

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

The Fern Centre, and services for people living with and beyond cancer in North Devon, continue to be supported through the generosity of local people, the Royal Devon Hospitals Charity and the tireless efforts of our team of superhero volunteers.

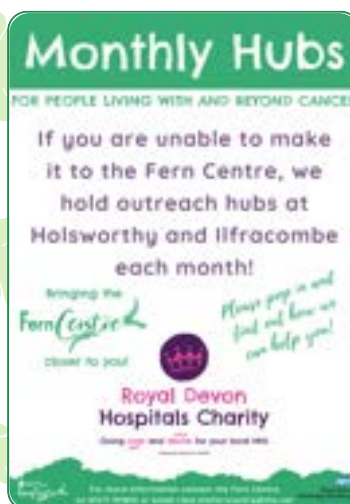
For those who may find it more difficult to visit the centre, we now hold outreach hubs each month at Holsworthy (second Thursday) and Ilfracombe (first Tuesday). Full details, including the venues, can be found on page 2 of this newsletter.

We are looking forward to returning to The Cedars Inn on Thursday 25th September for another exciting and informative Lifestyle and Wellbeing Fair.

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

*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 14th August 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!



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

Next Hub: Thursday 11th September 2025

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 5th August 2025

Lantern Centre, 44 High Street
Ilfracombe, EX34 9QB

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



Bringing the
Fern Centre
closer to you!



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

Next Hub: Tuesday 2nd September 2025

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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384



What's on

August
2025

Date	Time	Activity
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.
Thursday 7 th August	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday 7 th August	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Monday 11 th August	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 12 th August	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday 13 th August	2.00pm - 3.00pm	Healthy Eating with Emily Watts. Drop-in.
Thursday 14 th August	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 14 th August	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 14 th August	10.00am - 12.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 14 th August	10.00am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 14 th August	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 15 th August	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday 18 th August	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 28 th August	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 21 st August	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 21 st August	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.



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Hospitals Charity**
Registered charity No. 1061384



Date	Time	Activity
Monday 25 th August	BANK HOLIDAY	CENTRE CLOSED
Tuesday 26 th August	10.30am - 12.30pm	Mindfulness for Life's Challenges with Paul Beard. Booking required.
Thursday 28 th August	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 28 th August	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 29 th August	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Monday 1 st September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 2 nd September	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Wednesday 3 rd September	10.30am - 12.30pm	Energy for Wellbeing with Karen Thomas. Booking required.
Thursday 4 th September	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday 4 th September	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 4 th September	10.30am - 12.30pm	Qi Gong with Ali. Booking required.
Friday 5 th September	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 5 th September	2.00pm - 3.00pm	Chakra Dancing with Jackie. Booking required.
Monday 8 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 9 th September	TBA	Hospital Chaplaincy at the Fern Centre. Revd. Jonathan Daniel for 1:1 appointments.
Wednesday 10 th September	10.00am - 11.30am	Gynae Support Group. Drop-in.
Thursday 11 th September	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 11 th September	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 11 th September	10.00am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 11 th September	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 11 th September	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.





We had great fun joining the charity fundraising team at the Pilton Green Man Day - it was lovely to catch up with so many of you there.

Thank you to everyone who supported our Bingo Night at the Royal North Devon Golf Club - the total raised was an amazing **£1685.65**! We have already started preparing to return on Friday 7th November for a Quiz Night.

Where can we begin with our 5th Anniversary Garden Party other than to say a massive THANK YOU to everyone!

Special thanks to Ulitimate Buble, the Ilfracombe Red Petticoats and the Fern Centre's very own Strummin' and Hummin' group for keeping us all entertained.

Each person who donated books, crafts, goodies for the cake sale and tombola prizes played a valuable part in making the day very special.

Thank you so very much to our tireless team of volunteers and staff who ensured that everything was in the right place at the right time - we really couldn't have done it without you!

Most of all, thank you to everyone who came along to help us make the celebrations memorable and we look forward to ensuring that the Fern Centre continues to support people in North Devon who are living with and beyond cancer for many years to come. The total raised was ... **£1305.43**!!

Following from the news of Adele's award last month, we can now share that she used her prize to get a new cooker, which she christened in true Adele fashion by baking loads of delicious treats for our 5th Anniversary Garden Party!





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



[theswallows.org.uk](https://www.facebook.com/theswallows.org.uk)



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

JustGiving

Mid Devon Ostomy Support Group 2025 meetings

2pm - 4pm

Saturday 8th February

CUK, Convoys & Medicare Plus coming

Saturday 10th May

see for Outlook & Registration 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

MINDFULNESS FOR LIFE'S CHALLENGES WITH PAUL BEARD



10.30am - 12.30pm

Tuesday 26th August 2025

Regular mindfulness practice has been proven to be a powerful way to manage challenging, stressful experiences, strengthen resilience and manage emotions. In this popular one-off session, Paul will focus on the use of mindfulness specifically in the midst of difficult experiences and more generally during a stressful period in your life. We will look at the use of mindfulness with real life cancer-related examples, such as the time of diagnosis, physical illness, treatment side effects, pain, overthinking and associated intense emotional states.

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

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

Fern Centre

Lifestyle and Wellbeing Fair

For people living with and beyond cancer

10.00am - 2.30pm

Thursday 25th September 2025

at the

Cedars Inn, Bickington Road, Barnstaple, EX31 2HE



MACMILLAN.
CANCER SUPPORT



TALKS IN THE ORANGERY

10.15am - 11.00am
Seated Yoga

11.30am - 12.15pm
Patient Experience

12.30pm - 1.15pm
Keeping Active

1.30pm - 2.15pm
Eating Well



WILTSHIRE
EST. FARM 1991
FOODS



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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 14th August 2025 - 9am-12pm

Thursday 28th August 2025 - 9am-12pm

Thursday 11th September 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

 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 1st August 2025

Friday 5th September 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

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

361 
ENERGY CIC
Registered charity No. 1211594

at the
 Fern Centre
Registered charity No. 1061384

Thursday 7th August 2025 • Thursday 21st August 2025

Thursday 4th September 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

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.



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



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 & Relax 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 Challenge exercise to identify and challenge 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@daylight.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 85% 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"
—Aileen, 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 professionals providing support to people living with cancer.

TALKWORKS

DEVON'S NHS TALKING THERAPIES SERVICE

FREE Wellbeing Workshops from the NHS

Improving Sleep

• 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





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 15th August 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.

North Devon Prostate Cancer Support Group



**SUPPORTING
PROSTATE
CANCER UK**

What we do:

2 Separate activities

- (1) We go for manageable walks over flattish terrain every other Thursday morning starting at 10:00 am. We normally manage to find somewhere we can get a coffee, cake or even a bacon butty if you wish. We aim to find a location with WC facilities. People friendly dogs on leads welcome.
- (2) Also we like to meet up once a month in Barnstaple for a coffee and a general chat on a Friday morning

Who can join us:

Any past, present or even new prostate cancer sufferer and or their wives, partners, carers, etc.

Join us on our Facebook page to find more details.

WE ARE NOT AN ALTERNATIVE TO ANY MEDICINE ADVICE

Important Note: All walks are done at the walkers own risk. The weather cannot be guaranteed.

STRUMMIN' and HUMMIN'

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2pm - 4pm

**Thursday 14th August 2025
Thursday 28th August 2025
Thursday 11th September 2025**

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



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Fern Centre



at the
 Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384

£3 per
session

Monday 4th August - 1.30pm and 2.45pm

Monday 11th August - 1.30pm and 2.45pm

Monday 18th August - 1.30pm and 2.45pm

Monday 25th August - BANK HOLIDAY

Monday 1st September - 1.30pm and 2.45pm

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

QI GONG

at the

 Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2pm - 3pm

No session in August

Thursday 4th September 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
rdh.theferncentre@nhs.net to book your place!

**BREAST
CANCER
NOW** The research &
support charity

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



breastcancer.org/movingforward



0345 077 1893



movingforward@breastcancer.org



look good feel better
FACING CANCER WITH CONFIDENCE



Book a
workshop

We help with the physical effects of cancer treatment.

We can support anyone with:



Make-up
techniques



Skincare
and medicine



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



Find out more lgfb.co.uk



Call us on 01372 747 500



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre


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 17th September 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!

CHAKRA DANCING

at the
Royal Devon
Hospitals Charity
Fern Centre
Registered charity No. 1061384

10.30am - 11.30am

Friday 1st August 2025

Friday 5th September 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!



BRA FITTING SERVICES AVAILABLE AT THE

Royal Devon
Hospitals Charity
Fern Centre
Registered charity No. 1061384

ON THE FIRST THURSDAY OF EVERY MONTH

Thursday 7 th August 2025	Thursday 6 th November 2025
Thursday 4 th September 2025	Thursday 4 th December 2025
Thursday 2 nd October 2025	

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



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

Clinics to be held on the following dates:

Thursday 14 th August 2025	Thursday 16 th October 2025
Thursday 21 st August 2025	Thursday 20 th November 2025
Thursday 11 th September 2025	Thursday 27 th November 2025
Thursday 18 th September 2025	Thursday 11 th December 2025
Thursday 9 th October 2025	

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



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Fern Centre



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

WOULD YOU LIKE TO BE PART OF A NEW SMALL PEER SUPPORT GROUP?

DO YOU HAVE CHORODIAL MELANOMA (EYE CANCER) AND/OR OTHER EYE CANCERS?

WOULD YOU LIKE TO SPEAK TO PEOPLE IN A SIMILAR SITUATION?



A local resident is trying to meet people going through similar health conditions and start a small peer support group.

IF YOU ARE INTERESTED CONTACT:
CONNECT@LIVEWELLINBRAUNTON.CO.UK



Cancer Care Map

Cancer Care Map is an online resource to help people living with cancer find care and support services in their local area, anywhere in the UK. The website is run by cancer charity, The Richard Dimbleby Cancer Fund.

For more information,
scan the QR code
or visit
cancercaremap.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

ENERGY FOR WELLBEING

WITH KAREN THOMAS

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 4.00pm

Wednesday 3rd September

This fun and informal workshop will show you different ways that will reset your energy for the day. The techniques shown will help rebalance your body and mind and enhance your resilience to stress.

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

2025
REGISTRATION
NOW
OPEN

TOPLESS SWIM

@tunnelsbeaches

DARE TO **BARE** IN SUPPORT
OF YOUR LOCAL **NHS!**

REGISTER
ONLINE



£25
ENTRY

TUNNELS BEACHES, ILFRACOMBE

SUNDAY 19TH
OCTOBER, 2025

LADIES
ONLY!

NEW
DATE
FOR
2025

FIRE walk

🔥 WEDNESDAY 12TH NOVEMBER, 2025
🔥 NORTH DEVON DISTRICT HOSPITAL
🔥 REGISTRATION £25

TAKE A
WALK ON
THE WILD
SIDE FOR
YOUR NHS



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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384





SUMMER BBQ AT QUEEN ANNE'S CAFE BARNSTAPLE

AUGUST 16TH FROM 6.30PM
LICENSE BAR, LIVE MUSIC

£15 per person **FAMILY & FRIENDS WELCOME**
CONTACT GRAHAM KINGSBURY 01271 370672

TO BOOK YOUR TABLE
£10 DEPOSIT BY AUGUST 2ND
£5 BALANCE PAYABLE ON NIGHT

Fern Centre Walk This Way



WITH THE
**South West
Coast Path
ASSOCIATION**

On the second Thursday of each month,
the South West Coast Path Association
provides a walk exclusively for Fern
Centre Walkers to enjoy the local
countryside.

10.00am

Thursday 14th August 2025
Brownsham to Blackchurch Rock

Please contact Huw Davies on 07482 452046
for further details.

Visit the South West Coast Path Association website at
southwestcoastpath.org.uk

SeaChange
RETIRES

"The cure for anything is saltwater:
sweat, tears or the sea." - Erik Dinesen

**SURF & WELLBEING RETREATS
FOR ADULTS IMPACTED BY CANCER**
NEWQUAY, CORNWALL



RECOVERING AFTER CANCER RETREAT - OCTOBER 11TH & 12TH 2025
For those who've completed treatment and are navigating life after cancer.

LIVING WITH CANCER RETREAT - OCTOBER 18TH & 19TH 2025
For people living alongside a diagnosis of currently incurable cancer.

immerse yourself in the ocean
Build connections through shared experiences
Strengthen your body through surf and yoga
Learn new skills and feel refreshed with specialist workshops

**COST TO JOIN
FREE**

Find out more and book your place at seachangeretreats.org

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**QUIZ
NIGHT**

£5
per person
6 per team

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

Friday 7th November 2025

Doors open: 6.30pm
Start: 7.00pm

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



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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.**

8.40am meet for 9.00am start

Saturday 30th August 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.x.com/@MOVEcharity)

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



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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



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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