

What's on December 2023

Date	Time	Activity
Friday December 1	2-4pm	Acrylic Workshop. Booking required
Monday December 4	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday December 5	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Tuesday December 5	6-8pm	Look Good Feel Better. Fully booked
Wednesday December 6	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Wednesday December 6	11am-4pm	Fern Centre Christmas Fayre. All welcome
Thursday December 7	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday December 7	2-4pm	'Starting Out' session. Booking required
Thursday December 7	TBA	Bra fitting clinic with Nicola Jane. By appointment only
Thursday December 7	6-8pm	Christmas table centrepiece workshop. Fully booked
Friday December 8	2-4pm	Art Club meet and chat group. Drop-in
Monday December 11	11am-12.30pm	Laryngectomy Support Group
Monday December 11	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday December 12	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Wednesday December 13	Closed from 11am	Please note, the Fern Centre will be closed from 11am for the volunteer Christmas party
Thursday December 14	11.30am-1.30pm	Mince pie coffee morning. All welcome, no booking required
Thursday December 14	TBA	Wig fitting clinic. Fully booked

Monday December 18	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday December 19	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Wednesday December 20	10am-12.30pm	Gynaecological Support Group. Drop-in
Wednesday December 20	7-8.30pm	Singing Club - Christmas carols. Drop-in
Thursday December 21	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday January 8	11am-1pm	Bladder support group
Monday January 8	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday January 10	10am-12pm	Energies Workshop 'Winter Boost'. Booking required
Thursday January 11	10-11.30am	Coffee Morning. All welcome

The Fern Centre will close for Christmas at 4pm on December 22 and re-open on December 27.

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 overandabove.org.uk/fern-centre or scan here



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Over and Above Fern Centre



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