

Lifestyle and Wellbeing

Personalised Care monthly news from the Fern Centre




Thank you to everyone for your continued support of the Fern Centre.


We raised a staggering £1,166 at our recent Quiz Night at the Royal North Devon Golf Club, which will enable us to continue to support North Devon patients living with and beyond cancer. We will be returning to the Royal North Devon Golf Club in Westward Ho! on Friday 25th July for our next Bingo Night.

We would love to see you all at Swimbridge Village Hall on Sunday 8th June for the Big Breakfast to raise funds for the Fern Centre

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 on Monday 5th May and Monday 26th May for the Bank Holidays and will reopen at 9.00am on the Tuesday mornings.



Monthly Hubs

FOR PEOPLE LIVING WITH AND BEYOND CANCER

If you are unable to make it to the Fern Centre, we hold outreach hubs at Holsworthy and Ilfracombe each month!

Bringing the
FernCentre
closer to you!



Royal Devon Hospitals Charity

Going *over* and *above* for your local NHS

Registered Charity No. 1051884

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



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Tuesday 6th May 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

Drumming and Percussion Circle

Next Hub - Tuesday 3rd 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

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*



MACMILLAN CANCER SUPPORT



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 14th May 2025

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

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



MACMILLAN CANCER SUPPORT



3.15pm - 3.50pm
Chair Yoga with Gill



Next Hub - Thursday 8th June 2025
Manor Suite, Holsworthy Memorial Hall

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



Royal Devon Hospitals Charity



What's on

May 2025

Date	Time	Activity
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.
Friday, May 2	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
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.
Monday, May 12	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, May 13	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday, May 14	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub Holsworthy Hospital, Holsworthy, EX22 6JQ.
Thursday, May 15	10.00am - 2.00pm	361 Energy CIC Support Hub. Drop-in.
Friday, May 16	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday, May 19	11.00am - 1.00pm	Bladder and Kidney Support Group. Drop-in.
Monday, May 19	NO SESSIONS	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, May 21	10.00am - 12.30pm or 1.00pm - 3.30pm	Fatigue and Cancer Focus Group. Email: peninsula.ca@nhs.net to register.

Continued...

Date	Time	Activity
Thursday, May 22	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, May 22	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, May 22	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday, May 26	BANK HOLIDAY	CENTRE CLOSED.
Tuesday, May 27	10.30am - 12.30pm	Heart Centred Mindfulness with Paul Beard. Booking required.
Thursday, May 29	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, May 29	10.00am - 12.00pm	Look Good Feel Better: Skincare and Makeup. Booking required.
Friday, May 30	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Monday, June 2	10.00am - 11.30am	Fern Gardening Group. Booking required.
Monday, June 2	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, June 3	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub. Lantern Centre, Ilfracombe, EX34 9QB.
Tuesday, June 3	2.00pm - 3.30pm	Look Good Feel Better: HeadWrappers. Booking required.
Wednesday, June 4	9.00am - 1.00pm	Moving Forward. Booking required.
Thursday, June 5	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, June 5	10.00am - 2.00pm	361 Energy CIC Support Hub. Drop-in.
Friday, June 6	9.00am - 12.00pm	Financial Advice with Macmillan/CAB. Drop-in.
Friday, June 6	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday, June 9	10.00am - 11.30am	Fern Gardening Group. Booking required.
Monday, June 9	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 or scan here



Follow us...



@rdhcferncentre



@TheFernCentre



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



**Royal Devon
Hospitals Charity**



STRUMMIN'

and

HUMMIN'

at the

Fern Centre

2pm - 4pm

Thursday 8th May 2025

Thursday 22nd May 2025

Thursday 5th June 2025

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



Royal Devon
Hospitals Charity





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



@swallowsgroup

JustGiving

Mid Devon Ostomy Support Group 2025 meetings

2pm - 4pm

Saturday 8th February

CUI, 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



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



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.



Royal Devon
Hospitals Charity



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

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

HEART CENTRED MINDFULNESS

with Paul Beard

10.30am - 12.30pm

Tuesday 27th May 2025

Join Paul in this exciting new workshop where we'll be taking mindfulness further through connecting with the energy centre of the heart, through focussed moment-to-moment awareness. Learning to consistently connect with our heart centre strengthens our ability to engage with life literally more 'wholeheartedly' and supports our mental and emotional resilience.

Mindfulness practice involves facing ourselves; a heart connection is a wonderful inner support to mindfulness practice as the heart naturally takes the fear out of facing ourselves.

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

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

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



Fern Centre



Royal Devon Hospitals Charity

Fern Centre



FERN GARDENING GROUP

at the
Fern Centre
with
The Gardeners Co.

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

NEW!

Gardening basics
Growing mushrooms
Growing microgreens
Composting
Gardening for wildlife
Natural arts/crafts

NEW!

A 6-week activity - open to all!

10.00am - 11.30am each Monday
Monday 2 June - Monday 7 July 2025

DIY projects - raised beds, hedgehog
houses, shelves etc for the
Fern Centre Garden

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



Royal Devon
Hospitals Charity

Fern Centre

dogleg acoustic duo



Fundraiser for the

Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384



*Performing an eclectic
mix of original songs!*



Sunday 18th May

7.30pm – 10.30pm

at the

Palladium Club, Bideford, EX39 2DE

TEA AND CAKE AFTERNOON

2.00pm – 4.00pm

THURSDAY 29 MAY

BRATTON FLEMING VILLAGE HALL

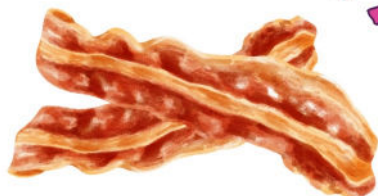
**ALL PROCEEDS
TO SUPPORT THE**

Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384



BIG BREAKFAST



**8.30am
to
12.00pm**



SUNDAY 8 JUNE 2025

SWIMBRIDGE VILLAGE HALL

**ALL PROCEEDS
TO SUPPORT THE**

Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384



Royal Devon
Hospitals Charity
FernCentre

**Royal Devon Hospitals
Charity Race Night**
in aid of the



Fern Centre

Friday 11th July 2025

kindly hosted by Queen Anne's Café, The Strand,
Barnstaple

(Ticket only entry)

Doors open at 6:30pm Eat at 7:15pm first race: 8pm

(Licensed Bar)



**Tickets £18 pp to include:
entrance, meal, and lucky number draw.**

(Cash only on the Tote - £1 per tote ticket, please bring change if possible)

Want to own a horse?

Only £2 and you don't have to stable it!! For more

information and ticket sales contact either:

Royal Devon Hospitals Charity (01271 311772)

Queen Anne's Café (01271 325232)

Your support will be much appreciated



**Royal Devon
Hospitals Charity**

FernCentre

JOIN A FOCUS GROUP !

Have you recieved 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

Nicola Jane

Barnstaple Fitting Clinic

SINCE
1984
The #1 Breast Care Experts

Book Your FREE Post-Surgery Fitting

CLINIC DATES

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

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

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 8th May 2025
Thursday 22nd May 2025
Thursday 29th May 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

QI GONG

at the
Fern Centre

2pm - 3pm

Thursday 1st May 2025

Thursday 5th June 2025

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!



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

CHAKRA DANCING

with Jackie

at the
Fern Centre

10.30am - 11.30am

Friday 2nd May 2025

Friday 6th June 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 5th May - **BANK HOLIDAY**

Monday 12th May - 1.30pm and 2.45pm

Monday 19th May - **NO SESSIONS**

Monday 26th May - **BANK HOLIDAY**

Monday 2nd June - 1.30pm and 2.45pm

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



Royal Devon
Hospitals Charity



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 8th May 2025 - 9am-12pm

Thursday 22nd May 2025 - 9am-12pm

Thursday 5th June 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

Friday 2nd May 2025

Friday 6th June 2025

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 15th May 2025
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.

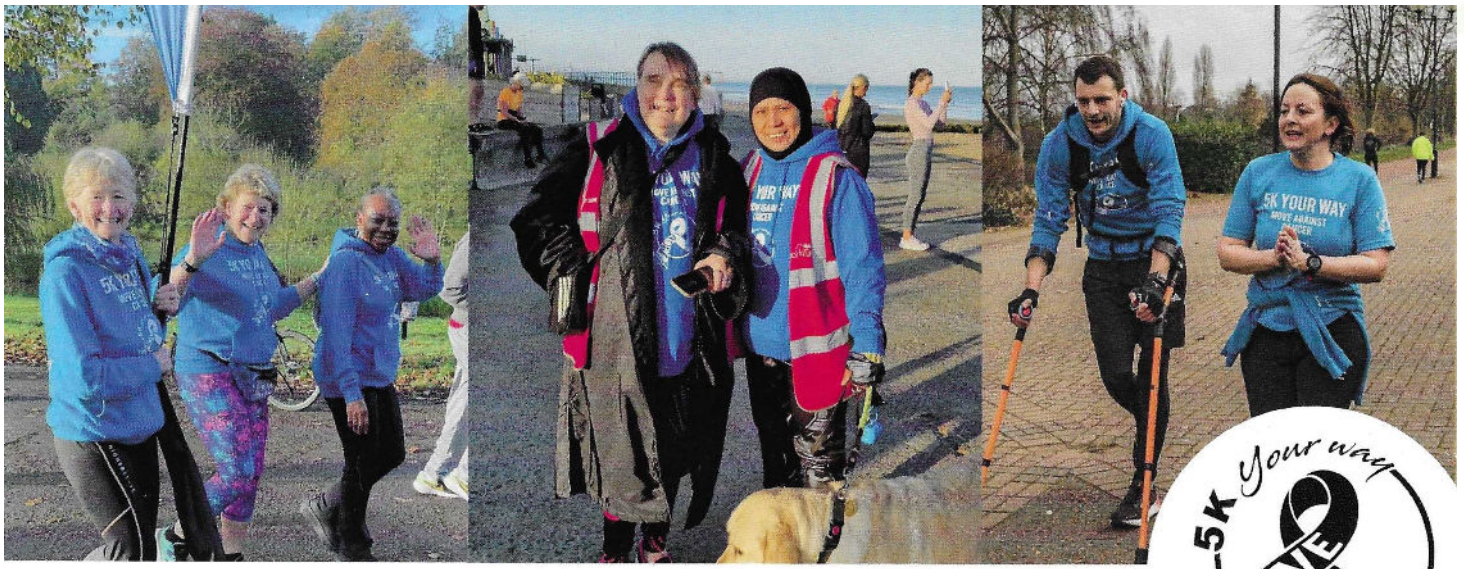
We don't sell anything – we are a 100% not-for-profit, working to help our North Devon and Torridge community.

**Call us on 01271 599361
or email: info@361energy.org**



**Royal Devon
Hospitals Charity**

Fern Centre



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 31st May 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/channel/UC...)
[@5KYourWayMoveAgainstCancer](https://www.facebook.com/5KYourWayMoveAgainstCancer)
[@moveagainstcancercharity](https://www.instagram.com/moveagainstcancercharity)
[@MOVEcharity](https://www.x.com/MOVEcharity)



**Royal Devon
Hospitals Charity**

Fern Centre



TEST FEST 2025

MUSIC FESTIVAL



TAUNTON RFC SAT 21ST JUNE

THE HOOSIERS

BREAK BEAT BANDITS



Sebastian & Me

WOODY

THE JAMESTOWN BROTHERS

THE KAHUNAS

ROCK CHOIR

sam swancott

LEWIS POOLE



BAYKA

SOY SAUCE FROG

Maddie Jane Warren

St Fian

ChloeMarie Aston

Peck N Peck

RELOAD

ROSARY DRIVE



NUTTY NOAH

DS Tyler

VAMPIRE DISCO

AI Beats

Buy Your
Tickets
Here



CHILDREN'S ART & CRAFT WORKSHOPS
TOMBOLA, DRUMS & GAMES
CAMPING - BAR - FOOD - STALLS
FREE SILENT DISCO

CHILDREN 12 AND UNDER FREE



GRAPHIC MILL

ESTD. 1816

SHEPPY'S

MASTER OF CIDER

It's in the Bag



TESTFEST.ORG.UK



Royal Devon
Hospitals Charity

Fern Centre

UROLOGY TALKS

with Advanced Clinical Practitioner - Urology

Rachel Skews

at the



Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

ERECTILE DYSFUNCTION (ED)

Improving sexual dysfunction before, during, and after bladder and prostate cancer.

5.30pm - 6.30pm

Monday 2nd June

BLADDER COMPLICATIONS

Improving bladder dysfunction before, during, and after bladder and prostate cancer.

5.30pm - 6.30pm

Monday 23rd June



Royal Devon
Hospitals Charity

Fern Centre

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...

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 @TheFernCentre



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rduh.theferncentre@nhs.net



www.royaldevoncharity.org.uk/fern-centre



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