

Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre

Thank you to everyone who attended our first ever bingo night at the Royal North Devon Golf Club in Westward Ho! on Friday night 🌿💜

The event completely sold out and we raised an amazing £1,530.46, which will help us to provide free wellbeing support for anyone in North Devon affected by cancer.



Huge thanks also to the local companies that supported us - B Ridd Florist; Aysha George Training & Fitness; Grattons Butchers; Bray Valley Potatoes; Wyborn's Farm Shop and Tesco.

We will be returning to the Royal North Devon Golf Club in Westward Ho! on Friday 11th April for a Quiz Night. Contact the Fern Centre for full details and to book your tables.

We are now able to confirm that the next Lifestyle and Wellbeing Fair will be held at the Cedars Inn on Thursday 24th April with some exciting talks lined up and lots of information.

Don't forget that the Fern Centre is open from 9am until 4.30pm, Monday to Friday. At the Centre you will be greeted by one of our lovely volunteers and be offered a hot drink which can be enjoyed in our comfortable open plan seating area.



Royal Devon
Hospitals Charity

Fern Centre
Registered Charity Number: 1061384

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



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/>

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!



Royal Devon
Hospitals Charity

Fern Centre

What's on

March 2025

Date	Time	Activity
Monday, March 3	10.00am - 12.00pm	Look Good Feel better. Booking required.
Monday, March 3	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, March 4	10.00am - 12.00pm	Monthly Ilfracombe Hub The Lantern Centre. Drop-in.
Thursday, March 6	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, March 6	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Thursday, March 6	2.00pm - 4.00pm	Colorectal Support Group Barnstaple Library. Drop-in.
Friday, March 7	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, March 10	11.00am - 1.00pm	Bladder and Kidney Support Group. Drop-in.
Monday, March 10	No sessions	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, March 12	From 9.00am	Wiltshire Farm Foods. Drop-in.
Wednesday, March 12	2.00pm - 4.00pm	Monthly Holsworthy Hub Holsworthy Hospital. Drop-in.
Thursday, March 13	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, March 13	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Thursday, March 13	6.30pm - 8.00pm	Swallows - Head and Neck Cancer Support Grosvenor Church, Barnstaple. Drop-in.
Monday, March 17	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday, March 20	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, March 20	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.

Continued...

Date	Time	Activity
Thursday, March 20	10.00am - 2.00pm	361 Energy CIC Support Hub. Drop-in.
Friday, March 21	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday, March 24	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, March 25	10.30am - 12.30pm	"An Invitation To Reset Our Relationship With Ourselves" with Paul Beard. Booking required.
Thursday, March 27	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, March 28	2pm-3.30pm	Secondary Breast Support Group. Drop-in.
Saturday, March 29	8.40am start	5K Your Way - Move Against Cancer. Rock Park. Parkrun registration required.
Monday, March 31	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, April 1	10.00am - 12.00pm	Monthly Ilfracombe Fern Hub. at the Lantern Centre. Drop-in.
Thursday, April 3	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, April 3	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday, April 4	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, April 7	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, April 8	11.00am - 1.00pm	Headwrappers Workshop. Booking required.
Wednesday, April 9	2.00pm - 4.00pm	Monthly Holsworthy Hub. Holsworthy Hospital. Drop-in.
Thursday, April 10	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, April 10	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, April 10	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. 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

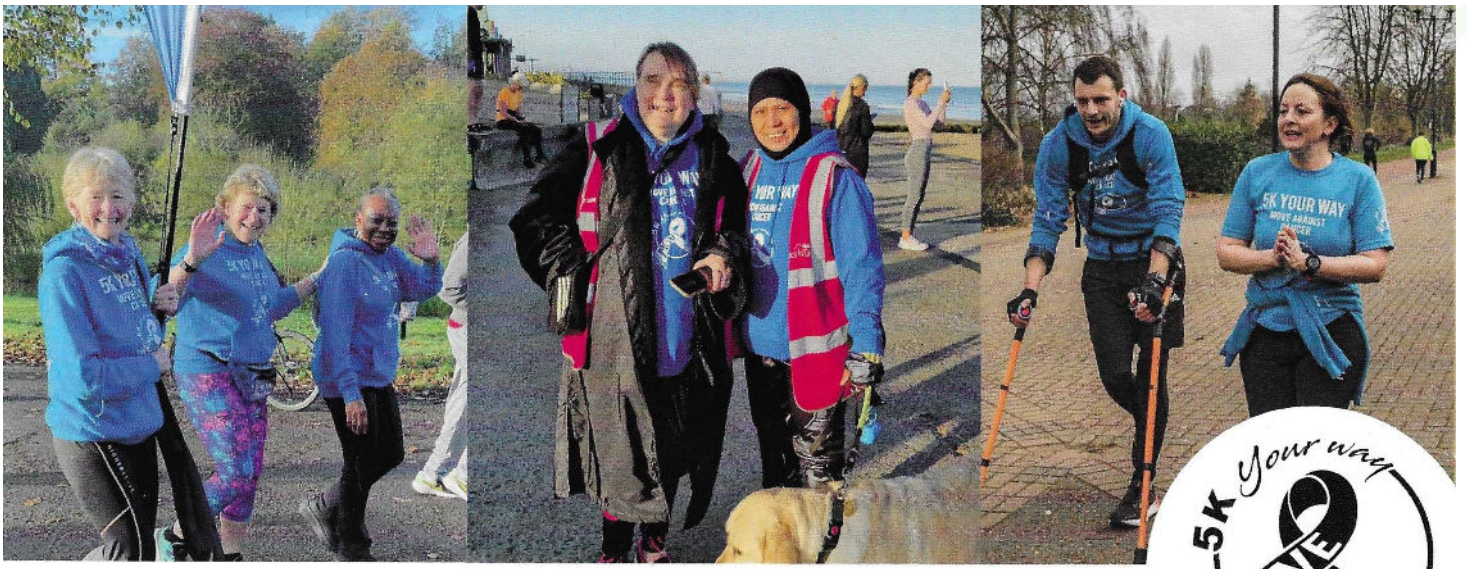


Follow us...

 @rdhcferncentre

 @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 29th March 2025

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

 @5KYourWayMoveAgainstCancer

 @MOVEcharity

 @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.

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: 1120754



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

NHS
Royal Devon
University Healthcare
NHS Foundation Trust

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 at

<https://www.royaldevon.nhs.uk/patients-visitors/my-care/>



EASTER RAFFLE



-  EGG-CITING EASTER HAMPERS TO BE **WON!**
-  **DRAW** TAKES PLACE THURSDAY 17TH APRIL, 12NOON

TICKETS AVAILABLE FROM
THE FERN CENTRE OR BY
SCANNING THE QR CODE



New edition
of the free
magazine
out now!

After someone,
you

Monthly magazine for unpaid carers

Spring 2025



What's inside:

- Welcome
- 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 03455 434 435 also available online www.devoncarers.org.uk



Scan to read

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



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 13th March 2025 - 9am-12pm

Thursday 10th April 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk  Plymouth
01752 507711

Mid Devon Ostomy

Support Group

2025 meetings

2pm - 4pm

Saturday 8th February

CUI, Convatec & Medicare Plus coming

Saturday 10th May

so far Oakmed & Rapidcare coming

Saturday 9th August

Saturday 8th November

At the Boniface Centre, Crediton, EX17 2AH

car park at rear or easy to get to by bus or train

SOCIAL EVENT • STOMA COMPANIES • STOMA NURSE • LIGHT REFRESHMENTS • RAFFLE

For more details please contact Janice at

janice234ford@gmail.com or tel 07923975051

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

Fern Centre

QI GONG

at the
Fern Centre

2pm - 3pm

Thursday 6th March

Thursday 3rd April

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!



with Lorna

at the

Fern Centre

£3 per session

Monday 3rd March - 1.30pm and 2.45pm

Monday 10th March - No sessions

Monday 17th March - 1.30pm and 2.45pm

Monday 24th March - 1.30pm and 2.45pm

Monday 31st March - 1.30pm and 2.45pm

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



Gentle and Inclusive Wellbeing Walks



Let's go for a gentle walk and make new and old connections

Our walks are suitable for most people including those with mobility difficulties. The terrain is mainly on the flat and wheelchair accessible. We are never too far from a toilet and there are several places to stop and rest. We all look out for each other and are mindful of our differences and mixed abilities.

CONNECT with new friendly people

TAKE NOTICE of the changes in season and remark on something beautiful

GIVE your time, knowledge, listening ear or just a smile to make someone's Friday

When?

17 January Friday 1pm - 2.30pm
31 January Friday 1pm - 2.30pm
14 February Friday 1pm - 2.30pm
28 February Friday 1pm - 2.30pm
14 March Friday 1pm - 2.30pm
28 March Friday 1pm - 2.30pm

What?

Bicclescombe Park Walk
Capstone Parade Walk & Museum Visit
Ilfracombe Harbour to Larkstone
Bicclescombe Park Walk
Capstone Parade Walk & Museum Visit
Ilfracombe Harbour to Larkstone

Meet where?

Bicclescombe Park - Car Park
Outside Ilfracombe Museum
RNLI Lifeboat House
Bicclescombe Park - Car Park
Outside Ilfracombe Museum
RNLI Lifeboat House

KEEP MOVING around Combe

LEARN about our local nature

Bicclescombe Park



- Car Park
- Herb Garden
- Toilets
- Free Parking
- Mobile Bookings
- Seating Areas
- Wildfowl Stream
- Senior's Gardens
- Bicclescombe Mill

Capstone Parade



- Meet at Museum
- Landmark Theatre
- Clipping Circle
- Prasch's Book
- Windy Corner
- Capstone Parade
- View - St Nicholas
- Pigs & Jams
- The Promenade

Ilfracombe Harbour



- Dog Friendly
- Toilet at Museum
- Nearby Parking
- Mobility Routes
- Seating Areas
- Bar/cafes
- View - Free Museum
- Socialising
- Free Museum
- Every 6 Weeks

Find our event post on Facebook to let us know you're coming www.facebook.com/ambwellbeingteam.
Text / call 01473 233884
ambwellbeing@nhs.net

CHAKRA DANCING

with Jackie

at the

Fern Centre

10.30am - 11.30am

Friday 7th March 2025

Friday 4th April 2025

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!



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
The Breast Care Experts

Book Your FREE Post-Surgery Fitting

CLINIC DATES

6 March 2025
3 April 2025
1 May 2025

APPOINTMENT ONLY

Please contact the Fern Centre on 01271 311855 or rduh.theferncentre@nhs.net for more information or to book an appointment.

 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

 look good feel better
FACING CANCER WITH CONFIDENCE

at the Fern Centre



Book a
workshop

10am - 12pm

Thursday 29th May 2025

We help with the physical effects of cancer treatment.

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



For more details or to book a place, contact the Fern Centre on 01271 311855 or rduh.theferncentre@nhs.net

 Find out more lgfb.co.uk  Call us on 01372 747 500

Registered charity no. 1033728

NATURAL image Wig Fitting Clinic

at the
Fern Centre

Thursday 13th March 2025

Thursday 10th April 2025

Thursday 17th April 2025

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

BREAST
CANCER
NOW The research &
support charity

Fern Centre

Moving forward

Giving you the tools to help you
adjust to life beyond primary
breast cancer treatment.

find a course near you or register for
an online course today



breastcancer.org/movingforward



0345 077 1893



movingforward@breastcancer.org



Royal Devon
Hospitals Charity

Fern Centre

TAKE A
WALK ON THE
WILD SIDE FOR
YOUR NHS IN
NOVEMBER
2025






Royal Devon
Hospitals Charity

Registered charity number: 1061384

FIRE

walk

BARNSTAPLE

-  WEDNESDAY 12TH NOVEMBER, 2025
-  NORTH DEVON DISTRICT HOSPITAL
-  REGISTRATION £25
-  HOT FOOD AND DRINKS



SCAN TO
SIGN UP!



Royal Devon
Hospitals Charity

FernCentre

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

Improving Sleep

- Thursday 6th March - 17:00
- Tuesday 8th April - 17:45
- Wednesday 23 April - 17:30
- Wednesday 21st May - 17:15

Living with a Long Term Health Condition

- Thursday 10th March - 14:00
- Friday 25th April - 10:00

You can find more information on the website or by calling 0300 555 3344 to speak to a member of the team.

AN INVITATION TO RESET OUR RELATIONSHIP WITH OURSELVES

with Paul Beard

10.30am - 12.30pm

Tuesday 25th March

A cancer experience very often turns our lives upside down and makes us question who we are.

We are all familiar with the phrase 'in the midst of every crisis lies great opportunity' (or variations of it). If we can at some point see beyond the crisis, we may well then see previously unseen opportunities that cancer can bring about. One of those opportunities is to reset our relationship with ourselves. Under normal circumstances, this is very difficult to do; it is, however, potentially much easier to do with a life-changing force such as cancer. In fact, if harnessed in the right way, all the mental and emotional suffering that usually accompanies cancer can be the fuel for transformative inner change and growth.

People often describe cancer as a "wake-up call". Join highly experienced mindfulness teacher and coach Paul in this new workshop to explore with each other in a safe space how we can best hear and act upon that call.

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

Fern Centre



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.torridgecvcs.org.uk



Registered Charity No 1125142.

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Wednesday 12th March 2025

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



3.15pm - 3.50pm
Meditation



Next Hub - Wednesday 9th April 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



Royal Devon University Healthcare NHS Foundation Trust

Ifracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Tuesday 4th March 2025

10am-12pm

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

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



10am - 11.20am

10 minute Reiki or Tuning Fork Therapy



11.30am - 12pm

Sound Bath

Next Hub - Tuesday 1st April 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



Royal Devon University Healthcare NHS Foundation Trust



Registered charity No. 1211594



Registered charity No. 1061584

Thursday 20th March
10am - 2pm

Income Max - 361 Energy can check you are receiving all the benefits you are eligible for including Pension Credit, Personal Independence Payment, Disability Living Allowance, Council Tax Reduction, Housing Benefit, Carers and Attendance Allowance.

Energy Comparison - 361 Energy can check you are on the cheapest energy tariff, speak to your energy provider to ensure you are in receipt of all the help they offer to vulnerable customers, check your meter is working correctly and your energy bills are accurate.

Referrals - 361 Energy can check you are on a Social Water and Social Broadband tariff, apply for Household Support Fund, Warm Home Discount, Blue Badge.

Access - 361 Energy can source energy top up vouchers, food bank vouchers, replacement white goods, portable heaters, heated throws.

We don't sell anything - we are a 100% not-for-profit, working to help our North Devon and Torridge community.

Call us on 01271 599361
or email: info@361energy.org



Royal Devon Hospitals Charity



STRUMMIN' and HUMMIN'

at the
Fern Centre

2pm - 4pm

Thursday 13th March
Thursday 27th March

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

Macramé Workshop

at the
Fern Centre

10am-12pm

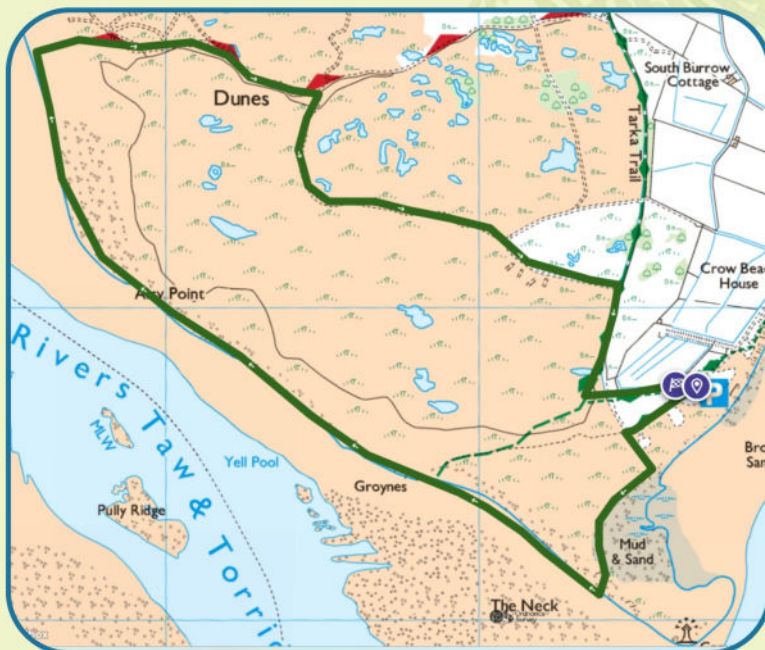
Thursday 20th March

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

Fern Centre Walk This Way

WITH THE
South West
Coast Path
Association

Thursday 13th March 2025



- Walk Name: Walk This Way - Crowe Point Loop (slightly longer!)
- Max Group size (including walk team): 12
- Date: Thursday 13th March 2025
- Meeting place: Crow Point Car Park (EX33 2NX) W3W: [rush.skid.will](https://www.rush.skid.will)
(I will refund £2.50 toll road)
- Main walk leader: Huw Davies - 07482 452046
- Overall distance: 4 Miles
- Refreshments: Quay Café, Vellator
- Toilet provision: None
- Attendees: Walk This Way (Fern Centre)
- Parking/transport: as above
- Estimated time and activity
- 10.00 Intro and Safety Briefing
 - 10.05 Head out to Crowe Point
 - 10.30 Walk over dunes to Saunton Sands
 - 10.45 Passed the old Lighthouse and groynes
 - 11.10 Over dunes on Braunton Burrows
 - 11.40 Visit concrete landing crafts
 - 12.00 Walk ends
 - Depart for Quay Café

Men's Support Group

10am - 11.30am

Friday 21st March 2025

at the

Fern Centre 

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



QUIZ NIGHT



£5

per person
6 per team

at the

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

Friday 11th April 2025

Doors open: 6.30pm

Start: 7.00pm

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

Lifestyle and Wellbeing Fair

For people living with and beyond cancer

Thursday 24th April 2025



10.00am - 2.30pm



at the

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...

 Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384



NHS

Royal Devon
University Healthcare
NHS Foundation Trust

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  www.royaldevoncharity.org.uk/fern-centre