

Lifestyle and Wellbeing

September 2024

Personalised Care monthly news from the Fern Centre

Hello to you all,

We are all very excited here in the centre as we saw the installation of the new signs, that were supplied from Ardosia, I think you'll agree that they complete the front of the centre perfectly.



If you've not had chance to see our signs please do pop into the centre anytime to have a look and at the same time pop in to see us.

We have lots happening in September - workshops, a coffee morning, support groups and hopefully some good weather to enjoy in our garden.

Due to the success of the Chakra dancing, we will be holding monthly workshops - the next one is 13th September 10.30am to 11.30am. To avoid disappointment, please book your space early. We have a new skin care workshop starting 27th September with Dee Brend. If you would like more info please call the centre.

Recent fundraising events

The Quiz night that we held at The Royal North Devon Golf Club was a fun night, we had a complete sell out of tables, there were no spare seats left in the building we raised £1703.10. Many thanks to the Golf Club for letting us have the venue at no charge, the venue was fantastic with the most amazing views.



The Cream Tea event we held at the centre on August 30 was a great success and very well attended, raising £1463.13.



Thank you to you all for your support none of our success would be possible without your support and generosity.

What's on

September 2024



Date	Time	Activity
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 with Nicola Jane. Booking required
Monday September 9	11am-1pm	Bladder Support Group. Drop-in
Monday September 9	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday September 10	10am-12noon	Crystal Workshop with Karen Thomas. Booking required
Tuesday September 10	2-4pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday September 11	9am-12noon	Melanoma Education and Support Group. Drop in
Wednesday September 11	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday September 12	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday September 12	10am	'Walk This Way'. Please phone Huw Davies for details 07482 452046
Thursday September 12	2-4pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday September 12	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday September 13	10.30-11.30am	Chakara Dancing with Jackie Williamson. Booking required

Monday September 16	-----	No yoga this week
Tuesday September 17	10am-12.30pm	Mindfulness with Paul Beard. 'Stretch and breathe'. Booking required
Tuesday September 17	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in
Thursday September 19	TBA	Wig fitting clinic. Booking required
Friday September 20	10am-11.30am	Men's Support Group. Drop-in
Monday September 23	-----	No yoga this week
Tuesday September 24	10am-12noon	Macramé workshop with Richard. Booking required
Thursday September 26	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday September 26	2-4pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Friday September 27	10am-12noon	Secondary Breast Support Group. Drop-in
Monday September 30	-----	No yoga this week
Thursday October 3	TBA	Bra fitting clinic with Nicola Jane. Booking required

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...

-  @rdhcferrcentre
-  @TheFernCentre





Royal Devon
University Healthcare
NHS Foundation Trust

Change to parking fees from Thursday 15 August

From Thursday 15 August 2024, changes will be made to the parking fee options for patient and visitor car parks at North Devon District Hospital, RD&E Wonford and Heavitree, Bideford Hospital and Barnstaple Health Centre

New hourly parking options:

- Up to 30 minutes: free
- Up to 2 Hours: £2.70
- Up to 3 Hours: £3.90
- Up to 4 Hours: £4.80
- Up to 5 Hours: £6.50
- Up to 6 Hours: £8.50
- 7-24 Hours: £15

Weekly patient and visitor tickets are still available to purchase



For more information, visit: royaldevon.nhs.uk



Royal Devon
Hospitals Charity





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

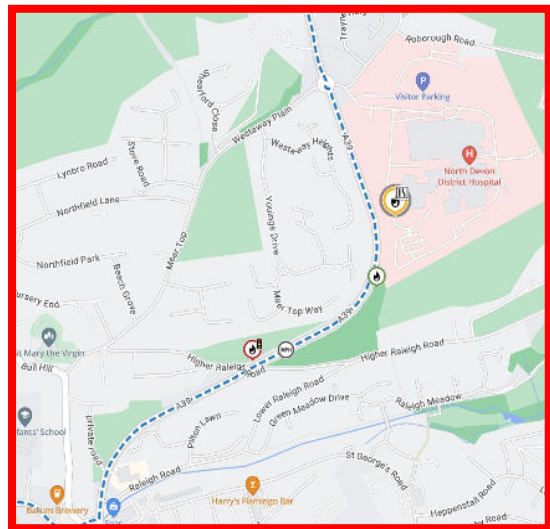
RESTRICTED ROAD ACCESS TO
NORTH DEVON DISTRICT HOSPITAL

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 UTILITIES LTD if you have any questions about the roadworks. Call freephone 0800 912 2999, or contact us on 'X'@WwUtilities or Facebook.com/wwutilities

- DELAYS EXPECTED -



The Fern Centre is funded by



www.royaldevoncharity.org.uk

MACRAMÉ WORKSHOP

with Richard

Tuesday 24 September

10:00 - 12:00

Future workshop dates:
Friday 18 October 13:30-15:30
Friday 15 November 13:30-15:30

Contact the Fern Centre on
01271 311855 to book your place.

CHAKRA DANCING

with Jackie

Friday 13 September

10:30–11:30

IT IS RECOMMENDED THAT YOU BRING A WATER
BOTTLE WITH YOU FOR THIS ACTIVITY

Call the Fern Centre on 01271 311855
to book your place!

THE KAY KENDALL LEUKAEMIA FUND

The Kay Kendall Leukaemia Fund (KKLF) project offers person-centred support around the following areas:

- Benefits - eligibility checks and help with applications, including Personal Independence Payment (PIP), Attendance Allowance (AA) and Disability Living Allowance (DLA)
- Debt Advice
- Charitable grant applications
- Travel and transport schemes e.g. Blue Badge applications/bus pass applications/discount travel schemes/NHS Low Income Scheme
- Housing issues
- Employment advice
- Consumer issues
- Health e.g. access to services/complaints
- Referrals and signposting to other support organisations

DROP-IN SESSIONS AT THE FERN CENTRE

Thursday 12 September - 09:00-12:00

Thursday 26 September - 09:00-12:00

Thursday 10 October - 09:00-12:00

KKLF@citizensadviceplymouth.org.uk
01752 507711



with Lorna

2 September 13:30 & 14:45

9 September 13:30 & 14:45

16 September NO SESSIONS

23 September NO SESSIONS

30 September NO SESSIONS

Every Monday
at the Fern Centre
£3 per session

FREE Wellbeing Workshops from the NHS

Living Well with a Long-Term Health Condition

- Monday 23rd September 10.00
- Monday 21st October 14.00

Introduction to Mindfulness

- Monday 23rd September – 17.30

Please email
dpt.talkworkshop@nhs.net
or call 0300 555 3344 to find out more.



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**



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



Holsworthy Monthly Hub

Wednesday 11th September 2024
2.00pm- 4.00pm

Dobles Ln, Holsworthy, Devon EX22 6JQ

FOR PEOPLE LIVING WITH & BEYOND CANCER

support coffee* help* tea* advice* cake* chat* company*



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

****NEW****

Join us for some relaxing Tai Chi with Daya at 3pm



For more information

contact Holly or Tara
on 01271 311855 or email

rduh.theferncentre@nhs.net



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.

Torrington Monthly Hub

Tuesday 17th September 2024
2.00pm- 4.00pm

Torrington Hospital, Calf Street, Great Torrington, Torrington EX38 7BJ

FOR PEOPLE LIVING WITH & BEYOND CANCER

support coffee* help* tea* advice* cake* chat* company*



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

****NEW****

Join us for an energising Chair Yoga session



For more information

contact Holly or Tara
on 01271 311855 or email

rduh.theferncentre@nhs.net



Royal Devon Hospitals Charity



Head & Neck Cancer Patient & Caregiver Group Monthly Meeting



Grosvenor Community
Church, Old Station Road,
Barnstaple, EX32 8PB

Our meetings are held on the
2nd Thursday of every month,
from 6.30pm till 8.30pm
Everyone Welcome

You can just drop in
ask for Jim Turner

The Swallows

Head & Neck Cancer Support Group
Registered Charity Number: 1149794



For more information

Email:

info@theswallows.org.uk

or Call

01253 428 940

NHS

Royal Devon
University Healthcare
NHS Foundation Trust

SeaChange
RETREATS

"I was feeling low, tired and with a
lack of motivation I nearly
cancelled attending. But I can honest-
ly say I was the best da have had"
- Debs -

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/>



Royal Devon
Hospitals Charity

Fern Centre

It's official - singing is good for you!

Singing makes you feel good:

Recent studies show that singing has a significant effect on people's sense of wellbeing. Questionnaires show that people who sing regularly report higher levels of emotional stability and wellbeing even when suffering from mental health problems such as chronic depression and schizophrenia.

Singing improves your health:

Singing has been shown to have a positive effect on our immune systems, helping us to ward off disease. It affects our heart rates; choirs have been shown to synchronise their heart and breathing rates, increasing and decreasing them in response to the music. It also appears to help reduce high blood pressure.

Singing improves our breath control:

Even for people with lung conditions such as asthma and Chronic Obstructive Pulmonary Disease (COPD). Patients suffering from neurological conditions such as Parkinson's disease, stroke and dementia have all been shown to benefit from regular singing in terms of communication, sociability, reduction in aggression and improved mood.

Singing improves confidence and self perception:

One of the most valued benefits noticed by singers in these studies is that of improved self confidence and self worth. Singing in a group particularly helps people with low self esteem develop friendships which can impact positively on their social and work lives.

**Come and join our Strummin' and Hummin' sessions at The Fern Centre
on every alternate Thursday afternoon!**

STRUMMIN' and HUMMIN'

with Ian Gracie
and Russell Bave

14:00-16:00 at the Fern Centre

Thursday 12 September

Thursday 26 September

Call the Fern Centre on 01271 311855
for more information!

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.

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).



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

Scan the QR code to find out more

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

Nicola Jane

Barnstaple Fitting Clinic

SINCE
1984
The Breast Care Experts

Book Your FREE Post-Surgery Fitting

Thursday 5th September

Thursday 3rd October



Monthly



The Fern Centre
North Devon District Hospital,
Raleigh Park, Barnstaple,
Devon, EX31 4JB

Scan the QR code
to book an appointment



Bras | Breast Forms | Swimwear
01243 537300 | nicolajane.com

CRYSTAL WORKSHOP

Tuesday 10th September

10.00am—12.00pm

with

Karen Thomas

Crystals are not only beautiful to look at, and they have their own specific uses for wellbeing

The workshop will explore how to cleanse and care for your crystals as well as how to select the right ones.

**Call the Fern Centre on 01271 311855
to book your place!**

NATURAL image WIG FITTING CLINIC



Thursday 19th
September

Call the Fern Centre
on 01271 311855 to book!

MINDFULNESS STRETCH & BREATHE

Tuesday 17th September

10.30 am – 12.30pm

with

Paul Beard

Moving the body and breathing in particular ways can be powerful stress relievers. Inspired by his Hatha yoga and relaxation teaching of 11 years, Paul will lead you through some gentle, slow and flowing stretches that will be tailored to you and your needs. These will be interspersed with some easy, accessible and relaxing breathing practices, some of which can be practiced discreetly anywhere in any situation.

**Call the Fern Centre on 01271 311855
to book your place!**

Coast Path Connectors Project

Tuesday Wellbeing Walks
2024

All approximately 3 miles

**** OPEN TO ALL ****

03/09/24	10.00	Easy	Baggy Point
10/09/24	10.00	Easy	Northam Burrows
17/09/24	10.00	Moderate	Woolacombe
24/09/24	10.00	Easy	Braunton Burrows

For further information please contact

Huw Davies

huw@southwestcoastpath.org.uk



**Coast Path
Connectors Project**



Coast Path Connectors Project Officer
(North Devon)

Mobile: 07482 452046

Web: southwestcoastpath.org.uk

HQ: Unit 11, Residence 2, Royal William
Yard, Plymouth PL1 3RP

Working Hours: Monday , Tuesday , Thursday
8.30 am - 2.30 pm.

The CPC project is looking for volunteers to become Walk Leaders - if you are interested you will need to complete practical days with additional on-line training and some personal research. Please contact Huw Davies for more information.

Walk This Way

Thursday 12th Sept

Fremington Quay

For Fern Centre walkers

Walk Name: Walk This Way Fremington Quay

Max Group Size (incl.walk team): 15

Meeting Place: Fremington Quay Cafe

What 3 words : windpipe.enlarge.spurtd

Parking/Transport: Fremington Quay, EX31 2NH

Walk Leader: Huw Davies M: 07482 452 046

Overall Distance: 3 Miles

Refreshments: Fremington Quay Cafe

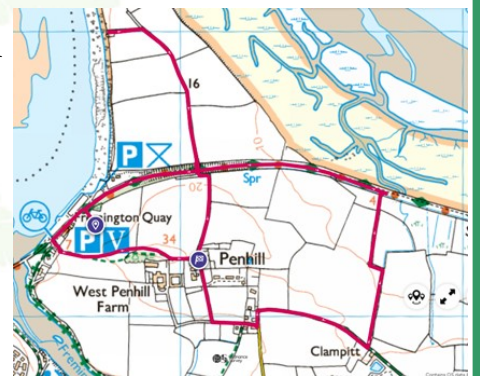
Toilet Provisions: Fremington Quay Cafe

Attendees: Fern Centre walkers.

Plan of Session:

- 10:00 Meet and greet group
- 10:05 Intro chat - route, points of interest
- 10:10 Head along beach Penhill Point
- 10:25 Turn right on track up to Penhill Farm
- 10:50 Turn right before railway bridge onto Tarka Trail / SWCP
- 11:00 Head towards Barnstaple and turn right to Clampitt
- 11:20 Take path to Penhill Farm
- 11:40 Penhill Farm down to Fremington Quay Cafe

Good views over the estuary and we should see migratory waders stopping over before they head south.



PLEASE NOTE: RISK ASSESSMENTS AND WALK PLANS AVAILABLE AT SWCPA HQ

Friday 27th September - 14:00-15:30

Hi, I'm Dee,

I would love to invite you all to my gorgeous Wellness Session!

Having been on the same journey myself, I do understand how stress can take over!!

Making time to ensure we are looking after our own Wellbeing isn't something we're great at making a priority, so I will bring it to you at the Fern Centre.

In my Wellness Sessions we will work on relaxing those achy shoulders and necks, and de-stressing with some breathing techniques, using our beautiful Temple Spa products.

You will get the chance to be in a moment of peace, as we head into a mini Slumber Facial. This is the perfect way to relax & unwind, whilst giving your skin a real boost!

Do you like the sound of this??? Join me for my sessions at The Fern Centre, I would love to see you!!



Fabulous Skincare with Dee
www.templespa.com/deebrend 07866732646

Call the Fern Centre on 01271 311855 to book your place!

Devon Carers is a FREE service aimed at providing support to unpaid carers.

You are a carer if you provide unpaid support for family or friends who need help because they are ill, frail, disabled or have a mental health or substance misuse problem.



Devon Carers is commissioned jointly by Devon County Council and the NHS Devon Clinical Commissioning Group to provide support services and assessments to unpaid carers across Devon. We offer a range of carers support services from preventative advice and information to carers assessments and support planning under the Care Act 2014. Devon Carers, delivered by Devon-based charity Westbank Community Health and Care, supports over 20,000 unpaid carers across Devon through a range of support and services.

Find the latest information about Devon Carers services in the following ways:

<https://devoncarers.org.uk>

Tel: 03456 434 435

Email: info@devoncarers.org.uk

