

# Lifestyle and Wellbeing

June 2024

## Personalised Care monthly news from the Fern Centre

Welcome to the June Lifestyle and Wellbeing Newsletter.

The garden is taking shape nicely; all of the plants and trees have taken well and we are all really forward to the garden furniture arriving and finishing the garden off.

If anyone is interested in becoming a garden volunteer and being part of our 'green gym' please contact myself or Holly on 01271 311855.

The Lifestyle and Wellbeing Fair that we held last month was a great success. The traffic lights didn't put people off!

We'd like to thank every-



one who attended and supported us. The feedback we received was positive with some really helpful suggestions.

Due to the success of the fair we are planning another for the end of the year. More details to follow. Best wishes,

**Tara**









# What's on

## June 2024

Date	Time	Activity
Tuesday June 4	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt.
Tuesday June 4	10am-12noon	EFT Follow up with Karen Thomas. Booking required
Wednesday June 5	9am-1pm	Breast Care Now Moving Forward. Invitation only
Thursday June 6	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday June 10	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday June 11	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt.
Tuesday June 11	10am-12noon	Nicola Mills holding a cake sale. All proceeds to the Fern Centre
Tuesday June 11	10.30am-12.30pm	Mindfulness Managing Emotions with Paul Beard. Booking required
Tuesday June 11	TBA	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday June 12	9am-1pm	Breast Care Now Moving Forward. Invitation only
Wednesday June 12	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday June 13	10am-12.30pm	'Walk This Way' - Baggly Point, Croyde. Phone Huw Davies for details 07482 452046
Thursday June 13	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday June 13	TBA	Bra fitting clinic. Booking required
Monday June 17	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session

Tuesday June 18	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt.
Tuesday June 18	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in
Wednesday June 19	10-11.30am	Gynae Support Group. Drop-in
Thursday June 20	TBA	Wig fitting clinic. Booking required
Thursday June 20	2-4	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday June 21	10am-12noon	Men's Support Group. Drop-in
Friday June 21	2-4	'Starting Out' session. Booking required.
Monday June 24	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday June 25	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt.
Friday June 28	2-4	'Starting Out' session. Booking required.
Monday July 1	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday July 2	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt.
Thursday July 4	2-4	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday July 5	2-4	'Starting Out' session. 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](http://www.royaldevoncharity.org.uk/fern-centre) or scan here



## Follow us...

 @rdhcfrcentre

 @TheFernCentre





Monthly  
**Singing Club**  
with Malcolm on the keyboard  
at the Fern Centre

**WEDNESDAY 26TH JUNE**

1ST WEDNESDAY OF EVERY MONTH

6 pm - 8 pm

ALL WELCOME

Just bring your singing voice!!

Kindly and free!



**Cancelled until further notice**

**Different theme each month**

Refreshments provided

No booking required



The Fern Centre is funded by



**Royal Devon  
Hospitals Charity**

Going *over* and *above* for your local NHS

Registered Charity No. 1061384

[www.royaldevoncharity.org.uk](http://www.royaldevoncharity.org.uk)

**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  
regularly and calls returned in a timely man-  
ner —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**

*and*

**Holsworthy Hub  
Holsworthy Hospital**

**2nd Wednesday of month**

**WE ARE  
MACMILLAN  
CANCER SUPPORT**

## Wellbeing Walk—June 6th

### D-Day Commemorative Walk - Crowe Point Loop

Wellbeing Walk organised by the SWCP Project Officer Huw Davies is moved to Thursday 6<sup>th</sup> June to coincide with the 80<sup>th</sup> anniversary of the D-Day landings. The walk will be around Crow Point, then into Braunton Burrows where you will visit the concrete landing craft. This is the location of the US Army Assault Training Centre where all GI's trained for D-Day.

The links below give further information.

<https://www.youtube.com/watch?v=Om7XtAGxR8o>

<https://www.northdevoncoast-nl.org.uk/coastalheritage/world-war-2/d-day>

#### Walk Name:

D-Day Commemorative Walk - Crowe Point Loop

**Max Group Size (incl.walk team):** 12

**Meeting Place:** Crow Point Car Park (EX33 2NX)

**What 3 words :** rush.skid.will

**Toll Road:** £2.50—will be refunded

**Walk Leader:** Huw Davies

**Overall Distance:** 3 Miles

**Refreshments:** Quay café

**Toilet Provisions:** None at Crowe Point

**Attendees:** Open Walk

#### Plan of Session:

- Arrive Crow Point Car Park 9.50
- Depart on Walk 10.00
- Walk along beach to Broadwalk 10.40
- Divert to concrete landing craft 11.15
- Walk finish 12.30
- Refreshments – Quay Cafe

**For further information about both of the walks please contact:**

**Huw Davies**

Coast Path Connectors Project  
Officer for North Devon

**Mobile :**

07482 452 046

**Web:**

[southwestcoastpath.org.uk](http://southwestcoastpath.org.uk)

**Normal hours of work:**

Mon, Tues Thurs

8.30am — 2.30pm



## Walk This Way (6)—June 13th

### Fern Centre—Baggy Point

Meeting at the Croyde National Trust Car Park at 10.00am. It should take about 2 hours and then coffee and cake in the National Trust café, adjacent to the car park. The walk takes the group on the lower path out to Baggy Point and the higher path back. The path is initially sealed then after ½ a mile is good but some rough parts. We will have good views of the coast including Croyde Bay, Bideford Bay, Hartland Point and Lundy Island to the west and at Baggy we should see north to Morte Point. We can expect to spot Wheatear and Stonechats and other sea birds.

Nearer Baggy Point the path is close to the cliff edge. There is a higher path that avoids going near the cliff, we can split the group between lower and higher path and meet at Baggy Point and all walk back via the higher path route. **Please ask if you require more information.**

#### Walk Name:

Walk This Way (6) - Fern Centre—Baggy Point

**Max Group Size (incl.walk team):** 12

**Meeting Place:** Baggy Point NatTrust C/Park EX33 1PA

**What 3 words :** kneeled. mashing.assurance

**Parking/Transport:** as above

**Walk Leader:** Huw Davies M: 07482 452 046

**Overall Distance:** 3 Miles

**Refreshments:** National Trust Café

**Toilet Provisions:** NT Car Park

**Attendees:** Fern Centre—cancer patients and family

#### Plan of Session:

- Meet and greet group
- Intro' chat
- Head out towards Baggy Point
- Arrive a Baggy Point
- Return to NT Car Park & Café

**Please wear sturdy footwear, waterproofs, all-weather gear**







# 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

## Tuesday 4th June

### Emotional Freedom Technique

### Follow Up Session

10.00am—12.00pm

**Karen Thomas**

There are many ways to manage stresses of our daily lives and in this workshop you will learn how and why tapping works. By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities.

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

**To book please call 01271 311855**

## Tuesday 11th June

### Mindfulness for Managing Emotions

10.30 am – 12.30pm

**Paul Beard**

In this one-off session with wellbeing & mindfulness tutor Paul Beard, you will be introduced to a powerful mindfulness meditation practice which takes a physical, body-based approach to experiencing, relating to and overcoming our fear of strong emotions.

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

**To book please call 01271 311855**

# Recent achievements – Fern Centre



The Fern Centre ran a Personalised Care Lifestyle and Wellbeing Fair earlier in May. Almost 100 people attended, with 40 stalls advertising many of the services available to support local patients via the Centre, including mastectomy lingerie, financial support, Reiki, choir, wigs, dog care and many more!



## Grow your skills with courses and workshops

### BOOK NOW

Learn a new skill or improve an existing one with our experts in the beautiful setting of RHS Garden Rosemoor. Our extensive courses and workshops range from gardening and horticultural courses, willow, artistic and creative courses, and photography.

*Your visit supports our work as a charity.*

[rhs.org.uk/gardens/rosemoor/whats-on](https://rhs.org.uk/gardens/rosemoor/whats-on)



## 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](mailto:peer.support@devoncarers.org.uk)  
[www.devoncarers.org.uk](http://www.devoncarers.org.uk)  
 03456 434 435







England  
Midlands

**\*\*\*IMPORTANT\*\*\***

Calling All Bowel Cancer Patients

- Past and Present -

**Can you help us please?**

We are looking for people who have had **investigations for bowel cancer** or **been diagnosed with this disease** to give their views on what makes initial discussions with your GP easier.

If you have some insights to share, Julia Emery – a researcher from the University of Nottingham and an NHS Consultant in Public Health - would like to chat to you.

**\*Payments are available to cover your time\***

Please contact : [julia.emery2@nhs.net](mailto:julia.emery2@nhs.net)

Consultant in Public Health

Strategic Healthcare Public Health,

NHS England – Midland

Patient –Led—Support

# NORTH DEVON BOWEL CANCER SUPPORT GROUP

Henry Williamson Room  
Barnstaple Library

## QUARTERLY MEETINGS

Thursday 13th of June 2-4pm  
Thursday 26th September 2-4pm  
Thursday 12<sup>th</sup> December 2-4pm

For more info' call the Colorectal Nurses

**01271 322 464**



04 JUNE 2024  
3:00 PM - 4:00 PM

NUTRITION CAFÉ ●

Other dates :

Tuesday  
2<sup>nd</sup> July 3.00-4.00pm



04 JUNE 2024  
10:00 AM - 11:00 AM

WELCOME TO  
PENNY BROHN UK ●

Other dates :

18<sup>th</sup> June 10.00 – 11.0am  
25<sup>th</sup> June 10.00 - 11.00am



03 JUNE 2024  
7:30 PM - 8:30 PM

BEREAVEMENT  
SUPPORT GROUP ●

Other dates :

Tuesday  
2<sup>nd</sup> July 7.30 – 8.30pm



Royal Devon  
Hospitals Charity





# Head & Neck Cancer Support Group

Our 24/7 support line ☎ 07504 725 059

## North Devon Head & Neck Cancer Patient and Caregiver Support Group

### **Launch Meeting**

Thursday 27th June, 6.30pm to 8.30pm

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

This will give you an opportunity to meet the team from The Swallows Head & Neck Cancer Charity and for you to have your say about how future meetings will run.

If you would like to attend the launch meeting, please contact Sharon Curtis, Charity manager,  
[info@theswallows.org.uk](mailto:info@theswallows.org.uk) or 07504 725059



# Torrington Monthly Hub

**Tuesday 18th June 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\*



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

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



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



# Holsworthy Monthly Hub

**Wednesday 12th June 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\*



**FUTURE DATES:**  
2.00PM-4.00PM  
Wednesday 10th July

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



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



## Carers Week is taking place across the UK from Monday 10th to Sunday 16th June 2024

Carers Week 10th – 16th June is an annual campaign to raise awareness of caring, **highlight the challenges unpaid carers face** and recognise the contribution they make to families and communities throughout the UK. It also **helps people who don't see themselves as having caring responsibilities** to identify as carers and access much-needed support.

This year's theme is **'Putting Carers on the Map.'**

Devon Carers are asking everyone to help them raise awareness of carers and to thank them for the They will be joined by several organisations and their Carer Friendly Devon supporters this year.

They are busy organising events and information stands across Devon for this year's Carers Week, go to <https://devoncarers.org.uk/> for more information.

- **Monday 10th June 11.00—3.30pm**  
Arlington Court, near Barnstaple EX31 4LP
- **Tuesday 11th June 10.00am—4pm**  
North Devo District Hospital EX31 4JB
- **Thursday 13th June 1.30pm—3.30pm**  
Barnstaple Library, Tuly Street EX31 1EL









# 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](http://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

**NHS**

Peninsula Cancer Alliance

How are you feeling about Cancer Services?

We're here to listen



We would value your feedback on your recent experience of being diagnosed with cancer in Devon and Cornwall. Your views can help us shape future services.

Scan the QR for more information



@PeninsulaCancer

[www.peninsulacanceralliance.nhs.net](http://www.peninsulacanceralliance.nhs.net)

## 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:

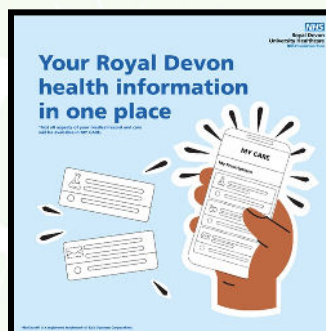
Name: Carl Pugh

Phone: 07540677458

Email: [CPugh@macmillan.org.uk](mailto:CPugh@macmillan.org.uk)

**MACMILLAN  
CANCER SUPPORT**

## Signed up to MY CARE?



**100,000  
patients  
in Devon  
can't be wrong!  
Why not join them!**

Accessible on a computer, phone or tablet, **MY CARE** brings information about hospital appointments, test results and other medical details together in one convenient place, and makes it easier and more secure for patients and their clinical teams to share vital information.

For information on how to download the **MY CARE** app visit our [website](#)



Royal Devon  
Hospitals Charity

FernCentre



## Living Well with a Long-Term Health Condition

### FREE! Wellbeing Workshop from the NHS

2 hour workshop that will introduce a range of techniques to help manage living with a long term health condition, including:

- The physical impact of our thoughts and emotions on our bodies
- The cycle of inactivity
- Challenging your self-critic
- Developing self-compassion
- Managing worry
- Improving motivation

#### Dates for the Workshops

- **Wednesday 26<sup>th</sup> June 2.00pm**
- **Monday 29th July 9.30am**

Also .....

### Improving Sleep Workshop

- **Wednesday 12th June 5.30pm**
- **Thursday 20th June 5.45pm**

<https://www.talkworks.dpt.nhs.uk/workshops>

Choose your preferred date & time and give  
TalkWorks a call on **0300 555 3344**

Apply online too!



## 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**



Or visit the Macmillan website [macmillan.org.uk](http://macmillan.org.uk)

**Stopping smoking is one of the best things you can do and there's no better time than now to stop!**

**If you live in Devon and currently smoke, you could be eligible for FREE support.**

**It's easy to get started and we will be there throughout your journey to help you stop smoking for good.**



With our help, you're three times more likely to quit. We will be with you every step of the way.



Our service is FREE and our coaches will help you to develop a quit plan, so you can make changes that are sustainable.



We offer support over the phone, via video call and also face to face.

Our flexible programme also means you can stop smoking with as much or as little support as you want.

Our coaches can support you in person, over the phone or by video chat.

We are here when you need us.



**After 20 minutes**

Check your pulse rate, it will already be starting to return to normal.



**After 8 hours**

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



**After 48 hours**

All carbon monoxide is flushed out. Your lungs are clearing mucus and your senses of taste and smell are improving.



**After 72 hours**

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



**After 2 to 12 weeks**

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



**After 3 to 9 months**

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



**After 1 year**

Great news! Your risk of heart attack will have halved compared to a smoker's.



**After 10 years**

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.



## 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.





# 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](mailto:rduh.theferncentre@nhs.net)  [www.royaldevoncharity.org.uk/fern-centre](http://www.royaldevoncharity.org.uk/fern-centre)