

# Lifestyle and Wellbeing

## Personalised Care monthly news from the Fern Centre



We are pleased to be hosting a monthly drop-in support hub with 361 Energy CIC! They are a charity dedicated to ensuring that you receive all the support and benefits that you are entitled to. This new support hub is here to help you navigate the various resources available to you.

We are all very excited to be holding our first ever Bingo Night at the Royal north Devon Golf Club in Westward Ho! On Friday 28th February. Get ready for an evening filled with fun, laughter, and the chance to win some fantastic prizes. Whether you're a seasoned Bingo player or trying it for the first time, this is the perfect opportunity to enjoy a night out with friends and family, and make this first Bingo Night a memorable one. We can't wait to see you there!

Don't forget that the Fern Centre is open from 9am until 4.30pm, Monday to Friday. At the Centre you will be greeted by one of our lovely volunteers and be offered a hot drink which can be enjoyed in our comfortable open plan seating area.





**Fern Centre**

Registered Charity Number: 1061384

**The Fern Centre is funded by**



Registered Charity No. 1061384

PLEASE VISIT OUR WEBSITE TO FIND OUT MORE

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



**#NationalCancerCNSDay**

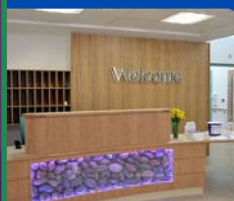
14th March 2025

*Do you know a  
Cancer Clinical Nurse Specialist  
who deserves to be celebrated?*

*Get in touch to let us know  
and we will give them a  
shout out this  
Cancer CNS day!*



Email your appreciation messages to: [kim.poyser@nhs.net](mailto:kim.poyser@nhs.net) before the 28th February  
Messages can be anonymous if required



## Get in touch

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

## 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!**



Fern Centre

# What's on

February 2025

Date	Time	Activity
Monday, February 3	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, February 4	10am - 12pm	Monthly Ilfracombe Fern Hub. at the Lantern Centre. Drop-in.
Wednesday, February 5	9am - 1pm	Moving Forward Booking required.
Wednesday, February 5	6pm - 8pm	Nipple Prosthetics and Tattooing Talk. Booking required.
Thursday, February 6	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Friday, February 7	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, February 10	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, February 11	TBA	Hospital Chaplaincy at the Fern Centre. 1:1 appointments with Rev. Jonathan Daniel.
Wednesday, February 12	9am - 1pm	Moving Forward. Booking required.
Wednesday, February 12	2pm - 4pm	Monthly Holsworthy Fern Hub. at Holsworthy Hospital. Drop-in.
Thursday, February 13	9am - 12pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, February 13	10am - 11.30am	Monthly Coffee Morning. All welcome! Drop-in.
Thursday, February 13	10am meet	Walk This Way: Westward Ho! Details from Huw Davies on 07482 452046.
Thursday, February 13	2pm - 4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday, February 17	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, February 19	10am - 11.30am	Gynae Support Group. Drop-in.
Thursday, February 20	TBA	Wig Fitting Clinic with Natural Image. Booking required.

Continued...



Date	Time	Activity
Thursday, February 20	10am - 2pm	361 Energy CIC Support Hub. Drop-in.
Thursday, February 20	2pm - 3pm	Qi Gong with Ali. Booking required.
Friday, February 21	10am - 11.30am	Men's Support Group. Drop-in.
Friday, February 21	1pm - 2.30pm	Temple Spa Wellness Class with Dee. Booking required.
Saturday, February 22	8.40am meet	5K Your Way - Move Against Cancer. Rock Park. Parkrun registration required.
Monday, February 24	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, February 25	10.30am - 12.30pm	Connecting With Our Inner Guidance with Paul Beard. Booking required.
Thursday, February 27	9am - 12pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Tuesday, February 27	2pm - 4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, February 28	10.30am - 12pm	Secondary Breast Cancer Support Group. Drop-in.
Friday, February 28	6.30pm doors open	Bingo Night - Royal North Devon Golf Club. Eyes down at 7pm. Booking recommended.
Monday, March 3	10am - 12pm	Look Good Feel better. Booking required.
Monday, March 3	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, March 4	10am - 12pm	Monthly Ilfracombe Fern Hub. at the Lantern Centre. Drop-in.
Thursday, March 6	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, March 6	2pm - 3pm	Qi Gong with Ali. Booking required.
Thursday, March 6	2pm - 4pm	Colorectal Support Group. Barnstaple Library. Drop-in.
Friday, March 7	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, March 10	11am - 1pm	Bladder Support Group. Drop-in.

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



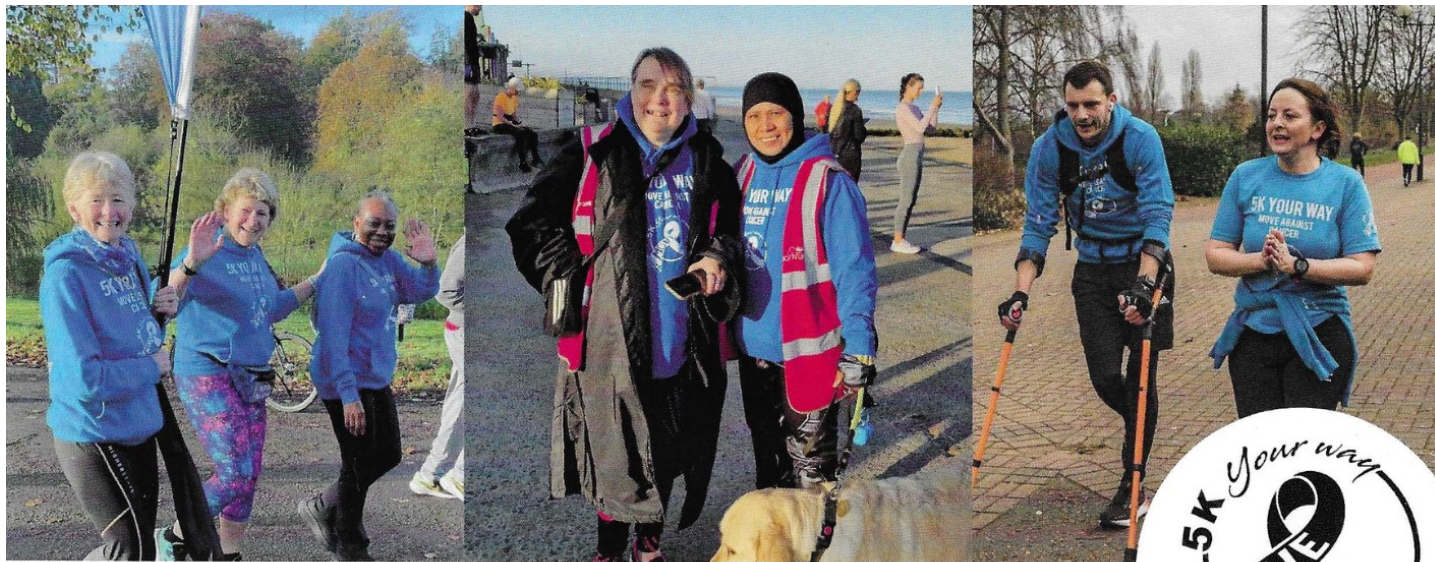
**Royal Devon  
Hospitals Charity**  
Registered Charity Number: 1061304



**Royal Devon  
Hospitals Charity**







## 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:** 8:40am meet for 9am start. Saturday, February 22

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

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

**Contact:** 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)



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)



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.

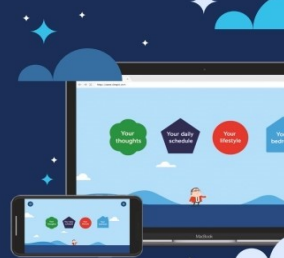
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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



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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)



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.

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



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

**The Swallows**

Head & Neck Cancer Support Group  
Registered Charity Number: 1127754



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

## 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 at

<https://www.royaldevon.nhs.uk/patients-visitors/my-care/>



**Royal Devon  
Hospitals Charity**

**Fern Centre**



# BINGO NIGHT

**£10**

per book  
of 6 cards

at the

Royal North Devon Golf Club  
Golf Links Road, Westward Ho! EX39 1HD

## Friday, February 28

**Doors open: 6.30pm**

**Eyes down: 7.00pm**

Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) for more details or to book.



**New edition  
of the free  
magazine  
out now!**



**Scan to read**

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



## 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, February 27 - 9am-12pm

Thursday, March 13 - 9am-12pm

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

Tel: 01752 507711

**citizens  
advice** Plymouth

## Bude Cancer Support Cancer Café



**2nd & 4th  
MONDAY  
monthly**  
(excluding Bank Holidays)

**1.30-  
3.30pm**

**Room 1  
The  
Parkhouse  
Centre  
Bude**

**Bude  
Cancer  
Support**



**Mid Devon Ostomy Support Group**

**Saturday February 8th 2025**

Everyone welcome with any type of stoma.

Convatec, Medicareplus & CUI stoma companies coming.

**At the Boniface Centre Crediton 2-4pm EX17 2AH**

car park at rear or easy to get to by bus or train

social event, stoma companies, stoma nurse, light refreshments, raffle

For more details please contact. Janice at [janice234ford@gmail.com](mailto:janice234ford@gmail.com)  
or tel 07923975051



# QI GONG

at the  
**Fern Centre**

2pm - 3pm

Thursday 20th February

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.

Contact the Fern Centre  
on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)  
to book your place!



# CHAKRA DANCING

with Jackie

at the

**Fern Centre**

Friday 7th February

2pm - 3pm

It is recommended that you bring your own water bottle for this activity!

Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) to book your place!



## Temple Spa

Wellness Class

with Dee Brend

2pm - 3.30pm

Friday 21st February

A Temple Spa Wellness Class is the ultimate way to enjoy some fab spa time. Dee will transform the Group Room at the Fern Centre into a pop-up spa boutique.

Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) to book your place



with Lorna

at the

**Fern Centre**

£3 per session

Monday 3rd February - 1.30pm and 2.45pm  
Monday 10th February - 1.30pm and 2.45pm  
Monday 17th February - 1.30pm and 2.45pm  
Monday 24th February - 1.30pm and 2.45pm

Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) to book your place!



Royal Devon  
Hospitals Charity

**Fern Centre**



# 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

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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



**Penny Brohn<sup>UK</sup>**

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](https://www.pennybrohn.org.uk)



# MEN'S GARDENING GROUP



Fern Centre

## The Gardeners Co.

at The Gardeners Collective, Home Farm, Arlington Court, EX31 4LW

Some of the areas that will be covered are listed below, but can be tailored towards the knowledge and experience of the group:

**COMING SOON!**

**NEW!**

Gardening basics  
Growing mushrooms  
Growing microgreens  
Composting  
Gardening for wildlife  
Natural arts/crafts  
DIY projects - raised beds, hedgehog houses, shelves etc for the Fern Centre Garden

**A 6-week men-only activity**  
**3pm - 4.30pm each Wednesday**  
**Wednesday, April 23 - Wednesday, May 28**

Opportunity to walk in the beautiful grounds of Arlington Court after the workshop for **FREE!**

Contact the Fern Centre on 01271 311855 or [rdh.theferncentre@nhs.net](mailto:rdh.theferncentre@nhs.net) for more details or to book your place.






Royal Devon  
Hospitals Charity





# NATURAL image Wig Fitting Clinic

at the  
**Fern Centre**

Thursday 20th February 2025

Thursday 27th February 2025

Contact the Fern Centre on  
01271 311855 or [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) for more  
information or to book your appointment.



look good feel better  
FACING CANCER WITH CONFIDENCE

at the **Fern Centre**



Book a  
workshop

10am - 12pm

Monday 3rd March 2025

We help with the  
physical effects of  
cancer treatment.

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



For more details or to book a place, contact the Fern Centre on 01271 311855 or [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



Find out more [lgfb.co.uk](http://lgfb.co.uk)



Call us on 01372 747 500

# Nicola Jane

Barnstaple Fitting Clinic

SINCE  
1984  
The #1 Breast Care Experts

Book Your  
FREE  
Post-Surgery  
Fitting

APPOINTMENT ONLY

Thursday  
6th February  
2025



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](http://nicolajane.com)

BREAST  
CANCER  
NOW

The research &  
support charity

Fern Centre

## Moving forward

Giving you the tools to help you  
adjust to life beyond primary  
breast cancer treatment.

find a course near you or register for  
an online course today



[breastcancernow.org/movingforward](http://breastcancernow.org/movingforward)



0345 077 1893



[movingforward@breastcancernow.org](mailto:movingforward@breastcancernow.org)



BREAST CANCER NOW

The research & support charity



Royal Devon  
Hospitals Charity

Fern Centre





# EASTER RAFFLE



-  EGG-CITING EASTER HAMPERS TO BE **WON!**
-  **DRAW** TAKES PLACE THURSDAY 17TH APRIL, 12NOON

TICKETS AVAILABLE FROM  
THE FERN CENTRE OR BY  
SCANNING THE QR CODE





TAKE A  
WALK ON THE  
WILD SIDE FOR  
**YOUR NHS** IN  
NOVEMBER  
2025



Royal Devon  
Hospitals Charity

Registered charity number: 1061384

# FIRE

## walk

### BARNSTAPLE

- 🔥 WEDNESDAY 12TH NOVEMBER, 2025
- 🔥 NORTH DEVON DISTRICT HOSPITAL
- 🔥 REGISTRATION £25
- 🔥 HOT FOOD AND DRINKS



SCAN TO  
SIGN UP!



Royal Devon  
Hospitals Charity

FernCentre





**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.torridgecvs.org.uk](http://www.torridgecvs.org.uk)



Registered Charity No 1125142.

# Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Wednesday 12th February 2025**  
**2-4pm**

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



**MACMILLAN  
CANCER SUPPORT**



Friday, February 28

Next Hub - Wednesday 12th March 2025



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

For more information contact the Fern Centre on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



# Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**Tuesday 4th February 2025**

**10am-12pm**

Lantern Centre, 44 High Street, Ilfracombe, EX34 9QB

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



10-11.20am

10 minute Reiki or Tuning Fork Therapy



11.30am-12pm

Mindful Meditation

Next Hub - Tuesday 4th March 2025



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



For more information contact the Fern Centre on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



AT THE



**Thursday 20 February**  
**10am - 2pm**

**Income Max** - 361 Energy can check you are receiving all the benefits you are eligible for including Pension Credit, Personal Independence Payment, Disability Living Allowance, Council Tax Reduction, Housing Benefit, Carers and Attendance Allowance.

**Energy Comparison** - 361 Energy can check you are on the cheapest energy tariff, speak to your energy provider to ensure you are in receipt of all the help they offer to vulnerable customers, check your meter is working correctly and your energy bills are accurate.

**Referrals** - 361 Energy can check you are on a Social Water and Social Broadband tariff, apply for Household Support Fund, Warm Home Discount, Blue Badge.

**Access** - 361 Energy can source energy top up vouchers, food bank vouchers, replacement white goods, portable heaters, heated throws.

**We don't sell anything - we are a 100% not-for-profit, working to help our North Devon and Torridge community.**

Call us on 01271 599361  
or email: [info@361energy.org](mailto:info@361energy.org)



**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

## FREE Wellbeing Workshops from the NHS

### Introduction to Mindfulness

- Monday 17th March at 5.30pm

### Living with a Long Term Health Condition

- Thursday 20th February at 10pm

### Improving Sleep

- Thursday 6th February at 2.30pm
- Monday 17th February at 5.30pm

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>



# Walk This Way

WITH THE  
South West  
Coast Path  
Association

Fern Centre Walkers

**Thursday  
13th February  
Westward Ho!**

Max Group size (including walk team): 12  
Date: Thursday 13th February 2025  
Meeting place: Seafeld Car Park (Haunted House) Westward Ho! EX39 1JS  
W3W///wonderful.comical.editor  
Main walk leader: Huw Davies 07482 452046  
Overall distance: 3 Miles  
Refreshments: After the walk we will visit the Pier House  
Toilet provision: Seafeld Car Park Westward Ho!/Pier House  
Attendees: Fern Centre Walkers  
Parking/transport: Seafeld Car Park (Haunted House) EX39 1JS

## Plan of the session

- 10:00 Meet and greet group
- 10:05 Intro chat
- 10:10 Start walking up Kipling Heights (views over Westward Ho! and Northam Burrows)
- 10:30 Through upper Westward Ho! and lane to Cornborough
- 10:45 Path to SWCP
- 11:15 SWCP back to Westward Ho!
- 12:00 Finish walk/refreshments

# CONNECTING WITH OUR INNER GUIDANCE

with Paul Beard

**10.30am - 12.30pm**

**Tuesday, February 25**

Connecting with our intuitive guidance is potentially the most empowering thing we can ever do; it only becomes truly empowering if we act on it. Join highly experienced mindfulness teacher and coach Paul in this new workshop where you'll learn (or be reminded of) some effective ways of first hearing and then acting on intuitive guidance.

Contact the Fern Centre  
on 01271 311855 or  
rduh.theferncentre@nhs.net  
to book your place!

Fern Centre

Libraries  
Unlimited

In association with

The  
Gardeners  
Co.

SAT 22 FEB  
10.00 – 13.00  
Barnstaple Library  
Foyer  
FREE Drop in

## Seed & Plant Swap

with The Gardeners Co CIC

Bring your spare seeds, seedlings and plants, or come empty handed and find some beautiful items to add to your garden in 2025. Shan from The Gardeners Co. CIC will be on hand to answer any of your questions, with pots, seeds, labels and compost to help you get growing!



librariesunlimited.org.uk  
Libraries Unlimited is a registered charity (170060)  
To donate please visit librariesunlimited.org.uk

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Hospitals Charity

Fern Centre





## 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)



Royal Devon  
Hospitals Charity





# STRUMMIN' and HUMMIN'

at the  
Fern Centre

2pm - 4pm

Thursday 13th February

Thursday 27th February

Contact the Fern Centre on  
01271 311855 or [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)  
for more information.

# Men's Support Group

10-11.30am

Friday, February 21

at the  
Fern Centre

Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) for more information.

**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)



Royal Devon  
Hospitals Charity





## 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.

# 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)