Peter, Margaret and Sarah, who had shone so brightly during last year's Live Well Fashion Show.

Looking forward, we're excited for the 2nd annual Howay the Bay from Blyth to North Shields and a planned 24-hour podcast hosted live in the Live Well Hub.

Thank you all for being part of our community.
Together, we can live well with cancer.

Maureen Elliott
Founder and CEO of Live Well with Cancer

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Live Well with Cancer Updates

Transformational funding news

We're delighted to share that our charity received two transformative grants in Q2, receiving **£107,569** over the next 3 years from The National Lottery Community Fund and **£50,000** over the next 3 years from Postcode Neighbourhood Trust. This funding empowers us to expand our team to help more people to live well with cancer.



Catwalk Cabaret

We'd like to say a huge thank you to everyone who helped with our Catwalk Cabaret. For the second year running, members of our community strutted their stuff at the Village Hotel to raise **£8,510** for our charity. Special thanks to everyone who donated prizes, lots and bottles for our raffle, auction and fundraisers, and to the people who volunteered their time and energy to make sure the night went so well.



Live Well sessions

Every week, we host arts & crafts workshops, movement classes, support groups and educational masterclasses in the Live Well Hub, West Moor Community Centre and beyond to help people live with and beyond a cancer diagnosis.

Live Well with Healthy Habits

We've been delighted to deliver prehabilitation sessions with individuals and organisations across the region, from the Live Well Hub to Riverside Stadium.

Stoma friendly public toilets

Our bowel cancer support group is campaigning to improve facilities in public toilets so that people with stomas can change their bag. Just a small shelf and hooks can make the world of difference to someone changing their stoma bag in public.

Fundraisers

Thank you to everyone who is currently fundraising for our charity! Every pound you raise helps our charity empower people affected by cancer to improve their health and wellbeing.

Howay the Bay

Sign up for our second annual 15km+ from Blyth beach to Nile Street and join the Live Well Runners for post-run refreshments at the Live Well Hub. Only a few spaces left.

Catwalk Cabaret

What an amazing night! ✨

Thank you so much to everyone who helped make the Catwalk Cabaret possible.

We were delighted to bring our community together to celebrate all we've achieved and remember those who are no longer with us.

Together, we can live well with cancer.



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 of transformation.

Live Well Lads

Tuesday 1.30 - 3.30pm

Learn how to live well with cancer 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

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.

No August classes

Booking required!

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.

Live Well Runners

Tuesday & Sunday

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

Check out their socials to keep up to date with events!
[@livewellrunnersuk](https://www.instagram.com/livewellrunnersuk)

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.

No August classes

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.

Newcastle Building Society

1st Saturday | 10.30am - 12pm

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

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

3rd Tuesday

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

Appointment required!



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

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.

The Grief Circle

Our next bereavement support group starts on Monday 27th July. Get in touch if you are interested in joining.



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

Healthy Habits & Prehab

Our Live Well with Healthy Habits campaign has seen Ben delivering workshops, webinars and masterclasses in venues across our wonderful region. These sessions were funded by Northern Cancer Alliance and Point North as part of a regional campaign to promote the benefits of prehabilitation, with attendees taking home free copies of Live Well with Healthy Habits: The Prehab Edition.



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

13th January	MRI Team from Northumbria Healthcare NHS FT at the Live Well Hub
27th January	Incurable cancer support group at Billingham Synthonia Cricket Club
12th February	MRI Team from Northumbria Healthcare NHS FT at the Live Well Hub
24th March	Cramlington Health and Care Academy
25th March	Riverside Stadium with Middlesbrough FC Foundation
23rd April	Live Well Masterclass at the Live Well Hub
13th May	Sage, North Tyneside
8th May	Healthwatch Northumberland online
20th May	North Tyneside VODA
23rd June	Northern Cancer Alliance Lunch & Learn online
2nd July	FACT
9th July	Live Well Sleep Better at the Live Well Hub
18th July	Berwick Cancer Support Group
19th September	Live Well with Healthy Habits Masterclass

Self-care bags

We were delighted to deliver 260 Live Well Self-care bags to the Oncology Day Unit at North Tyneside General Hospital, generously funded by Bright Northumbria Healthcare Charity for newly diagnosed cancer patients.

If you are interested in learning more about our Self-care bags, please email info@livewellwithcancer.co.uk



Arts & Crafts

Want to know what it's like attending a Live Well with Arts & Crafts session?

Read what attendees had to say about our classes!

I would be lost without LWWC. They have been a massive support after my discharge from cancer specialist - my life after cancer was more anxiety ridden than during my cancer rollercoaster.

Live Well with Cancer is a place full of smiles and laughter, although this is a charity with everyone affected by cancer. It is a place where you can trust and connect with others like ourselves, with activities through which we find the purpose of life.

An organisation that has helped my family in many ways and continues to help so many people with and affected by cancer. Will be forever grateful to them and enjoy the art sessions.

It always feels like a big hug when I walk in!



Live Well Writers

Join our writing workshops every Tuesday from 10am to 1pm at the Live Well Hub.

Beyond the Diagnosis

Our blog features the stories of members of our community.



Kayleigh

A young cancer patient's struggle to get diagnosed for her head and neck cancer, the signs and symptoms and Jess's Rule.

Beyond the Diagnosis Kayleigh's story



Maureen

Our Founder and CEO reflects on 30 years as a cancer nurse and why post-cancer care still feels like a postcode lottery.

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



Shona

Shona shares the ups and downs of her journey from her cancer diagnosis to taking the stage at the Live Well Fashion Show.

Beyond the Diagnosis From Cancer to Cabaret



Live Well Cabaret Fashion Show



Funders

Our charity only exists because of the kindness of our supporters and the generosity of our funders. We are grateful to the Trusts, Foundations and Funds that support our charity and make our vital work possible.

Live Well: Building Healthier, Happier, More Connected Communities

The National Lottery Community Fund awarded us **£107,569** over the next three years to help us deliver more workshops, support groups and 1-2-1 support and welcome another healthcare professional to our team.

Live Well Core Costs

Postcode Neighbourhood Trust awarded us **£50,000** over three years to help us continue to offer individual and group support from the Live Well Hub and elsewhere in North Tyneside and beyond.



Live Well Lads

Macmillan Cancer Support awarded us a grant of **£9,095** to deliver a year-long programme of support and engagement activities with men who have received a cancer diagnosis.

Live Well Sessions

The Charles Robert Bell Fund awarded us a grant of **£2,500** to help support Live Well Sessions for people impacted by a cancer diagnosis in our community.



Fundraisers

Thank you so much to everyone who has fundraised for us over the years. Your support helps make our vital work possible. We'd like to highlight some of the people who are fundraising for our charity on JustGiving.

- The Paw Pack raised **£3,562.50** with their Marathon Coastal Walk.
- St Cuthbert's Church raised **£1,085.80** to support our counselling service.



In loving memory of Peter

We've seen several members of our community fundraise in loving memory of Peter:

- Jenny has raised over **£1,360** to take on the Great North Run.
- Andrew raised over **£816.25** for taking on The Wall Ultramarathon.
- Michael has raised over **£354.96** to take part in 'GEORDIEMAN 70.3' triathlon event in Druridge Bay Country Park in August.

Bedlington Football Co-Operative are honoured to present the Gail Stafford Memorial Cup, a charity football game between Bedlington United coaches and Bedlington FC coaches to raise money for both Live Will with Cancer and Wansbeck Palliative Care.

- Tracy Gosling has raised **£875** at her pub, Rosehill Tavern, Wallsend.



Live Well Runners and members of our community:

- Holly raised over **£970** for running The Priory 100km Ultra.
- Gwen raised over **£527.50** for taking on a sponsored run in the Highlands.
- Holly is up to **£376.25** to run Howay the Bay.
- Mike has raised over **£112.50** running the Great North Run.



Live Well Runners

Join our inclusive community and run your way to wellness. Our mixed ability group meets twice weekly.

Join Run Leader Holly for skill sessions and social runs in North Tyneside.

All are welcome – you do not need to be affected by a cancer diagnosis.

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



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

Howay the Bay

Sign up for our 2nd annual Howay the Bay 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.

Register for the event today and help support our charity.



Join us 23rd
August at
9am!

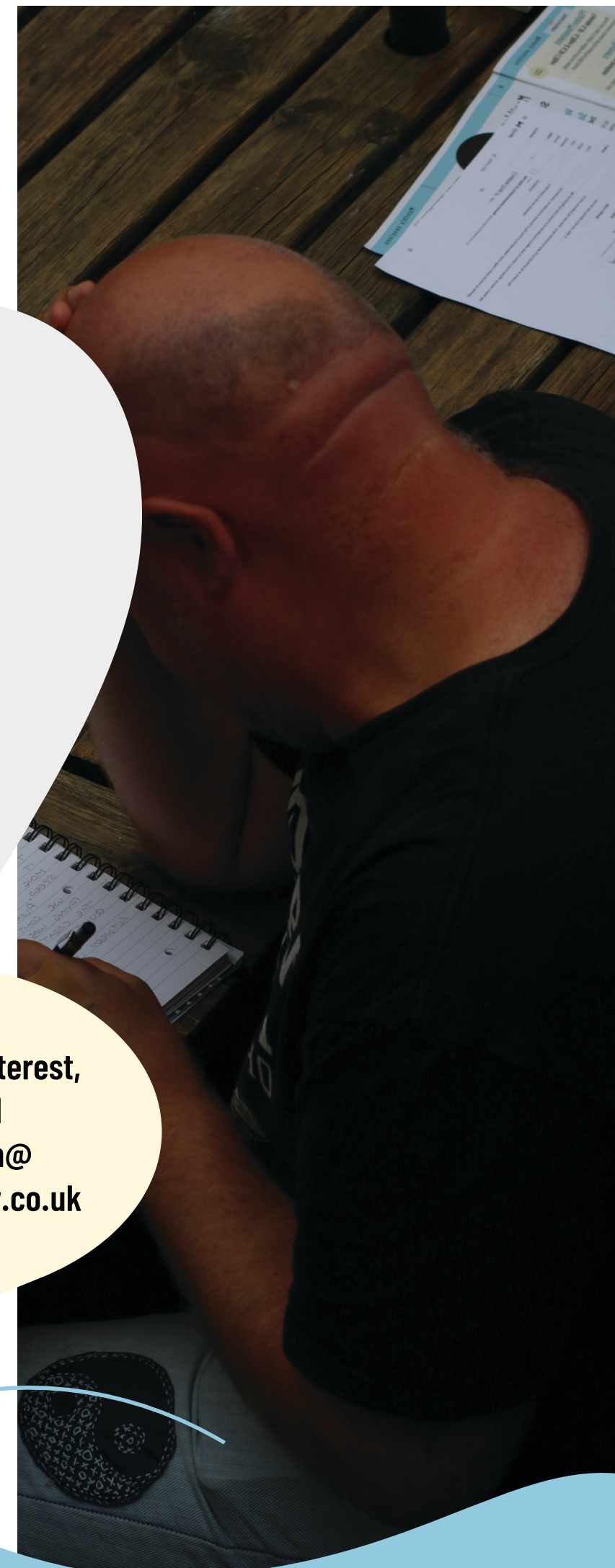
Live Well Lads

Are you a man who has received a cancer diagnosis?

Join the Live Well Lads and learn how to improve your health and wellbeing.

Macmillan Cancer Support has funded a year of weekly drop-ins and monthly sessions at the Live Well Hub and beyond.

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



Weekly classes

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

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

July

- 1 Newcastle Building Society
10am - 12pm @ Live Well Hub
- 4 Craft and Craic
10.30am - 12.30pm @ Live Well Hub
- 10 Bowel Cancer Support Group
11am - 12.30pm @ Live Well Hub
- 13 Lung Cancer Screening
10am - 1pm @ Live Well Hub
- 14 Secondary Cancer Support Group
1 - 2.30pm @ Live Well Hub
- 16 Live Well Sleep Better
10.30am - 12pm @ Live Well Hub
- 27 Crafting for Wellbeing
5 - 7pm @ Live Well Hub
- 27 Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub
- 28 Mag's Massages
@ Live Well Hub

3rd quarter?

August

- 1 Craft & Craic
10.30am - 12.30pm @ Live Well Hub
- 5 Newcastle Building Society
10am - 12pm @ Live Well Hub
- 11 Secondary Cancer Support Group
1 - 2.30pm @ Live Well Hub
- 14 Bowel Cancer Support Group
11am - 12.30pm @ Live Well Hub
- 23 Howay the Bay
9am @ Blyth Beach
- 24 Crafting for Wellbeing
5 - 7pm @ Live Well Hub
- 24 Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub
- 25 Mag's Massages
@ Live Well Hub

September

- 2 Newcastle Building Society
10am - 12pm @ Live Well Hub
- 5 Craft and Craic
10.30am - 12.30pm @ 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
- 15 Emma's Facials
@ Live Well Hub
- 19 Live Well with Healthy Habits
Masterclass 9am @ Live Well Hub
- 22 Mag's Massages
@ Live Well Hub
- 26 Open Quay
11am - 4pm @ Live Well Hub
- 28 Crafting for Wellbeing
5 - 7pm @ Live Well Hub
- 28 Breast Cancer Support Group
7 - 8.30pm @ Live Well Hub

*Please send us an email at info@livewellwithcancer.co.uk if you are interested in attending any of our sessions. For Live Well Runners, contact livewellrunnersuk@outlook.com

Live Well with Banter

Get ready for the Live Well with Banter 24-hour podcast live from the Live Well Hub!

While Ben and Heywood finalise plans for their fundraising challenge, check out our latest episodes.

Live Well with Banter

- Trauma-informed Care with Dr Jenny Johns
- The Grief Circle with Nicola Gauld
- Physical Activity with Dr Sam Orange
- Conscious Breathing with James Powles



Charity Corner

Bowel Cancer Awareness

Our Bowel Cancer Support Group are campaigning to increase awareness of the challenges faced by people with a bowel cancer diagnosis. We aim to improve facilities in public toilets and local businesses so that people with colostomy/stoma bags can change them when out and about. A small shelf and hooks are all it takes to make toilets more accessible.

Afuera Coffee

Jake donated 30 free coffee vouchers for members of the Live Well with Cancer community, paid for by the Pay it Forward scheme, to be used by people affected by cancer and their families.



Supporters of the Quarter

As daughters of our Founder & CEO, Ashley and Holly have been involved in our charity since the start, helping our charity support people affected by cancer in our community.

Since employing Ashley on a short-term basis, she has used her fundraising expertise to secure long-term grant funding from The National Lottery Community, Postcode Neighbourhood Trust and Garfield Weston, and project funding for Live Well Lads and Live Well with Arts & Crafts.

For more than a year, Holly has volunteered as Run Club Leader, offering 1-2-1 and group support to the Live Well Runners. As well as organising the 2nd Annual Howay the Bay for our community, Holly ran 100km from Bamburgh to Tynemouth to raise over £1,000 for our charity.

They appeared on Live Well with Banter together, and it's only right that they share the honour of becoming our Q3 Supporters of the Quarter together too.



Ashley & Holly!



Thank you, Ashley and Holly! We appreciate everything you've done for our charity.



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

