

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

The Fern Centre opened five years ago as a result of a fundraising appeal by the Royal Devon Hospitals Charity (known as Over and Above at the time) and the amazing generosity of the local community.

The centre and the services provided continue to be funded through the charity to benefit people living with and beyond cancer in the northern area of the Royal Devon University Healthcare NHS Foundation Trust.

We are looking forward to seeing many of you at our next Bingo Night at the Royal North Devon Golf Club in Westward Ho! on Friday 25th July. We have a few spaces left, so book soon to avoid disappointment.

We have some very special events planned for Monday 28th July to celebrate the 5th Anniversary of the centre opening - more details will be released soon!

Our first ever Big Breakfast on Sunday 8th June was a great success, serving over 100 breakfasts in just 2½ hours and raising an amazing £963.50.

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. 1061384

*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

Thursday 10th July 2025

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

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



**MACMILLAN
CANCER SUPPORT**

Bringing the

Fern Centre

closer to you!



TTV's

Next Hub: Thursday 14th August 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



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 1st July 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
Face/Chair Yoga

Next Hub: Tuesday 5th August 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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre

What's on

July
2025

Date	Time	Activity
Tuesday 1 st July	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Tuesday 1 st July	10.30am - 12.30pm	Tapping (Emotional Freedom Technique) with Karen. Booking required.
Wednesday 2 nd July	10.00am and 11.00am	Seated Yoga and Mindfulness with Naomi. Booking required. £3 per session.
Thursday 3 rd July	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday 3 rd July	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 3 rd July	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 4 th July	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Monday 7 th July	10.00am - 11.30am	Fern Gardening Group (6 of 6). Booking required.
Monday 7 th July	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 8 th July	TBA	Hospital Chaplaincy at the Fern Centre. Revd. Jonathan Daniel for 1:1 appointments.
Wednesday 9 th July	10.30am - 12.30pm or 2.00pm - 4.00pm	Hand Reflexology with Jo. Booking required.
Thursday 10 th July	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 10 th July	TBA	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 10 th July	10.00am - 12.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 10 th July	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 11 th July	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday 14 th July	11.00am - 1.00pm	Bladder and Kidney Support Group. Drop-in.
Monday 14 th July	No sessions	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 17 th July	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.



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Thursday 17 th July	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.
Thursday 17 th July	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 18 th July	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday 21 st July	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 22 nd July	11.00am - 1.00pm	Look Good Feel Better: HeadWrappers. Booking required.
Wednesday 23 rd July	2.00pm - 4.00pm	Haematology Support Group. Drop-in.
Thursday 24 th July	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 24 th July	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Friday 25 th July	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Friday 25 th July	Doors open 6.30pm Eyes down 7.00pm	Bingo at the Royal North Devon Golf Club. Booking required.
Monday 28 th July	All day	5th Anniversary Celebration. See posters for full details.
Tuesday 29 th July	10.30am - 12.30pm	Mindfulness for Pain Management with Paul Beard. Booking required.
Thursday 31 st July	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 31 st July	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 1 st August	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 1 st August	10.30am - 11.30pm	Chakra Dancing with Jackie. Booking required.
Monday 4 th August	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 5 th August	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Wednesday 6 th August	10.00am - 11.30am	Gynae Support Group. Drop-in.
Thursday 7 th August	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Wednesday 13 th August	2.00pm - 3.00pm	Healthy Eating with Emily Watts. Drop-in.
Thursday 14 th August	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.



**Royal Devon
Hospitals Charity**

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BINGO NIGHT

£10

per book
of 6 cards

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

Friday 25th July

Doors open: 6.30pm

Eyes down: 7.00pm

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





Lets **talk** about it

Scan the QR code or search
'Man Down Devon'
on Facebook



Man Down UK is a non-profit Community Interest Company, dedicated to supporting men with mental health challenges.

Informal, peer-led talking groups across the UK, providing a safe, judgment-free space for men to share their struggles and connect with others who understand.

Free to attend – nothing to book – just turn up.
Confidential and non-judgmental peer support.
Share or just listen – it's up to you.
No pressure, no obligation.

support@mandown.org

MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 18th July 2025

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

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

Macrame

with Richard

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.00am - 12.00pm

Thursday 17th July 2025

Contact the Fern Centre on 01271 311855 or
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 3rd July 2025
Thursday 17th July 2025
Thursday 31st July 2025

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



**Royal Devon
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Fern Centre

Fern Centre

Registered charity No. 1061384

5th

ANNIVERSARY

Monday
28th July 2025

CELEBRATIONS
THROUGHOUT
THE DAY

The Fern Centre is located opposite the
Ladywell Unit at North Devon District Hospital.





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



COGNITIVE BEHAVIOURAL THERAPY WORKSHOP

FOR THE MANAGEMENT OF HOT FLUSHES,
NIGHT SWEATS, SLEEP & STRESS
FOLLOWING THE TREATMENT OF BREAST
CANCER



15TH, 22ND, 29TH SEPTEMBER
& 6TH, 13TH 20TH OCTOBER
(ALL SESSIONS NEED TO BE ATTENDED)



10AM - 12PM

(Drinks provided - feel free to bring
your own food)



THE FERN CENTRE,
NORTH DEVON DISTRICT
HOSPITAL, EX31 4JB

SPACES ARE LIMITED

IF YOU WOULD LIKE TO FIND OUT MORE INFORMATION
OR BOOK A PLACE PLEASE CONTACT

Breast Care Team: 01271 349115
rduh.breastcare@nhs.net



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

Registered charity No. 1061384



HAND REFLEXOLOGY

with Jo

Fern Centre Complementary Therapist

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Wednesday 9th July 2025

10.30am - 12.30pm

or

2.00pm - 4.00pm

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



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Fern Centre

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 July 2025 - 9am-12pm

Thursday 24th July 2025 - 9am-12pm

Thursday 14th August 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

**citizens
advice** Plymouth

MACMILLAN CANCER SUPPORT

**citizens
advice**

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

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

9.00am - 12.00pm

Friday 4th July 2025

Friday 1st August 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 outreach service at the Fern Centre for patients having treatment at North Devon District Hospital.



StopForLife
by **ice**
Devon

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 Devon County Council

361 
ENERGY CIC
Registered charity No. 1211594

at the
Fern Centre
Registered charity No. 1061384

Thursday 3rd July 2025 • Thursday 17th July 2025
Thursday 7th August 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
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Fern Centre



at the
Royal Devon
Hospitals Charity
Fern Centre

£3 per
session

Registered charity No. 1061384

Monday 7th July - 1.30pm and 2.45pm

Monday 14th July - No sessions

Monday 21st July - 1.30pm and 2.45pm

Monday 28th July - No sessions

Monday 4th August - 1.30pm and 2.45pm

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

CHAKRA DANCING

at the
Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384

10.30am - 11.30am

Friday 11th July 2025

Friday 1st August 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!

QI GONG

at the
Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384

2pm - 3pm

Thursday 10th July 2025

No session in August

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!

SEATED YOGA
AND
MINDFULNESS
at the
Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384

£3 per
session

45-minute
sessions

10.00am and 11.00am

Wednesday 2nd 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 to book your place!



**Royal Devon
Hospitals Charity**
Registered charity No. 1061384

Fern Centre

daylight

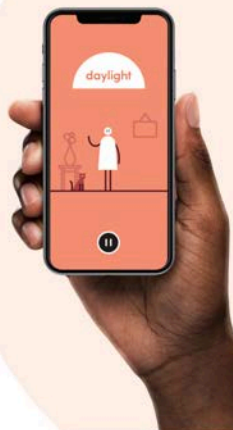
Welcome to Daylight!

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

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

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

MACMILLAN
CANCER SUPPORT



What you'll learn

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

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

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

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

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

Begin your journey to worrying less:

1 For instant access, visit:
trydaylight.com/macmillan

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.



MACMILLAN
CANCER SUPPORT

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

How does Sleepio work?

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

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

Is it effective?

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

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

Start sleeping better tonight:

1 For instant access, visit:
sleepio.com/macmillan

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.

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).



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

TALKWORKS

DEVON'S NHS TALKING THERAPIES SERVICE

FREE Wellbeing Workshops from the NHS

Improving Sleep

- Tuesday 1st July - 14:30
- Wednesday 9th July - 13:00
- Tuesday 29th July - 14:30
- Thursday 7th August - 10:00
- Wednesday 13th August - 09:30
- Tuesday 19th August - 17:30

You can find more information on the website at www.talkworks.dpt.nhs.uk or by calling 0300 555 3344 to speak to a member of the team.



Royal Devon Hospitals Charity
Registered charity No. 1061384



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



look good feel better
FACING CANCER WITH CONFIDENCE

We help with the physical effects of cancer treatment.

We can support anyone with:



Make-up techniques



Skincare and nailcare



Haircare, wigs and headwear



Eyebrows and eyelashes



Shaving and grooming



Mindfulness and exercise

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



Find out more lgfb.co.uk



Call us on 01372 747 500



AT THE

Royal Devon Hospitals Charity

FernCentre

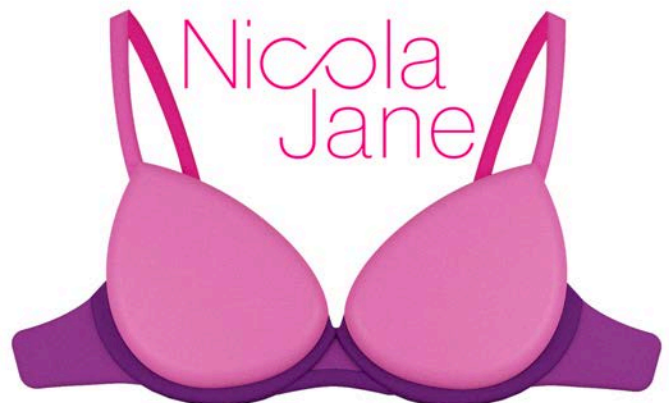
Registered charity No. 1061384

Clinics to be held on the following dates:

Thursday 19th June 2025
Thursday 26th June 2025
Thursday 10th July 2025
Thursday 24th July 2025
Thursday 31st July 2025
Thursday 14th August 2025
Thursday 21st August 2025

Thursday 11th September 2025
Thursday 18th September 2025
Thursday 9th October 2025
Thursday 16th October 2025
Thursday 20th November 2025
Thursday 27th November 2025
Thursday 11th December 2025

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



BRA FITTING SERVICES AVAILABLE AT THE

Royal Devon Hospitals Charity

FernCentre

Registered charity No. 1061384

ON THE FIRST THURSDAY OF EVERY MONTH

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

CONTACT THE FERN CENTRE ON 01271 311855 / rduh.theferncentre@nhs.net OR YOUR CLINICAL NURSE SPECIALIST FOR MORE INFORMATION



**Royal Devon
Hospitals Charity**
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FernCentre



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



Our amazing Adele has won another award!



This was the 'Managers Overall Award' for the person who has gone above and beyond the call of duty.

Darren (Head of Facilities) came down to present the award on Tuesday 17th June with Sharon .

It was lovely and Adele was so surprised!

The Radar Key Company



Proven to reliably unlock all the toilets – since 1992

People with some types of disability prefer our UNIQUE, large headed keys.

Able-fingered people normally prefer to have the lighter, small headed keys.

Changing Places Guides
Free and fully featured for finding 1700+ Changing Places (and similar toilets) plus guiding you right to the toilet door, whether by foot, car, train or bus, in five languages.

Buy keys online / by phone
www.radarkey.org
01395 265543

Sole suppliers for 25 years to and

The Unique Radar Key Company Gold Standard Keys

Opens all the existing locks with the ultimate ease and reliability. Improved design, manufacturing and keycutting.

UNIQUE raised edges on smooth ergonomic handle for maximum grip and leverage - The opposite of having a thickened centre which tapers down to sharp edges

One-piece SOLID BRASS keyblank eliminates the possibility of handle weakness or sharp weld-flash at this point

SUPREMELY ACCURATE KEYCUTTING
SUPREMELY RELIABLE KEYCUTTING
Our purpose built, computerised key cutting machines UNIQUELY allow extra machining operations, very specific rounding of the cuts and the tight tolerances which ensure reliable operation of our key in all the locks

DEPENDABLE QUALITY CONTROL
Every single key is tested by a master locksmith on two Radar toilet locks (not the much simpler, Radar Padlock)

Two enlarged keyring holes allow the user to individually tailor the extra leverage available from their keyring and other keys on their bunch

Octagonal shaft gives easy identification for partially sighted users.

Bevelled keystop for smooth key removal

One-piece solid brass keyblank eliminates possibility of flag weakness or excessive weld-flash, which can obstruct key insertion

Fully rounded nose to aid easy insertion

Disabled people depend on their Radar Key Company Gold Standard NKS key to certainly & effortlessly open what will be, the only accessible toilet which is nearby

Made in UK

WWW.RADARKEY.ORG

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

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



Royal Devon Hospitals Charity

Registered charity No. 1061384

Fern Centre

MINDFULNESS FOR PAIN MANAGEMENT

WITH PAUL BEARD

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 29th July 2025

Amazingly, clinical trials show that regular mindfulness meditation can be as powerful as prescription painkillers, as well as enhancing the body's natural healing systems.

Mindfulness practice can also reduce the anxiety, low mood, depression, irritability, exhaustion and insomnia that arises from chronic pain and illness.

Join Paul for this popular one-off session that will introduce you to the skillful use of mindfulness for effective pain management and resources to go on with.

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



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre

HEALTHY EATING

Drop-in Talk with
Emily Watts - Oncology Dietician

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

2.00pm - 3.00pm

Wednesday 13th August 2025

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



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Hospitals Charity

Registered charity No. 1061384

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.**

8.40am meet for 9.00am start

Saturday 26th July 2025

Rock Park, Barnstaple, EX32 9AQ

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://www.twitter.com/@MOVEcharity)



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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384



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

Royal Devon Hospitals Charity
Registered charity number: 1061384

FIRE

walk

BARNSTAPLE

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

SCAN TO SIGN UP!




Royal Devon Hospitals Charity

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 OR CALL 01271 311772

OR SCAN HERE



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Registered charity number: 1061384

The Different Travel Company



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  www.royaldevoncharity.org.uk/fern-centre



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