

Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre

Welcome everyone to the August edition of the Fern Centres Lifestyle and Wellbeing Newsletter.

Just a reminder The Fern Centre offers information and support to those affected by cancer as well as their carers and families. We offer a friendly and welcoming environment providing comfort and advice away from the clinical setting.

The Fern Centre has lots of offer:

- Complimentary therapies (Reiki, Reflexology and Massage)
- Mindfulness workshops
- Yoga sessions
- Counselling service
- Macmillan financial support drops ins
- Wig service
- Various headwear for sale
- Bra service
- Accommodation
- Singing workshop
- Various support groups



In August we be running a Chakra workshop, ring the centre to book your place.

The Fern Centre will be hosting another Cream Tea Event on Friday the 30th August from 12pm to 4pm. Everyone is welcome. We ran the same event last year and it was a huge success and lovely to see so many of you. On the same day we will be drawing the summer raffle at 3pm. If you haven't yet purchased a ticket you can using the link below or pop into the centre they are a £1 a ticket. 1st prize is a holiday at Woolacombe Bay Holiday Park North Devon for 6 people (midweek or weekend). 2nd prize is a Phillips HR 2020/50 blender, silver/black and 3rd prize is a complimentary therapy session at The Fern centre.

<https://rdhc.rallyup.com/ab36df>

Best wishes

Tara



What's on

August 2024



Date	Time	Activity
Thursday August 1	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday August 1	TBA	Bra fitting clinic. Booking required
Thursday August 1	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday August 5	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday August 6	10.30am-12.30pm	Mindfulness with Paul Beard. 'Life's Challenges'. Booking required
Thursday August 8	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday August 8	TBA	Wig fitting clinic. Booking required
Friday August 9	10.30-11.30am	NEW ACTIVITY: Chakara Dancing with Jackie Williamson. Booking required
Monday August 12	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday August 13	10am-12noon	Managing stress workshop with Karen Thomas. Booking required
Tuesday August 13	2-4pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Thursday August 15	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday August 15	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday August 16	10-11.30am	Men's Support Group drop-in

Monday August 19	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Wednesday August 21	10-11.30am	Gynae Support Group drop-in
Monday August 26	---	Closed for Bank Holiday
Thursday August 29	TBA	Wig fitting clinic. Booking required
Thursday August 29	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday August 29	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday August 30	12noon-4pm	Fern Centre Cream Tea and Summer Raffle draw. All welcome
Monday September 2	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Wednesday September 4	6-8pm	Look Good Feel Better Workshop. Booking required
Thursday September 5	TBA	Bra fitting clinic. Booking required
Wednesday September 11	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Tuesday September 17	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in

Our cancer health and wellbeing centre at North Devon District Hospital is open Monday to Friday, 9am-4.30pm. For more information about the centre and the services available, call us on 01271 311 855, visit our website www.royaldevoncharity.org.uk/fern-centre or scan here



Follow us...

-  @rdhcferncentre
-  @TheFernCentre



How to get FREE stop smoking support

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help. There are lots of support options available - try a combination that works for you.

Alongside our coaching support we offer:

Vaping to Quit

Nicotine vaping is substantially less harmful than smoking and is a great aid to help you to quit. Vaping is not completely harmless and we only recommend it for adult smokers, to support quitting smoking and staying quit. Click here to find out more about [vaping to quit](#).

Stop smoking aids

Nicotine Replacement Therapies (NRT) can really help with managing cravings and other tobacco withdrawal symptoms. With our coaches support and NRT, you are boosting your chances of successfully quitting. Click here to find out more about NRT [stop smoking aids](#).

Top tips for success

Cravings can hit you at lots of different times. If you can manage your cravings, you'll be much more likely to succeed in stopping smoking. Cravings are normal, and you CAN manage them.

Cravings happen because your body is missing the nicotine it's used to - sometimes they are in sudden bursts and sometimes they may be in the back of your mind over a longer period of time. We can help you to manage your cravings but here's a few helpful tips to get you started:

- Recognise the craving signs
- Jump into some exercise
- Distract yourself with a quick task
- Go to a smoke-free zone
- Drink a glass of water.

Men's Support Group

Friday 16th August

10am—11.30am

Emily Watts

Oncology Dietician

Emily will be joining the group to give some general weight management advice.

SUMMER
RAFFLE TO
BE DRAWN
AT 3PM



Fern Centre Cream Tea

Friday, August 30

12-4pm

All welcome

Please join us at the Fern Centre. Takeaways also available for staff to pick up. Just give us a call on 01271 311 855 



Macmillan Welfare Benefits Advisor

Tuesday Mornings

at the Fern Centre

with June Travers-Wakeford

9.00am–12.00pm

Booked Appointments ONLY

To make an appointment please call and leave a message for Janice

0845 894 9567

The answerphone service is monitored very regularly and calls returned in a timely manner – please leave a clear message with your name and contact details.

We can also do a referral for you in the Fern Centre if that is easier for you so pop in and let us know if we can help.

Also for Drop-Ins at our monthly Hubs

Torrington Hub

Torrington Hospital

3rd Tuesday of month

Holsworthy Hub

Holsworthy Hospital

2nd Wednesday of month

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Mindfulness for Life Changes

Tuesday 6th August

10.30 am – 12.30pm

with

Paul Beard

Join Wellbeing and Mindfulness tutor Paul Beard for this one-off session that will introduce you to mindfulness for managing Life Changes and resources to carry forward.

If you have never tried mindfulness then this could be a good place to start.

To book, please call 01271 311855

Managing Stress

Tuesday 13th August

10.00am–12.00pm

with

Karen Thomas

Managing and sustaining our health is crucial when we are dealing with illness or challenges in life.

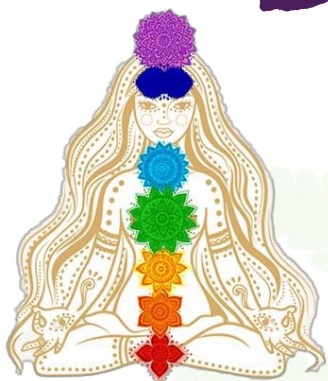
This fun and informal workshop will show you different techniques shown will help rebalance your body and mind and enhance your resilience to stress.

****2 hour interactive workshop****

To book, please call 01271 311855

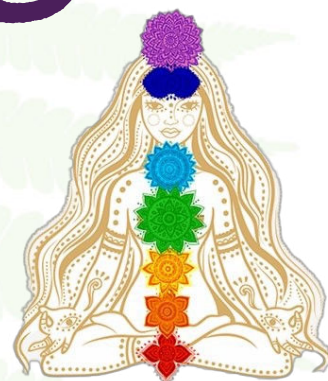
We are really pleased to welcome Jackie with an exciting new activity for the Fern Centre.

CHAKRA DANCING



Friday 9 August

10.30am–11.30am



Chakra dancing is fun for body, mind and soul. Through spontaneous movement you can free up your natural energy flow and gently balance your emotions.

Jackie guides you through a journey of self-expression as you let your body move freely to powerful music composed to resonate with each of the 7 main chakras (energy centres). You'll be moving at your own pace, and it will be just as powerful if you choose to sit through some or all of the session.



Chakra dancing is a great stress-reliever as we get out of our heads and into our bodies.

Call the centre on 01271 311855 to book your place!

Holsworthy Monthly Hub

Wednesday 14th August 2024
2.00pm- 4.00pm

Dobles Ln, Holsworthy, Devon EX22 6JQ

FOR PEOPLE LIVING WITH & BEYOND CANCER
support coffee* help* tea* advice* care* chat* company*



CANCELLED

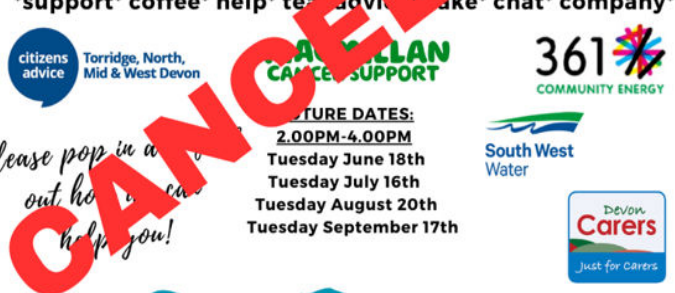
Please pop in and find out how we can help you!

Torrington Monthly Hub

Tuesday 20th August 2024
2.00pm- 4.00pm

Torrington Hospital, Calf Street Great Torrington, Torrington EX38 8BJ

FOR PEOPLE LIVING WITH & BEYOND CANCER
support coffee* help* tea* advice* cake* chat* company*



CANCELLED

Please pop in and find out how we can help you!

EVENT DATES:
2.00PM-4.00PM
Tuesday June 18th
Tuesday July 16th
Tuesday August 20th
Tuesday September 17th

For more information contact Holly or Tara on 01271 311855 or email rduh.theferncentre@nhs.net



For more information contact Holly or Tara on 01271 311855 or email rduh.theferncentre@nhs.net



Holsworthy Carers Group



Come and meet us!

Holsworthy Carers Support Group welcomes all unpaid carers caring for another adult, family member or friend.

We offer a friendly and supportive space to take time out just for us, to unwind and meet with others who understand the ups and downs of our caring role. This free to attend peer support group is a great way to socialise and share experiences with a chat and a cuppa.

Where:

Holsworthy Youth Centre, Sanders Lane, Holsworthy, EX22 6HE

When:

2.30pm - 4.30pm on the 1st Thursday of the month:

4th April 2024 4th July 2024
2nd May 2024 1st August 2024
6th June 2024 5th September 2024

For more information:
peer.support@devoncarers.org.uk
www.devoncarers.org.uk
03456 434 435



You Care, We Care
Autumn 2024

What's inside:

- Welcome
- Look back at Carers Week
- Carers stories
- Carers Skills Workshops
- News and info
- Health and wellbeing
- Peer Support Groups



Save Paper, Save the Environment
Receive your copy of the magazine by email: contact 03456 434 435 also available online www.devoncarers.org.uk

www.devoncarers.org.uk
03456 434 435





Help at Home

Your life, your way

WE HAVE EXPANDED INTO THE HOLSWORTHY AREA



We offer practical support and enabling services tailored to suit your individual needs to:

- Help you stay independent
- Support your well-being
- Enable you to participate and be socially included

Practical Help includes:

- Cleaning, laundry, ironing, changing bed linen
- Shopping (with or for you)
- Assistance with correspondence/ paperwork, errands
- Light gardening, dog walking, de-cluttering

Support Service includes:

- Sitting service,
- Accompanied outings
- Befriending
- Signposting and referrals to other beneficial services

Staff are fully trained, DBS checked and insured
Available throughout Torridge and North Devon

Call 01237 420148 for details

Email: helpathome@ttvs.org.uk

Website: www.torridgecvs.org.uk



Registered Charity No 1125142.



Wellbeing Café

held at

The Market Café,

13 Pannier Market, Torrington, EX38 8HD.

Every second and fourth Wednesday of the month,

09.30- 11.00



Would you like to meet others and find out about different groups, activities and organisations in our local area?

Come and enjoy a FREE cuppa and have a chat with the Social Prescribers from our local GP Surgeries.

All Welcome! Hope to see you there!

Justine, Verity, Sam and Rae.

Phone for more information or just pop in!

Justine Tel no: 07377 176457 or Rae Tel no: 07458131258



Wellbeing Café

held at

The Main Building at Stella Maris Court,

The Strand, Bideford, EX39 2PW.

Every first and third Wednesday of the month,

09.30- 11.00



Would you like to meet others and find out about different groups, activities and organisations in our local area?

Come and enjoy a FREE cuppa and have a chat with the Social Prescribers from our local GP Surgeries.

All Welcome! Hope to see you there!

Justine, Verity, Sam and Rae.




Phone for more information or just pop in!

Justine Tel no: 07377 176457 or Rae Tel no: 07458131258

NORTH ROAD

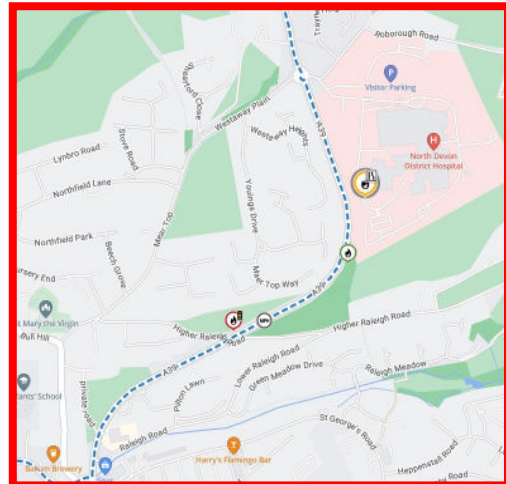
RESTRICTED ROAD ACCESS TO
NORTH DEVON DISTRICT HOSPITAL

INFORMATION FOR ROAD USERS

-  Location
Access To North Devon Hospital
-  Traffic management
Traffic control (give and take)
-  Date
8 Jul 08:00 - 14 Oct 23:59

CONTACT WALES & WEST UTILI Ltd if you have any questions about the roadworks. Call free-phone 0800 912 2999, or contact us on 'X'@WUtilities or Facebook.com/wwutilities

- DELAYS EXPECTED -



The Fern Centre is funded by



Royal Devon Hospitals Charity

Going over and above for your local NHS

Registered Charity No. 1001384

www.royaldevoncharity.org.uk/

Need help and support with cancer?

The Macmillan Buddy Service

Get support that is right for you

Our free Macmillan Buddy service will match you to a volunteer buddy who understands what you're going through. They'll be a listening ear, ready to talk about how you're feeling and your support needs, or anything else you'd like to talk about. They can also point you to other support available in the local community.

Or, if needed, they might be able to help with some tasks around the home, like putting the washing away or a little cleaning. Support is usually for up to 12 weeks and can sometimes be extended. We'll review how it's going and signpost you on to other suitable support as and when needed.

"The Buddy service showed me that Macmillan has got time for me as a person. It made me feel like a person again and not like I am a hassle to others."

Karen, in Essex

MACMILLAN
CANCER SUPPORT

Sign up at macmillan.org.uk/buddies at any time or call 0808 808 00 00 (7 days a week, 8am-8pm).



Scan the QR code to find out more

We also accept referrals from health and social care professions providing support to people living with cancer.

Bra Fitting

Expert fitting
with Nicola Jane

Appointment ONLY

- 1st August
- 5th September
- 3rd October

To book a slot please call

01271 311855

What to expect



Macmillan Telephone Buddies is a listening service. We offer a weekly call of up to an hour, for 12 weeks, supporting people living with cancer.

A volunteer can:

- ✓ Listen to how you are feeling and what is important to you
- ✓ Help you to get in contact with local support services
- ✓ Put you in contact with other Macmillan services
- ✓ Provide relevant information

A volunteer cannot:

- ✗ Provide counselling or therapy
- ✗ Give advice (including medical)
- ✗ Lend money
- ✗ Run errands for you (such as shopping)

Expectations:

- Volunteers expect to be treated with respect
- Calls will happen at agreed times, the volunteer will call you and their number will not be shared
- Cancellations or reschedule requests are made 24hrs in advance where feasible
- There will be no face to face support provided
- Volunteers must follow Macmillan policies
- An end of service review will be offered, conducted by the Macmillan Support Line

For service feedback please get in touch with your Macmillan contact (see below)

Confidentiality:

Macmillan treats information disclosed as confidential unless there is a risk of serious harm or abuse to you or someone else, in which case, we may have to pass this information onto a third party such as the emergency services.

If you have any worries (for example with money, work or treatment) that our volunteer buddies cannot help with, remember you can call the **Macmillan Support Line: 0808 808 00 00 (7 days a week 8am-8pm)**

Key contacts for you:

Name: Carl Pugh

Phone: 07540677458

Email: CPugh@macmillan.org.uk

MACMILLAN
CANCER SUPPORT

Wig Fitting

Expert fitting
with Natural Image

Appointment ONLY

- 8th August
- 29th August
- 19th September

To book a slot please call

01271 311855



Royal Devon
Hospitals Charity



SeaChange RETREATS

'Recovering After Cancer Retreat'

Saturday 5th & Sunday 6th October

Newquay, Cornwall

"I was feeling low, tired and with a lack of motivation I nearly cancelled attending. But I can honestly say I was the best da have had"
- Debs -
Day Retreat participant recovering from cancer

What are SeaChange Retreats?

They are bespoke retreats for adults impacted by cancer. Through surfing, yoga, mindfulness and specialist workshops, participants are offered the opportunity to take time out for themselves, to strengthen physically and emotionally; to feel restored and nourished; and to build connections with others with similar experiences.

To book a retreat go online: <https://seachangeretreats.org/book-retreat/>

If there is less than 6 months between the date of your last treatment and the date of the retreat, or you are currently on long term targeted or hormone therapy, you will require consent from your medical team to attend and the form can be downloaded via the website. We will need your medical consent form signed by your team by Friday 6th September in order for you to attend the retreat, although if you have it already completed then please email it over when you book your place to info@seachangeretreats.org

If you have any questions, please email us at the above address, or pop a message via our website.

**NEW
EVENT
FOR 2024**

 **Royal Devon
Hospitals Charity**
Registered Charity Number: 1061384


Royal Devon
University Healthcare
NHS Foundation Trust

TOPLESS SWIM @Tunnels

SUPPORTING **BREAST CANCER** CARE AT
NORTH DEVON DISTRICT HOSPITAL

REGISTER
ONLINE



**£20
ENTRY**

TUNNELS BEACH, ILFRACOMBE  SUNDAY 3RD NOVEMBER, 2024

**DARE TO BARE IN SUPPORT
OF YOUR LOCAL NHS!**



FREE

Wellbeing Workshops from the NHS

Living Well with a Long-Term Health Condition

- Thursday 22nd August 11.00
- Monday 23rd September 10.00

Improving Sleep

- Friday 23rd August – 10.00
- Friday 30th August – 13.00

Introduction to Mindfulness

- Monday 5th August – 10.30
- Monday 23rd September – 17.30

Please email dpt.talkworksworkshop@nhs.net
or call [0300 555 3344](tel:03005553344) to find out more.

You can also apply online at:



Free Counselling

Through Bupa, Macmillan are offering up to 4 free remotely-delivered counselling sessions for people struggling emotionally because they are living with cancer. People can access support remotely within days if they qualify to use the service.

Criteria for using Bupa Counselling?

To access the service, in brief, you should be:

- a person living with cancer
- 18 years old or over
- located in the UK for Assessment & Counselling sessions
- struggling emotionally because of cancer
- feeling that your biggest current need is mental wellbeing/ emotional support in relation to your cancer diagnosis
- mentally, physically and socially able to take part in the counselling process
- not currently receiving therapy, help or intervention elsewhere for mental health needs
- feeling that your usual daily life is being affected by how you are feeling
- expressing or describing symptoms of anxiety, depression and/or irritability
- struggling to cope and feeling things in life are becoming increasingly difficult
- a minimum of 6 months from the last time you used this service i.e. if you have used the service before, you should wait at least 6 months from your last session before accessing again.

After the assessment, you could receive the following:

- up to 4 free counselling sessions via phone or video call
- a referral for one-off emotional support session for up to 1 hour
- signposting back to Macmillan, your GP or the NHS.

Free counselling for people living with cancer

Contact us free on 0808 808 00 00 and ask about the Bupa service. We're open, 7 days a week, 8am-8pm.

**MACMILLAN
CANCER SUPPORT**



Walk This Way

Thursday 8th August

** OPEN TO ALL **

Instow & Isley Marsh

Walk Name: Walk This Way Instow & Isley Marsh

Max Group Size (incl.walk team): 15

Meeting Place: North Devon Cricket Club, EX39 4LF

What 3 words : zoos.steroids.output

Parking/Transport: Sandhills Car Park EX39 4LF

Walk Leader: Huw Davies M: 07482 452046

Overall Distance: 3 Miles.

Refreshments: Glorious Oyster EX39 4LF.

Toilet Provisions: Opposite entrance to Sandhills Car Park

Attendees: Open walk—all welcome.

Plan of Session:

- 10.00—Meet and greet group
- 10.05— Intro' chat.
- 10.10— Start walking—head up Taw towards Isley Marsh.
- 11.00— Isley Marsh—waders, ducks and other migratory birds.
- 12.00— Refreshments at Glorious Oyster.

The walk is flat and even. There is some beach walk on sand and potentially muddy path after rain.



Walk This Way

Thursday 8th August

For Fern Centre walkers

Westward Ho!

Walk Name: Walk This Way: Westward Ho!
SWCP via Cornborough

Max Group Size (incl.walk team): 12

Meeting Place: Seafield Car Park, EX39 1JS

What 3 words : wonderful.comical.editor

Parking/Transport: Sandhills Car Park EX39 4LF

Walk Leader: Huw Davies M: 07482 452046

Overall Distance: 3 Miles.

Refreshments: Pier House.

Toilet Provisions: Seafield Car Park, EX39 1JS
Pier House

Attendees: Fern Centre Walkers.

Plan of the session:

- 10.00—Meet and greet group
- 10.05— Intro chat.
- 10.10— Start walking up Kipling Heights.
- 10.30—Through upper Westward Ho! and lane to Cornborough.
- 10.45— Path to SWCP
- 11.45— SWCP back to Westward Ho!
- 12.00—Finish walk/refreshments.

The route is a mixture of made path, country lanes and muddy path. The walk begins with a climb up through Kipling Heights and then follows country lanes passed Cornborough. From there we join the path and fields down to the SWCP. This will then take us back the



Please note: Risk assessments and walk plans available at SWCPA HQ

Mid Devon Ostomy Support Group 2024

- Saturday 10th August
- 2.00 — 4.00pm
- Boniface Centre Crediton EX17 2AH
- Social event with stoma company reps
- Cloplast, Convatec, Salts Medilink & Rapidcare
- Stoma nurse for advice and support

Parking at the rear of the building or easily accessible by bus or train

For more details please call Janice 07923 975051 or email janice234ford@gmail.com

We're here to support you

Thank you for reading the Fern Centre monthly Lifestyle and Wellbeing newsletter. If you would like to find out more about the Fern Centre and the support available to patients in North Devon, you can get in touch using the contact details below.


Alternatively, if you're at North Devon District Hospital, please pop in for a cuppa and a chat. The centre is open Monday to Friday from 9am-4.30pm and you'll find us opposite the maternity unit.

The Fern Centre is only here thanks to the incredible fundraising efforts of the local community and the centre continues to be funded by Royal Devon Hospitals Charity (formerly known as Over and Above). If you would like to make a donation to support our work, please scan the QR code. Thank you.



Follow us...

-  @rdhcferncentre
-  @TheFernCentre

 01271 311855

 rduh.theferncentre@nhs.net

 www.royaldevoncharity.org.uk/fern-centre