

# Lifestyle and Wellbeing

## Personalised Care monthly news from the Fern Centre

Dear friends,

As we approach the festive season, there is excitement in the air, and what better way to celebrate than by participating in some of our upcoming activities?

We are thrilled to invite everyone to a Lifestyle and Wellbeing Fair on Thursday, November 28 at the Cedars Inn. This will feature various stalls showcasing local products and services tailored to enhance your wellbeing. It's a wonderful opportunity to support local businesses while discovering new tools and resources for your own wellbeing journey. Whether you're looking for mindfulness techniques, health foods, or support groups, the fair has something for everyone.

For those looking to enrich their wellbeing, we are introducing Qi Gong to our repertoire of activities alongside popular offerings like yoga and chakra dancing. Qi Gong is an ancient Chinese practice that combines gentle movement, meditation, and controlled breathing, aimed at promoting balance and harmony within the body. This is an excellent opportunity to learn this enriching practice and find new ways to enhance your mental and physical health as we head into the New Year.

In the spirit of the season, we are also hosting a Christmas Quiz on Friday, November 29, where teams can compete and test their knowledge. Gather your friends and family for a night of laughter and learning as we delve into trivia and celebrate the joy of friendly competition.

Festive events in December include our Christmas Fair, which will feature a variety of festive treats and handcrafted gifts—offering the perfect chance to pick up something unique for your loved ones or to indulge in a bit of self-care with delightful handmade items. You may also like to join us for Carols at the Fern Centre, where we will gather as a community to sing traditional carols and share in the warmth of togetherness.

We also have a variety of crafting workshops with a festive theme running throughout November and December for those who wish to express their creativity.

At the heart of all these events is our deep gratitude to you—our supporters and service users. Your ongoing support is invaluable to the success of our programs and initiatives. We encourage everyone to participate in these festive activities, share in the joy of the season, and connect with each other in meaningful ways.

Please feel free to drop into the Fern Centre, which is open 9am-4.30pm, Monday-Friday, for a cuppa and a chat.

For more information on these activities and to keep up with any updates, please contact the Fern Centre on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net). Thank you for your continued support, and we look forward to seeing you very soon!

# MEET THE THERAPY TEAM



Hello my name is Caroline, I have been a Reiki Master Therapist for over 20 years, I also practice holistic massage and feel passionately about alternative therapies. I have enjoyed a long career within the NHS and have been at the Fern Centre since its inception and have enjoyed working with this very special team. It has been a real privilege to offer Reiki to our clients and their Families, creating a relaxing, confidential and calming therapeutic space. I enjoy listening to all of our client's stories and feel privileged to be part of their journey. When not at work I enjoy the lovely coastal walks in North Devon, reading, baking and pottering about in the garden enjoying nature & wildlife.

It has been a privilege to have been a Reiki Practitioner at the Fern Centre since mid 2021 and work with many cancer patients, their families, carers and hospital staff since then. Reiki is a very gentle and adaptable complementary therapy that brings a deep and therapeutic relaxation.

My Reiki journey started in 2003 and I have been a CNHC registered Professional Practitioner since 2019. I am also a Shinrin Yoku practitioner (an eco therapy sometimes known as Forest Bathing) and work in various roles as a member of an event medical team.



Hello, My name is Jo and I'm a complimentary therapist. I've worked at The Fern Centre since May and I can honestly say, it is such a lovely place to work with a friendly and warm team. I love meeting new and regular patients, providing a safe, warm, nurturing environment where patients can open up about their cancer journey. My role is to support, nurture, guide as well as comfort and provide relaxation to everyone that walks in through the door and in doing so provide a wholesome, holistic treatment. The Fern Centre is so special, and I invite anyone who maybe going through the cancer journey whether providing support or the journey itself, come down and see us. I love to spend my spare time with my family, being on the farm feeding up or enjoying our beautiful coast and countryside.

I've been a Beauty and Holistic therapist for over 20 years. I have enjoyed all aspects of my work but from the start my passion has been based in well-being treatments such as Massage, Aromatherapy and Reflexology.

After some volunteering and a break for maternity leave, I'm so happy to now be part of the Fern Centre team once again. Being able to provide these much needed therapies for the oncology patients and their families during such difficult times is a privilege!



My name is Sheila and I am a complementary therapist at The Fern Centre. Over the last 3 years I have been volunteering giving Reflexology to the lovely people who use this wonderful amenity here in North Devon, it is very exciting for me as now from the beginning of October I shall be working 2 full days a week here in the centre. I gained an IIHHT diploma in Holistic Therapies in 1998. The course was full time lasting a year covering Aromatherapy and Aromatherapy Massage, Reflexology, Indian Head Massage, Anatomy and Physiology, Counselling, Diet and Nutrition and an intense First Aid Course. Over the years I have continued to attend many courses for my CPD.

It is important to me to build strong and trusting relationships with my clients. Having a Reflexology or an Aromatherapy treatment is very personal so mutual understanding and feeling comfortable in the treatment room is vital. Time off is spent with my family and friends, running, walking, anywhere from the SWCP, Exmoor, Lake District and recently holidaying in Scotland doing the NC500.



# What's on

November 2024



Date	Time	Activity
Friday, November 1	10.30-11.30	Chakra Dancing with Jackie Williamson. Booking required.
Monday, November 4	12pm, 1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, November 5	9am-12pm	Financial support with Macmillan. Drop-in.
Tuesday, November 5	10.30am-12.30pm	Managing Emotions Workshop with Paul Beard. Booking required.
Wednesday, November 6	2-4pm	Christmas Craft with Kitty. Christmas Cards. Booking required.
Thursday, November 7	TBA	Bra fitting clinic with Nicola Jane. Booking required.
Thursday, November 7	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund.
Thursday, November 7	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop in.
Monday, November 11	11am-1pm	Bladder Support Group. Drop-in.
Monday, November 11	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, November 12	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday, November 13	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in.
Wednesday, November 13	6-8pm	Look Good Feel Better Workshop. Booking required.
Thursday, November 14	10-11.30am	Drop-in Coffee Morning. All welcome.
Thursday, November 14	10am	Walk This Way (Fern Centre) Puffing Billy. Contact Huw Davies on 07482 452 046.
Thursday, November 14	2-3pm	Face to face Qi Gong. Booking required.
Friday, November 15	10-11.30am	Men's Support Group. Drop-in.

Friday, November 15	1.30-3.30pm	Macrame Workshop with Richard. Booking required.
Friday, November 15	1.30-3pm	Temple Spa Wellbeing Workshop with Dee Brend. Booking required.
Monday, November 18	12pm, 1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, November 19	2-4pm	Monthly Fern Torrington Hub at Torrington Hospital. Drop-in.
Wednesday, November 20	2-4pm	Christmas Craft with Kitty. Wrapping Paper. Booking required.
Thursday, November 21	TBA	Wig fitting clinic with Natural Image. Booking required.
Thursday, November 21	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund.
Thursday, November 21	2-4pm	Strummmin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop in.
Monday, November 25	No sessions this week	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday, November 28	10.00am-2.30pm	Lifestyle and Wellbeing Fair at the Cedars Inn. Drop-in.
Friday, November 29	10.30am-12pm	Secondary Breast Support Group Drop-in.
Friday, November 29	7pm (Doors open 6.30pm)	Christmas Quiz at Barnstaple Rugby Club. Booking required. £5 each - 6 per table.
Monday, December 2	12pm, 1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, December 3	10.30am-12.30pm	Mindfulness for Pain Management with Paul Beard. Booking required.
Wednesday, December 4	2-4pm	Christmas Craft with Kitty. Bauble Decoration. Booking required.
Thursday, December 5	9am-12pm	Financial support drop-in with Peter Mitchell from the Kay Kendall Leukaemia Fund.
Thursday, December 5	2-4pm	Strummmin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop in.
Friday, December 6	10.30-11.30am	Chakra Dancing with Jackie Williamson. Booking required.
Monday, December 9	12pm, 1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.

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



Registered Charity Number. 1061384



Royal Devon  
Hospitals Charity





# Lifestyle and Wellbeing Fair

For people living with and beyond cancer

## Thursday November 28

### 10.00am - 2.30pm

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE

Find out more about:

- Health and fitness
- Nutrition
- Community information
- Complementary therapies
- Support groups
- Local services

and more...

Talks in the Orangery

10.30am

Mindfulness for Life's Challenges  
with Paul Beard

11.30am

Healthy Eating  
with NHS Oncology Dietician

12.30pm

Micro Greens  
Nutrition, health benefits and how to grow them  
with The Gardeners Collective

1.30pm

Stop For Life  
Smoking and vaping cessation advice

For more information, contact Holly at the Fern Centre  
**01271 311855 - [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**

 Royal Devon  
Hospitals Charity

**Fern Centre**  
Registered Charity Number: 1061384



**NHS**

**Royal Devon  
University Healthcare**  
NHS Foundation Trust



Royal Devon  
Hospitals Charity

**Fern Centre**



daylight

## Welcome to Daylight!

Hearing the words "you have cancer" affects more than just your physical health. A cancer diagnosis may also impact your mental health and lead to heightened anxiety.

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it.

Engaging and easy-to-use, Daylight teaches proven exercises to help you manage your worry, day or night, at home or in hospital.

**MACMILLAN**  
CANCER SUPPORT



## What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises:



### Learn how to relax

Use the Tense & Release exercise to discover how tensing up your body can actually calm your mind.



### Control your worry

The Worry Time exercise trains you to worry only at a specific time and place – so you can be more present in the rest of your life.



### Tackle unhelpful thoughts

Use the Thought Challenger exercise to identify and reframe thoughts that keep you stuck.



### Address your fears

The Worry Story exercise empowers you to face your fears so they have less control over you.

Begin your journey to worrying less:

1

For instant access, visit:  
[trydaylight.com/macmillan](https://trydaylight.com/macmillan)

or scan the QR code below to create your free account



Have questions for us? We're on hand to help you every step of the way. Just email [hello@trydaylight.com](mailto:hello@trydaylight.com) and we'll be able to help, whether it's a problem with your mobile or with your worry.

Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access high quality mental health support.

**Sleepio**

## Don't let cancer stop you sleeping

Hearing the words "you have cancer" affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, a sleep improvement programme to help you overcome sleepless nights brought on by increased worry.



**MACMILLAN**  
CANCER SUPPORT

Start sleeping better tonight, visit:  
[sleepio.com/macmillan](https://sleepio.com/macmillan)

### How does Sleepio work?

Designed by sleep experts, Sleepio is a digital programme featuring proven cognitive behavioural techniques.

Sleepio guides you through six weeks of interactive, personalised lessons to help you address sleep problems effectively.

### Is it effective?

Sleepio has been clinically proven to help people fall asleep 54% faster, spend 62% less time awake at night, and have 45% better functioning the next day.

"I no longer think I have a sleep problem. I know what to do on the nights when I wake and can't get back to sleep; I no longer fear sleepless nights"  
–Alison, Sleepio user

Start sleeping better tonight:

1

For instant access, visit:  
[sleepio.com/macmillan](https://sleepio.com/macmillan)

or scan the QR code below to create your free account



Have questions for us? We're on hand to help you every step of the way. Just email [hello@sleepio.com](mailto:hello@sleepio.com) and we'll be able to help, whether it's a problem with your mobile or with your sleep.

Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access high quality mental health support.

**Fern Centre**

## Head & Neck Cancer Patient & Caregiver Group Monthly Meeting

**The Swallows**  
Head & Neck Cancer Support Group  
Registered Charity Number 1122794



Grosvenor Community Church, Old Station Road, Barnstaple, EX32 8PB

Our meetings are held on the 2nd Thursday of every month, from 6.30pm till 8.30pm  
Everyone Welcome

You can just drop in ask for Jim Turner

For more information  
Email:  
[info@theswallows.org.uk](mailto:info@theswallows.org.uk)  
or Call  
01253 428 940

**NHS**  
Royal Devon  
University Healthcare  
NHS Foundation Trust

## THE KAY KENDALL LEUKAEMIA FUND

The Kay Kendall Leukaemia Fund (KKLF) project offers person-centred support around the following areas:

- Benefits – eligibility checks and help with applications, including Personal Independence Payment (PIP), Attendance Allowance (AA) and Disability Living Allowance (DLA)
- Debt Advice
- Charitable grant applications
- Travel and transport schemes e.g. Blue Badge applications/bus pass applications/discount travel schemes/NHS Low Income Scheme
- Housing issues
- Employment advice
- Consumer issues
- Health e.g. access to services/complaints
- Referrals and signposting to other support organisations

### DROP-IN SESSIONS AT THE FERN CENTRE

Thursday, November 7 - 09:00-12:00  
Thursday, November 21 - 09:00-12:00  
Thursday, December 5 - 09:00-12:00

[KKLF@citizensadviceplymouth.org.uk](mailto:KKLF@citizensadviceplymouth.org.uk)  
01752 507711

**citizens advice** Plymouth

**Fern Centre**

**Royal Devon Hospitals Charity**



# MACRAMÉ WORKSHOP

with Richard

**Friday 15 November**

**1.30 — 3.30pm**

Next workshop — Friday 15 December

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

# Christmas Wreath Ring Workshop

6-8pm

**Monday December 9**

at the Fern Centre

**£20** PER TICKET  
INCLUDES MINCE PIE  
AND REFRESHMENTS

Call 01271 311855  
to book your place!

**Fern Centre**

# CHRISTMAS FAIR

**Friday December 13**

From 11am

at the Fern Centre

CAKES & REFRESHMENTS  
HAND MADE GIFTS  
TOMBOLA

# Christmas Carols

at the

**Fern Centre**

6-8PM

**18**

DECEMBER

**Eat, sing and be merry!**

**EVERYONE WELCOME**



New edition  
of the free  
magazine  
out now!



# SeaChange RETREATS

## What are SeaChange Retreats?

They are bespoke retreats for adults impacted by cancer. Through surfing, yoga, mindfulness and specialist workshops, participants are offered the opportunity to take time out for themselves, to strengthen physically and emotionally; to feel restored and nourished; and to build connections with others with similar experiences. To book a retreat go online.

<https://seachangeretreats.org/book-retreat/>

## Scan to read

[www.devoncarers.org.uk/information-and-advice/magazine/](http://www.devoncarers.org.uk/information-and-advice/magazine/)



## Free Peer Support Groups

Devon  
Carers  
[www.devoncarers.org.uk](http://www.devoncarers.org.uk)

Do Do Do Do Do Do Do

### Face-to-Face

In November we will be running face-to-face Peer Support groups in:

- Barnstaple
- Bideford
- Bovey Tracey
- Crediton
- Exeter (city centre & Wonford)
- Holsworthy
- Ivybridge
- Okehampton
- Ottery St Mary
- Teignmouth & Dawlish
- Tiverton
- Torrington
- Totnes
- Christmas Crafts at Killerton

FernCentre



## Wellbeing Café

held at

The Main Building at Stella Maris Court,

The Strand, Bideford, EX39 2PW.

Every first and third Wednesday of the month,

09.30- 11.00



*Would you like to meet others and find out about different groups, activities and organisations in our local area?*

*Come and enjoy a FREE cuppa and have a chat with the Social Prescribers from our local GP Surgeries.*

All Welcome! Hope to see you there!

*Justine, Verity, Sam and Rae.*

Phone for more information or just pop in!

Justine Tel no: 07377 176457 or Rae Tel no: 07458131258



Royal Devon  
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with Lorna

4 November - 12.00, 1.30 and 2.45pm

11 November - 1.30 and 2.45pm

18 November - 12.00, 1.30 and 2.45pm

25 November - 12.00, 1.30 and 2.45pm

2 December - 12.00, 1.30 and 2.45pm

Every Monday  
at the Fern Centre  
£3 per session



We help with the  
physical effects of  
cancer treatment.



Book a  
workshop

Wednesday 13 November

6-8pm

at the Fern Centre

Look Good Feel Better run free workshops in the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.

Every workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance.

People leave our workshops feeling empowered, motivated and less isolated – allowing them to look good, but feel even better.



"Doing the workshop  
changed everything.  
It gave me confidence  
to be me again."

LEANNE, 29



# CHAKRA DANCING

with Jackie

Friday 1 November

10.30–11.30

Next session will be  
Friday 6 December

IT IS RECOMMENDED THAT YOU BRING A WATER  
BOTTLE WITH YOU FOR THIS ACTIVITY

Call the Fern Centre on 01271 311855  
to book your place!

NEW ACTIVITY

## QI GONG

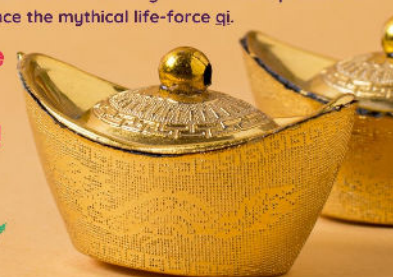
Thursday 14 November

2-3pm

at the Fern Centre

Qi gong is a system of coordinated body-posture and movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qi gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance the mythical life-force qi.

Call the Fern Centre  
on 01271 311855  
to book your place!



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



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Hospitals Charity







## Help build a health service fit for the future

### Your ideas for change

For the 10 Year Health Plan for England to be a success, it needs to draw on the experiences, skills and ideas of patients, carers, staff and members of the public.

On this page you can share a suggestion for what needs to change across the health and care system and then tag which topic(s) it relates to underneath. **The ideas you submit will be visible to everyone taking part**, and you can browse other ideas: these are all shown below.

Please submit one idea at a time, and you can add as many you like. These could be:

- Ideas about how the NHS could change to deliver high quality care more effectively and what works well that the NHS should do more
- Ideas about how other parts of the health and care system and other organisations in society could change to promote better health and/or improve the way health and care services work together
- Ideas about how individuals and communities could do things differently in future to improve people's health

This is a space for people to share their ideas about how to improve health and care. Posts will be moderated in line with our community guidelines. There may be a delay before your idea is visible and comments are now closed.

<https://change.nhs.uk/en-GB/projects/start-here>

If you have received chemotherapy for breast cancer in the UK and experienced hair loss during your treatment please consider participating in the survey below about your experience using the URL [forms.office.com/e/uNVX1arc2A](https://forms.office.com/e/uNVX1arc2A) or scanning the QR:

**VOLUNTEERS  
NEEDED!!**

IF YOU:

ARE 18+  
LIVE IN THE UNITED KINGDOM  
HAVE RECEIVED  
CHEMOTHERAPY FOR BREAST  
CANCER



**WE WANT TO HEAR  
FROM YOU**

**SCAN THE QR CODE BELOW**

**TO TAKE PART IN OUR SHORT  
QUESTIONNAIRE ABOUT  
CHEMOTHERAPY INDUCED HAIR  
LOSS AND SCALP COOLING**



Questions? [scopeland07@qub.ac.uk](mailto:scopeland07@qub.ac.uk)



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## LET'S ALL MOVE AGAINST CANCER **5k Your Way**



5k Your Way is a **support group** for anyone living with and beyond cancer, their families and friends, and those working in cancer services. We're passionate about community, friendship and fun.

We meet up at designated parkruns on the last Saturday of every month. **Everyone is welcome!** You can walk, jog or run. Try 1k, 2k or 5k. Volunteer, cheer or come for coffee afterwards. **Do it YOUR way.** The best project you'll ever work on is **you.**

**Time:** 8:45am meet for 9am start. Last Saturday of every month

**Where:** Rock Park, Barnstaple – Ladies' Mile, Barnstaple, EX32 9AQ

**Meeting point:** Near the public toilets at the start of Parkrun

**Contact:** [barnstaplegroup@5kyourway.org](mailto:barnstaplegroup@5kyourway.org)

**Register here:** [www.moveagainstcancer.org/5kyw-registration/](http://www.moveagainstcancer.org/5kyw-registration/)

**5K YOUR WAY IS  
PROVIDED BY:**



**MOVE  
AGAINST  
CANCER.**

**FREE!**



[moveagainstcancer.org](http://moveagainstcancer.org)



[info@5kyourway.org](mailto:info@5kyourway.org)



[@moveagainstcancer](https://www.youtube.com/@moveagainstcancer)



[@5KYourWayMoveAgainstCancer](https://www.facebook.com/5KYourWayMoveAgainstCancer)



[@MOVEcharity](https://twitter.com/MOVEcharity)



[@moveagainstcancercharity](https://www.instagram.com/moveagainstcancercharity)



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# 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

FREE

Wellbeing Workshops  
from the NHS

## Living Well with a Long-Term Health Condition

- Friday 22 November 9.30am
- Tuesday 17 December 2.30pm

## Improving Sleep

- Thursday 7 November 9.30am

## Introduction to Mindfulness

- Monday 4 November 5.30pm (Teams)

Please email  
[dpt.talkworksworkshop@nhs.net](mailto:dpt.talkworksworkshop@nhs.net)  
or call 0300 555 3344 to find out more.

You can also apply online at:

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







## Help at Home

Your life, your way

WE HAVE EXPANDED INTO THE HOLSWORTHY AREA



We offer practical support and enabling services tailored to suit your individual needs to:

- Help you stay independent
- Support your well-being
- Enable you to participate and be socially included

### Practical Help includes:

- Cleaning, laundry, ironing, changing bed linen
- Shopping (with or for you)
- Assistance with correspondence/paperwork, errands
- Light gardening, dog walking, de-cluttering

### Support Service includes:

- Sitting service,
- Accompanied outings
- Befriending
- Signposting and referrals to other beneficial services

Staff are fully trained, DBS checked and insured  
Available throughout Torridge and North Devon

**Call 01237 420148 for details**



Email: [helpathome@ttvs.org.uk](mailto:helpathome@ttvs.org.uk)  
Website: [www.torridgecvts.org.uk](http://www.torridgecvts.org.uk)

Registered Charity No 1125142.

# Torrington Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Tuesday 19 November 2024**

**2-4pm**

Torrington Hospital, Calf Street, Torrington, EX38 7BJ

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



For people living with and beyond cancer  
**Thursday November 28**

10.00am - 2.30pm

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE

Last hub on Tuesday 17 December

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



# Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Wednesday 13 November 2024**

**2-4pm**

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



For people living with and beyond cancer

**Thursday November 28**

10.00am - 2.30pm

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE

Next hub on Wednesday 11 December



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



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## Holsworthy Carers Group



### Come and meet us!

Holsworthy Carers Support Group welcomes all unpaid carers caring for another adult, family member or friend.

We offer a friendly and supportive space to take time out just for us, to unwind and meet with others who understand the ups and downs of our caring role. This free to attend peer support group is a great way to socialise and share experiences with a chat and a cuppa.

### Where:

Holsworthy Youth Centre, Sanders Lane,  
Holsworthy, EX22 6HE

### When:

2.30pm - 4.30pm on the 1st Thursday of the month:

7 November 2024

5 December 2024

For more information:

[peer.support@devoncarers.org.uk](mailto:peer.support@devoncarers.org.uk)

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

03456 434 435



Devon  
Carers



Royal Devon  
Hospitals Charity





# Wellbeing Walk

Tuesday 5th Nov

## Instow & Isley Marsh

Wellbeing open walk

Walk Name: Wellbeing Walk: Instow & Isley Marsh

Max Group Size (incl.walk team): 15

Meeting Place: Sandhills Car Park, Instow  
EX39 4LF

What 3 words : zoos.steroids.output

Parking/Transport: Sandhills Car Park EX39 4LF

Walk Leader: Huw Davies M: 07482 452 046

Overall Distance: 3 Miles

Refreshments: Sandbanks Café Yelland

Toilet Provisions: Opposite entrance to  
Sandhills Car Park/Sandbanks Café

Attendees: Wellbeing open walk

Plan of Session:

11:00 Meet and greet group.

11:05 Intro chat.

11:10 Start walking—head up Taw towards  
Isley Marsh.

12:00 Isley Marsh—waders, ducks, other mi-  
gratory birds

13:00 Refreshments at Sandbanks.

The walk is flat. There is some  
beach walk on sand and  
muddy path. The return is on  
the Tarka Trail, an old  
tarmaced railway line.



# Walk This Way

Thursday 14th Nov

## Puffing Billy

for Fern Centre walkers

Walk Name: Walk This Way: Puffing Billy

Max Group Size (incl.walk team): 15

Meeting Place: Puffing Billy, Great Torrington

What 3 words : shuttling.tomorrow.expectant

Parking/Transport: Puffing Billy, EX38 8JD

Walk Leader: Huw Davies M: 07482 452 046

Overall Distance: 3 Miles

Refreshments: Puffing Billy Cafe

Toilet Provisions: Puffing Billy

Attendees: Fern Centre walkers

Plan of Session:

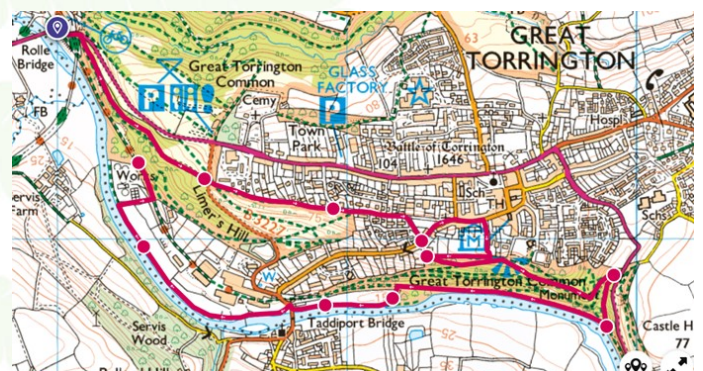
10:00 Meet and greet group.

10:05 Intro chat - route, points of interest.

10:10 Head towards Great Torrington on  
higher path.

10:45 Cut down to Canal path and return to  
Puffing Billy.

12:00 Refreshments at Puffing Billy Cafe



PLEASE NOTE: RISK ASSESSMENTS AND WALK PLANS AVAILABLE AT SWCPA HQ



Fern Centre

# FERN CENTRE CHRISTMAS QUIZ

RAFFLE & LICENSED BAR

FRIDAY 29 NOVEMBER 2024

AT BARNSTAPLE RUGBY FOOTBALL CLUB

CALL THE FERN CENTRE ON  
01271 311855

TO BOOK YOUR PLACE

DOORS OPEN AT 6.30PM

7PM ..... £5 PER PERSON  
6 PER TEAM



Royal Devon  
Hospitals Charity

Fern Centre





Cancer wellbeing for everyone

Penny Brohn UK is the cancer health and wellbeing charity. We support any adult with any type of cancer, anywhere in the UK.

Whether you are newly diagnosed, going through cancer treatment, adjusting to life after treatment or living with a terminal diagnosis, we can give you the tools and support you need to live better with cancer and feel more in control of your life.

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



# Temple Spa

## Wellbeing Workshop

with Dee Brend

**Friday 15 November**

**1.30-3pm**

Prioritising our wellbeing at work, whether in an office or at home, is often overlooked. Since we spend much of our time at work, our Wellness experience offers tips and techniques for creating a restful and mindful environment wherever you are.

Call the Fern Centre on 01271 311855 to book your place

## Devon Carers is a FREE service aimed at providing support to unpaid carers.

You are a carer if you provide unpaid support for family or friends who need help because they are ill, frail, disabled or have a mental health or substance misuse problem.



Devon Carers is commissioned jointly by Devon County Council and the NHS Devon Clinical Commissioning Group to provide support services and assessments to unpaid carers across Devon. We offer a range of carers support services from preventative advice and information to carers assessments and support planning under the Care Act 2014. Devon Carers, delivered by Devon-based charity Westbank Community Health and Care, supports over 20,000 unpaid carers across Devon through a range of support and services.

Find the latest information about Devon Carers services in the following ways:

<https://devoncarers.org.uk>

Tel: 03456 434 435

Email: [info@devoncarers.org.uk](mailto:info@devoncarers.org.uk)



# Nicola Jane

Barnstaple Fitting Clinic

SINCE  
1984  
The Breast Care Experts

## Book Your FREE Post-Surgery Fitting

Thursday 7 November

Thursday 5 December



Monthly



The Fern Centre  
North Devon District Hospital,  
Raleigh Park, Barnstaple,  
Devon, EX31 4JB

Scan the QR code  
to book an appointment



Bras | Breast Forms | Swimwear  
01243 537300 | nicolajane.com

# MANAGING EMOTIONS

Tuesday 5 November

10.30am – 12.30pm

with

Paul Beard

In this one-off session with Learn Devon Wellbeing and 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.

**Call the Fern Centre on 01271 311855  
to book your place!**

# NATURAL image

## WIG FITTING CLINIC



Thursday 21 November

Thursday 12 December

Call the Fern Centre  
on 01271 311855 to book!

# STRUMMIN' and HUMMIN'

with Ian Gracie  
and Russell Bave

14:00-16:00  
at the  
Fern Centre

Thursday 7 November

Thursday 21 November

Thursday 5 December

Call the Fern Centre on 01271 311855  
for more information!



Royal Devon  
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Fern Centre

## How to get FREE stop smoking support

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help. There are lots of support options available – try a combination that works for you.

Alongside our coaching support we offer:

### Vaping to Quit

Nicotine vaping is substantially less harmful than smoking and is a great aid to help you to quit. Vaping is not completely harmless and we only recommend it for adult smokers, to support quitting smoking and staying quit. Click here to find out more about [vaping to quit](#).

### Stop smoking aids

Nicotine Replacement Therapies (NRT) can really help with managing cravings and other tobacco withdrawal symptoms. With our coaches support and NRT, you are boosting your chances of successfully quitting. Click here to find out more about NRT [stop smoking aids](#).

## Top tips for success

Cravings can hit you at lots of different times. If you can manage your cravings, you'll be much more likely to succeed in stopping smoking. Cravings are normal, and you CAN manage them.

Cravings happen because your body is missing the nicotine it's used to – sometimes they are in sudden bursts and sometimes they may be in the back of your mind over a longer period of time. We can help you to manage your cravings but here's a few helpful tips to get you started:

- Recognise the craving signs
- Jump into some exercise
- Distract yourself with a quick task
- Go to a smoke-free zone
- Drink a glass of water.

## Need help and support with cancer?

### The Macmillan Buddy Service

#### Get support that is right for you

Our free Macmillan Buddy service will match you to a volunteer buddy who understands what you're going through. They'll be a listening ear, ready to talk about how you're feeling and your support needs, or anything else you'd like to talk about. They can also point you to other support available in the local community.

Or, if needed, they might be able to help with some tasks around the home, like putting the washing away or a little cleaning. Support is usually for up to 12 weeks and can sometimes be extended. We'll review how it's going and signpost you on to other suitable support as and when needed.

**"The Buddy service showed me that Macmillan has got time for me as a person. It made me feel like a person again and not like I am a hassle to others."**

Karen, in Essex

**MACMILLAN**  
CANCER SUPPORT

Sign up at [macmillan.org.uk/buddies](https://macmillan.org.uk/buddies) at any time or call 0808 808 00 00 (7 days a week, 8am-8pm).



We also accept referrals from health and social care professions providing support to people living with cancer.

Scan the QR code to find out more

## What to expect



Macmillan Telephone Buddies is a listening service. We offer a weekly call of up to an hour, for 12 weeks, supporting people living with cancer.

#### A volunteer can:

- ✓ Listen to how you are feeling and what is important to you
- ✓ Help you to get in contact with local support services
- ✓ Put you in contact with other Macmillan services
- ✓ Provide relevant information

#### A volunteer cannot:

- ✗ Provide counselling or therapy
- ✗ Give advice (including medical)
- ✗ Lend money
- ✗ Run errands for you (such as shopping)

#### Expectations:

- Volunteers expect to be treated with respect
- Calls will happen at agreed times, the volunteer will call you and their number will not be shared
- Cancellations or reschedule requests are made 24hrs in advance where feasible
- There will be no face to face support provided
- Volunteers must follow Macmillan policies
- An end of service review will be offered, conducted by the Macmillan Support Line

For service feedback please get in touch with your Macmillan contact (see below)

#### Confidentiality:

Macmillan treats information disclosed as confidential unless there is a risk of serious harm or abuse to you or someone else, in which case, we may have to pass this information onto a third party such as the emergency services.

If you have any worries (for example with money, work or treatment) that our volunteer buddies cannot help with, remember you can call the Macmillan Support Line: 0808 808 00 00 (7 days a week 8am-8pm)

#### Key contacts for you:

Name: Carl Pugh  
Phone: 07540677458  
Email: [CPugh@macmillan.org.uk](mailto:CPugh@macmillan.org.uk)

**MACMILLAN**  
CANCER SUPPORT



The Fern Centre is funded by



**Royal Devon  
Hospitals Charity**

Registered Charity No. 1061384

PLEASE VISIT OUR WEBSITE TO FIND OUT MORE  
[www.royaldevoncharity.org.uk](http://www.royaldevoncharity.org.uk)



**Fern Centre**

## Change to parking fees from Thursday 15 August

**NHS**  
Royal Devon  
University Healthcare  
NHS Foundation Trust

From Thursday 15 August 2024, changes will be made to the parking fee options for patient and visitor car parks at North Devon District Hospital, RD&E Wonford and Heavitree, Bideford Hospital and Barnstaple Health Centre

### New hourly parking options:

- Up to 30 minutes: free
- Up to 2 Hours: £2.70
- Up to 3 Hours: £3.90
- Up to 4 Hours: £4.80
- Up to 5 Hours: £6.50
- Up to 6 Hours: £8.50
- 7-24 Hours: £15

Weekly patient and visitor tickets are still available to purchase

For more information, visit: [royaldevon.nhs.uk](http://royaldevon.nhs.uk)



## 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 our Strummin' and Hummin' sessions at The Fern Centre  
on every alternate Thursday afternoon!**



**Royal Devon  
Hospitals Charity**

**Fern Centre**



# Men's Support



FRIDAY  
NOVEMBER 15  
10-11.30am

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



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



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