

Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre

HAPPY NEW YEAR
Fern Centre
2025

THANK YOU ALL FOR 2024

There has been an amazing fundraising effort throughout 2024.

Our heartfelt thanks go to everyone who has donated, supported one of our events, or taken on special challenges to support the Fern Centre.

A great night of friendly competition was enjoyed by all who attended our Christmas Quiz at Barnstaple Rugby Football Club, raising £890! We will be having more Quiz Nights, as well as introducing some Bingo Nights, in 2025.

We would like to thank Liz and her volunteers for running the Wreath Ring Workshop. We are planning to have afternoon and evening workshops next year.

The generous donations of handcrafted gifts and homemade goodies, together with the unwavering support from everyone who attended, enabled us to raise an incredible £1500 at our Christmas Fair.

An enchanting evening of carols was enjoyed by many of you, with our heartfelt gratitude going to Marion for accompanying us on her keyboard - we can't wait to do it all again next year!

Thanks go to the tireless team of Volunteers who provide invaluable support in both the day-to-day operation of the Fern Centre and the provision of all the events.

We couldn't do any of this without every single one of you!

The Fern Centre is funded by



**Royal Devon
Hospitals Charity**

Registered Charity No. 1061384

PLEASE VISIT OUR WEBSITE TO FIND OUT MORE

www.royaldevoncharity.org.uk



Fern Centre

NHS
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

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!

What's on

Date	Time	Activity
Wednesday, January 1		Centre closed all day.
Thursday, January 2	9am-12pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, January 2	2pm-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday, January 6	10am-12pm	Look Good Feel Better. Booking required.
Monday, January 6	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, January 7	10am-12pm	Monthly Ilfracombe Fern Hub. at the Lantern Centre. Drop-in.
Wednesday, January 8	2pm-4pm	Monthly Holsworthy Fern Hub. at Holsworthy Hospital. Drop-in.
Thursday, January 9	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, January 9	10am-11.30am	Monthly Coffee Morning. All welcome! Drop-in.
Thursday, January 9	10am-12pm	Macrame Workshop with Richard. Booking required.
Thursday, January 9	2.30pm-3.30pm	Qi Gong with Ali. Booking required.
Friday, January 10	11am-11.45am	Qi Gong with Warren. Booking required.
Monday, January 13	11am-1pm	Bladder Cancer Support Group. Drop-in.
Monday, January 13	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, January 14	TBA	Hospital Chaplaincy at the Fern Centre. 1:1 appointments with Rev, Jonathan Daniel.
Thursday, January 16	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, January 16	9am-12pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.

Continued...

Date	Time	Activity
Thursday, January 16	2pm-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, January 17	10am-11.30am	Men's Support Group. Drop-in.
Friday, January 17	2.30pm-3.30pm	Chakra Dancing with Jackie. Booking required.
Monday, January 20	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday, January 23	2pm-4pm	Haematology Support Group. Drop-in.
Friday, January 24	2pm-3.30pm	Temple Spa Wellness Class with Dee. Booking required.
Saturday, January 25	8.40am start	5K Your Way - Move Against Cancer. Rock Park. Parkrun registration required.
Monday, January 27	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, January 28	10.30am-12.30pm	It's OK to not be OK with Paul Beard. Booking required.
Thursday, January 30	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, January 30	9am-12pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, January 30	2pm-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, January 31	10am-11.30am	Secondary Breast Cancer Support Group. Drop-in.
Monday, February 3	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, February 4	10am-12pm	Monthly Ilfracombe Fern Hub. at the Lantern Centre. Drop-in.
Thursday, February 6	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, February 6	10am-12.30pm	HOPE Programme (1 of 6). Booking required.
Wednesday, February 12	2pm-4pm	Monthly Holsworthy Fern Hub. at Holsworthy Hospital. Drop-in.

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



Follow us...

 @rdhcferrcentre

 @TheFernCentre





LET'S ALL MOVE AGAINST CANCER

5k Your Way



5k Your Way is a **support group** for anyone living with and beyond cancer, their families and friends, and those working in cancer services. We're passionate about community, friendship and fun. We meet up at designated parkruns on the last Saturday of every month. **Everyone is welcome!** You can walk, jog or run. Try 1k, 2k or 5k. Volunteer, cheer or come for coffee afterwards. **Do it YOUR way.** The best project you'll ever work on is **you.**

Time: 8:40am meet for 9am start. Saturday, January 25th

Where: Rock Park, Barnstaple - Ladies' Mile, Barnstaple, EX32 9AQ

Meeting point: Near the public toilets at the start of Parkrun

Contact: barnstaplegroup@5kyourway.org

Register here: www.moveagainstcancer.org/5kyw-registration/

5K YOUR WAY IS PROVIDED BY:



MOVE AGAINST CANCER.

FREE!

 moveagainstcancer.org

 info@5kyourway.org

 [@moveagainstcancer](https://www.youtube.com/@moveagainstcancer)

 [@5KYourWayMoveAgainstCancer](https://www.facebook.com/@5KYourWayMoveAgainstCancer)

 [@MOVEcharity](https://www.twitter.com/@MOVEcharity)

 [@moveagainstcancercharity](https://www.instagram.com/@moveagainstcancercharity)

daylight

Welcome to Daylight!

Hearing the words "you have cancer" affects more than just your physical health. A cancer diagnosis may also impact your mental health and lead to heightened anxiety.

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it.

Engaging and easy-to-use, Daylight teaches proven exercises to help you manage your worry, day or night, at home or in hospital.

MACMILLAN
CANCER SUPPORT



What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises:

Learn how to relax
Use the Tense & Release exercise to discover how tensing up your body can actually calm your mind.

Control your worry
The Worry Time exercise trains you to worry only at a specific time and place – so you can be more present in the rest of your life.

Tackle unhelpful thoughts
Use the Thought Challenger exercise to identify and reframe thoughts that keep you stuck.

Address your fears
The Worry Story exercise empowers you to face your fears so they have less control over you.

Begin your journey to worrying less:

1 For instant access, visit: trydaylight.com/macmillan

or scan the QR code below to create your free account



Have questions for us? We're on hand to help you every step of the way. Just email hello@trydaylight.com and we'll be able to help, whether it's a problem with your mobile or with your worry.

Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access high quality mental health support.

Sleepio

Don't let cancer stop you sleeping

Hearing the words "you have cancer" affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, a sleep improvement programme to help you overcome sleepless nights brought on by increased worry.



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Start sleeping better tonight, visit: sleepio.com/macmillan

How does Sleepio work?

Designed by sleep experts, Sleepio is a digital programme featuring proven cognitive behavioural techniques.

Sleepio guides you through six weeks of interactive, personalised lessons to help you address sleep problems effectively.

Is it effective?

Sleepio has been clinically proven to help people fall asleep 54% faster, spend 62% less time awake at night, and have 45% better functioning the next day.

"I no longer think I have a sleep problem. I know what to do on the nights when I wake and can't get back to sleep; I no longer fear sleepless nights"
–Alison, Sleepio user

Start sleeping better tonight:

1 For instant access, visit: sleepio.com/macmillan

or scan the QR code below to create your free account



Have questions for us? We're on hand to help you every step of the way. Just email hello@sleepio.com and we'll be able to help, whether it's a problem with your mobile or with your sleep.


Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access high quality mental health support.

Fern Centre

Head & Neck Cancer Patient & Caregiver Group Monthly Meeting

The Swallows
Head & Neck Cancer Support Group
Registered Charity Number: 1128774




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

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

NHS
Royal Devon University Healthcare
NHS Foundation Trust

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, January 2 - 9am-12pm

Thursday, January 16 - 9am-12pm

Thursday, January 30 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

citizens advice Plymouth



BINGO NIGHT

£10

per book
of 6 cards

at the

Royal North Devon Golf Club
Golf Links Road, Westward Ho! EX39 1HD

Friday, February 28

Doors open: 6.30pm

Eyes down: 7.00pm

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net for more details or to book.

New edition
of the free
magazine
out now!



DEVON CARERS
by WESTBANK
Winter 2024

What's inside:

- Welcome
- Carers Rights Day
- Carers stories
- Carers Skills Workshops
- News and info
- Health and wellbeing
- Peer Support Groups

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

www.devoncarers.org.uk
03456 434 435

NHS A Network Partner of CARERS TRUST Helpines Standard Devon County Council WESTBANK

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/>

Scan to read

www.devoncarers.org.uk/information-and-advice/magazine/



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

Bude Cancer Support



Cancer Café

2nd & 4th
MONDAY
monthly
(excluding Bank Holidays)

1.30-
3.30pm

Room 1
The
Parkhouse
Centre
Bude



Bude
Cancer
Support



Royal Devon
Hospitals Charity

FernCentre

QI GONG

at the
Fern Centre

2.30-3.30pm - Thursday, January 9

and

11-11.45am - Friday, January 10

Qi gong is a system of coordinated body-posture and movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qi gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance the mythical life-force qi.

Contact the Fern Centre
on 01271 311855 or
rduh.theferncentre@nhs.net
to book your place!



CHAKRA DANCING

with Jackie

at the

Fern Centre

Friday, January 17

2.30-3.30pm

It is recommended that you bring your own water bottle for this activity!

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net to book your place!



Temple Spa

Wellness Class

with Dee Brend

Friday, January 24

2-3.30pm

A Temple Spa Wellness Class is the ultimate way to enjoy some fab spa time. Dee will transform the Group Room at the Fern Centre into a pop-up spa boutique.

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net to book your place



with Lorna

at the

Fern Centre

£3 per session

Monday, January 6 - 1.30pm and 2.45pm
Monday, January 13 - 1.30pm and 2.45pm
Monday, January 20 - 1.30pm and 2.45pm
Monday, January 27 - 1.30pm and 2.45pm

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net to book your place!



Royal Devon
Hospitals Charity

Fern Centre

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**



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

MEN'S GARDENING GROUP
Fern Centre
The Gardeners Co.

at The Gardeners Collective, Home Farm, Arlington Court, EX31 4LW

Some of the areas that will be covered are listed below, but can be tailored towards the knowledge and experience of the group:

- Gardening basics
- Growing mushrooms
- Growing microgreens
- Composting
- Gardening for wildlife
- Natural arts/crafts

DIY projects - raised beds, hedgehog houses, shelves etc for the Fern Centre Garden

COMING SOON!

NEW!

A 6-week men-only activity
3pm - 4.30pm each Wednesday
Wednesday, April 23 - Wednesday, May 28

Opportunity to walk in the beautiful grounds of Arlington Court after the workshop for FREE!

Contact the Fern Centre on 01271 311855 or rduh.theferncentre@nhs.net for more details or to book your place.

Nicola Jane

Barnstaple Fitting Clinic

SINCE
1984
17 Years of Award-Winning Expertise

Book Your
FREE
Post-Surgery
Fitting

APPOINTMENT ONLY

Thursday
January 16
2025

Monthly

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

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

Scan the QR code
to book an appointment



IT'S OK TO NOT BE OK

with Paul Beard

NEW!

10.30am-12.30pm

Tuesday, January 28

Join highly experienced mindfulness teacher and coach Paul in a discussion-based deep dive into this modern affirmation, exploring our take on it, whether or not it feels true for us, what 'okay' actually means to us, how it relates to the cancer journey, and any healthy, beneficial ways of applying the sentiment of it in our daily lives.

Contact the Fern Centre
on 01271 311855 or
rduh.theferncentre@nhs.net
to book your place!



NATURAL image Wig Fitting Clinic

at the
Fern Centre

Thursday, January 9
and
Thursday, January 30

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net to book your appointment.

Macramé Workshop

at the
Fern Centre

10am-12pm
Thursday, January 9

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net to book your place.

NIPPLE PROSTHETICS & TATTOOING

by Lead Consultant Prosthetist
Mr Lindsay McNeil

Featuring a patient sharing their experience,
followed by a Q&A session.

Wednesday, February 5
6pm-8pm

at the

Fern Centre

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

Refreshments provided

The talk is designed for patients who have undergone or are
awaiting surgery, as well as healthcare professionals.

To book a place please call the Fern Centre on 01271 311855

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 8 January 2025

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



Next Hub - Wednesday 12 February 2025

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

For more information contact the Fern Centre on 01271 311855 or email rduh.theferncentre@nhs.net



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Tuesday 7 January 2025

10am-12pm

Lantern Centre, 44 High Street, Ilfracombe, EX34 9QB

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



Next Hub - Tuesday 4 February 2025

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

For more information

contact the Fern Centre 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:

For more information:

peer.support@devoncarers.org.uk
www.devoncarers.org.uk
03456 434 435



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

Introduction to Mindfulness

- Tuesday, January 21 at 11am

Improving Sleep

- Tuesday, January 7 at 1pm
- Thursday, February 6 at 2.30pm

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>



STRUMMIN'

and

HUMMIN'

at the

Fern Centre

2pm - 4pm

Thursday, January 2

Thursday, January 16

Thursday, January 30

Contact the Fern Centre on
01271 311855 or rduh.theferncentre@nhs.net
for more information.

Men's Support Group

10-11.30am

Friday, January 17

at the

Fern Centre

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net for more information.

**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

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.



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