

Lifestyle and Wellbeing

May 2024

Personalised Care monthly news from the Fern Centre



Welcome to May's edition of the Lifestyle and Wellbeing Newsletter.

The centre will be hosting a Bra and Swimwear Event on Thursday 2nd May 5pm to 8pm everyone is welcome. Nicola Jane (specialists in Bra fitting) will be hosting the event and will be in attendance to give advice. Refreshments will be provided.

May the 9th sees the first Lifestyle and Wellbeing Fair, being held at The Cedars from 10am. There are over 40 stalls offering advice, please see poster on the next page.

Please come along and visit us and come along for a chat, it would be lovely to see you, refreshments will be provided.

St Johns have started working on our garden, we are all very excited about this and look forward to seeing the garden develop over the coming months. Apologies if there is more noise than usual especially if you are attending a workshop in the centre, please be assured it will be short lived.

Please read the following pages for what else we have going on in the centre in May.

Lifestyle and Wellbeing Fair

Royal Devon Hospitals Charity



For people living with and beyond cancer

You will have the opportunity to find out more information on:

- ✓ Health & Fitness
- ✓ Nutrition
- ✓ Community information
- ✓ Complementary therapies
- ✓ Support groups
- ✓ Local Services

and more..

40 Stands to browse



Light Refreshments Available

For more information call
Holly on 01271 311855

or email
rduh.theferncentre@nhs.net



Thursday 9th May 2024



10.00am — 4.00pm



**Cedars Inn, Bickington Road,
Sticklepath, Barnstaple EX31**



**Royal Devon
University Healthcare**
NHS Foundation Trust



Royal Devon
Hospitals Charity



What's on

May 2024

Date	Time	Activity
Thursday May 2	10am-12noon	Crystals Workshop with Karen Thomas. Booking required
Thursday May 2	TBA	Bra fitting clinic. Booking required
Thursday May 2	6-8pm	Bra and Swimwear evening with raffle and nibbles. All welcome
Friday May 3	2-4pm	'Starting Out' session. Booking required.
Monday May 6	--	Fern Centre closed for Bank Holiday
Wednesday May 8	10.30am-12.30pm	Mindfulness Stretch and Breathe. Booking required
Wednesday May 8	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday May 9	10am-4pm	Lifestyle and Wellbeing Fair at Cedars in Barnstaple. All welcome
Thursday May 9	10-11.30am	Drop-in Coffee Morning. All welcome
Thursday May 9	TBA	Wig fitting clinic. Booking required
Thursday May 9	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday May 9	TBA	'Walk This Way' - RHS Rosemoor. Please phone Huw Davies for timings 07482 452046
Monday May 13	9.30am-12noon	Melanoma Education and Information Group
Monday May 13	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday May 14	2-4pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday May 15	10am-12noon	Energy follow-up workshop with Karen Thomas. Booking required

Thursday May 16	2-4pm	'Starting Out' session. Booking required.
Friday May 17	10-11.30am	Men's Support Group
Monday May 20	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday May 21	10.30am-12.30pm	Macrame with Richard. Booking required
Tuesday May 21	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in
Thursday May 23	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday May 24	2-4pm	'Starting Out' session. Booking required.
Monday May 27	--	Fern Centre closed for Bank Holiday
Tuesday May 28	10am-12noon	NEW Workshop 'Letting go of Stress' with Karen Thomas. Booking required
Wednesday May 29	6-8pm	Singing Club. All welcome, no booking required.
Thursday May 30	TBA	Wig fitting clinic. Booking required
Thursday May 30	2-4pm	'Starting Out' session. Booking required.
Friday May 31	10am-12noon	Secondary Breast Support Group
Monday June 3	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday June 4	10am-12noon	EFT Follow up with Karen Thomas. Booking required
Wednesday June 5	9am-1pm	Breast Care Now. Invitation only
Thursday June 6	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday June 7	2-4pm	'Starting Out' session. Booking required.


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





CRYSTALS WORKSHOP THURSDAY 2ND MAY 10AM- 12PM

Crystals are not only beautiful to look at & hold they have their own specific uses for well-being. The workshop will explore how we can use & wear crystals. We will learn how to cleanse & look after crystals and to pick the right ones.

BOOKING REQUIRED



FERN CENTRE

Men's Support Group

FRIDAY 17TH MAY

10AM TO 11.30AM

DISCUSSING HEALTHY EATING



For more details ring
01271 311855

Fern Coffee Centre morning



Come and join us at The Fern Centre on Thursday the 9th
Of May for a cuppa and a chat at our Coffee Morning starts
at 10am - 11.30pm - No Booking Required

@THE FERN
CENTRE



Royal Devon
Hospitals Charity

Fern Centre 

STRUMMIN' AND HUMMIN'

A Music Workshop with
Ian Gracie & Russell Bave

Bring your singing voices and
guitars for an afternoon of fun,
fun, fun. All levels of singing and
guitar playing welcome.

THE FERN CENTRE,
09TH & 23RD MAY 2PM
TO 4PM

Call 01271 311855 for more
information.



NEW WORKSHOP
'LETTING GO OF STRESS'
WITH
KAREN THOMAS
TUESDAY 28TH MAY
10AM - 12PM
BOOKING REQUIRED

Wednesday 8th May

Mindfulness for Stretch and Breathe

10.30am—12.30pm

Paul Beard

Moving the body and breathing in particular ways can be powerful stress relievers. Inspired by his Hatha yoga and relaxation teaching of 11 years, Paul will lead you through some gentle, slow and flowing stretches that will be tailored to you and your needs. These will be interspersed with some easy, accessible and relaxing breathing practices, some of which can be practiced discreetly anywhere in any situation.

To book please call 01271 311855

Tuesday 11th June

Mindfulness for Managing Emotions

10.30 am – 12.30pm

Paul Beard

In this one-off session with wellbeing & mindfulness tutor Paul Beard, you will be introduced to a powerful mindfulness meditation practice which takes a physical, body-based approach to experiencing, relating to and overcoming our fear of strong emotions.

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

To book please call 01271 311855



Royal Devon
Hospitals Charity

Fern Centre 

Registered Charity Number: 1061384

MACRAMÉ WORKSHOP

with Richard

Tuesday 21 May

10.30 am - 12.30 pm

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



Royal Devon
Hospitals Charity

FernCentre

Registered Charity Number. 1061384

MURDER MYSTERY

AT BUTLER MANOR



Flapper
style fancy
dress
optional

CRIME SCENE DO NOT CROSS

- Swimbridge Village Hall
- Friday 31st May, from 7pm
- Tickets £25 including 2-course meal
- Bar and raffle
- Tickets from the Fern Centre
on 01271 311855 or scan here



MURDER
WE WROTE



Royal Devon
Hospitals Charity

FernCentre

Holsworthy Monthly Hub

Wednesday 8th May 2024
2.00pm- 4.00pm

Dobles Ln, Holsworthy, Devon EX22 6JQ

FOR PEOPLE LIVING WITH & BEYOND CANCER

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



FUTURE DATES:
2.00PM-4.00PM



Wednesday 12th June
Wednesday 10th July



*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

Tuesday 21st May 2024
2.00pm- 4.00pm

Torrington Hospital, Calf Street, Great

Torrington, Torrington EX38 7BJ

FOR PEOPLE LIVING WITH & BEYOND CANCER

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



FUTURE DATES:
2.00PM-4.00PM



Tuesday June 18th
Tuesday July 16th
Tuesday August 20th
Tuesday September 17th



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



For more information
contact Holly or Tara
on 01271 311855 or email
rduh.theferncentre@nhs.net



Carers Week is taking place across the UK from Monday 10th to Sunday 16th June 2024

Carers Week 10th – 16th June is an annual campaign to raise awareness of caring, **highlight the challenges unpaid carers face** and recognise the contribution they make to families and communities throughout the UK. It also **helps people who don't see themselves as having caring responsibilities** to identify as carers and access much-needed support.

This year's theme is **'Putting Carers on the Map.'**

Devon Carers are asking everyone to help them raise awareness of carers and to thank them for the They will be joined by several organisations and their Carer Friendly Devon supporters this year.

They are busy organising events and information stands across Devon for this year's Carers Week, go to <https://devoncarers.org.uk/> for more information.

- **Monday 10th June 11.00—3.30pm**
Arlington Court, near Barnstaple EX31 4LP
- **Tuesday 11th June 10.00am—4pm**
North Devo District Hospital EX31 4JB
- **Thursday 13th June 1.30pm—3.30pm**
Barnstaple Library, Tuly Street EX31 1EL



Monthly
Singing Club
with Malcolm on the keyboard
at the Fern Centre

WEDNESDAY 29TH MAY
THE LAST WEDNESDAY OF EVERY MONTH

6 pm -8 pm

ALL WELCOME

Just bring your singing voice!!

It's fun, friendly and free!



Different theme each month

Refreshments provided

No booking required



The Fern Centre is funded by



**Royal Devon
Hospitals Charity**

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

Registered Charity No. 1061384

www.royaldevoncharity.org.uk

**Macmillan Welfare
Benefits Advisor**

**Tuesday Mornings
at the Fern Centre**

with June Travers-Wakeford

9.00am—12.00pm

Booked Appointments

ONLY

To make an appointment please call
and leave a message for Janice

0845 894 9567

The answerphone service is monitored
regularly and calls returned in a timely man-
ner—please leave a clear message with
your name and contact details—We can also
do a referral for you in the Fern Centre. If
that is easier for you so pop in and let us
know if we can help.

Also for Drop-Ins

at our monthly Hubs

Torrington Hub

Torrington Hospital

3rd Tuesday of month

and

Holsworthy Hub

Holsworthy Hospital

2nd Wednesday of month

**WE ARE
MACMILLAN
CANCER SUPPORT**



Royal Devon
Hospitals Charity

Fern Centre

Explore the Northam Burrows with a season ticket!

Now available to pay online or by phone



Northam Burrows Country Park covers around 253 hectares and has been designated as a Site of Special Scientific Interest. The grassy coastal plain with salt marsh, sand dunes and grasslands is home to many wild animals, birds, and rare plants. It's also a well-known jumping off point to access the areas award

winning blue flag beach at Westward Ho! with direct access onto the beach from the burrow's car park.

The annual tickets cost £60 and provide unlimited access for one vehicle although two vehicles can register on the same ticket, with only one allowed to enter the park at any time. Tickets can also be purchased at the gates from the beginning April.

How to get your ticket:

Online:

Have car registration details to hand
torridge.gov.uk/northamburrows/seasontickets

Fill in the online form

Phone:

- Call 01237 428700
- Option 9 to speak to customer services

All tickets purchased online or by telephone will be sent in the post direct to your home address

Toll Kiosk:

Pay by card – contactless payment or cash

**Enjoy the summer months exploring our
beautiful North Devon Coastline**

Walk This way (5)

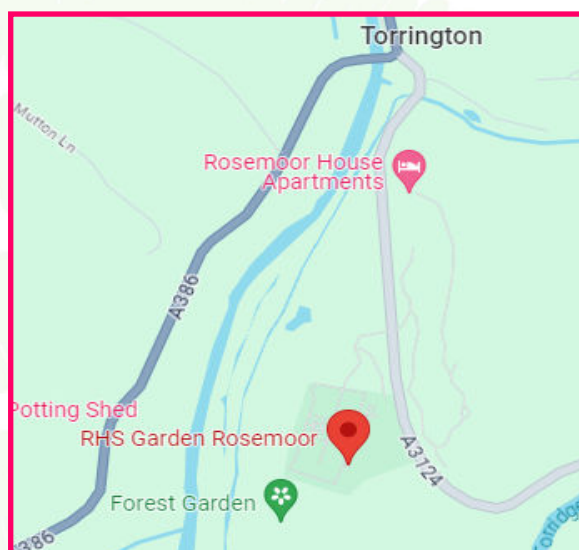
RHS Rosemoor

- **Thursday 9th May** 10 am start
- **FREE** entry to RHS Garden Rosemoor
- **Leader: Richard** — SWCPA Volunteer and Plantsman at RHS Rosemoor
- **Walk and Talk Tour** of the grounds
- Limited spaces—10 ONLY

Please call Huw Davies to book a place

M:07482 452046

Postcode: Great Torrington EX38 8PH



Facilities: FREE parking

Toilets

Café

Shop

Information for future visits:

Visit the website:

<https://www.rhs.org.uk/gardens/rosemoor>

**Only guide and registered assistance dogs
are allowed inside the garden.**

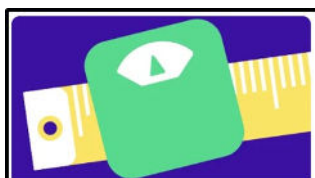
01805 624067

RECIPES AND HEALTHY EATING

Check out this brilliant website

<https://www.wcrf-uk.org/healthy-eating/recipes/>

Find **healthy recipes** to suit any diet and occasion, as well as tips and information on a healthy diet. The nutritionists from **WCRF** have created tasty recipes for you to enjoy.



BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in later life

Balancing your weight



CANCER SURVIVORS

After a cancer diagnosis, follow our Recommendations, if you can

Get more advice



EAT A BETTER DIET

Enjoy a wide variety of wholegrains, vegetables, fruit and pulses such as beans

Reshape your plate



MOVE MORE

Be physically active as part of everyday life – walk more and sit less

Getting active

ORDER 3 FREE HEALTHY COOKBOOKS

Follow the link below and you can choose up to **3 FREE** cookbooks from the list below to have a copy sent to you, or download a digital copy:

- Alfresco Dining – make eating outdoors a delight
- British Favourites
- Budget Bites
- Comforting Cuisine
- Everyday Eating
- Family Flavours
- Healthier Slow Cooking
- Light Bites – satisfying for smaller appetites
- Simple Stews
- Solely Fish

<https://www.wcrf-uk.org/healthy-eating/healthy-cookbooks/>

Order your books TODAY! Or pop along to the Lifestyle and Wellbeing Fair 9th May at Cedars Inn Barnstaple

NHS

Peninsula Cancer Alliance

How are you feeling about Cancer Services?

We're here to listen



We would value your feedback on your recent experience of being diagnosed with cancer in Devon and Cornwall. Your views can help us shape future services.

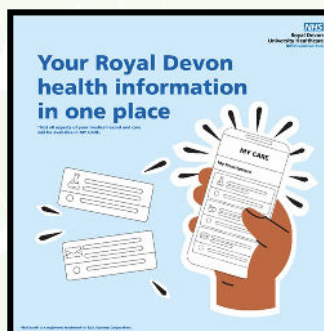
Scan the QR for more information



@PeninsulaCancer

www.peninsulacanceralliance.nhs.net

Signed up to MY CARE?



100,000
patients
in Devon
can't be wrong!
Why not join them!

Accessible on a computer, phone or tablet, **MY CARE** brings information about hospital appointments, test results and other medical details together in one convenient place, and makes it easier and more secure for patients and their clinical teams to share vital information.

For information on how to download the **MY CARE** app visit our [website](#)



Royal Devon
Hospitals Charity

Fern Centre

Transport



Transport Options North Devon and Torridge

Community Car Schemes (individual transport for people with no alternatives)

All these services are subject to availability, have eligibility criteria and all services make a charge.
Please contact them directly for more details

Age Concern Barnstaple & District

01271 324488 ageconcernbarnstaple.org.uk

Barnstaple and an approximate 5-mile radius Volunteer Car Service for older people to medical appointments, weekly shopping, to the bank and prescription collections. Some lifts to day care and social events. Other services available. Please see website or

South Molton & District Volunteer Bureau

01769 573167 (leave a message with a contact phone number for a call back)

smvb.org.uk South Molton and outlying villages

Volunteer Car Service for medical appointments

Ilfracombe Town Council Community Car Service

ilfracombetowncouncil.gov.uk

01271 855300 07917 320956

Ilfracombe
Volunteer Car Service to medical appointments.

Torridge Volunteer Cars

01237 237200 torridgevolunteercars.co.uk

Torridge and up to Barnstaple

Volunteer Car Service for medical, social, or domestic appointments.

Braunton Volunteers

01271 815222

Braunton, Croyde, Georgeham, Heanton, Chivenor, W Down
Volunteer Car Service for hospital, dental appointments

Wooda Plus

01237 427813

Volunteer Car Service for medical appointments Wooda patients only (Bideford area).

Combe Martin & Berrynarbor Community Car Scheme

07592 174971

Combe Martin & Berrynarbor
Volunteer Car Service for residents of Combe Martin and Berrynarbor, for health-related appointments.

Ring and Ride & Community Minibus Services:

North Devon Ring and Ride (Mid Devon Mobility)

01271 328866

Barnstaple & surrounding area

Ilfracombe Community Minibuses (inc Torridge)

01271 864882 M:07966 59975

North Devon & Torridge
Ring & Ride bus, wheelchair access vehicles and community minibus hire

Holsworthy Rural Community Transport

01409 259001

Holsworthy and surrounding area
Ring Ride bus services

Community Group Minibus Hire (wheelchair accessible vehicles)

Bude Age Concern

01288 355007

<https://www.ageconcernbudedistrict.org/>

Volunteer car service to hospitals and local GPs

Holsworthy Rural Community Transport

01409 259001

pickme-up.co.uk

Holsworthy and surrounding area
Cars for care to essential appts, health centres, hospitals, dentists, chiropodists etc.



Devon Access to Services 'Improving access to information, services, representation and training'

Suite 206, Queens House, Queen Street, Barnstaple, North Devon EX32 8HJ

☎ 01271 859261

☎ 07840 452147

📧 @DevonAccessToServices

✉ tim@ndvs.org.uk

✉ dasadmin@ndvs.org.uk

🌐 DevonServices.org.uk

With thanks to Tim Lamerton from NDVS for travel information



Transport

Financial help to get to hospital appointments

Healthcare Travel Costs Scheme

Helping people on low incomes and eligible benefits may be able to reclaim travel costs to secondary care. You may be able to claim same day reimbursement at cashiers' offices at the receiving hospital or by post and will need evidence of:

- Benefit
- Appointment
- Receipt of expenses

Search online for - NHS help with travel costs (HTCS)

Please ask at the Patient Advice and Liaison Service (PALS) office at hospitals for more info'

Or telephone 01392 674806 or 0300 1231672

For financial help with a range of health care costs

This can also include transport costs

NHS Low Income Scheme

- £16,000 Single
- £23,000 couple

Helping people on low incomes access a range of health care costs (e.g. prescriptions) via an NHS means-tested benefit. Apply via Form HC1

Or telephone 0300 330 1343

Search online for - nhs low income scheme (NHSBSA)

Please ask at the Patient Advice and Liaison Service (PALS) office at hospitals for more information and a paper copy of Form HC1 or phone 01392 674806 or 0300

Other transport services (bus, train, car share)

For more information go to :

www.traveldevon.info

Bus timetable books are available at your local library

Patient Transport and Advice Service

Criteria assessed assistance and/or referral to other transport services

0345 155 1009 - Plymouth and Devon

01803 656 777 – Torbay (including South Devon and Teignbridge)

For people who need extra help for medical reasons with transport to NHS arranged hospital appointments (not to GP Primary care) who:

- Are too unwell to travel by private car or public transport
- Will need skilled help to leave their home, or on the journey
- Require frequent treatment

Wheelchair Access Vehicles

Ilfracombe Community Minibuses

(Includes Torridge Ring and Ride)

Tel: 01271 864882 – 07966 599757

ilfracombecta.org

North Devon and Torridge

Wheelchair accessible vehicles

North Devon Ring and Ride (Mid Devon Mobility)

Tel : 01271 328866

<https://www.middevonmobility.org.uk>

Barnstaple and surrounding area

Ring and Ride bus services

Driving Miss Daisy Barnstaple

Tel: 03330 146211 07868 013268

www.drivingmissdaisy.co.uk

wheelchair accessible transport services
companionship

Rayners Taxi's

Tel : 07718 482803

Based in Bideford

South Molton Taxi Service Ltd

Tel: 01769 573636

Based in South Molton

Sure Taxis Ltd

Tel: 01271 865385

Based in Ilfracombe

Silverline Cabs Bideford

Tel: 01237 722044

Based in Bideford

Living Well with a Long-Term Health Condition

FREE! Wellbeing Workshop from the NHS

2 hour workshop that will introduce a range of techniques to help manage living with a long term health condition, including:

- The physical impact of our thoughts and emotions on our bodies
- The cycle of inactivity
- Challenging your self-critic
- Developing self-compassion
- Managing worry
- Improving motivation

Dates for the Workshops

- **Friday 24th May 10.00am**
- **Wednesday 26th June 2.00pm**

Also

Improving Sleep Workshop

Tuesday 14th May 5.30pm

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

Choose your preferred date & time and give
TalkWorks a call on **0300 555 3344**



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



Bude
Cancer
Support email: hello@budecancersupport.org



Bude
Cancer
Support

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Ali's Wellness Hub	2	3	4	5
6 Bank Holiday	7	8 Holsworthy Hub 2pm Holsworthy Hospital	9	10 E4M 9:30 Parkhouse Centre	11	12
13 Exercise for Mobility (E4M) 9:30 and 11am Parkhouse Centre Cancer Cafe 1:30-3:30pm Parkhouse Centre - Visit from Stuart Lord, social prescriber Crochet Taster session 3:30-5:00pm	14	15 E4M 2:00 and 3:30pm Parkhouse Centre	16	17 E4M 9:30 Parkhouse Centre	18	19
20 E4M 9:30 and 11am Parkhouse Centre	21	22 E4M 2:00 and 3:30pm Parkhouse Centre	23	24 E4M 9:30 Parkhouse Centre	25	26
27 Bank Holiday	28	29	30	31		

Ali's Wellness Hub, phone 07901 748351 to see if places are available

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

Crochet workshop with Heather – learn basic stitches to make a granny square. Book through the Whatsapp group – 12 places available

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