

# Lifestyle and Wellbeing

April 2024

Personalised Care monthly news from the Fern Centre



Welcome to the April Newsletter.

I hope you all had a lovely Easter break.

I have some wonderful news, I've been appointed into a permanent position at the centre as Fern Centre Manager. I really am happy to be staying and looking forward to seeing more of you in 2024.

Our Easter Raffle and Cake morning at the end of March was a great success and it was lovely to see so many of you, we hope you enjoyed it. Thank you to everyone that supported us.

We

We have lots of exciting workshops for you to attend in April, take a look and book yourself onto one of them.

*Tara*

# What's on

April 2024

Date	Time	Activity
Monday April 1	---	Fern Centre close for Bank Holiday
Wednesday April 3	10am-12noon	Melanoma Education and Support Session
Thursday April 4	2-4pm	'Starting Out' session. Booking required.
Thursday April 4	TBA	Bra fitting clinic. Booking required
Monday April 8	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Wednesday April 10	10.3am-12.30pm	Mindfulness with Paul Beard: 'Life's Challenges'. Booking required
Wednesday April 10	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday April 11	TBA	Wig fitting clinic. Booking required
Thursday April 11	10am-11.30am	Drop-in Coffee Morning
Thursday April 11	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday April 11	2-4pm	'Starting Out' session. Booking required.
Thursday April 11	Starts 10am	Walk this Way - Please phone Huw Davies for route and timings on 07482 452046
Thursday April 11	6-9pm	Bridalwear event fundraiser
Friday April 12	10-11.30am	Men's Support Group
Monday April 15	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session

# Fern Centre

Registered Charity Number: 1061384

Tuesday April 16	2-4pm	Hospital Chaplaincy in the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments
Tuesday April 16	2-4pm	Makrame Keyring workshop. Booking required
Wednesday April 17	10-11.30am	Gynae Support Group
Thursday April 18	2-4pm	'Starting Out' session. Booking required.
Monday April 22	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Tuesday April 23	2-4pm	Haematology Support Group
Wednesday April 24	6-8pm	Singing Club drop-in. All welcome. No booking required
Thursday April 25	2-4pm	'Starting Out' session. Booking required.
Thursday April 25	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday April 29	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required, £3 per session
Thursday May 2	TBA	Wig fitting clinic. Booking required
Thursday May 2	10am-12noon	Crystals Workshop with Karen Thomas. Booking required
Thursday May 2	2-4pm	'Starting Out' session. Booking required.
Thursday May 2	5-8pm	Bra and swimwear evening hosted by Nicola Jane. All welcome

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](http://www.royaldevoncharity.org.uk/fern-centre) or scan here



## Follow us...

-  @rdhcferncentre
-  @TheFernCentre



## Don't forget that the drop-in facility

Pop in to see us to have a chat, comfortable place to sit and a drink

**No Need To Book - Just Come In!**

If you are a relative, carer or friend of someone receiving chemotherapy, you are also more than welcome to use our facility to have somewhere to wait away from the main hospital building.

**Open from 9.00am—4.30pm  
Monday –Friday**



**Yoga every Monday with  
Laura**

1.30pm or 2.45pm

£3 per session at

The Fern Centre

Booking required

**Mindfulness with Paul Beard**

**'Life's challenges'**

**Wednesday 10th April**

**10.30am - 12.30pm**

**BOOKING REQUIRED**

Regular mindfulness practice has been proven to be a powerful way to manage challenging, stressful experiences, strengthen resilience and manage emotions. In this one-off session, Wellbeing and Mindfulness tutor Paul Beard will focus on the use of mindfulness

specifically in the midst of difficult experiences and more generally during a stressful period in your life. We will look at the use of mindfulness with real life examples such as the time of diagnosis, physical illness, treatment side effects, pain, overthinking/overanalyses and associated powerful emotional states.



FERN CENTRE

# Men's Support Group

FRIDAY 19TH APRIL

10AM TO 11.30AM



For more details ring  
01271 311855



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,  
11TH & 25TH APRIL 2PM  
TO 4PM

Call 01271 311855 for more  
information.

# WEDDING SALE

Thursday 11th April

@ The Fern Centre, NDDH

6pm – 9pm

Pre-loved dresses, suits,  
hats, fascinators,  
decorations and more!

GOT ANY  
WEDDING  
ITEMS YOU  
NO LONGER  
NEED?

PLEASE  
DONATE TO  
OUR CHARITY  
SHOPS BEFORE  
APRIL 11



**NEW** Hospital  
Chaplaincy  
Offers Support

**It's good to talk!**

We are delighted to be able to offer a new service at the Fern Centre

Rev. Jonathan Daniel, ND Hospital Chaplain, will be with us each month to offer support to patients, carers and/or family members.

Healthcare chaplaincy has a broad and flexible approach and is committed to delivering a range of interventions based on assessment and need.

The conversations can be guided by the client and could include cultural advice, religion/ belief input or referral, rituals when required, individualised and existential care, spiritual assessment and provision, pastoral, emotional, and relational support.

If you are struggling and would like to share your feelings in a safe and confidential setting please take this opportunity for support.

**Tuesday 9th April from 2.00pm**

with Rev. Jonathan Daniel  
please contact the Fern Centre.  
Email: [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)  
Tel: 01271 311855

The Fern Centre is funded by



[www.royaldevoncharity.org.uk](http://www.royaldevoncharity.org.uk)

# Holsworthy Monthly Hub

**Wednesday 10th April 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\*



Torrige, North,  
Mid & West Devon

**MACMILLAN  
CANCER SUPPORT**

**361**  
COMMUNITY ENERGY



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

**FUTURE DATES:  
2.00PM-4.00PM**

Wednesday 10th April  
Wednesday 8th May  
Wednesday 12th June  
Wednesday 10th July

South West  
Water



Royal Devon  
Hospitals Charity



For more information  
contact Holly or Tara

on 01271 311855 or email  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

**NHS**

Royal Devon  
University Healthcare  
NHS Foundation Trust

**NEW!**

# 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\*



Torrige, North,  
Mid & West Devon

**MACMILLAN  
CANCER SUPPORT**

**361**  
COMMUNITY ENERGY

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

**FUTURE DATES:  
2.00PM-4.00PM**

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

South West  
Water



Royal Devon  
Hospitals Charity



For more information  
contact Holly or Tara

on 01271 311855 or email  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

**NHS**

Royal Devon  
University Healthcare  
NHS Foundation Trust



Royal Devon  
Hospitals Charity





## Walk This way (4) - Morte Point

'Walk This Way' is a new walking group for cancer patients and their families across all cancer sites and will be brought to you by Huw Davies as part of the **South West Coast Path Connectors Project (SWCPCP)**. Every month Huw will lead a walk that is interesting and a bit more challenging than the Traka Trail. He will provide an overview of the intended walk and often it will be a walk there and a bus back. Most walks will be between 3-4 miles with refreshments/toilets at some point on the route. Please see details and map of the 4th walk below. It will also be shared on the Facebook pages of support groups and at the Fern Centre. **Any queries regarding the route please contact Huw Davies Project Officer** for SWCPCP **Mobile: 07482 452046**.

**Date:**

**Thursday 11th April**

**Overview:**

This walk starts at the Morteheo public car park (EX34 7DX) at 10.00 am and will take us through the village, past the church and on the footpath out towards Rockham Bay and the south west cast path. From there we will follow the SWCP to Morte Point then head back towards Morteheo. The walk is approximately 2.5 miles and undulating (not that hilly) however there are parts on the coast path where the path is on open rock and we will need to be careful after rain. We should expect to see seals on the rocks below, a variety of bird life such as Wheatear and Stonechats and if we are lucky we could spot Peregrine falcons hunting. If its clear we will have good views across the Bristol Channel and back towards Bull Point Lighthouse. On the return walk we will have views over Woolacombe Beach, Putsborough and Baggy Point.

**Walk length (estimate):**

3 miles

**Meet Location:**

Morteheo Village Car Park EX34 7DX

**Timings (approximate):**

Meeting	10.00
Introduction and walk briefing	10.05
Depart on walk	10.10
Arrive at Morte Point	10.50
Return and Refreshments	12.00

**Rating:**

Easy/Moderate

**Suitability :**

All

**Facilities & Refreshments:**

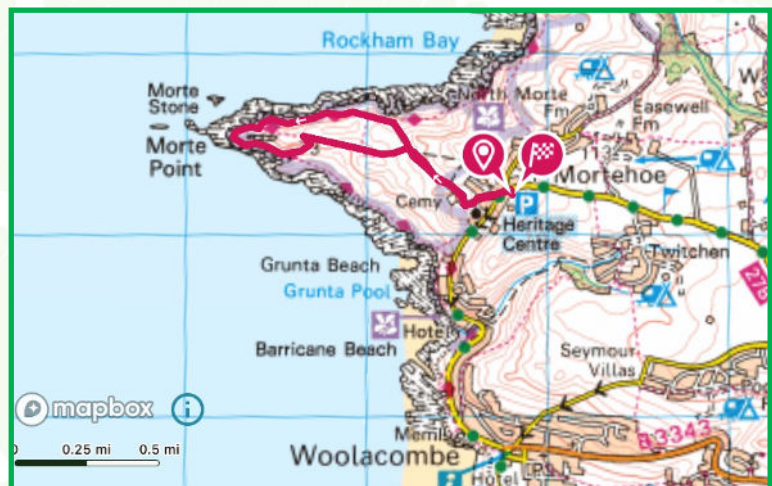
Refreshments at Morteheo Post Office and will be paid for by the Project

**Toilets:**

Morteheo Car Park

**Parking :**

Morteheo Village Car Park EX34 7DX (If there is a charge Huw will refund any outlay)



Royal Devon  
Hospitals Charity

Fern Centre

REFRESHMENTS  
AVAILABLE

# BRA AND SWIMWEAR EVENING

WITH *Nicola Jane*



Advice and fittings

Thursday 2nd May

5-8pm

The Fern Centre, North Devon District Hospital

*early detection*  
SAVES LIVES

#BreastCancerAwareness



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

**WEDNESDAY 24TH APRIL**  
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



## Singalong-a-Library

Barnstaple Library

Tuly Street, Barnstaple EX31 1EL

Date: Every Second Tuesday of the month

Time: 2.00 — 3.30pm

For anyone who enjoys singing for fun!

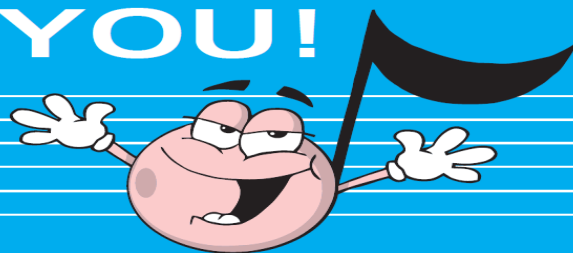
Audience: Adult

Cost : Free

Contact: 01271 318780



IT'S OFFICIAL  
**SINGING**  
IS GOOD FOR  
**YOU!**



**Singing makes you feel good:** Recent studies show that singing has a significant effect on people's sense of wellbeing.

Questionnaires show that people who sing regularly report higher levels of emotional stability and wellbeing even when suffering from mental health problems such as chronic depression and schizophrenia.

**Singing improves your health:** Singing has been shown to have a positive effect on our immune systems, helping us to ward off disease. It affects our heart rates; choirs have been shown to synchronise their heart and breathing rates, increasing and decreasing them in response to the music. It also appears to help reduce high blood pressure.

**Singing improves our breath control,** even for people with lung conditions such as asthma and Chronic Obstructive Pulmonary Disease (COPD). Patients suffering from neurological conditions such as Parkinson's disease, stroke and dementia have all been shown to benefit from regular singing in terms of communication, sociability, reduction in aggression and improved mood.

**Singing improves confidence and self perception:** One of the most valued benefits noticed by singers in these studies is that of improved self confidence and self worth. Singing in a group particularly helps people with low self esteem develop friendships which can impact positively on their social and work lives. Come and join us at The Fern Centre from 6-8pm on the last Wednesday of the month.....



# 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 10271 31185**

or email

[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

 **Thursday 9th May 2024**

 **10.00am — 4.00pm**

**Cedars Inn, Bickington Road,**



**Sticklepath, Barnstaple EX31 2HE**



**Royal Devon University Healthcare**  
NHS Foundation Trust



Royal Devon Hospitals Charity

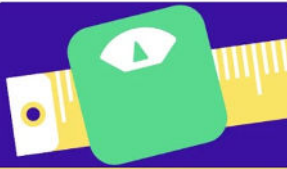


## RECIPES AND HEALTHY EATING

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/>

**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.

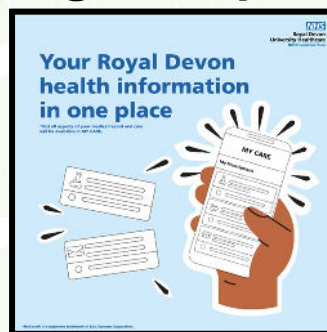
Scan the QR for more information



@PeninsulaCancer

[www.peninsulacanceralliance.nhs.net](http://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



# NUTRITION AND LIVING WITH CANCER HELPLINE

wcrf-uk.org/helpline

Tues 12-2pm & Thurs 6-8pm

We plan to expand our opening hours throughout the year, so please check our website for the most up to date information.

T: 0333 034 1988

E: [helpline@wcrf.org](mailto:helpline@wcrf.org)



SCAN HERE WITH  
YOUR PHONE!



Our helpline has been made possible by financial grants from Gilead Sciences Ltd, Bristol Myers Squibb Ltd, Servier Laboratories Limited, The Basil Samuel Charitable Trust and The Souter Charitable Trust.



Peninsula Cancer  
Alliance

CAN YOU HELP US ?

Do you have a lived experience or supported someone with cancer in the last 5 years?

Do you live in Devon and Cornwall?



JOIN THE PENINSULA CANCER ALLIANCE AS  
A PATIENT REPRESENTATIVE

We have lots of opportunities to get involved and by sharing your experiences you can help us shape future services

For more information please email : [peninsula.ca@nhs.net](mailto:peninsula.ca@nhs.net)

## Macmillan Toilet Cards

These cards are available from the Fern Centre and the Seamoor Unit. They can be used during or after treatment. If you need to use a toilet urgently, you can show it in places such as shops , offices cafes and pubs.

Side effects usually improve when treatment finishes, But if you still have side effects 3 months after finishing treatment, or if new side effects begin after this time, they are called late effects.

If you have bowel or bladder side effects during or after treatment, talk to your consultant or nurse specialist or GP. We hope it helps you to get access to a toilet without any awkward questions, but cannot guarantee that it will work everywhere.

If you would like to talk - call the

**Macmillan Support Line on 0808 808 00 00**

Call Macmillan free on  
**0808 808 00 00**, 7 days  
a week, 8am to 8pm,  
or visit [macmillan.org.uk](http://macmillan.org.uk)

**MACMILLAN**  
CANCER SUPPORT

Macmillan Cancer Support, registered charity in England and Wales (1125524) and in Scotland (SC039593) and the Republic of Ireland (20000000).  
Northern Ireland: MAC15182, CAGB, 015, UK.

Due to my cancer treatment,  
I need urgent access to a toilet.  
Please can you help?



**MACMILLAN**  
CANCER SUPPORT



*You Care, We Care*

Follow the link below to find support in your role as a carer.

You can get **FREE** parking at all the hospitals in Devon by registering for a Carers Passport or a Devon Carers Card :

[https://devoncarers.org.uk/  
register-for-support/](https://devoncarers.org.uk/register-for-support/)

Don't miss out—apply today!



Royal Devon  
Hospitals Charity



# 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](http://macmillan.org.uk)

**TALKWORKS**

DEVON'S NHS TALKING THERAPIES SERVICE

## 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

- Wednesday 24<sup>th</sup> April 1.00pm
- Friday 24<sup>th</sup> May 10.00am
- Wednesday 26<sup>th</sup> June 2.00pm

**Choose your preferred date & time and give TalkWorks a call**

**Talkworks on 0300 555 3344 or apply on line**

The image is a promotional graphic for TalkWorks. At the top, it features the "TALKWORKS" logo in large, bold, green letters, with the tagline "IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING" underneath. Below this, it says "Self refer online at" followed by the website "www.TALKWORKS.dpt.nhs.uk". The background of the graphic shows a group of five people standing on a beach, looking out at the ocean under a cloudy sky. At the bottom of the image, the phone number "0300 555 3344" and the website "www.TALKWORKS.dpt.nhs.uk" are repeated. In the top right corner, there is a small NHS logo with the text "NHS Devon Partnership with Trust".

# 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





# SKYDIVE

FOR THE  
Fern Centre  
IN 2024

Join our Devon jump on Sept 28 or choose a date of your own!

skydive.buzz

Royal Devon Hospitals Charity  
Registered Charity Number 1019594

Royal Devon Hospitals Charity  
Fern Centre

# QUIZ NIGHT

Doors open at 6.30pm - quiz starts at 7pm  
Cake sale and Raffle

**FRIDAY, 5TH APRIL**  
**BARNSTAPLE RUGBY CLUB**

Phone 01271 311855 to book your table. Teams of 6, £5 pp

# 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](http://www.royaldevoncharity.org.uk/fern-centre)