

What's on

March 2024

Date	Time	Activity
Wednesday February 28	9am-1pm	Breast Care Now Moving Forward. Invite only
Thursday February 29	2-4pm	'Starting Out' session. Booking required.
Thursday February 29	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Tuesday March 5	TBA	Bra fitting clinic. Booking required
Wednesday March 6	9am-1pm	Breast Care Now Moving Forward
Thursday March 7	2-4pm	'Starting Out' session. Booking required.
Monday March 11	11am-1pm	Bladder Support Group. Drop-in
Monday March 11	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday March 12	2-4pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Wednesday March 13	10am-12noon	Mindfulness for Managing Emotions. Booking required
Wednesday March 13	10am-11.30am	Drop-in Coffee Morning
Wednesday March 13	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday March 14	TBA	Walk this Way - Please phone Huw Davies for route and timings on 07482 452046
Thursday March 14	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday March 14	2-4pm	'Starting Out' session. Booking required.

Fern Centre

Registered Charity Number: 1061384

Friday March 15	10-11.30am	Men's support group. Drop-in
Monday March 18	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday March 20	10am-12noon	Energy Workshop with Karen Thomas. Booking required
Thursday March 21	2-4pm	'Starting Out' session. Booking required.
Friday March 22	10am-12.30pm	Secondary Breast Cancer Support Group
Monday March 25	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Wednesday March 27	10am-12noon	Tapping Workshop with Karen Thomas Booking required
Wednesday March 27	6-8pm	Singing Club drop-in. All welcome
Thursday March 28	10am-12noon	Easter Coffee session. Drop-in. (Easter raffle draw at 10am)
Thursday March 28	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday March 28	2am-4pm	'Starting Out' session. Booking required.
Thursday March 28	TBA	Wig fitting clinic. 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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