

Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre

Dear Friends,

As we step into another vibrant month at our centre, we want to take a moment to express our heartfelt gratitude for your continued support. Your enthusiasm and commitment are what make the Fern Centre truly special!



We have an array of exciting activities lined up that we can't wait for you to experience. Mark your calendars for our Lifestyle & Wellbeing Fair in November, where you'll have the chance to explore a world of health, wellness, and joy! This event promises a variety of informative workshops, engaging speakers, and dynamic exhibitors dedicated to enhancing your lifestyle.

Additionally, we are thrilled to offer a selection of craft workshops that will ignite your creativity and allow you to express yourself in delightful new ways. Whether you're a seasoned artist or a complete beginner, there's something for everyone to create and enjoy!

We are working towards offering activities an activity for everyone! From Yoga and Chakra Dancing to calming mindfulness and wellbeing workshops, we have designed these sessions to nurture both body and mind.

We are committed to making this journey of growth and wellness an enjoyable one, and we look forward to seeing you at the centre! Together, let's explore new horizons, forge connections, and uplift our spirits.

NORTH ROAD

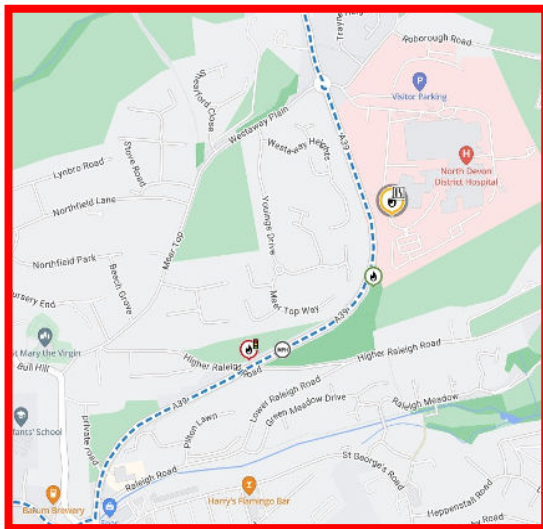
RESTRICTED ROAD ACCESS TO
NORTH DEVON DISTRICT HOSPITAL

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



**Royal Devon
Hospitals Charity**

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

Registered Charity No. 1041344

www.royaldevoncharity.org.uk/



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.

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Royal Devon
Hospitals Charity



What's on

October 2024

Date	Time	Activity
Friday October 4	10.30-11.30am	Chakra Dancing with Jackie Williamson. Booking required
Monday October 7	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday October 8	10.30am-12.30pm	Intuitive Movement Workshop with Paul Beard. Booking required
Tuesday October 8	TBA	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday October 9	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday October 10	TBA	Wig fitting clinic with Natural Image. Booking required
Thursday October 10	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday October 10	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday October 10	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday October 14	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday October 15	10am-12pm	Energy Workshop with Karen Thomas. Booking required
Tuesday October 15	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in
Wednesday October 16	10am	Coast Path Connectors Project Walk. Please phone Huw for details 07482 452046
Wednesday October 16	10-11.30am	Gynae Support Group. Drop-in
Friday October 18	10-11.30am	Men's Support Group. Drop-in

Date	Time	Activity
Friday October 18	1.30-3.30pm	Macrame Workshop with Richard. Booking required
Monday October 21	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday October 22	2-4pm	Haematology Support Group. Drop-in
Thursday October 24	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday October 24	10am-12pm	Look Good Feel Better Workshop. Booking required
Thursday October 24	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday October 25	11am-12.30pm	Temple Spa Wellbeing Workshop with Dee Brend. Booking required
Monday October 28	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Thursday October 31	TBA	Wig fitting clinic with Natural Image. Booking required
Friday November 1	10.30-11.30am	Chakra Dancing with Jackie Williamson. Booking required
Monday November 4	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday November 5	10.30am-12.30pm	Managing Emotions Workshop with Paul Beard. Booking required
Wednesday November 6	2-4pm	Christmas Craft Workshop with Kitty First of 3 sessions. Booking required
Thursday November 7	TBA	Bra fitting clinic with Nicola Jane. Booking required
Thursday November 7	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund
Thursday November 7	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday November 11	11am-1pm	Bladder Support Group. 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...

-  @rdhcfcentre
-  @TheFernCentre



Lifestyle and Wellbeing Fair

For people living with and beyond cancer

Thursday November 28

10.30am - 2.30pm

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE

Find out more about:

- Health and fitness
- Nutrition
- Community information
- Complementary therapies
- Support groups
- Local services

and more...

Talks in the Orangery

10.30am

Mindfulness for Life's Challenges

with Paul Beard

11.30am

Healthy Eating

with NHS Oncology Dietician

12.30pm

Micro Greens

Nutrition, health benefits and how to grow them
with The Gardeners Collective

1.30pm

Stop For Life

Smoking and vaping cessation advice

For more information, contact Holly at the Fern Centre

01271 311855 - rduh.theferncentre@nhs.net

 Royal Devon
Hospitals Charity

Fern Centre
Registered Charity Number: 1061384



NHS

Royal Devon
University Healthcare
NHS Foundation Trust

Fern Centre

FERN CENTRE CHRISTMAS QUIZ

RAFFLE & LICENSED BAR

FRIDAY 29 NOVEMBER 2024

AT BARNSTAPLE RUGBY FOOTBALL CLUB

CALL THE FERN CENTRE ON

01271 311855

TO BOOK YOUR PLACE

DOORS OPEN AT 6.30PM

7PM £5 PER PERSON
6 PER TEAM



Royal Devon
Hospitals Charity

Fern Centre



Fern *Centre*

CHRISTMAS FAIR

Friday December 13

From 11am

at the Fern Centre

CAKES & REFRESHMENTS

HAND MADE GIFTS

TOMBOLA



Royal Devon
Hospitals Charity

Fern *Centre*



Christmas



* Table Centrepiece Workshop



6-8pm



Monday December 9

at the Fern Centre



£20 PER TICKET
INCLUDES MINCE PIE
AND REFRESHMENTS



Call 01271 311855

to book your place!



YOGA
with Lorna

7 October 1.30 and 2.45pm
14 October 1.30 and 2.45pm
21 October 1.30 and 2.45pm
28 October 1.30 and 2.45pm
4 November 1.30 and 2.45pm

Every Monday
at the Fern Centre
£3 per session

CHAKRA DANCING
with Jackie

Friday 4 October
10.30–11.30

Next session will be Friday 1 November

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!

STRUMMIN' and HUMMIN'
with Ian Gracie and Russell Bave

14:00-16:00
at the Fern Centre

Thursday 10 October
Thursday 24 October
Thursday 7 November

Call the Fern Centre on 01271 311855 for more information!

Royal Devon Hospitals Charity
Fern Centre

MACRAMÉ WORKSHOP
with Richard

Friday 18 October
1.30 – 3.30pm

Next workshop – Friday 15 December

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

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

TALKWORKS

DEVON'S NHS TALKING THERAPIES SERVICE

FREE

Wellbeing Workshops
from the NHS

Living Well with a Long-Term Health Condition

- Monday 21 October 2pm
- Friday 22 November 9.30am
- Tuesday 17 December 2.30pm

Improving Sleep

- Tuesday 22 October 5.30pm
- Thursday 7 November 9.30am
- Tuesday 17 December 9.30am

Introduction to Mindfulness

- Monday 4 November 5.30pm (Teams)

Please email

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

You can also apply online at:

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



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.

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Wednesday 9 October 2024

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



Join us for a
Stretch and Balance
taster session with



Gill Ashton
2.45-3.15pm



*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



Torrington Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Tuesday 16 October 2024

2-4pm

Torrington Hospital, Calf Street, Torrington, EX38 7BJ

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



Future HUB dates:

November 19

December 17



*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 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:

3 October 2024

7 November 2024

5 December 2024

For more information:

peer.support@devoncarers.org.uk

www.devoncarers.org.uk

03456 434 435





Book a workshop

We help with the physical effects of cancer treatment.



THURSDAY 24 OCTOBER

10am-12pm

at the Fern Centre

Look Good Feel Better run free workshops in the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.

Every workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance.

People leave our workshops feeling empowered, motivated and less isolated – allowing them to look good, but feel even better.



"Doing the workshop changed everything. It gave me confidence to be me again."

LEANNE, 29



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



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: 1128761



For more information
Email:
info@theswallows.org.uk
or Call
01253 428 940



SeaChange RETREATS

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/>

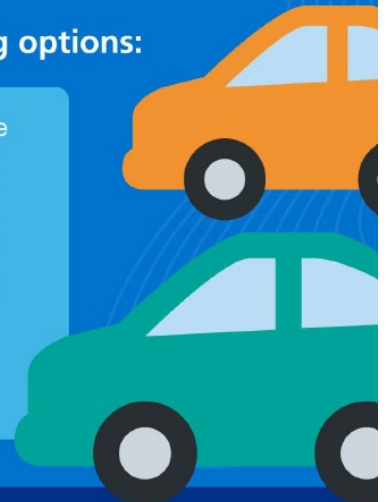
Change to parking fees from Thursday 15 August

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



Cancer wellbeing for everyone

Penny Brohn UK is the cancer health and wellbeing charity. We support any adult with any type of cancer, anywhere in the UK.

Whether you are newly diagnosed, going through cancer treatment, adjusting to life after treatment or living with a terminal diagnosis, we can give you the tools and support you need to live better with cancer and feel more in control of your life.

www.pennybrohn.org.uk

Temple Spa Wellbeing Workshop

with Dee Brend

Friday 25 October
11am-12.30pm

Prioritising our wellbeing at work, whether in an office or at home, is often overlooked. Since we spend much of our time at work, our Wellness experience offers tips and techniques for creating a restful and mindful environment wherever you are.

Call the Fern Centre on 01271 311855 to book your place



Bude Cancer Support email: hello@budecancersupport.org



Bude Cancer Support

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 Exercise for Mobility (E4M) 9:30 & 11am Parkhouse Centre	8	9 E4M 2:00 and 3:30pm Parkhouse Centre	10	11 E4M 9:30 Parkhouse Centre	12	13
14 E4M 9:30 and 11am Parkhouse Centre Cancer Cafe 1:30-3:30pm - Parkhouse Centre Chocolate workshop with Sweet P 3:30-5:15pm	15	16 E4M 2:00 and 3:30pm Parkhouse Centre	17	18 E4M 9:30 Parkhouse Centre	19	20
21 E4M 9:30 and 11am Parkhouse Centre	22 Teylu Glass Christmas tree workshop 10-11	23 E4M 2:00 and 3:30pm Parkhouse Centre	24	25 E4M 9:30 Parkhouse Centre	26	27
28 E4M 9:30 and 11am Parkhouse Centre Cancer Cafe 1:30-3:30pm - Parkhouse Centre	29	30 E4M 2:00 and 3:30pm Parkhouse Centre	31 Teylu Glass Christmas tree workshop 10-11			

To attend E4M there is no need to book, just state you are with Bude Cancer support when attending. For further information phone 07562 251878 or visit exercising4mobility.co.uk

To attend Teylu Glass Christmas tree workshop ring Becca on 07969803181 or email teyluglass@hotmail.com 9 spaces available for each date

To attend the chocolate workshop after the Cancer Cafe on the 14th, contact Heather via the group Whatsapp. 12 spaces availab



Royal Devon
Hospitals Charity



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

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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 #1 Breast Care Experts

Book Your
FREE
Post-Surgery
Fitting

Thursday 3 October

Thursday 7 November



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

INTUITIVE MOVEMENT

NEW
ACTIVITY

Tuesday 8 October

10.30am – 12.30pm

with

Paul Beard

Inspired by a fusion of slow flow hatha yoga and slow flow non-contact martial arts, this is a gentle, but powerful and direct way to listen to and connect with our bodies and practice letting them guide us as to what we need to physically move, shift, release, and vitalise.

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

NATURAL
image WIG FITTING
CLINIC



Thursday 10 October

Thursday 31 October

Call the Fern Centre
on 01271 311855 to book!

ENERGY WORKSHOP

Tuesday 15 October

10am - 12pm

with

Karen Thomas

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.

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



Royal Devon
Hospitals Charity

FernCentre

Coast Path Connectors Project

Celebration Walk

**** OPEN TO ALL ****

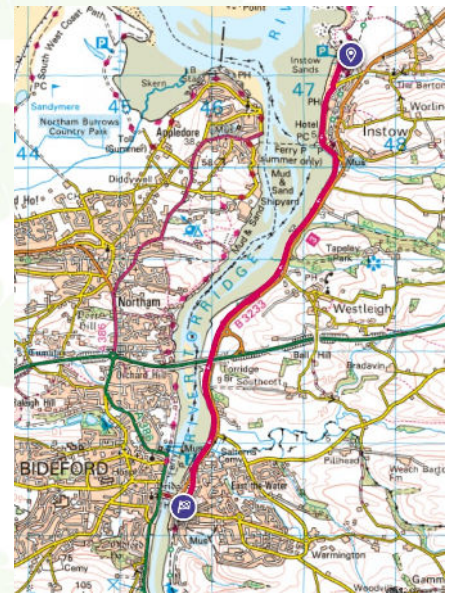
There will be a walk from Braunton to Westward Ho! to celebrate the completion of the Coast Path Connectors Project.

Fern Centre walkers are invited to join the Instow to Bideford Station (4 mile) stretch of the celebration walk.

Walk Name:	Walk This Way Saunton Sands
Max Group Size (incl.walk team):	20
Meeting Place:	Glorious Oyster, Instow, EX39 4LF
What 3 words :	bake. Grace.condensed
Parking/Transport:	Sandhills Car Park or street
Walk Leader:	Huw Davies M: 07482 452 046
Overall Distance:	4 Miles
Refreshments:	Royal Hotel, East the Water
Toilet Provisions:	Walk start / Marine Parade Car Park, Instow / Royal Hotel
Attendees:	Open walk

Plan of Session:

- 14:00 Meet and greet group
- 14:05 Intro chat - route, points of interest
- 14:10 Commence walk
 - Walk on Marine Parade through Instow
- 14:30 Turn right before onto Tarka Trail at rail junction
 - Follow Tarka Trail to Bideford Station
- 15:30 Walk ends



**Coast Path
Connectors Project**



RISK ASSESSMENTS AND WALK PLANS AVAILABLE AT SWCPA HQ

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!

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