



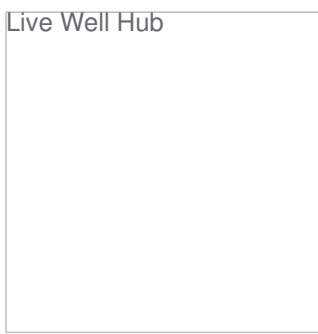
Living Well North Tyneside

Supporting Health and Wellbeing

Our Live Well Hub hosts free workshops, events, support groups and 1-2-1 support to help people affected by cancer to improve their health and wellbeing, including family, friends, carers and healthcare professionals. All our sessions teach proven techniques and provide a safe space for people to form social connections with others whose lives have been impacted by a cancer diagnosis.



[Cancer diagnosis](#) | [workshops](#) | [support groups](#)



07738148437

livewellwithcancer@gmail.com

38 Nile Street
North Shields
Newcastle upon Tyne
NE29 0BB

<https://www.livewellwithcancer.co.uk>



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