



## Live Well with Cancer

Live Well with Cancer aims to empower anyone affected by cancer to improve their overall health and wellbeing. Operating in North Tyneside and the surrounding areas, we host free online and in-person workshops, events and support groups that help people make positive lifestyle changes. All our sessions are facilitated by professionals and focus on helping people address the most common health and wellbeing issues faced by people, such as anxiety, depression, and low mood.

Almost 50% of people will get cancer in their lifetime. As the number of people living with cancer increases, more people have significant unmet needs, particularly at treatment end. Cancer and its treatment often leave a gruelling physical and mental legacy. There is growing evidence to support the role of healthy lifestyle choices in promoting better outcomes and survival rates, and yet many of these services have been reduced in our community. That is why we created our charity; because, together, we can live well with cancer.

Established as a registered charity in November 2019, Live Well with Cancer is led by an incredible team all who have all been personally affected by a cancer diagnosis. So far, our workshops, events and support groups have been made possible by the generosity and support of donors, fundraisers, and volunteers. We have also been fortunate to receive grant funding from our friends at a number of trusts and foundations.



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www.livewellwithcancer.co.uk



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Last Updated - 7th September 2023

## Services

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No Services

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# Events

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No Events

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# Activities

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Movement Class

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Craic and Craft

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Breast Cancer Support Group

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Art for Wellbeing

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Coffee Morning

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Art as Therapy

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