

4-WEEK EMOTIONAL WELLBEING PROGRAMME OFFERS SUPPORT, CONNECTION AND PRACTICAL TOOLS FOR PEOPLE LIVING WITH AND BEYOND CANCER

iCan Wellbeing Group CIO is proud to announce the launch of Living With & Beyond Cancer: Wellness Support, a new free 4-week course designed to support people affected by cancer nurture their emotional wellbeing.

Starting Thursday 5th February 2026, the weekly sessions will run every Thursday from 1:00pm – 3:30pm and provide a safe, welcoming space for participants to connect with others who understand what they're going through.

The course includes a guided emotional wellness workshop alongside relaxed group discussions, offering both practical support and peer connection over a cuppa and a chat. Topics covered will equip participants with tools such as mindfulness, breathing exercises, and self-compassion practices to help manage stress, anxiety, and emotional challenges.

This programme has been funded by Cumbria Community Foundation through Northern Cancer Alliance, helping ensure that this vital support is available free of charge to those who need it most.

“Our Living with & Beyond Cancer project is something we see as a long standing project, we are aware of the challenges people face when they are impacted by cancer. This project has been designed to increase awareness of emotional wellness tools as well as meeting other people you can connect with who are facing similar challenges.”

The programme is FREE to attend and open to anyone living with or beyond cancer who would benefit from emotional support in a group setting.

To find out more contact Natasha on natasha@icanwellbeing.co.uk or call us on 01228 819101 option 2

Reach us!

01228 819101

www.icanwellbeing.co.uk