



Live Well
with Cancer

Michael Bauble's Festive Fundraiser



Join our Christmas Bauble appeal and
keep our community feeling good!

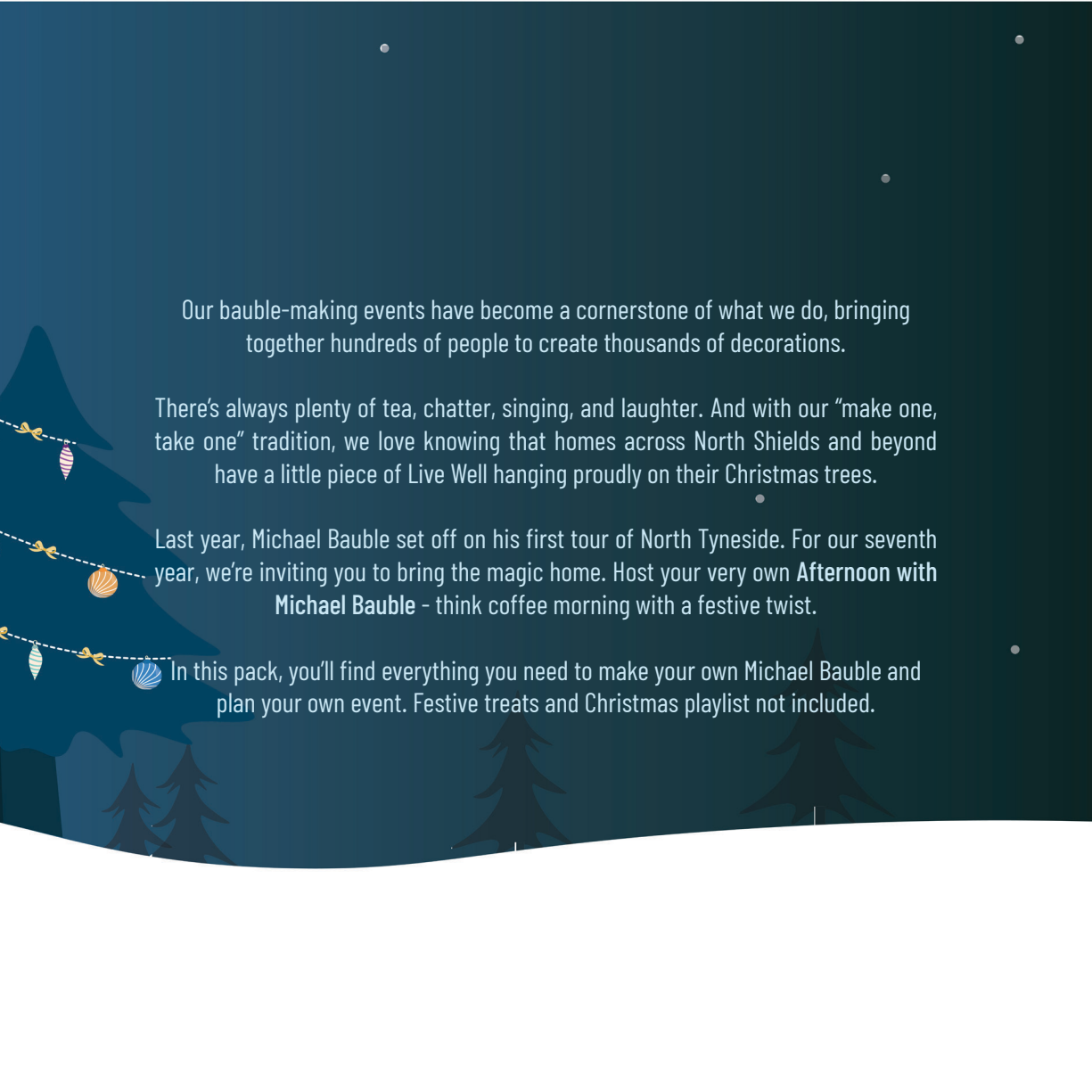
Story of Michael Bauble

Christmas has been at the heart of Live Well with Cancer from the very beginning.

Just days after launching our charity in November 2019, we ran our first Christmas Bauble Appeal - a tradition that has since become a beloved part of our community.

The kind act of creating homemade baubles for patients on treatment during the festive season came from one of our founding trustees, Rachel, who dreamt it up while going through her own treatment over Christmas.





Our bauble-making events have become a cornerstone of what we do, bringing together hundreds of people to create thousands of decorations.

There's always plenty of tea, chatter, singing, and laughter. And with our "make one, take one" tradition, we love knowing that homes across North Shields and beyond have a little piece of Live Well hanging proudly on their Christmas trees.

Last year, Michael Bauble set off on his first tour of North Tyneside. For our seventh year, we're inviting you to bring the magic home. Host your very own **Afternoon with Michael Bauble** - think coffee morning with a festive twist.

In this pack, you'll find everything you need to make your own Michael Bauble and plan your own event. Festive treats and Christmas playlist not included.

It's Beginning to Look Like a Festive Fundraiser

This pack contains everything you need to host your own Afternoon with Michael Bauble.

To do list:

- Agree on a date, a venue and a guest list. Most of our supporters are inviting five or six people and hosting it in their home.
- Send a fun invite.
Example text: It's a beautiful day to help our community. I'm hosting a cosy evening of christmas crafting at my place on <date> at <time>. We'll be making festive baubles!
- Prepare a playlist, access one on YouTube, or get a Christmas CD.
- Agree on fundraising. We have a list of simple suggestions on the next page.
- Host, have fun, and take plenty of snaps for the memory books.
- Keep a bauble for your tree, and the rest will be gifted to cancer patients in our local hospitals. Bring your festive spirit to support Live Well with Cancer.
Let's make it a holly, jolly night!



Photos of our crafter's work from previous years

This pack contains enough materials to make 12 baubles:

- Felt
- Thread
- Needle
- Button
- Ribbon
- Live Well with Cancer tag

Everything you need
to make your own
Michael Baubles!



You will also need scissors, pencils, and extra craft bits if you'd like to make more baubles. Remember, you don't have to buy everything. You might find plenty of lovely fabric in old clothes and reuse the fillings from old toys. Our community is incredibly kind and generous, so don't be afraid to put a request on our Facebook. Over the years, we've seen so many amazing baubles, and we can't wait to see what you make this time around.

If you'd like to explore some different options, there are lots of crafters on YouTube and social media accounts. You can also find patterns with a few quick search terms on Google.

"It's a Beautiful Day to support Live Well with Cancer."



Live Well with Cancer helps anyone impacted by cancer to improve their health and wellbeing. Our group sessions, 1-2-1 support and educational resources are free to anyone affected by a cancer diagnosis, including family, friends, and healthcare professionals.

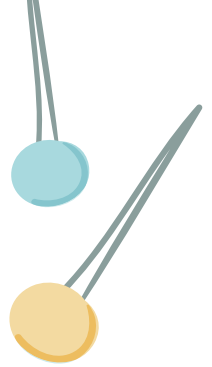
Our Live Well Hub, located on Nile Street in the heart of North Shields, has become a lifeline for our community, particularly those who are newly diagnosed and those at the end of treatment.

Every penny you raise will be put towards our counselling service.

For every £20 raised at an Afternoon with Michael Bauble, we will be able to deliver one session to some one in need.

Ideas include:

- Sell cakes or cookie slices.
- Buy a bingo/raffle card and sell numbers. Split the profits so half goes to Live Well with Cancer and the rest goes to the winner.
- Create extra baubles to sell to friends and family.
- Do a sponsored sing-along on social media. Ask friends or family to make donations and request a song, as you entertain them.
- Ask people for a £5 donation to help pay it forward for supplies.



Let's create a Michael
Bauble, together.



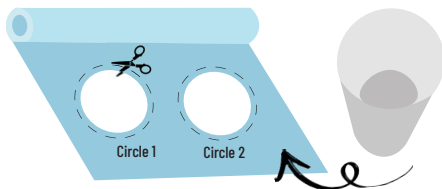
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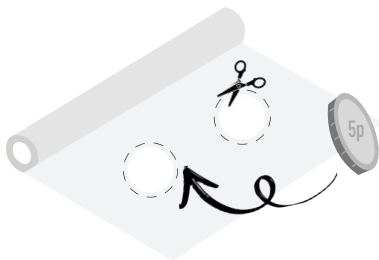
How to make a Michael Bauble

Steps 1-5

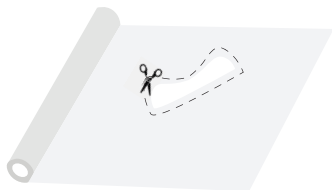
Step 1. Cut two circles from felt. Aim for between 8-10cm.
Trace around a glass/cup with a pencil.



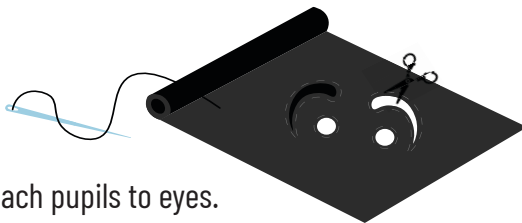
Step 2. Cut two smaller circles (eyes) from white felt.
Use a 1p or 5p piece for your smaller circles.



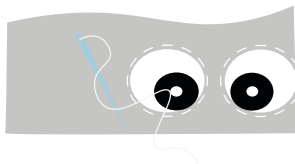
Step 3. Cut a mouth shape from red felt.
Cut a smaller mouth shape from white felt for teeth!



Step 4. Cut two eyebrows and two very small circles (pupils) from black felt.
Alternatively, sew in eyebrows and pupils with black thread.



Step 5. Use white thread to attach pupils to eyes.



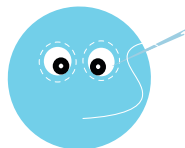
See next steps 

Steps 6-8

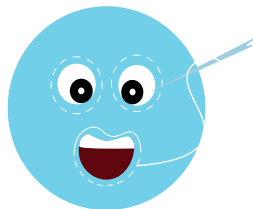
Use a simple running stitch to attach eyes and mouth.

Bring your needle in and out of the fabric following the line to be stitched. Keep the stitches and gaps as even as possible.

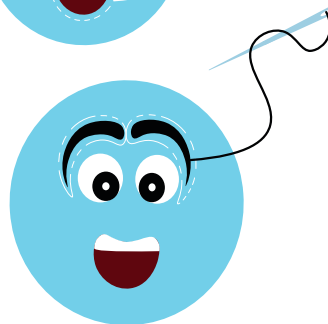
Step 6. Attach both eyes to one large circle.
Place the eyes slightly above the centre.



Step 7. Attach the mouth below the eyes.
If you are adding teeth, use white thread to attach, as with step 5.

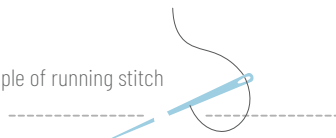


Step 8. Attach eyebrows above eyes.
Miss this step if you are embroidering.



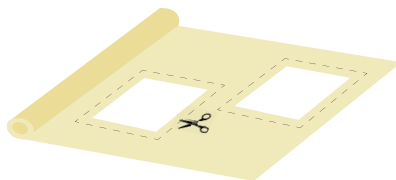
Steps 9-11

Example of running stitch



Step 9. Cut two 2 x 2cm squares out of a contrasting felt.

Michael likes yellow!



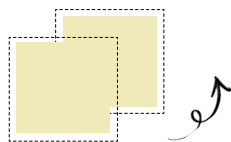
Step 10. Create a hoop with ribbon and attach to one of the squares.

Use a simple running stitch to attach the hoop to the felt.



Step 11. Use running stitch to attach second square.

This is how we attach string to our bauble!

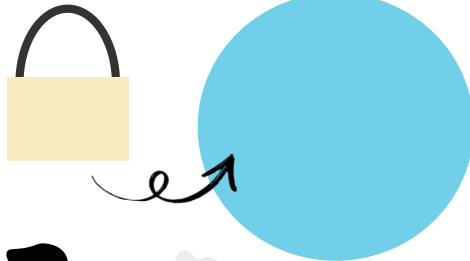


See next steps



Steps 12-13

Step 12. Place square with hoop on the blank circle (circle 2).



Can you see your bauble coming together?



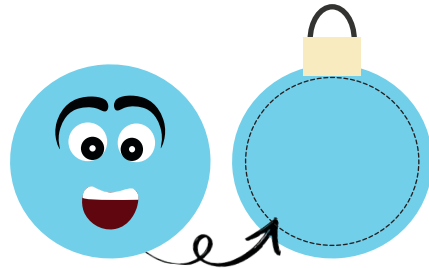
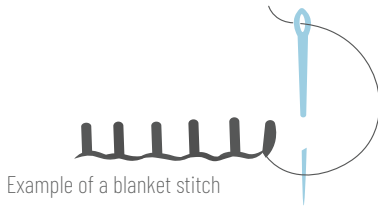
If you want a plump Michael Bauble, now is the time to use stuffing.

Top tip!



Step 13. Place face on top and secure with a blanket stitch.

See how to blanket stitch below.



Attach circle 1 to circle 2 using blanket stitch method

We hope you've enjoyed making your very own Michael Bauble. The first is yours to keep, the next one will be gifted to a patient facing treatment over the festive period.

Don't forget to take a photo of your handiwork, share on social media and tag us on [#MichaelBaubleAppeal](#). Follow us on instagram [@livewellwithcancer](#)

Once you've made all the baubles, you'd like to gift, please keep them safe and ready to drop off at the Live Well Hub.

Bauble Drop Off

Please bring your completed baubles to the Live Well Hub, 38 Nile Street, North Shields, NE29 0BB. Check our website for opening times. All baubles must be dropped off by **12 noon on Friday 6th December** so we have time to prepare and deliver them.

Donations

Please visit www.livewellwithcancer.co.uk or scan the QR code in the corner of this page to pay in funds. Every penny truly makes a difference as our service is ran entirely on the generosity of the public and kind trusts and foundations.

Join a Michael Bauble Crafting Event

Come and get creative with the Live Well Crafters - no booking needed!

- Sun 23rd Nov | 11am - 1pm
@ West Moor Community Centre
- Wed 3rd Dec | 11am - 1pm
@ Live Well Hub, North Shields
- Sat 6th Dec | 11am - 1pm
@ Live Well Hub, North Shields

We'd love
to see you
there!



Scan me using your
phone's camera to donate

We care.
We empower.
We are a community.

Live Well with Cancer empowers anyone impacted by a cancer diagnosis to improve their health and wellbeing. Based in the heart of North Shields, we provide free workshops, events, support groups, 1-2-1 support and educational resources that help people to live well with cancer.



www.livewellwithcancer.co.uk



info@livewellwithcancer.co.uk

Why not try some
of these festive recipes?

Bauble's Spiced Up Margarita

Ingredients

- Tequila
- Orange liquer
- Pomegranate juice
- Orange juice
- Squeeze from 1/2 a lime
- Pinch of cayenne pepper
- Ground cinnamon
- Pomegranate seeds or cinnamon sticks for garnish *(optional)*
- Sugar, cayenne, cinnamon *(for the rim of the glass)*



How to make

1. In a small bowl, combine the rimming ingredients, then place the mixture onto a plate.
2. Take a lime wedge and run it around the rim of your cocktail glass, then dip the glass into the sugar mixture to coat the rim.
3. Add ice to the glass and set it aside.
4. In a cocktail shaker, combine all the cocktail ingredients (except for garnishes) and add a scoop of ice.
5. Shake the mixture for 20 seconds, then pour it over the ice in the prepared glass.
6. Top it up with your garnishes and your festive drink is ready to serve!



Michael's Mince pie

Ingredients

- 350g cake flour
- 100g caster sugar
- Finely grated zest of 1 orange
- 225g cold salted butter cut into cubes
- 250gm fruit mincemeat
- Icing sugar to dust

How to make

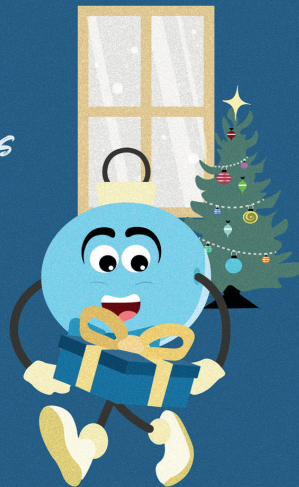
1. Preheat the oven to 180°C.
 2. To make the pastry, mix the flour, caster sugar, and lemon zest until well combined.
 3. Add the cubed butter and using your hands work it into the flour to form a crumb.
 4. Keep pressing the pastry until its starts to form a ball.
 5. Lightly spray a shallow 12-hole non-stick cupcake tin with baking spray.
Alternatively, use a deep fill foil mince pie tin.
- Note: Don't fill all the way to the top if using foil tin.*
6. Pinch off a small ball of dough and press it into the cupcake tin. Don't make the base too thick and press it around the sides.
 7. Fill each case with a dessert spoon of Christmas fruit mince.
 8. Crumble the remaining pastry with the leftover crumbled dough ensuring you cover all the fruit. The pastry will bake to form a more solid topping.
 9. Bake for 20-25 minutes until golden. The time it takes will vary on your oven but ensure the tops are golden before you remove them.
 10. Leave to cool in the tin for 5 mins then lightly dust with icing or caster sugar to serve.

Merry Christmas from Michael Bauble
and everyone at Live Well with Cancer!

Michael Bauble Fundraiser Pack | It's Beginning to Look a Lot Like Crafting for Wellbeing

Live Well's Christmas Crackers

01. All I Want for Christmas is a Bailey's Bear
02. It's Beginning to Look a Lot Like Crafting for Wellbeing
03. I'm Dreaming of a Flat White Christmas
04. I Wish it Could be Fun with Acrylics Everyday
05. I Saw Mozza Kissing Santa Claus
06. Holly Jolly Run Club



Check out Live Well with
Cancer's workshops and events



We care. We empower. We are a community.