

What's on

February 2024

Date	Time	Activity
Monday January 29	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday January 31	6-8pm	Singing Club. All welcome
Thursday February 1	TBA	Bra fitting clinic. Booking required
Thursday February 1	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday February 5	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday February 7	9.30am-12noon	Melanoma Support Group. Drop-in
Thursday February 8	TBA	Wig clinic. Booking required
Thursday February 8	10-11.30am	Drop-in Coffee Morning
Thursday February 8	2-4pm	'Starting Out' session. Booking required.
Monday February 12	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday February 13	10.30am-12.30pm	'Pain Management' with Paul Beard. Booking required
Tuesday February 13	From 2pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday February 14	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday February 15	10am-12noon	Crystals for fun and wellbeing workshop Booking required
Monday February 19	--	Please note. No yoga this week

Wednesday February 21	10-11.30am	Gynae support group. Drop-in
Thursday February 22	2-4pm	'Starting Out' session. Booking required.
Friday February 23	10am-12.30pm	Secondary Breast Support Group. Drop-in
Monday February 26	--	Please note. No yoga this week
Wednesday February 28	9am-1pm	Breast Care Now. Booking required
Wednesday February 28	6-8pm	Singing Club. Drop-in, all welcome
Thursday February 29	TBA	Wig clinic. Booking required
Thursday February 29	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday March 4	--	Please note. No yoga this week
Wednesday March 6	9am-1pm	Breast Care Now. Booking required
Thursday March 7	2am-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



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