

# Lifestyle and Wellbeing

## Personalised Care monthly news from the Fern Centre

We would like to express our gratitude to Graham Kingsbury for the kind donation of the wonderful carved owl for the Fern Centre Garden. Our thanks also go to the Facilities Team for installing it for us.



Many thanks also to Tracy and Steve who raised £200 at their Dogleg gig at The Palladium Club in Bideford on 18<sup>th</sup> May 2025.



We would love to see you all at Swimbridge Village Hall on Sunday 8<sup>th</sup> June 2025 for a delicious Big Breakfast to raise funds for the Fern Centre.

Carers Week is running from Monday 9<sup>th</sup> June until Sunday 15<sup>th</sup> June this year, with many events planned throughout the area. Devon Carers will be at North Devon District Hospital on Tuesday 10<sup>th</sup> June 2025.

There is still some availability for our Bingo Night at the Royal North Devon Golf Club on Friday 25<sup>th</sup> July 2025.

We are also planning some exciting activities to celebrate the 5<sup>th</sup> Anniversary of the Fern Centre in July - so keep your ear to the ground for details soon.

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.

Best wishes

Tara

# 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  
**Fern Centre**  
closer to you!



**Royal Devon  
Hospitals Charity**

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

Registered Charity No. 1061394

*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)



**Royal Devon  
University Healthcare**  
NHS Foundation Trust

## Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**10.00am - 12.00pm  
Tuesday 3<sup>rd</sup> June 2025**

Lantern Centre, 44 High Street  
Ilfracombe, EX34 9QB

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



**10.00am - 11.20am  
Reiki or Tuning Fork  
Taster Sessions**



**11.30am - 12.00pm  
Mindful Meditation**

**Next Hub: Tuesday 1<sup>st</sup> July 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)



## Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**2.00pm - 4.00pm on the  
Thursday 12<sup>th</sup> June 2025**

Manor Suite, Holsworthy Memorial Hall  
North Road, Holsworthy, EX22 6HF

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



Bringing the  
**Fern Centre**  
closer to you!



**Next Hub: Thursday 10<sup>th</sup> July 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)



**Royal Devon  
Hospitals Charity**





# What's on

## June 2025

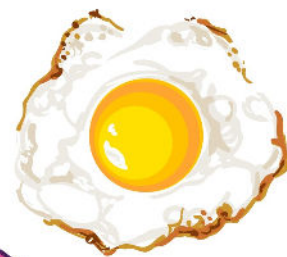
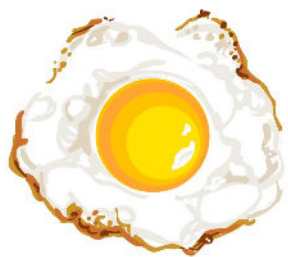
Date	Time	Activity
Monday, June 2	10.00am - 11.30am	Fern Gardening Group (1 of 6) Booking required.
Monday, June 2	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Monday, June 2	5.30pm - 6.30pm	Urology Talk - Erectile Dysfunction (ED). Drop-in.
Tuesday, June 3	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Tuesday, June 3	2.00pm - 3.30pm	HeadWrappers with Look Good Feel Better. Booking required.
Wednesday, June 4	9.00am - 1.00pm	Moving Forward (1 of 2) Booking require.
Thursday, June 5	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday, June 5	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, June 5	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. 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.
Sunday, June 8	8.30am - 12.00pm	Fern Big Breakfast at Swimbridge Village Hall. Drop-in.
Monday, June 9	10.00am - 11.30am	Fern Gardening Group (2 of 6). Booking required.
Monday, June 9	10.00am - 11.30am	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, June 10	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday, June 11	9.00am - 1.00pm	Moving Forward (2 of 2) Booking require.
Wednesday, June 11	2.00pm - 3.00pm	Healthy Eating - Part 1. Drop-in.
Thursday, June 12	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.

Continued...

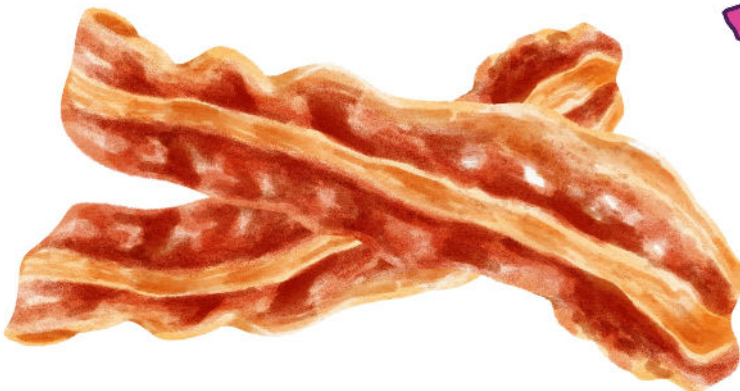
Thursday, June 12	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Monday, June 16	10.00am - 11.30am	Fern Gardening Group (3 of 6) Booking required.
Monday, June 16	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday, June 18	10.00am - 11.30am	Gynae Support Group. Drop-in.
Thursday, June 19	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, June 19	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, June 19	10.00am - 12.00pm	Macrame Workshop. Booking required.
Thursday, June 19	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday, June 20	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday, June 23	10.00am - 11.30am	Fern Gardening Group (4 of 6) Booking required.
Monday, June 23	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Monday, June 23	5.30pm - 6.30pm	Urology Talk - Bladder Complication. Drop-in.
Tuesday, June 24	10.30am - 12.30pm	Connect With Your Body Through Intuitive Movement with Paul Beard. Booking required.
Thursday, June 26	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday, June 26	10.00am - 2.00pm	361 Energy CIC Support Hub. Drop-in.
Friday, June 27	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Friday, June 27	2.00pm - 4.00pm	Fun With Crystals For Wellbeing. Booking required.
Monday, June 30	10.00am - 11.30am	Fern Gardening Group (5 of 6) Booking required.
Monday, June 30	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday, July 1	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Tuesday, July 1	10.30am - 12.30pm	Tapping (Emotional Freedom Technique) Booking required.
Wednesday, July 2	10.00am and 11.00am	Seated Yoga and Mindfulness with Naomi. Booking required. £3 per session.
Thursday, July 3	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday, July 3	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in







# 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 





## 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](http://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

## PROSTATE CANCER PARTNERS SUPPORT GROUP

10.00am - 12.00pm

Friday 27<sup>th</sup> June 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](mailto:helen.gough5@nhs.net) for more details  
and to let me know you're planning to join us.

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 [RDH.CHARITY@NHS.NET](mailto:RDH.CHARITY@NHS.NET) OR CALL 01271 311772

OR  
SCAN  
HERE



Royal Devon  
Hospitals Charity

Registered charity number: 1063004



The Different Travel  
Company



Royal Devon  
Hospitals Charity

Fern Centre



# SEATED YOGA AND MINDFULNESS

Coming soon to the

 Royal Devon  
Hospitals Charity

**Fern Centre**

Registered charity No. 1061384



We are incredibly excited to share with you all that Naomi will soon be bringing her Seated Yoga and Mindfulness sessions to the Fern Centre.

The first sessions will take place in the group room at the Fern Centre at:  
**10.00am and 11.00am on Wednesday 2<sup>nd</sup> July 2025**

There will be a £3 charge per 45-minute session and you will need to complete a brief health screening form to ensure that is safe for you to join the activity.

Naomi's mindful wellbeing sessions are down-to-earth, inclusive and friendly, suitable for people from all walks of life and starting points. Using simple, profound healing art practices of mindful chair yoga, bioenergetic movement and breath-work, sessions are carefully crafted to enhance mind-body wellness and quality of life in a safe, compassionate space.

Empowerment: improving intention, motivation and confidence

Perspective: shaping and building positive focus, concentration and resilience

Physical Wellbeing: building joint mobility, ease, strength, co-ordination, & flexibility

Connection: enjoying sessions in a supportive, welcoming group.

## About Naomi:

Thirty-five years after first sitting on a meditation cushion, I'm still passionate about exploring how simple, profound practices of mindfulness and yoga can shape and transform lives, and open up a flow of happiness, energy, and awareness on many levels. friends, cooking sourdough loaves, and spending as much time in the sea or wild spaces as possible.

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





daylight

## Welcome to Daylight!

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

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

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

**MACMILLAN**  
CANCER SUPPORT



## What you'll learn

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



### Learn how to relax

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



### Control your worry

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



### Tackle unhelpful thoughts

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



### Address your fears

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

Begin your journey to worrying less:

1

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

or scan the QR code below to create your free account



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

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

**Sleepio**

## Don't let cancer stop you sleeping

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

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



### How does Sleepio work?

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

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

### Is it effective?

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

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

Start sleeping better tonight:

1

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

or scan the QR code below to create your free account



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

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

**MACMILLAN**  
CANCER SUPPORT

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





**Carers Week**  
9-15 June 2025



**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](http://devoncarers.org.uk)

03456 434 435

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

# Carers Week

9th – 15th June Here's what's happening at **libraries** across Devon!

We will be holding **information stands** in libraries around Devon during Carers Week.

Come and have a chat with us about the **free services** available and ask any other questions you might have.

Mon 9th June	Barnstaple Library	9.30am – 3.30pm
Thurs 12th June	Pinhoe Library	10am – 1pm
Fri 13th June	Ottery St Mary Library	10am – 3.30pm
Sat 14th June	Okehampton Library	9am – 1pm



# Carers Week

9th – 15th June Here's what's happening at the **National Trust!**

This Carers Week you can use your Carers ID card to get free entry for you and the person you care for into the National Trust properties below.

We will also be holding stands at the properties and there will be free activities available – check our website for more information.

Mon 9th June	Killerton House
Wed 11th June	Castle Drogo
	Coleton Fishacre
Thurs 12th June	Lydford Gorge
Fri 13th June	Buckland Abbey
Sat 14th June	A la Ronde
Sun 15th June	Arlington Court



# Carers Week

**Visit our stand at local hospitals**

**Pop along and chat with us:**

**Tuesday 10th June**  
North Devon District Hospital  
10am – 3.30pm

**Pop along and chat with us:**

**Thursday 12th June**  
Royal Devon & Exeter Hospital  
10am – 3.30pm



**Royal Devon Hospitals Charity**



# Need help and support with cancer?

## The Macmillan Buddy Service

Get support that is right for you

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

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

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

Karen, in Essex

**MACMILLAN**  
CANCER SUPPORT

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



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](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)

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



**Fern Centre**



**Royal Devon Hospitals Charity**

**Fern Centre**



# CONNECT WITH YOUR BODY THROUGH INTUITIVE MOVEMENT

with Paul Beard

10.30am - 12.30pm

Tuesday 24<sup>th</sup> June 2025

Put simply, intuitive movement can be any kind of movement that feels right to do. In this light-hearted session, Paul will initially guide you in a form of movement inspired by gentle slow flow hatha yoga, qi gong and freestyle dance as a basis for you to connect with your own intuition and develop your own movements.

Intuitive movement is a powerful and direct way to listen to and connect with our bodies and practice letting them guide us as to what we need to physically move / stretch / shift / release - bringing us revitalisation, inner harmony and an increased sense of wellbeing in mind, body and essence.

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**   
Registered charity No. 1061384



# 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](mailto:rduh.theferncentre@nhs.net) for more details or to book your place.



# Macramé Workshop



Royal Devon Hospitals Charity

at the  
**Fern Centre**

Registered charity No. 1061384

10.00am - 12.00pm  
Thursday 19<sup>th</sup> June 2025

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

# STRUMMIN' and HUMMIN'

at the  
Royal Devon Hospitals Charity  
**Fern Centre**

Registered charity No. 1061384

2pm - 4pm

Thursday 5<sup>th</sup> June 2025  
Thursday 19<sup>th</sup> June 2025  
Thursday 3<sup>rd</sup> July 2025

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



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

Fern Centre

# TAPPING

## EMOTIONAL FREEDOM TECHNIQUE

at the



Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 4.00pm

Friday 27<sup>th</sup> June 2025

This fun and informal workshop offers a highly effective technique to manage and reduce our stress levels as we go through our day and manage the challenges of an illness or long term condition. Stress, worry, frustration and anger is a normal part of our lives but when it becomes prolonged and the demands exceed our expectations of how we will cope, then these emotions can have a major negative impact upon our well being.

There are many ways to manage stresses of our daily lives and in this workshop you will learn how and why tapping works. By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities.

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





### Clinics to be held on the following dates:

Thursday 19 <sup>th</sup> June 2025	Thursday 11 <sup>th</sup> September 2025
Thursday 26 <sup>th</sup> June 2025	Thursday 18 <sup>th</sup> September 2025
Thursday 10 <sup>th</sup> July 2025	Thursday 9 <sup>th</sup> October 2025
Thursday 24 <sup>th</sup> July 2025	Thursday 16 <sup>th</sup> October 2025
Thursday 31 <sup>st</sup> July 2025	Thursday 20 <sup>th</sup> November 2025
Thursday 14 <sup>th</sup> August 2025	Thursday 27 <sup>th</sup> November 2025
Thursday 21 <sup>st</sup> August 2025	Thursday 11 <sup>th</sup> December 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.

**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)



look good **feel better**

FACING CANCER WITH CONFIDENCE

Royal Devon Hospitals Charity



## 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



Book a workshop

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

Registered charity no. 1031728



### BRA FITTING SERVICES AVAILABLE AT THE



### ON THE FIRST THURSDAY OF EVERY MONTH

Thursday 5 <sup>th</sup> June 2025	Thursday 2 <sup>nd</sup> October 2025
Thursday 3 <sup>rd</sup> July 2025	Thursday 6 <sup>th</sup> November 2025
Thursday 7 <sup>th</sup> August 2025	Thursday 4 <sup>th</sup> December 2025
Thursday 4 <sup>th</sup> September 2025	

CONTACT THE FERN CENTRE ON 01271 311855 / [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) OR YOUR CLINICAL NURSE SPECIALIST FOR MORE INFORMATION



Royal Devon Hospitals Charity







£3 per session

Registered charity No. 1061384

Monday 2<sup>nd</sup> June - 1.30pm and 2.45pm  
Monday 9<sup>th</sup> June - 1.30pm and 2.45pm  
Monday 16<sup>th</sup> June - 1.30pm and 2.45pm  
Monday 23<sup>rd</sup> June - 1.30pm and 2.45pm  
Monday 30<sup>th</sup> June - 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!

# CHAKRA DANCING



Registered charity No. 1061384

10.30am - 11.30am  
Friday 6<sup>th</sup> June 2025  
Friday 4<sup>th</sup> July 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](mailto:rduh.theferncentre@nhs.net) to book your place!

# QI GONG



Registered charity No. 1061384

2pm - 3pm

Thursday 5<sup>th</sup> June 2025

Thursday 3<sup>rd</sup> July 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](mailto:rduh.theferncentre@nhs.net) to book your place!



£3 per session

Registered charity No. 1061384

45-minute sessions

10.00am and 11.00am  
Wednesday 2<sup>nd</sup> July 2025

Using simple, profound healing art practices of mindful chair yoga, bioenergetic movement and breath-work, sessions are carefully crafted to enhance mind-body wellness and quality of life in a safe, compassionate space.

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





# FUN WITH CRYSTALS FOR WELLBEING

at the



Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm  
Tuesday 1<sup>st</sup> July 2025

Crystals are not only beautiful to look at and hold but have their own specific uses for wellbeing. This workshop will explore how we can use and wear crystals not only for our own personal health but also for our environment. We will learn how to cleanse and look after crystals and how to pick the right ones for us.

We will experience using crystals for chakras and to relax within a crystal "bath"!

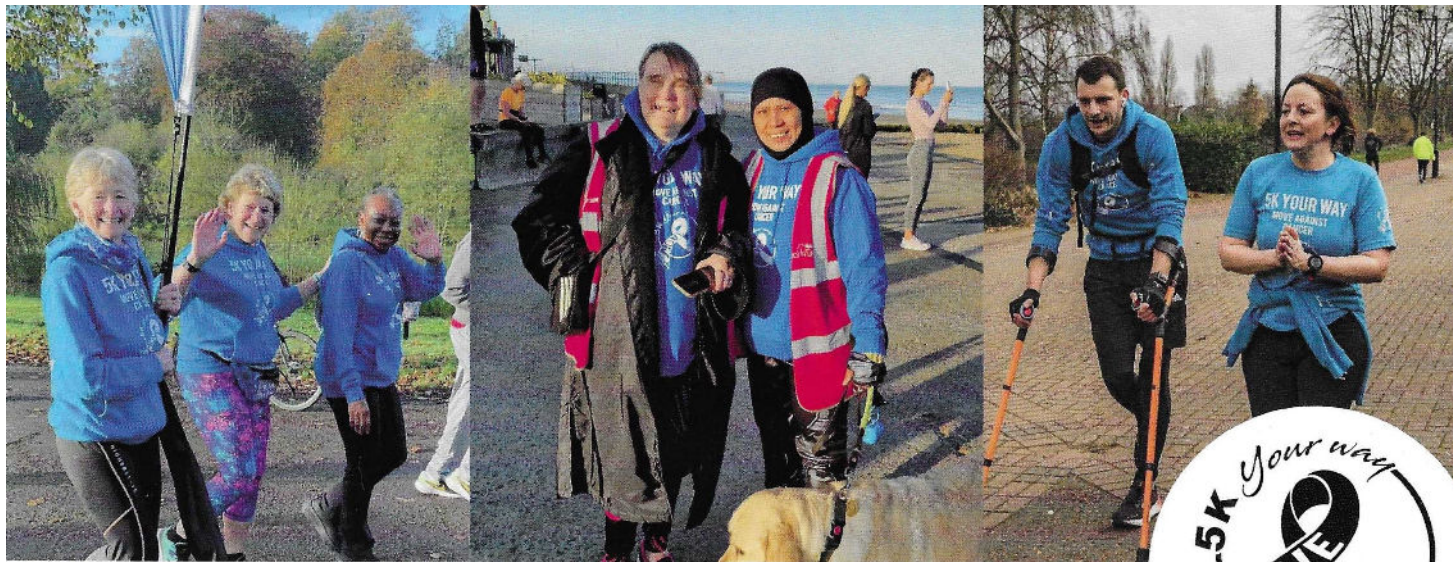
Contact the Fern Centre on 01271 311855 or  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) to book your place!



Royal Devon  
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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 28<sup>th</sup> June 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/](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)   
[@moveagainstcancercharity](https://www.instagram.com/moveagainstcancercharity)   
[@MOVEcharity](https://www.x.com/MOVEcharity)



## 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 5<sup>th</sup> June 2025 - 9am-12pm

Thursday 19<sup>th</sup> June 2025 - 9am-12pm

Thursday 3<sup>rd</sup> July 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 6<sup>th</sup> June 2025**

**Friday 4<sup>th</sup> July 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

Devon 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 26<sup>th</sup> June 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**



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# 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 2<sup>nd</sup> June

## BLADDER COMPLICATIONS

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

5.30pm - 6.30pm

Monday 23<sup>rd</sup> June



Royal Devon  
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**Fern Centre**

# Fern Centre Walk This Way

WITH THE  
South West  
Coast Path  
Association

## Thursday 10th April 2025



Meeting at the Croyde National Trust Car Park at 10.00 am. It should take about 2 hours and then coffee and cake in the National Trust café, adjacent to the car park. The walk takes the group on the lower path out to Baggy Point and the higher path back. The path is initially sealed then after ½ a mile is good but some rough parts. We will have good views of the coast including Croyde Bay, Bideford Bay, Hartland Point and Lundy Island to the west and at Baggy we should see north to Morte Point. We can expect to spot Wheatear and Stonechats and other sea birds.

Nearer Baggy Point the path is close to the cliff edge. There is a higher path that avoids going near the cliff, we can split the group between lower and higher path and meet at Baggy Point and all walk back via the higher path route. Please ask if you require more information.

Walk Name: Walk This Way (Fern Centre): Baggy Point

Max Group size (including walk team): 15

Date: Thursday 12<sup>th</sup> June 2025

Meeting place: Baggy Point National Trust Car Park EX33 1PA

W3W: kneeled.mashing.assurance

Main walk leader: Huw Davies - 07482 452046

Overall distance: 3 Miles

Refreshments: After the walk we will visit National Trust Cafe

Toilet provision: NT Car Park

Attendees: Fern Centre and family

Parking/transport: As Above

Plan of the session:

Estimated time and activity

- 10.00: Meet and greet group
- 10.05: Intro chat
- 10.10: Head out towards Baggy Point
- 11.00: Arrive Baggy Point
- 12.00: return to NT Car Park and cafe

## We're here to support you

Thank you for reading the Fern Centre monthly Lifestyle and Wellbeing newsletter. If you would like to find out more about the Fern Centre and the support available to patients in North Devon, you can get in touch using the contact details below.

Alternatively, if you're at North Devon District Hospital, please pop in for a cuppa and a chat. The centre is open Monday to Friday from 9am-4.30pm and you'll find us opposite the maternity unit.

The Fern Centre is only here thanks to the incredible fundraising efforts of the local community and the centre continues to be funded by Royal Devon Hospitals Charity (formerly known as Over and Above). If you would like to make a donation to support our work, please scan the QR code. Thank you.



Follow us...

- @rdhcferncentre
- @TheFernCentre



01271 311855



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



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



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