

LIVE WELL WITH CANCER Q3 NEWSLETTER

Welcome to our third quarterly newsletter for 2022 — The best place to get all the news from our volunteer-led charity.

In this edition, we look back on what we have achieved in the second quarter of 2022, whilst also looking forward to what we are expecting to achieve in the third quarter of 2022!

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HAPPY 30TH SARAH!

We would like to start by wishing our wonderful trustee - Sarah - a very happy 30th birthday! Diagnosed with stage 3 low grade ovarian cancer four years ago at the age of 26, Sarah's Number 1 item on her bucket list was to make it to her 30th birthday, and we are delighted to say that she absolutely smashed it! Happy birthday from everyone at Live Well with Cancer — We are all incredibly proud of you!

CREATIVE ARTS & WRITING

Since September 2021, our Creative Arts & Writing workshops have given attendees the chance to explore such themes as mindfulness, acceptance and the inner child. Our final session, centred on the themes of friendship and community, was the perfect send off for what has been a wonderful series of sharing, connecting, and togetherness. We would like to say a HUGE thank you to the Postcode Neighbourhood Trust for their generous funding. Without this, these sessions would not have been possible. Secondly, a big thanks also goes out to our attendees! The facilitators had an incredible time getting to know you better and sharing experiences in safety and trust. If you are interested in seeing the art and writing created during these sessions, we are hosting a showcase during our August 13th Coffee Morning, and we would love to see you there!

A PAUSE TO THE WRITING CLUB

The Live Well with Cancer Writing Club is one of the longest running group sessions that we run. It brings together a wonderful group of individuals who write work in their own time, and then read it out for feedback during the session. Over the last year and a half, we have seen some incredible work created. These sessions will again return in the future, but for Q3, they are put on pause to allow more funding to come in and to allow our facilitators to focus on a new 3-part storytelling series that will be starting soon, funded by the amazing Barbour Foundation! If you are interested in being part of these three workshops, please email us at livewellwithcancer@gmail.com, and we will happily add you to the list.

FAREWELL WELLBEING BOOK CLUB

We would like to wish a fond farewell to our Wellbeing Book Club. Born during the pandemic, the sessions lasted a wonderful 20 months, covering many incredible books. That's 20 powerful books that have inspired change and growth in so many people, dating from 500BC to the present day. We would like to take this opportunity to thank everyone who participated in our sessions. If you are looking for something good to read, the table below shows the top 5 books covered, as voted for by our attendees.

TAO TE CHING by Laozi	IKIGAI by Francese Miralles & Hector Garcia	WE by Robert Johnson	MASTERY by Robert Greene	STILLNESS SPEAKS by Eckhart Tolle
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TOP 5 BOOKS VOTED BY ATTENDEES



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WORKSHOPS

MANDALA STONES MASTERCLASS

07th August @ Lovaine Community Garden

Back by popular demand, our Mandala Stones Masterclasses are the perfect place to learn how to create beautiful mandalas, whilst enjoying a few mindful hours in Lovaine Community Garden. Our wonderful facilitator - Melanie - will use her expertise to guide you through decorating your very own mandala stone! All our sessions are free to anyone affected by cancer, including friends, family, and carers. As spaces are limited, priority will be given to those who have not attended before.

THE SELF CARE PLACE

17th September @ Jasmine Yoga Studio, Tynemouth Haven

We are delighted to announce a brand-new yoga inspired workshop that will be held in September. Join Steph for two hours of self-care to the sound of the waves. We will gently stretch and mobilise the body, before indulging in a little sensory mindfulness to offer a break from thoughts and a beautiful space to find peace of mind. The session will finish with homemade cake and beverages, whilst gazing out towards the sea. We are excited to host this wonderful event to help you nourish your mind and body. Spaces are limited, so act fast to avoid disappointment!

MENTAL HEALTH COURSES

After the success of our first two Mental Health courses, we are delighted to announce that our next two courses will be held in Q3 of 2022. Developed by North Tyneside Talking Therapies, each course addresses one of the most common mental health problems experienced by people who are affected by cancer. They teach evidence-based tools and strategies that empower people to improve their mental health and wellbeing. If you are interested, contact us and we will add you to the list.

LOW MOOD / DEPRESSION

20th July @ Linskill Centre 12.30 - 2PM

Our Low Mood/Depression course offers you the tools to boost your mood and reduce depression. Both low mood and depression are often misunderstood, and sometimes they are even confused for one and another. This course is designed to offer more information, helping those who sink into low moods or depressive states. Please contact us for more information.

RELAXATION / SLEEP

7th September @ Linskill Centre 12:30 - 2PM

Our Relaxation/Sleep course empowers you to learn the skills and build habits that help you relax and boost your sleep. Not only that, but the sessions themselves have filled participants with a deep level of relaxation and cosiness that has even resulted in people falling asleep during the class! We look forward to welcoming attendees to the next session.



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EVENTS | SUPPORT GROUPS

BREAST CANCER SUPPORT GROUP

After a successful first session in June, we are delighted to announce that our Breast Cancer Support Group will continue for the foreseeable future. Join us as women support women through all stages of breast cancer, from diagnosis to recovery, and all the physical, mental, and emotional challenges along the way. Held on the 4th Monday of each month in Linskill Community Centre, these sessions are generously funded by **Northumbria Healthcare NHS Foundation Trust**.

MANDALA STONES GET TOGETHER

Join us for our new monthly mandala stones get togethers! A great place to be mindful as you practice decorating mandala stones, the wonderful Melanie from Melanie's Mandala Stones will help you reach inwards and release your inner creativity, allowing you to enjoy a few hours of making something truly special. Held on the 3rd Thursday of every month, these sessions are generously funded by the **1989 Willan Charitable Trust**.

ONGOING WORKSHOPS, EVENTS & SUPPORT GROUPS

Our Wellbeing Book Club and Creative Writing sessions may be taking a break for summer, but the rest of our regular creative workshops, wellbeing sessions, and monthly support groups will continue in Q3. Our sessions are free to anyone affected by cancer, or for a small donation from others in our community who feel they may benefit from the work of our charity and amazing facilitators.

Our workshops, support groups and events are free to those who are affected by cancer, including family, friends, and carers. If you are interested in attending any or all our sessions, please email us at livewellwithcancer@gmail.com



we care.
we empower.
we are a community.

breast cancer SUPPORT GROUP

Save the dates for our upcoming Breast Cancer Support Groups. Join us as women support women through all stages of breast cancer, from diagnosis to recovery, and all the physical, mental and emotional challenges along the way.

Generously funded by Northumbria Healthcare NHS Foundation Trust, our sessions are free to anyone affected by cancer. If you are interested in attending, please email us at livewellwithcancer@gmail.com

JOIN US!
STARTING ON THE 19TH JUNE
THEN THE 4TH MONDAY OF THE MONTH
TIME: 7-9:30PM
VENUE: LINSKILL CENTRE

DATES

13TH JUNE	26TH SEPTEMBER
25TH JULY	24TH OCTOBER
22ND AUGUST	20TH NOVEMBER

NHS
Northumbria Healthcare
NHS Foundation Trust

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



we care.
we empower.
we are a community.

mindful mandala stones get together

HOSTED BY | MELANIE

Join us for our new monthly mandala stones drop in sessions! Held on the 3rd Thursday of each month, these sessions are a great place to be mindful as you practice decorating mandala stones!

All our sessions are free to anyone affected by cancer, including family and carers. If you are interested in attending this or any other of workshops, events and support groups, please email us at livewellwithcancer@gmail.com

Generously funded by the Community Foundation (1989 Willan Charitable Trust) - Thank you for your support!

JOIN US!
TIME: 6-7:30PM
LOCATION: FACT SHOP,
WHITLEY BAY

21ST JULY 2022
18TH AUGUST 2022
15TH SEPTEMBER 2022
20TH OCTOBER 2022
17TH NOVEMBER 2022
15TH DECEMBER 2022

Community Foundation

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FUNDRAISING

SARAH'S OVARY-ACTION

As we mentioned at the start of this newsletter, we are so incredibly proud of our trustee - Sarah - who celebrated her 30th birthday with a fabulous fundraising event held at Shearer's Bar in Newcastle upon Tyne. Sarah and her friends and family danced the night away, enjoying karaoke, music, fun and laughter until the early hours. She even raised well over £3,000 in the process! Every penny raised on the night will help our charity to assist those in the region who are affected by cancer. Thank you - Sarah - for being an inspiration for those who are currently travelling through their own journeys with cancer.

A LITTLE TASTE OF ITALY WITH TOMMASO

Our friend and supporter, the superb chef - Tommaso - will be inviting lucky guests to his home for a little taste of Italy. Known to our friends and followers as the Italian chef behind our healthy eating videos, Tommaso will host a series of authentic Italian dining experiences, where his guests will enjoy a freshly cooked, healthy meal, and some fantastic company. All money raised from the dining experiences will go towards our workshops, events, and support groups.

GREAT NORTH RUN

We are delighted to announce that we have secured spaces for this year's Great North Run! This will be the first time we have entered a Live Well with Cancer team! We cannot wait to support our runners as they raise funds for our charity. As you can imagine, this is a really exciting time for us. We even have new tops designed already, as the anticipation is too much! At time of writing this, we still have some spaces. Please email us at livewellwithcancer@gmail.com if you are interested in raising some funds for our charity and running one of the most famous half marathons in the UK.

BIKE RIDE ACROSS THE STATES

Nic Myers and his school friends will be taking on the amazing challenge of cycling across the USA. Taking place between 4th July and 15th September, the journey from the west coast to the east coast will be a staggering 3569 miles! Each member of the group is raising money for individual good causes, and Nic has generously chosen Live Well with Cancer. Thank you, Nic, and good luck!

CALLING ALL FUNDRAISERS

As a volunteer-led charity, every penny and pound we receive makes a massive difference. If you or anyone you know is looking to do some fundraising, in any way, or if you have a good idea for raising funds, please consider choosing Live Well with Cancer as your charity of choice. Everyone in the team and the hundreds of people we help each year will be forever grateful for your support.

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FUNDERS

THE BARBOUR FOUNDATION



We are so grateful to The Barbour Foundation for their donation of **£2,000** to fund our upcoming storytelling masterclasses. This donation will help us host a series of sessions that will help us share stories from people in our cancer community and beyond. We look forward to sharing more about these sessions in the coming weeks.

COMMUNITY FOUNDATION - 1989 WILLAN CHARITABLE TRUST



We are so grateful to the 1989 Willan Charitable Trust for their grant of **£2,000** for project costs of an upcoming series of monthly support groups for people affected by cancer in North Tyneside and the surrounding areas. Issued through the Community Foundation, this generous funding will empower us to bring back our ever-popular Mandala Stones and Craft & Chat sessions

POSTCODE NEIGHBOURHOOD TRUST



We have been so grateful for the funding we have received from the Postcode Neighbourhood Trust for our Creative Arts and Writing project. The support we have received has empowered us to provide real help to people in our community, and we could not be more thankful for the opportunity to help improve people's wellbeing through arts and writing. We can't wait to share some of the words and images that have been created! This will be at our Coffee Morning at Linskill Centre on August 13th.

NATIONAL LOTTERY



We are incredibly grateful for the funding we received from the National Lottery to fund our Cancer and Mental Health project, which came to an end this quarter. The funding we received made it possible for us to empower people who are affected by cancer in our community to improve their mental health and wellbeing. We hope to collaborate with the National Lottery on more projects in the future.

CALLING ALL FUNDRAISERS

As part of the Co-op Local Community Fund, Tynemouth Co-op members are now able to support Live Well with Cancer as part of the Local Community Fund. Since 2016, members have raised £84 million for over 25,000 causes, and we are thrilled to be part of this for the next year.

To collect rewards and contribute to our cause, Co-op members must swipe or scan their membership card when they shop. If you are not already member, you can become one at www.coop.co.uk/members.

If you are already a member, you can find our cause profile page at <https://memberships.coop.co.uk/56453>

We are so thankful for being chosen as part of this fund. Any money raised will enable us to support our local cancer community and help people to live well with cancer.

J U L Y

DATE	EVENT	TIME	LOCATION
02	Art as Therapy	11am-12.30pm	Zoom
09	Coffee Morning	11am-1pm	Linskill
12	Sleep Well	7-8pm	Zoom
17	Walk and Talk	11am-1pm	Karma Coast
20	Low Mood/Depression MH Course	12.30-2pm	Linskill
21	Mandala Stones Get Together	6-7.30pm	FACT, Whitley Bay
25	Breast Cancer Support Group	7-8.30pm	Linskill
26	Relaxation	7-8pm	Zoom

S E P T E M B E R

DATE	EVENT	TIME	LOCATION
03	Art as Therapy	11-12.30 pm	Zoom
07	Sleep/Relaxation MH Course	12.30-2pm	Linskill
10	Coffee Morning	11-1pm	Linskill
13	Sleep Well	7-8pm	Zoom
15	Mandala Stones Get Together	6-7.30pm	FACT Whitley Bay
17	The Self Care Place	4-6pm	Tynemouth Yoga
18	Walk and Talk	11-1pm	Karma Coast
26	Breast Cancer Support Group	7-8.30pm	Linskill
27	Relaxation	7-8pm	Zoom

Workshops Schedule 2022

A U G U S T

DATE	EVENT	TIME	LOCATION
06	Art as Therapy	11am-12.30pm	Zoom
07	Mandala Masterclass	TBC	Lovaine Community Garden
09	Sleep Well	7-8pm	Zoom
13	Coffee Morning	11am-1pm	Linskill
18	Mandala Get Together	6-7.30pm	FACT, Whitley Bay
21	Walk and Talk	11am-1pm	Karma Coast
22	Breast Cancer Support Group	7-8.30pm	Linskill
23	Relaxation	7-8pm	Zoom



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