



Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre



HAPPY
EASTER



Thank you to everyone for your continued support of the Fern Centre. We are looking forward to being able to enjoy using the garden during the warmer weather and are eagerly anticipating the next phase of development to further enhance the area.

We are all looking forward to returning to the Royal North Devon Golf Club in Westward Ho! on Friday 11th April for our next Quiz Night.

Everyone is welcome to join us at the Fern Centre for our Easter Cake Sale and Raffle Draw on Thursday 17th April from 10.00am.

The next Lifestyle and Wellbeing Fair will be held at the Cedars Inn on Thursday 24th April with some exciting talks lined up and lots of information.

Don't forget that the Fern Centre is open from 9.00am 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.

The Fern Centre will be closed from Friday 18th to Monday 21st April for the Easter Bank Holiday weekend and will reopen at 9.00am on Tuesday 22nd April.



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
Website: www.torridgecvts.org.uk

Registered Charity No 1125142.



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Tuesday 1st April 2025

10am-12pm

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

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



10am - 11.20am

10 minute Reiki or Tuning Fork Therapy



11.30am - 12pm

Chakra Dancing

Next Hub - Tuesday 6th May 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



Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm on the

SECOND THURSDAY MONTHLY

Manor Suite, Holsworthy Memorial Hall

North Road, Holsworthy, EX22 6HF

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



**NEW DAY AND
LOCATION
FROM
JUNE 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



Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Wednesday 9th April 2025

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



3.15pm - 3.50pm
Singing Bowls



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

Next Hub - Wednesday 14th May 2025



For more information
contact the Fern Centre
on 01271 311855 or email
rduh.theferncentre@nhs.net



Royal Devon
Hospitals Charity





What's on

April 2025

Date	Time	Activity
Tuesday, April 1	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub. Lantern Centre, Ilfracombe, EX34 9QB.
Thursday, April 3	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, April 3	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday, April 4	9.00am - 12.00pm	Financial Advice with Macmillan/CAB. Drop-in.
Friday, April 4	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, April 7	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, April 9	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub. Holsworthy Hospital, Holsworthy, EX22 6JQ.
Thursday, April 10	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, April 10	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, April 10	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, April 11	Doors open 6.30pm Quiz start 7.00pm	Quiz Night at Royal North Devon Golf Club. £5 per person. 6 per team. Booking required.
Monday, April 14	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, April 16	10.00am - 11.30am	Gynae Support Group. Drop-in.
Wednesday, April 16	10.00am - 12.00pm	Prostate Cancer Partners Support Group. Email helen.gough5@nhs.net for details.
Thursday, April 17	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, April 17	10.00am - 2.00pm	361 Energy CIC Support Hub. Drop-in.
Thursday, April 17	From 10.00am	Easter Cake Sale and Raffle Draw. Everyone welcome. Drop-in.

Continued...

Date	Time	Activity
Friday, April 18	BANK HOLIDAY	CENTRE CLOSED.
Monday, April 21	BANK HOLIDAY	CENTRE CLOSED.
Wednesday, April 23	2.00pm - 4.00pm	Haematology Support Group. Drop-in.
Thursday, April 24	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, April 24	10.00am - 2.30pm	Lifestyle and Wellbeing Fair. Cedars Inn, Barnstaple, EX31 2HE. Drop-in.
Thursday, April 24	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday, April 25	10.30am - 12.00pm	Secondary Breast Cancer Support Group. Drop-in.
Saturday, April 26	8.40am meet	5K Your Way at Rock Park, EX32 9AQ. Parkrun registration required.
Monday, April 28	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, April 29	10.30am - 12.30pm	Allowing Space to Connect With Our Deeper Selves with Paul Beard. Booking required.
Thursday, May 1	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, May 1	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday, May 2	9.00am - 12.00pm	Financial Advice with Macmillan/CAB. Drop-in.
Monday, May 5	BANK HOLIDAY	CENTRE CLOSED.
Tuesday, May 6	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub. Lantern Centre, Ilfracombe, EX34 9QB.
Thursday, May 8	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, May 8	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, May 8	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Wednesday, May 14	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub. Holsworthy Hospital, Holsworthy, EX22 6JQ.

Our cancer health and wellbeing centre at North Devon District Hospital is open Monday to Friday, 9am-4.30pm. For more information about the centre and the services available, call us on 01271 311 855, visit our website www.royaldevoncharity.org.uk/fern-centre or scan here



Follow us...



@rdhcfcentre



@TheFernCentre



**Royal Devon
Hospitals Charity**
Registered Charity Number: 1061584



**Royal Devon
Hospitals Charity**



Lifestyle and Wellbeing Fair

For people living with and beyond cancer

Thursday 24th April 2025

10.00am - 2.30pm

at the

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE



MACMILLAN.
CANCER SUPPORT



TALKS IN THE ORANGERY

10.15am - 11.30am

Healthy Eating and Nutritional Advice
Emily Watts - Oncology Dietician

11.30am - 12.15pm

Keeping Active: Living With and Beyond a Cancer Diagnosis
Rebecca Webb - Pre/Rehab Project Physio

12.30pm - 1.15pm

Fuel, Finance & Funding with 361 Energy
Mel Eyres - Home Energy Advisor

1.30pm - 2.15pm

Putting Mindfulness To The Test: Coping With Cancer
Paul Beard - Wellbeing Tutor



M&S



 Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384



NHS

Royal Devon
University Healthcare
NHS Foundation Trust

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.

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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

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 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.



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

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 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.

MACMILLAN
CANCER SUPPORT

Start sleeping better tonight, visit:
sleepio.com/macmillan

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!



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**



**Royal Devon
Hospitals Charity**

FernCentre



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384



EASTER CAKE AND RAFFLE DRAW SALE



From 10.00am

Thursday 17 April 2025



Royal Devon
Hospitals Charity

Fern Centre

PROSTATE CANCER PARTNERS SUPPORT GROUP

10.00am - 12.00pm

Wednesday 16th April 2025

in the
Nectary Restaurant, Quince Honey Farm
South Molton, EX36 3RD

Would you like the opportunity to meet and chat
with other partners of men with Prostate Cancer?

Supporting someone living with and beyond
Prostate Cancer can be difficult to navigate and
can be challenging.

Join us for a friendly coffee and chat.

Email helen.gough5@nhs.net for more details
and to let me know you're planning to join us.



The Swallows
Head & Neck Cancer Support Group
Registered Charity Number: 1110794



Support for all affected by

Head & Neck Cancer

You are not alone

Please join us at our
monthly meetings



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

2nd Thursday of every month 6.30pm - 8.30pm

Just drop in and ask for Jim Turner

Patients, carers and family members all welcome

www.theswallows.org.uk or call 01253 428 940



[theswallowscancersupport](https://www.facebook.com/theswallowscancersupport)



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

JustGiving

Mid Devon Ostomy Support Group

2025 meetings

2pm - 4pm

Saturday 8th February

CUJ, Convatec & Medicare Plus coming

Saturday 10th May

so far Oakmed & Rapidcare coming

Saturday 9th August

Saturday 8th November

At the Boniface Centre, CREDITON, 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 or tel 07923975051

Men's Support Group

10am - 11.30am on the
Friday 16th May 2025

at the
Fern Centre

Contact the Fern Centre on 01271 311855 or
rduh.theferncentre@nhs.net for more information.



Royal Devon
Hospitals Charity

Fern Centre



Royal Devon
Hospitals Charity

GREAT WALL of CHINA

TREK 2026

WALK ONE OF THE WORLD'S GREAT WONDERS
AND RAISE MONEY FOR **YOUR** LOCAL HOSPITAL

**NEW
EVENT**

4TH-12TH NOVEMBER 2026

£3,500 FUNDRAISING TARGET

£395 REGISTRATION FEE

**INCLUDES FLIGHTS TO BEIJING,
ACCOMMODATION AND FOOD**

**TALK TO A MEMBER OF OUR TEAM TODAY!
EMAIL RDUH.CHARITY@NHS.NET OR CALL 01271 311772**

**OR
SCAN
HERE**



Royal Devon
Hospitals Charity

Registered charity number: 1061384



Royal Devon
Hospitals Charity

FernCentre

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



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

**After someone,
you**

Free magazine for unpaid carers

Spring 2025



What's inside:

- Welcome
- Carers Stories
- Carers Skills Workshops
- News and info
- Health and wellbeing
- Peer Support Groups

Save Paper, Save the Environment

Receive your copy of the magazine by email: contact 03456 434 435 also available online www.devoncarers.org.uk



Scan to read

www.devoncarers.org.uk/information-and-advice/magazine/



Fern Centre

CHANGE
NHS

**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>



**Royal Devon
Hospitals Charity**

Fern Centre

QI GONG

at the
Fern Centre

2pm - 3pm

Thursday 3rd April

Thursday 1st May

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
to book your place!



CHAKRA DANCING

with Jackie

at the
Fern Centre

10.30am - 11.30am

Friday 4th April 2025

Friday 2nd May 2025

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 to book your place!



with Lorna

at the
Fern Centre

£3 per session

Monday 7th April - 1.30pm and 2.45pm

Monday 14th April - 1.30pm and 2.45pm

Monday 21st April - No sessions

Monday 28th April - 1.30pm and 2.45pm

Monday 5th May - No sessions

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

Fern Centre Walk This Way



Thursday 10th April 2025



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

Walk Name: Walk This Way: Instow & Isley Marsh
Max Group size (including walk team): 15
Date: Thursday 10th April 2025
Meeting place: Sandhills Car Park, Instow EX39 4LF
W3W: zoos.steroids.output
Main walk leader: Huw Davies - 07482 452046
Overall distance: 3 miles
Refreshments: Sandbanks Café Yelland
Toilet provision: Opposite entrance to Sandhills Car Park
Attendees: Fern Centre walkers
Parking/transport: Sandhills Car Park EX39 4LF
Plan of the session:
Estimated time and activity

- 10.00: Meet and greet group
- 10.05: Intro chat
- 10.10: Start walking - head up Taw towards Isley Marsh
- 10.30: Isley Marsh - waders, ducks other migratory birds
- 11.15: Refreshments at Sandbanks
- 11.45: Return to Sandhills Car Park
- 12.00: Walk Ends



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

MACMILLAN
CANCER SUPPORT

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



Scan the QR code to find out more

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

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

MACMILLAN
CANCER SUPPORT



Penny Brohn^{UK}

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

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:

- 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

COMING SOON!

NEW!

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 for more details or to book your place.



Royal Devon
Hospitals Charity



ALLOWING SPACE TO CONNECT WITH OUR DEEPER SELVES

with Paul Beard

10.30am - 12.30pm

Tuesday 29th April 2025

For a very long time, we have lived in a society which equates 'more' with 'better'. This is true to an extent with material things, but doesn't work with thoughts and emotions - our 'inner life'. We therefore often feel inwardly overloaded with information, options, lists, choices and an emotional backlog - a pressured feeling that is usually greatly exacerbated by having to deal with cancer at the same time as everything else going on in our lives. We can easily get to a point where we crave both inner and outer space, even if we are too busy to realise it.

Join highly experienced mindfulness teacher and coach Paul in this new one-off workshop where you'll be given safe space and guidance to practice pure awareness of being (i.e. doing absolutely nothing!) and discover how less can be a deeper more.

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

 Royal Devon
Hospitals Charity

 Fern Centre
Registered charity No. 1061384



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384



EASTER RAFFLE

Tickets available from
the Fern Centre
or by scanning the
QR code



Draw to place on Thursday 17th April 2025

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 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



Royal Devon
Hospitals Charity

Fern Centre

Nicola Jane

Barnstaple Fitting Clinic

SINCE
1984
The #1 Breast Care Experts

Book Your FREE Post-Surgery Fitting

APPOINTMENT ONLY

Please contact the Fern Centre on 01271 311855
or rduh.theferncentre@nhs.net for more
information or to book an appointment.



Monthly



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

CLINIC DATES

Thursday 3rd April 2025
Thursday 1st May 2025
Thursday 5th June 2025

Scan the QR code
to book an appointment



Bras | Breast Forms | Swimwear
01243 537300 | 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



0345 077 1893



movingforward@breastcancernow.org



NATURAL image Wig Fitting Clinic

at the

Fern Centre

Thursday 10th April 2025
Thursday 17th April 2025
Thursday 31st April 2025

Contact the Fern Centre on
01271 311855 or 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

Thursday 29th May 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



Find out more lgfb.co.uk



Call us on 01372 747 500

Registered charity no. 1031226



Royal Devon
Hospitals Charity

Fern Centre

STRUMMIN' and HUMMIN'

at the
Fern Centre

2pm - 4pm

Thursday 10th April 2025

Thursday 24th April 2025

Contact the Fern Centre on
01271 311855 or rduh.theferncentre@nhs.net
for more information.

Men's Support Group

10am - 11.30am

Friday 16th May 2025

at the
Fern Centre

Contact the Fern Centre on 01271 311855 or
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:

devoncarers.org.uk

03456 434 435

info@devoncarers.org.uk



JOIN A FOCUS GROUP !

Have you received cancer drug treatment in the last two years?

Do you live in Devon and Cornwall ?
If so we want to hear from you !



We are holding a Focus Group on :
Fatigue and Cancer

Wednesday 21st May 2025

The Fern Centre, North Devon Hospital
10-12:30 or 13:00-15:30

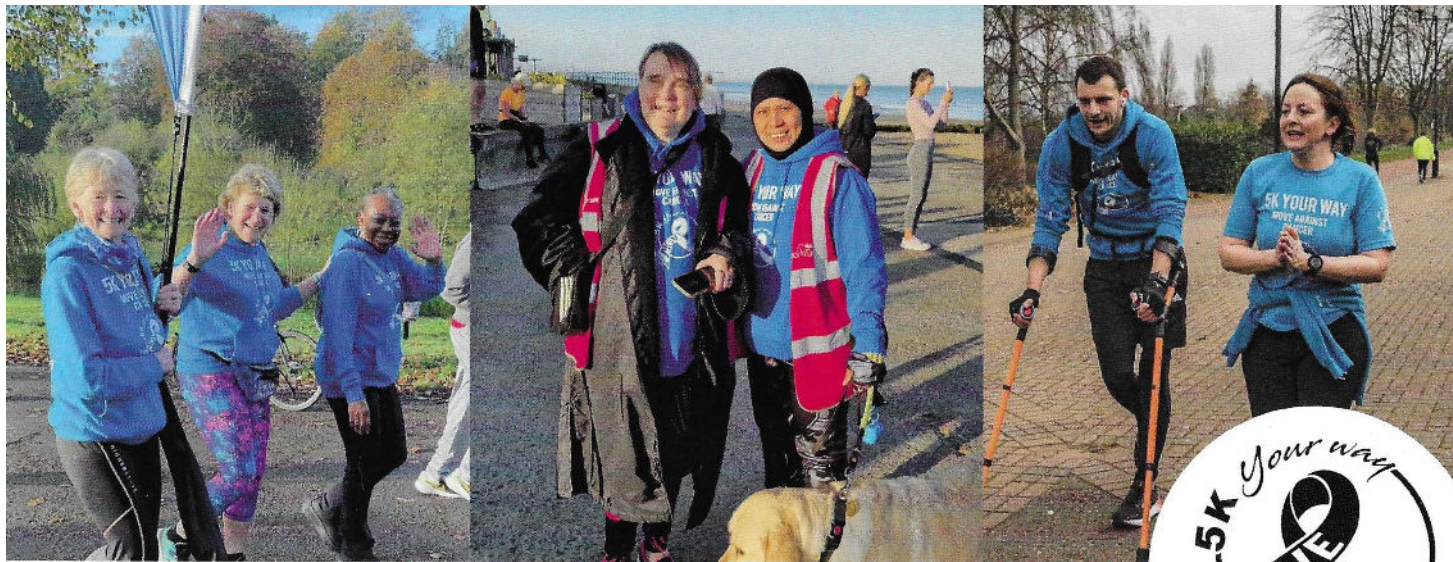
To express interest in attending or for further information,
please email : peninsula.ca@nhs.net

Your experiences will help us shape future services



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 26th April 2025

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/

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



**MOVE
AGAINST
CANCER.**

FREE!



moveagainstcancer.org



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)



**Royal Devon
Hospitals Charity**



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 10th April 2025 - 9am-12pm

Thursday 24th April 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

**citizens
advice** Plymouth

MACMILLAN CANCER SUPPORT

**citizens
advice**

**Citizens Advice Torridge, North,
Mid & West Devon**



**Royal Devon
Hospitals Charity**

at the

Fern Centre

Registered charity No. 1061384

9.00am - 12.00pm

FIRST FRIDAY MONTHLY

Macmillan and Citizens Advice are providing a specialist welfare benefit service to anyone diagnosed with cancer or their carers. There will be a drop-in an outreach service at the Fern Centre for patients having treatment at North Devon District Hospital.

StopForLife

by **ice**

FREE Stop Smoking Service with coaches to help you create your own personal quit plan, with support over the phone, video call or face-to-face all across Devon

0800 122 3866
stopforlife.devon@nhs.net

ice
Service delivered on behalf of... **Devon County Council**

361 **ENERGY CIC**
Registered charity No. 1211594

AT THE
**Royal Devon
Hospitals Charity**
Fern Centre
Registered charity No. 1061384

Thursday 17th April 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**



Eric's Story



After 73-year-old surfer, Eric Davies, had surgery to remove his prostate gland in 2023, recovering from cancer and getting back on his beloved board were both top of his to-do-list. A surfer for more than 50 years, Eric from Braunton was determined to 'keep on keeping on' and his journey to recovery – and getting back into the ocean – has been helped along with regular yoga sessions at the Fern Centre. Eric says he can't imagine a life without surfing and that the sessions at the cancer wellbeing centre have helped him to regain the physical flexibility and mental agility he needs to ride the waves.

This is Eric's story...

"I was diagnosed with prostate cancer in 2023 after my local doctor set up PSA (Prostate-Specific Antigen) tests, which over a period of time showed the presence of cancer that was slowly increasing. I was referred to the Urology Department at North Devon District Hospital and set on a course of scans and biopsies. The former was easy to deal with, although the biopsies were challenging but doable.

"The NHS staff were brilliant and helpful every step of the way and I travelled to several hospitals where they had capacity to do whichever test. These included my local hospital in Barnstaple, as well as Exeter, Tiverton and Ottery St Mary. I felt like a hospital tourist but I didn't mind because if they could fit me in, I was there!

"After more scans and biopsies, I had a nuclear bone scan to check if my cancer had escaped. Luckily it hadn't. The big choice was then to undergo radiotherapy or similar, or an operation to remove my prostate gland. A couple of my surfing mates had also been diagnosed with prostate cancer and opted to have theirs removed and they were getting on with their lives albeit as a new version of themselves and seemed to be enjoying life.

"So, I decided to opt for the operation and a few anxious months passed waiting for the date, always aware, and hoping that my cancer had not spread to other parts of my body (no point in having an op to remove the prostate gland if another part of the body had been infected).

"Operation day came and went with no hitches and again excellent treatment and care from NHS staff. Although performed by a very skilled surgeon, he actually controlled a robot to make the various incisions and I think I had about seven holes in my stomach area, all neatly stitched up and now all but disappeared.

"The two-month initial recovery isn't a cruise but there is help from the nurse managing your recovery and then the Fern Centre was introduced into the conversation. It's a place where you and fellow cancer patients can go to meet, socialise, have a coffee or tea and check out classes including very accessible yoga, massage and focus groups, all in a super friendly atmosphere.

"My recovery progress went step-by-step with small percentage improvements. The first challenge is to regain control of your bladder and mastering your pee bag strapped to your leg; you feel vulnerable but just have to go for it if you want to venture out. It's all about planning and anticipating being in the right place at the right time to empty it. It felt like emptying a wine box with that familiar tap to drain.

"After a week, the catheter is removed and your next step is no bag and to control when you pee. There's help all the way with a nurse managing your progress. The key to gaining control is by doing pelvic floor muscle exercises. Apparently, it's second nature to women as they need to control pee with less help from Mother Nature as they also use this exercise after childbirth. I don't want to go on about pelvic floor muscle exercises but it's now your single most important challenge to regain full control of your bladder. So, the trick is to learn where these muscles are and isolate them and send tensioning messages to just these muscles, clench your butt cheeks and the muscles below your stomach (pelvic floor I think), all without tensing heaps of other muscles and keep breathing. Practise, practise, practise.... next you'll become a Tena man! Yes, a really cool conversation starter with your mates, but actually Tena life is OK.

"Slowly but surely, you'll decrease the size of your pads and eventually go no-pad – that's a special day! Sometimes you'll get caught out with a leak, usually a mini leak. I still wear a small pad for yoga or where instant loo access is difficult – journeys, crowded places, public transport, etc. Not mine but a mate's tip was to always wear black trousers, as the leaks don't show!

"OK so now I am out and about, living my new life and hospital contact is now minimal with just three-monthly blood tests (PSA) which one hopes and should be showing minimal or zero presence of cancer which is where I am now. After two years in the clear I believe tests will be six-monthly.

"I mentioned the Fern Centre earlier and initially I thought like a lot of blokes, I won't need to go there, but it was the best post-cancer operation thing I did. The yoga classes at the Fern Centre have helped me immensely both physically and mentally to get back to surfing again. And I have met a whole array of folk who each had a different cancer experience, many of whom were still under treatment and observation.

"So, my advice is to fill any gaps in your life between hospital and your recovery by getting involved with the ever-welcoming Fern Centre."

Keep on Keeping on

Eric talks about his recovery from cancer and his passion for surfing in a short film called 'Keep on Keeping on'. Filmed in North Devon by Bristol-based filmmaker Tom Bowman, the film won 'Shortie of the Year' at the London Surf Film Festival in November 2024. You can watch the film here: https://youtu.be/g-c1R_gwEY4



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!

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



rdh.theferncentre@nhs.net



www.royaldevoncharity.org.uk/fern-centre



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