



Live Well
with Cancer

Q4 Newsletter

We care. We empower. We are a community.



Autumn Edition

How are we into Q4 already? 2025 has flown by but we've still got so much to look forward to this year.

What's inside our Autumn edition?

The holidays are coming!

Michael Bauble is back for more festive events.

Howay the Bay

A look back on our amazing events this summer.



Registered Charity Number 1186482

| www.livewellwithcancer.co.uk

Where else to start than an update on Maureen's health.

We are pleased to write that she is doing well at home, recovering from her shoulder surgery. We've confiscated her laptop, and she won't be getting it back until she is strong enough to steal it back.

She awoke from surgery to find out that she had been shortlisted for the Northern Cancer Alliance Award for Going the Extra Mile. I think I speak for all our community when I say that she is more than thoroughly deserving of the award.

Maureen would like to thank everyone who has sent their love. She's been blown away by the support she has received from our wonderful community.

Our 1-2-1 cancer nurse support service has been paused while Maureen recovers, and we beg your patience in responding to messages.

We will still be hosting regular workshops, events and support groups from the Live Well Hub in North Shields, The White Swan Centre in Killingworth, and West Moor Community Centre.

Whether through arts and crafts or healthy habits, our charity continues to help people affected by cancer to improve their health and wellbeing.

Maureen only has little feet, but surprisingly big shoes to fill, and we'll keep doing our best to hold down the fort until she is back to work doing what she loves - helping our community to live well with cancer.

Howay the lads, and howay the lasses!

Ben Elliott

Live Well with Cancer

Live Well Updates	Page 1
Live Well this Christmas	Page 2
Weekly and monthly sessions	Page 3,4
Live Well with Healthy Habits	Page 5
Live Well with Stories	Page 6
Bailey's Bear and Bobby's Adventure	Page 7
Live Well with Art 2026 Calendar	Page 8
Funders and Fundraisers	Page 9,10
Fatigue Masterclass	Page 11,12
What's on in Q4?	Page 13,14
Live Well	Page 15
Charity Corner	Page 16

Live Well with Cancer Updates

Live Well this Christmas

Our Q4 newsletter only means one thing... it's only weeks until Christmas! Perhaps our busiest time of the year, we're excited for the return of our Annual Bauble Appeal, our Christmas Fayre and Christmas Coffee Morning. **Find out more on page 2!**

Workshops, Events and Support groups

Our 1-2-1 cancer nurse support service has been paused at time of writing, but our workshops, events and support groups continue to run in the Live Well Hub and elsewhere in North Tyneside. **Find out more on page 3!**

Writing for Wellness

Whether you want to write your own story or write your way to better health, our sessions will help you get your ideas on the page while our physical resources will help you to live well with healthy habits.



Colour in Bobby's Adventure

With Christmas just around the corner, our kid's books are the perfect gift. Whether reading the story of Bailey's Bear or colouring in Bobby's Adventure, you can support our charity while treating your loved ones. **Find out more on page 7!**

Funders

As always, we thank our wonderful funders for making our vital work possible. We'd like to say a special thank you to Ballinger Charitable Trust for granting us £30,000 over two years in core cost funding. **Find out more on page 9!**

Great North Run

We'd like to thank our small but mighty group of Great North Runners for raising over £8,000 for our charity at this year's event.



Over £8,000 raised! Well done to all our runners!

Howay the Bay

Our first annual Howay the Bay 15k was an amazing success, seeing dozens of runners make their way from Blyth to the Live Well Hub in North Shields.



Beach Pilates

It was so lovely to see so many smiling faces at Beth and Amber's fantastic Beach Pilates and sea dip event on the last Sunday in August.



Live Well with Banter

We are thrilled to announce that our brand-new podcast - Live Well with Banter - will be released over the coming weeks. Tune in for episodes featuring our Founder and CEO, Trustees, Ambassadors and facilitators.



Live Well this Christmas

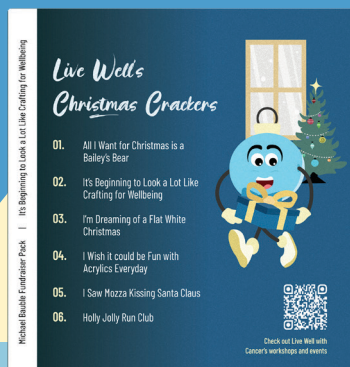
Michael Bauble Appeal

It's that time of the year again where we ask our amazing community to put their crafting skills to good use and help us make baubles for patients receiving treatment over the festive period. Whether you join us for an Afternoon with Michael Bauble or host your own, we can't wait to see your beautiful creations.



Host your own Michael Bauble event

Michael Bauble is already hard at work promoting our seventh annual Christmas Bauble Appeal. After the success of his 2024 tour, Michael needs your help to make this year the biggest yet.



Christmas Fayre

Join us for our Christmas Fayre on 29th November at Trevelyan Hall in Linskill Centre 10.30am - 2.30pm.

Check out the stalls, buy gifts from local businesses, and have the littles ones meet Mr and Mrs Claus.



Join us on
the 29th
November!

Christmas Coffee Morning

Sign off for Christmas with the Live Well with Cancer team from 10.30am - 1pm on 20th December. We'll be serving teas, coffees, cakes and more as we celebrate all that we have achieved this year with a bumper festive raffle.

Sign up for a fundraiser pack today, host your own Afternoon with Michael Bauble, and help to raise much needed funds for our 1-2-1 counselling service.

www.livewellwithcancer.co.uk/michaelbauble

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Weekly sessions

Fun with Acrylics

Monday 10am - 12pm

Weekly creative workshops led by local artist Michael, with plenty of fun and chat along the way!

Strength and Movement

Monday 12 - 1pm

Join a Cancer Prehabilitation Specialist Physiotherapist for a gentle introduction back to exercise for over 55s.

Yoga Drop-In

Monday 1 - 2pm

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

Creative Drop-In

Tuesday 11am - 2pm

A regular space for people to come and work on their creative arts and writing in the Live Well Hub.

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

Tuesday 6.30 - 7.30pm

*NHS sign up required**

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

Live Well Choir

Every other Tuesday 7.30 - 9pm

(Continuing from 7th October)

Sing some Christmas crackers with the Live Well Choir! We're looking for more singers to help us perform at our Christmas Fayre.

Tai Chi

Friday 10 - 11am

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

Crafting for Wellbeing

Wednesday 11am - 1pm

Craft your way to improved wellbeing by taking part in group sessions or working on your own project.

Live Well Runners

Sunday 9am

Improve your fitness and connect with other runners from our community with our weekly social runs.



All our weekly sessions are hosted at the Live Well Hub unless otherwise stated.

West Moor Community Centre

Pilates

Wednesday 2 - 3pm

West Moor Community Centre

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

Kickaround with the Lads

Wednesday 6 - 7pm

West Moor Community Centre

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

White Swan Centre

Tai Chi

Monday 2.30 - 3.30pm

White Swan Centre

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

Macmillan Drop-in

Wednesday | 11am - 2pm

October 29th - Final drop-in

Join the Northumbria MacMillan Information and Support Service at the Live Well Hub for a weekly drop-in.

Monthly sessions

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

Secondary Cancer Support Group

6-week course | 10am - 11.30pm

Signup required*

Sign up for our next Secondary Cancer Support Group, starting 11th November. This 6-week course helps a small group improve their mental health, physical fitness and emotional wellbeing.

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.

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.

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.

Live Well with Healthy Habits

Would you like to improve your health and wellbeing?

We are looking for volunteers to trial our latest wellness journal. *Live Well with Healthy Habits: The Prehab Edition* was generously funded by Northern Cancer Alliance to help patients to prepare for treatment by making healthier lifestyle choices.



Live Well with Healthy Habits: The Prehab Edition

Our two-week journal empowers you to find your own way to wellness:

- Move forward on your journey from the past, through the present and into the future.
- Improve your mental health, physical fitness and emotional wellbeing.
- Enhance your relationships with other people, your self and your diet.

Email transformation@livewellwithcancer.co.uk to register your interest in trialling *Live Well with Healthy Habits: The Prehab Edition*.



Write your story

Join
us!

Join us from 11-2pm every Tuesday for our weekly Creative Drop-in at the Live Well Hub. We are looking for budding writers to create pieces for our Live Well with Stories anthology, which was generously funded by Catherine Cookson Charitable Trust.

If you have a story to tell, come see us at our Creative Drop-in, or email transformation@livewellwithcancer.co.uk

Catherine Cookson Charitable Trust

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

*Catherine
Cookson*
Charitable Trust

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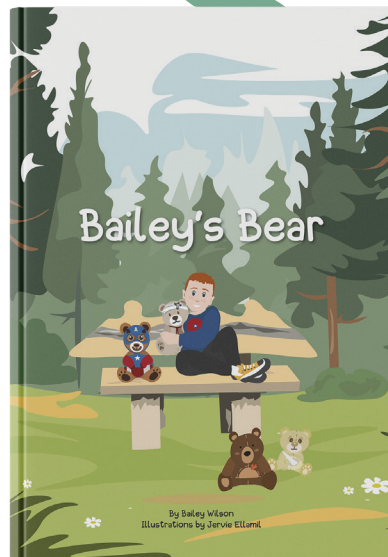


Bailey's Bear and Bobby's Adventure

Support Live Well with Cancer and Bailey's Bears by buying your very own kid's book, generously funded by North Standard.

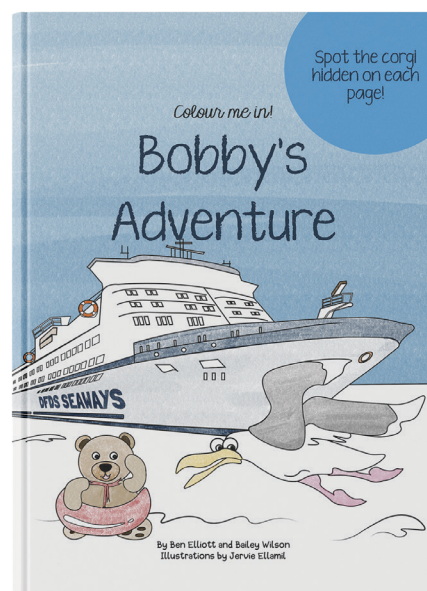
Bailey's Bear

Bailey's Bear tells the story of how a support bear named Bobby helped Bailey get through his father's treatment and inspired him to start fundraising so that other children could have their own support bears.



Bobby's Adventure

Bobby's Adventure tells the story of what happens when Bailey and Bobby get separated on the way to the Live Well Hub. Find out which geordie animals Bobby meets on his adventure and colour in North Tyneside landmarks along the way!



NorthStandard

If you know a child affected by cancer who would benefit from a support bear, please fill in the form on our website at www.livewellwithcancer.co.uk/baileys-bear

Live Well with Art 2026 Calendar

Support our charity and welcome in the new year in style with our 2026 Live Well Calendar. Featuring artwork from our Monday art group along with a quote of what Art means to them.

The calendar celebrates the creatives in our community and the amazing paintings they have produced this year.



Available to pre-order at our online shop and stay organised for the new year.



We care. We empower. We are a community.



Funders

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



We are absolutely delighted to announce that Ballinger Charitable Trust have generously agreed to give a total of **£30,000 over the next two years** towards our core costs. We cannot be more grateful for this wonderful support, which helps us to secure and grow our charity.



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



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



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



£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.



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



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

Fundraisers

Great North Run

We'd like to say a huge thank you everyone who ran the Great North Run for Live Well with Cancer this year. **We are very grateful to this year's runners for raising over £8,000.** If you've got a space for next year's event, we'd love to provide a free LWWC t-shirt.



Howay the Bay

Fresh from the first ever Howay The Bay 15km, we'd like to thank the dozens of people who made their way from Blyth to the Live Well Hub to raise funds for our charity. **A huge well done to Holly, Live Well Runners and everyone who took part!** We can't wait to do it again next year.



Howay the Lads

It was our privilege to shake our buckets outside of St James' Park before Newcastle's brave defeat to Liverpool. We may have lost the match on the pitch, but **all the lads and lasses showed their class by donating £779.40 to our cause.**



Beach Pilates and Sea Dip

We'd like to say a big thank you to Beth and Amber for hosting a beach pilates and sea dip at Tynemouth Longsands yesterday. **Together they've raised over £700 for our charity!** Thank you from the bottom of our hearts. It was so lovely to see photos of the fantastic event.



Fatigue Masterclass

Feedback

We were delighted to host our latest regional Fatigue Masterclass at The Durham Centre. Check out some of the fantastic feedback the session received from attendees.

Fabulous session with great speakers. Lots of take-aways!

Thank you for an enjoyable, educational day which will help me in my role and my personal life. Good topics covered.

A relaxed day where there is enough time for each presentations. It was very informative and relevant. Ben stepped in admirably.

Loved Caroline Tweedie and the meditation. It was a brilliant day full of fun and learning. Best course i have done for a long time. Lunch was great!

Very interactive and good mix of professionals and patients.

Sign up for our final Fatigue Masterclass today!

For patients and professionals

We will consider the causes of fatigue and how we can help to manage the effects, with focus on therapies, physical activity and psychological wellbeing.

We'll end the day with sessions on journaling and conscious breathing to help you move forward with purpose and energy.

To book a space, please email info@livewellwithcancer.co.uk

Facilitated by

The Live Well with Cancer Team and expert speakers

Join us!

Date and Time

13th November
9am-3.10pm

Location

Hexham Abbey

*The Parish Centre, Hexham,
Northumberland NE46 3NB*



Photographs from Durham's Fatigue session



Our regional Fatigue Masterclasses are funded by Northern Cancer Alliance to help patients better manage their cancer-related fatigue.

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What's on in 4th quarter?

Weekly Classes

Time	Day	Event & Location
10am-12pm	Mon	Fun with Acrylics @Live Well Hub
12-1pm	Mon	Strength & Movement @Live Well Hub New class!
1-2pm	Mon	Yoga Drop-in @Live Well Hub
2.30-3.30pm	Mon	Tai Chi @White Swan Centre
11am-2pm	Tue	Creative Drop-in @Live Well Hub
6pm	Tue	Live Well Runners @Various locations Skill session
6.30-7.30pm	Tue	Movement @Live Well Hub Booking required
7.30-9pm	Tue	Live Well Choir @Live Well Hub Alternate Tues from Oct 7
11am-1pm	Wed	Crafting for Wellbeing @Live Well Hub
2-3pm	Wed	Pilates @West Moor Community Centre
6-7pm	Wed	Kickaround with the Lads @West Moor Community Centre
10-11am	Fri	Tai Chi @Live Well Hub
9am	Sun	Live Well Runners @Live Well Hub Social run

October

Time	Date	Event & Location
11am-1pm	10	Bowel Cancer Support Group @Live Well Hub
2.15-3.30pm	13	Veterans' Cancer Support Group @Live Well Hub
10am-12pm	27	Retired Fishermen's Group @Live Well Hub
7-8.30pm	27	Breast Cancer Support Group @Live Well Hub
10am - 2pm	28	Nicola Jane - Bra Fitting @Live Well Hub Sign up required

Macmillan drop-in

Join the Northumbria MacMillan Information and Support Service from 10am -2pm every Wednesday in October in the Live Well Hub.

Live Well Choir

Every other Tuesday @ 7.30-9pm, continuing from 7th October. Sing some Christmas Crackers with the Live Well Choir!

November

Time	Date	Event & Location
2.15-3.30pm	10	Veterans' Cancer Support Group @Live Well Hub
	11	Live Well with Cancer's 6th Birthday! @Live Well Hub Happy Birthday to us!
10-11.30am	11	Secondary Cancer Support Group @Live Well Hub Sign up required
9am-3pm	13	Fatigue Masterclass @Hexham Abbey Patients & Professionals
11am-1pm	14	Bowel Cancer Support Group @Live Well Hub
10-11.30am	18	Secondary Cancer Support Group @Live Well Hub Sign up required
11am-1pm	23	Afternoon with Michael Bauble @West Moor Community Centre
10am-12pm	24	Retired Fishermen's Group @Live Well Hub
7-8.30pm	24	Breast Cancer Support Group @Live Well Hub
10am-11.30pm	25	Secondary Cancer Support Group @Live Well Hub Sign up required
10.30am-2.30pm	29	Christmas Fayre @Linskill Centre

December

Time	Date	Event & Location
10-11.30am	2	Secondary Cancer Support Group @Live Well Hub Sign up required
11am-1pm	3	Michael Bauble Crafting for Wellbeing @Live Well Hub Make a bauble, take a bauble
11am-1pm	6	Michael Bauble Crafting for Wellbeing @Live Well Hub Make a bauble, take a bauble
2.15-3.30pm	8	Veterans' Cancer Support Group @Live Well Hub
10-11.30am	9	Secondary Cancer Support Group @Live Well Hub Sign up required
11am-1pm	12	Bowel Cancer Support Group @Live Well Hub
10-11.30am	16	Secondary Cancer Support Group @Live Well Hub Sign up required
10.30am-1.30pm	20	Christmas Coffee Morning @Live Well Hub

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

Howay the Bay

We were so thrilled to see dozens of people making their way from Blyth to the Live Well Hub in the first ever Howay the Bay.

Sport England  **SPORT ENGLAND**

£7,570 to provide training to our facilitators and run additional exercise classes.



Live Well Runners meet twice weekly, on Tuesdays at 6pm for a skills run, and 9am for the Sunday Social.

If you would like to know more about the club visit www.livewellwithcancer.co.uk/livewellrunners

Beach Pilates

One week later, we saw Beth, Amber and dozens more taking to Tynemouth Longsands for beach Pilates and a sea dip.



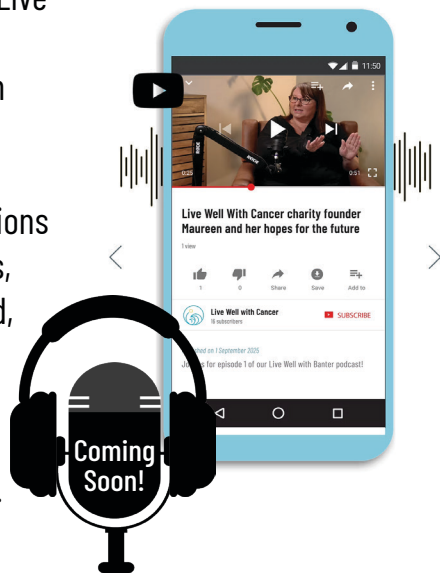
Would you like to attend another Beach pilates session? Let us know by emailing us!

info@livewellwithcancer.co.uk

Charity Corner

Live Well with Banter

We'd like to say a massive thank you to Heywood & Stuff Productions for producing six episodes of Live Well with Banter, a new podcast featuring members of the Live Well with Cancer community. Each episode sees a different guest answering questions on healthy habits, Newcastle United, and their experiences with Live Well with Cancer.



Trustee Update

We'd like to welcome the latest member of our board, Michelle Williams, who brings with her a wealth of professional and lived experience of our cause. We'd also like to say a massive thank you to Rachel Grecian for her commitment to our charity. She leaves her trustee role with our very best wishes, while her legacy of our annual Christmas Bauble appeal continues to live on.



Michelle

Supporter of the Quarter



We are absolutely thrilled to announce that Maureen is our Supporter of the Quarter for Q4!

This may be the only chance we get to nominate Maureen without her insisting that we change it before signing off the printing, and so we are taking the opportunity to recognise the woman who founded our charity.

Maureen is the heart and soul of our community. Even after injuring both shoulders on her birthday, she did more with half a barely functional arm than most can do in top form.

Live Well with Cancer is her fifth baby, and she is just as proud of our charity as she is of her kids, and with much more good reason.

Thank you, Maureen! Our community would not exist without you, and we all wish you a very speedy recovery.

X



Live Well
with Cancer

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