

# Lifestyle and Wellbeing

July 2024

## Personalised Care monthly news from the Fern Centre

Welcome to the July edition of the Lifestyle and Wellbeing Newsletter.



I can't believe that we are already half way through the year at the centre, where lots of events, workshops, support groups and centre firsts have happened and we have plenty more of exciting things planned for the rest of the year.

I thought I'd remind everyone of the regular support groups that take place every month here at the centre.

Every second Thursday of the month starting at 10am to 11.30am there is a face to face coffee morning in the centre. This is a great opportunity to meet new people for a friendly chat and cuppa.

This is for cancer patients their families and carers.

The Fern Centre team are also in attendance and can offer advice if needed. The next coffee morning will be on Thursday 11<sup>th</sup> July.

Every Monday there are 2 classes of yoga available to patients, families and carers at 1.30pm and 2.45pm. The classes are taken by Lorna Donnelly, and are a great way to meet others and to practice light yoga movements. If you are interested please ask one of the team for more information.

There are also site specific support groups that run regularly during the month and patients find the groups great support for each other. Please check the 'What's On' on the next page for dates and timings.

Remember that the centre is a drop in service and is open Monday to Friday 9am to 4.30pm. No appointment is needed, please feel free to pop in anytime.

Tara



# What's on

July 2024



Date	Time	Activity
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	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday July 4	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday July 5	2-4pm	'Starting Out' session. Booking required.
Monday July 8	11am-12.30pm	Bladder Support Group
Monday July 8	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday July 9	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt
Tuesday July 9	10.30am-12.30pm	Mindfulness Pain Management with Paul Beard. Booking required
Tuesday July 9	2-4	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday July 10	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday July 11	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday July 11	2-4pm	'Starting Out' session. Booking required.
Monday July 15	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday July 16	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt
Tuesday July 16	10.30am-12.30pm	Macrame with Richard (making a beautiful bookmark). Booking required

Tuesday July 16	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in
Wednesday July 17	9.30am-12noon	Melanoma education and information session
Thursday July 18	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday July 18	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday July 19	10am-12noon	Men's Support Group drop-in
Monday July 22	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday July 23	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt
Tuesday July 23	From 10am	Cake sale
Tuesday July 23	2-4pm	Haematology Support Group
Wednesday July 24	10am-12noon	Energy workshop with Karen Thomas. Booking required
Thursday July 25	2-4pm	'Starting Out' session. Booking required.
Friday July 26	10-11.30am	Secondary Support Group drop-in
Friday July 26	7pm start	Fern Centre Quiz Night at Royal North Devon Golf Club. Ticket only
Monday July 29	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday July 30	9am-12noon	Macmillan welfare benefits advisor. Drop-in but booking required for longer appt
Thursday August 1	9am-12noon	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday August 1	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday August 8	10-11.30am	Coffee Morning

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...

-  @rdhcferncentre
-  @TheFernCentre



# Meet the Cancer Care Counselling Team



Hello my name is Jess, I am the Lead Cancer Care Psychotherapist for the North Devon Cancer Care Counselling Service. A big part of my role is focussed around service management and ensuring we are offering the best possible support to cancer patients in their family and are constantly evolving in response to ongoing need. I am also responsible for the clinical supervision of all the wonderful counsellors within our team which involves teaching, examining and exploring all client work undertaken by the team and ensuring safe and effective practice all round. Alongside clinical supervision I also provide extra mentoring to the student counsellors placements we take on each year. In addition to this I am responsible for the psychological assessments for the referrals that come into the service and triaging as appropriate. Together with this I work with children and young people affected by cancer and anyone living with and beyond cancer. Outside of my work at the Fern Centre you will find me outside in the garden and the allotment, enjoying anything that gets me out and about in nature.

Hello my name is Paul and I am fortunate enough to be in the role of counsellor for the North Devon Cancer Care Counselling Service. The role itself is funded by [ChemoHero](#) who, amongst other things, supply 'A Box of Kindness' for those undergoing chemotherapy containing over 40 luxury items.

My role involves supplying counselling support to cancer patients and family members either at the Fern Centre or via telephone or Microsoft Teams. Each individual is totally unique with their own experiences, relationships and feelings which it is a privilege to share and work through. When not at work I enjoy gardening, walking, singing, wildlife and am currently endeavouring to learn the piano.



Hello. My name is Kathy and I am new to the Fern Centre as a Cancer Care Counsellor. I love my new role, which is focussed on providing a confidential and non-judgemental space for those affected by cancer in our local community. A space where they can offload and begin to make sense of how their life may have been affected by their experiences. I work collaboratively with clients to discover useful ways to move through any challenges that might be coming up.

When I am not working, I enjoy time walking my dog on the beautiful beaches of North Devon whenever possible.



# Meet the Cancer Care Counselling Team

"Hello, I'm Rachel Turner, one of the student counsellors at the Fern Centre. I'm studying my Level 4 Diploma at Petroc and I offer an integrative humanistic approach for clients. This essentially means that my sessions are client lead and I also adhere to the BACP guidelines. In my spare time I love spending time with my son and our doggy, usually at the beach. "



## Team Offer

- 1:1 Counselling
  - Face -2- Face
  - Telephone
  - Video Link
- Self-referral or  
via your clinical team



"Hi My name is Rosie and I'm one of the student counsellors at the Fern Centre. I feel really fortunate to be able to carry out my diploma placement here with such a fantastically supportive team.

In my spare time I like to try to keep my garden in order, spend time walking and at the local beaches as well as enjoying time with family and friends."

## Fern Centre Counselling Service

The North Devon Cancer Care Counselling Service provides support for anyone who is living with and beyond cancer, their partners, children and close relations/ carers. The Counselling Service also works closely with the Oncology Paediatrics teams in North Devon to provide support to families with a child or young person who has been diagnosed with cancer.

The North Devon Cancer Care Counselling Service offers support via a range of 1-1 counselling and psychotherapy sessions which are held face to face, via telephone or video, family advice sessions, workshops and support groups.

For more information or to self-refer, please contact the counselling team on **01271 334472** or [rduh.cancercarecounselling@nhs.net](mailto:rduh.cancercarecounselling@nhs.net)

The Fern Centre is funded by




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

## NORTH ROAD

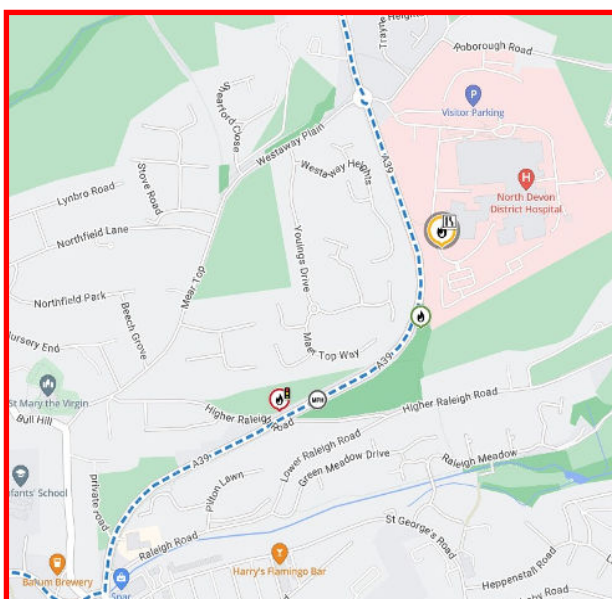
### RESTRICTED ROAD ACCESS TO NORTH DEVON DISTRICT HOSPITAL

#### 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 freephone 0800 912 2999, or contact us on 'X'@WWUtilities or Facebook.com/wwutilities

**- DELAYS EXPECTED -**



## 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**



Royal Devon  
Hospitals Charity

Fern Centre

# Coast Path Connectors Project

## Tuesday Wellbeing Walks 2024

### All approximately 3 miles

09/07/24	10.00	Easy	Westward Ho!
16/07/24	10.00	Easy	Vellator (Braunton)
23/07/24	10.00	Moderate	Bucks Mills
30/07/24	10.00	Moderate	Puffing Billy
06/08/24	10.00	Easy	Westward Ho!
13/08/24	10.00	Easy	Crow Point
20/08/24	10.00	Moderate	Morte Point
27/08/24	10.00	Moderate	Fremington Quay
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

\*\*\*\*OPEN TO ALL \*\*\*\*

For further information please contact

**Huw Davies**

[huw@southwestcoastpath.org.uk](mailto:huw@southwestcoastpath.org.uk)



**Coast Path  
Connectors Project**



**Coast Path Connectors Project Officer  
(North Devon)**

**Mobile:** 07482 452046

**Web:** [southwestcoastpath.org.uk](http://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 (7)—July 11th

## For Fern Centre visitors & family

### 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 452 046

**Overall Distance:** 3 Miles

**Refreshments:** Sandbanks café

**Toilet Provisions:** Entrance to Sandhills Car Park and at Sandbanks Café

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

**Plan of Session:**

10.00—Meet and greet group

10.05— Intro' chat

10.10—Head up Taw out towards Isley Marsh

11.00— Arr' Isley Marsh—waders, ducks & other migratory birds

12.00— Sandbanks Café

12.30— Return via Tarka trail to NDCC

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

**Please note: Risk assessment and WalkPlan SWCPA HQ**



Royal Devon  
Hospitals Charity



 Royal Devon  
Hospitals Charity

**Fern Centre**   
Registered Charity Number: 104284

# Quiz Night

**Friday 26th July**

**Royal North Devon Golf Club, Westward Ho!**

**Doors open at 6.30pm for 7pm start**

**Tables of 6 £5pp, payable on booking**

**Bar and raffle**

**For tickets, call Tara or Holly on 01271 311855**

**Come Along and Support the 3rd Fern Centre Quiz Night  
at Royal North Devon Golf Club at Westward Ho!**

- 6 Categories
  - Play Joker to double the points on your fav' round
  - Prize Picture Round
- .....and win or lose it's FUN!



Royal Devon  
Hospitals Charity

**Fern Centre** 





## 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

### Wednesday 24th July

#### Energies Workshop

10.00am—12.00pm

**Karen Thomas**

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

Through many different ways our energy levels can become depleted so how do we restore them?

This fun and informal workshop will show you different ways that will reset your energy for the day. The 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**

### Tuesday 9th July

#### Mindfulness for Pain Management

10.30 am – 12.30pm

**Paul Beard**

Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and can enhance the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that arises from chronic pain and illness.

Join Wellbeing and Mindfulness tutor Paul Beard for this one-off session that will introduce you to mindfulness for effective pain management and resources to go on with.

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

**To book please call 01271 311855**

# Torrington Monthly Hub

**Tuesday 16th July 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](mailto: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 chaf 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



**RHS**  
Garden Rosemoor

# 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 Monthly Hub

**Wednesday 10th July 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!*



**For more information contact Holly or Tara on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**



**Royal Devon Hospitals Charity**



# MACRAMÉ WORKSHOP

with Richard

You will be making a simple bookmark

If you would like to join in this fun workshop

please call us on 01271 311855

**Come along and tie yourself in knots!**

## Wig Fitting

Expert fitting  
With Natural Image  
Appointment ONLY

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

To book a slot please call

**01271 311855**

## Bra Fitting

Expert fitting  
With Nicola Jane  
Appointment ONLY

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

To book a slot please call

**01271 311855**

# 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.

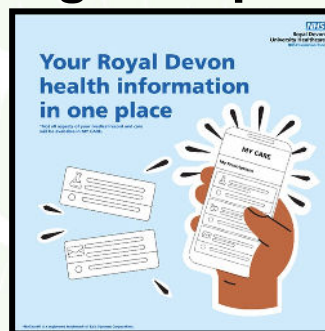
If you have any worries (for example with money, work or treatment) that our volunteer buddies cannot help with, remember you can call the Macmillan Support Line: 0808 808 00 00 (7 days a week 8am-8pm)

### 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

Fern Centre

## 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

- **Monday 29th July 9.30am**
- **Thursday 22nd August 11.00am**
- **Monday 23rd September 10.00am**

Also .....

### Improving Sleep Workshop

- **Friday 12th July 10.00am**
- **Thursday 18th July 9.30am**
- **Friday 26th July 9.30am**

<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)

## 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.

Allison's



# Sahara

## Cake Sale



@THE  
FERN  
CENTRE

JULY  
23

FROM  
10AM

ALLISON  
IS TREKKING  
THE SAHARA  
DESERT THIS  
NOVEMBER

Royal Devon  
Hospitals Charity

FernCentre  
Registered Charity Number: 100334



SCAN TO  
SUPPORT  
ALLISON



# 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](mailto: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](mailto:rduh.theferncentre@nhs.net)

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