

What's on

January 2024

Date	Time	Activity
Thursday January 4	2-4pm	'Starting Out' session. Booking required
Thursday January 4	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday January 8	11am-1pm	Bladder cancer support group. Drop-in
Monday January 8	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday January 10	10am-12noon	'Winter Boost' Energy Workshop. Booking required
Wednesday January 10	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday January 11	TBA	Bra-fitting clinic. Booking required
Thursday January 11	10-11.30am	Drop-in coffee morning
Thursday January 11	1-4pm	'Starting Out' session. Booking required
Thursday January 11	10am-2pm	Walk from Bideford to Appledore along SW Coast Path. Call Fern Centre for details
Monday January 15	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday January 16	From 2pm	Hospital Chaplaincy in the Fern Centre. See Rev. Jonathan Daniel for 1:1 appointments
Wednesday January 17	10.30am-12.30pm	'Stretch and Breathe' with Paul Beard. Booking required
Thursday January 18	2-4pm	'Starting Out' session. Booking required.
Thursday January 18	TBA	Wig clinic. Booking required

Fern Centre



Registered Charity Number: 1061384

Thursday January 18	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday January 22	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday January 23	2-4pm	Haematology Support Group
Wednesday January 24	10am-12noon	Tapping to manage stress workshop
Friday January 26	11am-12.30pm	Secondary Breast Support Group
Monday January 29	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday January 31	6-8pm	Singing Club. Sounds of the 60's. Drop-in
Thursday February 1	2-4pm	'Starting Out' session. Booking required.
Wednesday February 7	10am-12noon	Melanoma Support Group
Thursday February 8	10am-11.30am	Drop in Coffee Morning

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



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