

WELLBEING PROGRAMME

2026-27

Free activities and workshops for those
living with and beyond cancer



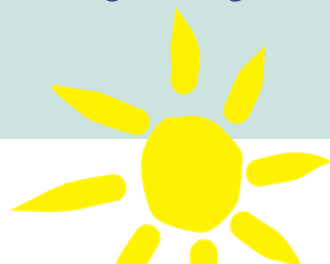
Whether you've just received your cancer diagnosis, are undergoing active treatment, or are moving on to the next stage of your cancer journey, these free to access activities are open to you if you reside in **Shropshire, Telford and Wrekin** or **Mid Wales**.

Our aim is to provide holistic support for overall wellbeing, bringing people with a shared experience together to try something they may not have done before.

A range of activities will be offered throughout the year, with some sessions happening multiple times and in various locations across the region, including online. The majority are aimed at someone living with a cancer diagnosis, although some activities can include a support person.

These activities are delivered by a variety of local organisations who are keen to support the wider community, and are funded by **Lingen Davies Cancer Support**, the region's primary cancer charity.

Find out more at **lingendavies.co.uk** or by emailing the Lingen Davies team at **hello@lingendavies.co.uk**





As the primary cancer charity in **Shropshire, Telford and Wrekin**, and **Mid Wales** we're dedicated to ensuring those living in our community have access to excellent cancer care locally.

Since 1979 we've introduced a range of cancer services throughout our region, and made a positive impact on more than 100,000 people. We've funded the Lingen Davies Cancer Centre at Royal Shrewsbury Hospital, as well as bringing new technology and equipment to the area.

We recently launched a **£5million Sunflower Appeal** to develop cancer care in Telford's Princess Royal Hospital.

We also deliver the LiveLife Cancer Awareness Service to help promote early diagnosis and prevent cancer in the community by raising awareness of signs and symptoms.

We're proud to have invested over £150,000 in this Wellbeing Programme of holistic activities, delivered by local providers, for people affected by cancer.



ACTIVITIES (A-Z)

- Art and Craft Workshops, with **The Holistic Esthetician**
- Art with Heart, with **Arts Connection – Cyswllt Celf**
- Bird Feeding, with **Feed The Birds**
- Cancer Support Group, with **4 All Foundation**
- Creative Programme, with **Swan Hill Studios**
- Feel Good Dance Classes, with **I Can Dance Shrewsbury**
- Gentle Chair Yoga, with **Wolf Yoga**
- Horticultural Activities, with **Bloomin' Lovely**
- Oncology Massage, with **Kaha Sports Therapy**
- Open Water Swimming, at **Alderford Lake**
- Pilates, with **Tammy Atkinson**
- Relaxation and Wellbeing Therapies, with **E L Beauty**
- Renew and Restore in Nature, at **Fordhall Organic Farm**



- Restorative Tattooing, with **Wildflower Tattoos**
- Soothe, Explore, Restore, with **Willow Hopkins**
- Sound Baths, with **Find Joy in Your Journey**
- Sound Baths, with **Helen Wilding**
- Tai Chi, with **Faye Tai Chi Friends**
- Telephone and Pen Pal Befriending, with **Omega**
- Walk for Wellbeing, with **Ray of Sun Adventures**
- Walking Tennis, with **Tennis Shropshire**
- Wellbeing Workshop: Restore and Reconnect, with **Jenna**

Ward Coaching & Wellbeing

- Whitchurch Art and Craft Hub
- Yoga and Meditation, with **Flex and Flow Yoga and Pilates**
- Yoga and Sound Baths, with **Marches Movement CIC**
- Yoga for Beginners, with **Breathe Studio**
- Yoga for Cancer, with **Jenna Blair Yoga**





ARTS AND CRAFTS

Monthly artistic workshops with **The Holistic Esthetician**, offering a gentle space to experiment with various artistic mediums before pausing for a cuppa.

 Market Drayton (also available online)

 Email denisecmcg.me@gmail.com



ART WITH HEART

A creative wellbeing programme delivered by **Arts Connection - Cyswllt Celf** to support emotional wellbeing, connection, and resilience through painting, writing, and group art.

 Various locations across Mid Wales

 Email sian@artsconnection.org.uk



BIRD FEEDING

One-to-one befriending from the comfort of your home and garden. **Feed the Birds** will put up a bird feeder in a suitable location, and a trained volunteer will visit once a week to chat about the birds you've seen.

 Your home

 Email dianem@feedthebirds.org.uk



CANCER SUPPORT GROUP

Supporting cancer patients as well as their family and friends. Activities will be delivered by the **4 All Foundation** and might include arts and crafts, baking, and games.

 Shrewsbury

 Email info@4all.foundation



CREATIVE PROGRAMME

A selection of workshops that combine learning and creativity in a calm and supportive environment, hosted by **Swan Hill Studios**.

 Shrewsbury, Various

 Email thecircle@swanhillstudios.com



FEEL GOOD DANCE CLASSES

Uplifting and invigorating dance classes with **I Can Dance Shrewsbury**. These sessions are packed with fun routines and varied dance styles, perfect for beginners.

 Shrewsbury, Telford, Oswestry, Welshpool

 Email hello@icandanceshrewsbury.com



GENTLE CHAIR YOGA

12-week blocks of gentle yoga delivered by Maggie of **Wolf Yoga**. Learn techniques to reduce anxiety, depression, and stress from the comfort of a chair.



Bridgnorth



Email wolfyoga22@gmail.com



HORTICULTURAL ACTIVITIES

Learn a range of horticultural skills, enjoy nature-craft activities like gardening and willow weaving, and experience peaceful surroundings with Alexis from **Bloomin' Lovely**.



Oswestry, Shrewsbury



Email hello@bloominlovely.com



ONCOLOGY MASSAGE

Delivered by **Kaha Sports Therapy**, these oncotherapy massage and lymphatic drainage massage appointments help to relieve tension and support the immune system.



Tregynon (Near Newtown)



Email info@kahasportstherapy.co.uk

Locations of WELLBEING PROGRAMME

ACTIVITY TYPES:



Physical



Outdoors



Befriending



Individual



Mindfulness



Creative

Some activities are multi-location or online. Please read the rest of this leaflet for more details.

Map locations are indicative only.





Whitchurch

Open Water Swimming

Chirk

Ellesmere

Wem

Market Drayton

Art and Craft Workshops with The Holistic Esthetician

Renew and Restore in Nature

Oswestry

Feel Good Dance Classes

Horticultural Activities

Soothe, Explore, Restore with Willow Hopkins

Wellbeing Workshop: Restore and Reconnect

Cancer Support Group

Compassionate Counselling

Creative Programme with Swan Hill Studios

Feel Good Dance Classes

Horticultural Activities

Relaxation and Wellbeing Therapies by E.L. Beauty

Sound Baths with Find Joy in Your Journey

Walking Tennis with Shropshire Tennis

Yoga for Cancer with Jenna Blair Yoga

Church Stretton

Yoga for Cancer with Jenna Blair Yoga

Bishop's Castle

Craven Arms

Ludlow

Yoga and Sound Baths with Marches Movement CIC

Clebury Mortimer

Bridgnorth

Gentle Chair Yoga with Wolf Yoga

Broseley

Yoga and Meditation with Flex and Flow

Restorative Tattooing

Relaxation and Wellbeing Therapies by E.L. Beauty

Sound Baths with Find Joy in Your Journey

Feel Good Dance Classes

Newport

Pilates with Tammy

Heart

Dance Classes

Paths with Find Joy in Your Journey

Knighton

Sound Baths with Helen Wilding



OPEN WATER SWIMMING

Enjoy nature, improve wellbeing, and connect with a supportive community while wild swimming at **Alderford Lake**. Monthly sessions suitable for everyone.



Whitchurch



Email hello@lingendavies.co.uk



PILATES WITH TAMMY

Pilates with Tammy promotes physical strength while offering a safe place to relax and unwind. These sessions are specially designed for anyone affected by breast cancer.



Newport, Shropshire



Email tammyjones60@hotmail.com



RELAXATION AND WELLBEING THERAPIES

Cancer-safe treatments with **E L Beauty**. Therapies promote total relaxation, support better sleep, and enhance general wellbeing including gentle work on scar tissue.



Admaston, Shrewsbury



Email info@elbeauty.co.uk



RENEW AND RESTORE

Uplifting nature-based activities at **Fordhall Organic Farm**, including crafts, cooking, butchery, wildlife, and photography.



Market Drayton



Email project@fordhallfarm.com



RESTORATIVE TATTOOING

Hyper-realistic areola and eyebrow tattoos by **Wildflower Tattoos** for those experiencing nipple or hair loss as a result of cancer treatment. All genders welcome.



Admaston



Email wildflowertattooing@outlook.com



SOOTHE, EXPLORE, RESTORE

A trio of workshops with **Willow Hopkins** to navigate anxieties with self-soothing practices, instilling self-regulation, self-assurance, and intentional living.



Oswestry (also available online)



Email willowherbpark396@gmail.com



SOUND BATHS

Katy from **Find Joy in your Journey** uses the sounds of different sized crystal singing bowls to reduce stress, promote relaxation, and support emotional wellbeing.



Shropshire, Telford, and Mid Wales



Email katyjoyinyourjourney@gmail.com



SOUND BATHS

Guided relaxation and gentle breathwork with **Helen Wilding Sound Healing**. Includes the gentle sounds of therapeutic singing bowls, gongs, chimes, voice, and drums.



Newtown, Llanidloes, Llandrindod Wells, Knighton



Email helensounds@yahoo.com



TAI CHI

A mindful movement practice delivered by **Faye Tai Chi Friends**, combining soft physical exercise with breathing techniques and relaxation to ease tension, reduce stress, and support participants.



Telford (also available online)



Email fayetaichifriends@gmail.com



TELEPHONE AND PEN PALS

You will be matched with a volunteer telephone or pen pal befriender by **Omega** so you can enjoy weekly gentle social connection and companionship, regardless of physical location or ability.



From the comfort of your own home



Email info@omega.uk.net or call 01743 245088



WALK FOR WELLBEING

Monthly guided walks led by **Ray of Sun Adventures**. These sessions offer safe and supportive outdoor experiences to improve physical health and rebuild confidence.



Shropshire, Telford, and Mid Wales



Email hello@rayofsunadventures.com



WALKING TENNIS

Gentle tennis sessions led by an experienced Level 3 Coach from **Tennis Shropshire**, tailored to suit the abilities of those attending.



Shrewsbury



Email info@tennisshropshire.co.uk



RESTORE AND RECONNECT

An opportunity for carers of those with cancer to reconnect through guided mindfulness, journaling prompts, and a nourishing guided outdoor walk, delivered by **Jenna Ward Coaching & Wellbeing**.



Oswestry



Email jennawardcoaching@gmail.com



WHITCHURCH ART & CRAFT CLUB

Fortnightly creative classes at **Whitchurch Art and Craft Club** ranging from watercolour, acrylic painting, glass art, mandalas, felting, and wood. Designed to support creativity and wellbeing.



Whitchurch



Email chambersanne44@gmail.com



YOGA AND MEDITATION

Gentle weekly sessions with Lynne from **Flex and Flow Pilates and Yoga** to help you move mindfully, feel supported, and connect with others in a safe and calm environment.



Admaston



Email flexandflowpilates@outlook.com



YOGA AND SOUND BATHS

Gentle yoga and sound bath sessions with **Marches Movement CIC**, tailored to support the needs of people affected by cancer, regardless of treatment and recovery stage.



Ludlow



Email marchesmovement@gmail.com



YOGA FOR BEGINNERS

Enjoy slow, mindful movement in a relaxed, supportive, and uplifting environment with **Breathe Studios**. Sessions designed to adapt to your comfort, including chair-based options.



Llandrindod Wells



Email info@kallika.com



YOGA FOR CANCER

Yoga for people living with and beyond cancer. These welcoming sessions with **Jenna Blair Yoga** are designed to help you move mindfully, feel supported, and connect with others.



Shrewsbury, Newtown, Church Stretton



Email enquiries@jennablairyoga.co.uk

FAQs

How do I book?

Most activities can be booked via *Lingen Davies Cancer Support*, however some must be booked through the activity organiser. Please check individual activity details, visit our website, or call 01743 492396.

Where are they?

Activities take place in a variety of locations across Shropshire, Telford and Wrekin, and Mid Wales. Some are also available online.

Do I need to pay?

These activities are completely free to access as they are fully funded by *Lingen Davies Cancer Support*. Where any specialist equipment is needed, this is usually provided. If you wish, you can donate to help fund workshops for future patients.

Do I need to be undergoing cancer treatment?

These activities are available to anyone living with a cancer diagnosis - whether you've just received a diagnosis, are mid-way through treatment, or are living beyond. Some are also specifically for the carer of someone with a cancer diagnosis, such as a family member or friend. See individual activity listings for specific details.

Can I bring someone with me?

Some of these activities are also open to members of your support network. Please check online activity details for more information.

Find out more at lingendavies.co.uk



LifeStyle

Lingen
Davies
Cancer Support

**Free cancer rehabilitation and support programme
for people living with or beyond cancer.
Available before, during and after treatment.**

iCan is a selection of cancer rehabilitation
programmes, designed to support your
individual physical, mental and social wellbeing
as part of the cancer treatment pathway.



www.icanlifestyle.com

ICANLIVELIFE1@GMAIL.COM

07746 462456

**Starting iCan as early as possible
may help treatment, manage
symptoms, aid recovery, and
improve quality of life**



“iCan was exactly what I wanted and needed - everyone should do it”



COMPASSIONATE COUNSELLING

for families, partners, and friends of people living with cancer

- FREE 1-2-1 counselling sessions guided by you and your experiences, emotions, and needs
- Suitable for those aged **18+** living in Shropshire, Telford and Wrekin, and Mid Wales
- Available online and in person at the **Hamar Centre** at Royal Shrewsbury Hospital - a safe and non-judgemental space

You don't have to do this alone. Let us support you so you can keep supporting them.



☎ 07359 796158

✉ hello@orbitcounselling.co.uk

🌐 orbitcounselling.co.uk/lingen-davies



Funded by

Lingen Davies
Cancer Support



01743 492396



hello@lingendavies.co.uk

