

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

We are really excited to be holding our next Lifestyle and Wellbeing Fair at the Cedars Inn this month.

The idea of the Lifestyle and Wellbeing Fair is to highlight a range of support available to patients and their families in the Fern Centre and with their clinical nursing teams. We will also have the social prescribing teams and health and wellbeing teams within the GP surgeries of Barnstaple, Bideford and Braunton to let you know of support they can offer.

The community plays a big part in supporting recovery from long term conditions and we want to encourage supported self-management and give the people living with and beyond cancer the tools to do this. Macmillan CA, 361 energy, Devon Carers, South West Water, Vista Wellbeing, Stop for Life, National Energy Agency, See Hear - Living Options, Kay Kendall Leukaemia Fund to mention some of the stands for you browse.

We also have M&S, Boots Macmillan Beauty Advisors, SW Coast Path and therapies for you to have taster sessions of reiki or reflexology.

Introducing people to skills and interests after treatment and through recovery is a really important part of why we are putting on this event. We want to people to tap into new ideas and give them the opportunity to trying new things.

We have 4 talks during the event in the Orangery at the times below so that you pick the time that is right for you to visit:

- 10.15 am - 11.00am - Seated Yoga - small movements = big change - you don't know until you try!
- 11.15 am -11.45am - Patient Experience - 3 patients share what they have done to keep fit
- 12.00pm- 12.45pm - Keeping Active; Living with and beyond a cancer diagnosis
- 1.00pm - 2.00pm - Eating Well - Oncology dietician Emily Watts and LWBC dietician Debra

Tara

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



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



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



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 2nd September 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 session.



11.30am - 12.00pm
Sound Bath

Next Hub: Tuesday 7th October 2025

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

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



Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm

Thursday 11th September 2025

Manor Suite, Holsworthy Memorial Hall

North Road, Holsworthy, EX22 6HF

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



Bringing the



closer to you!

Next Hub: Thursday 9th October 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



What's on

September
2025

Date	Time	Activity
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	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 5 th September	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 5 th September	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Monday 8 th September	11.00am - 1.00pm	Bladder and Kidney Support Group. Drop-in.
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. Rev. Jonathan Daniel for 1:1 appointments.
Tuesday 9 th September	10.00am - 12.00pm	Look Good Feel Better: Skincare and Makeup. Booking required.
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.
Monday 15 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



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Date	Time	Activity
Wednesday 17 th September	10.00am and 11.00am	Seated Yoga and Mindfulness with Naomi. Booking required. £3 per session.
Thursday 18 th September	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 18 th September	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 19 th September	10.00am - 11.30am	Men's Support Group. Drop-in.
Monday 22 nd September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 25 th September	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 25 th September	10.00am - 2.30pm	Lifestyle and Wellbeing Fair at the Cedars Inn. Drop-in.
Thursday 25 th September	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 26 th September	10.30am and 12.00pm	Secondary Breast Support Group. Drop-in.
Saturday 27 th September	8.40 am meet	5K Your Way at Rock Park, Barnstaple. 5K Your Way and Parkrun registration required.
Monday 29 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 30 th September	10.30am - 12.30am	Heart-Centred Mindfulness with Paul Beard. Booking required.
Thursday 2 nd October	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday 2 nd October	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 2 nd October	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 3 rd October	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Friday 3 rd October	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Monday 6 th October	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 7 th October	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Tuesday 7 th October	2.00pm - 4.00pm	Fun With Crystals for Wellbeing with Karen Thomas. Booking required.
Thursday 9 th October	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.



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



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NHS
Royal Devon
University Healthcare
NHS Foundation Trust



**Royal Devon
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Registered charity No. 1061384

FernCentre

The Swallows

Head & Neck Cancer Support Group
Registered Charity Number: 1149794

Head & Neck Cancer Patient & Caregiver Group Monthly Meeting



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

Our meetings are held on the
2nd Thursday of every month,
from 6.30pm till 8.30pm
Everyone Welcome

You can just drop in
ask for Jim Turner



For more information
Email:
info@theswallows.org.uk
or Call
01253 428 940



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

HEART-CENTRED MINDFULNESS WITH PAUL BEARD



10.30am - 12.30pm

Tuesday 30th September 2025

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

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

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

Bude Cancer Support Cancer Café



2nd & 4th
MONDAY
monthly
(excluding Bank Holidays)

1.30-
3.30pm

Room 1
The
Parkhouse
Centre
Bude



Royal Devon
Hospitals Charity
Registered charity No. 1061384





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



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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 11th September 2025 - 9am-12pm

Thursday 25th September 2025 - 9am-12pm

Thursday 9th October 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 5th September 2025

Friday 3rd October 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 4th September 2025

Thursday 18th September 2025

Thursday 2nd October 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

FUN WITH CRYSTALS FOR WELLBEING

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 4.00pm

Tuesday 7th October 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 to book your place!



Royal Devon
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Fern Centre

daylight

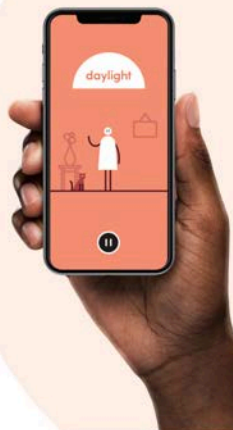
Welcome to Daylight!

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

If you are feeling stressed, anxious, are experiencing ongoing low mood, or are having difficulty sleeping, the NHS can help. **TALKWORKS** is a free and confidential NHS Talking Therapies service, here to help adults over the age of 18 across Devon (outside Plymouth), improve their mental and physical wellbeing.

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.

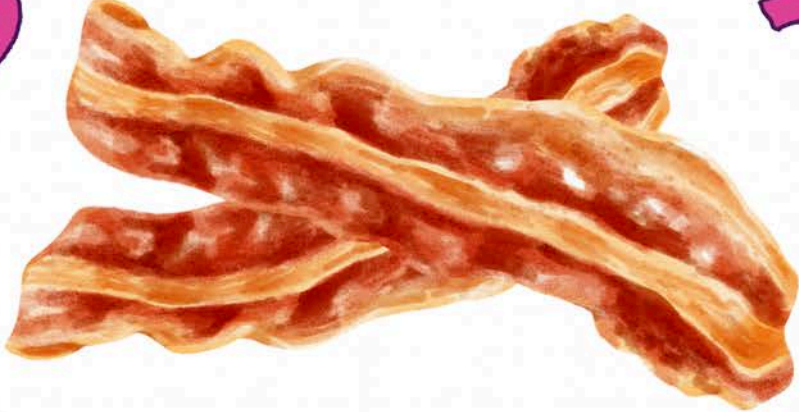


Royal Devon Hospitals Charity
Registered charity No. 1061384





BIG BREAKFAST



From
8.30am

Last orders at 11.30am



SUNDAY 26TH OCTOBER 2025
SWIMBRIDGE JUBILEE HALL



Scan the QR code
for full details.

ALL PROCEEDS TO SUPPORT THE



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



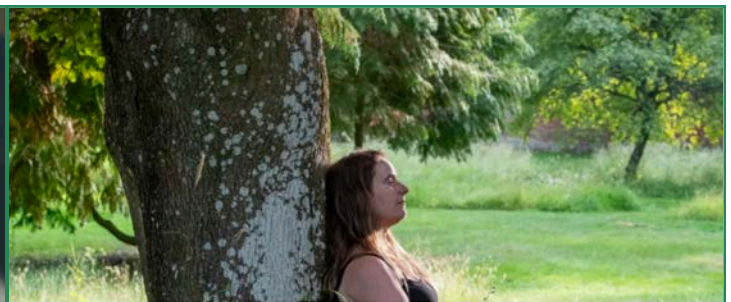
Have you applied for your Carers Break Fund?



"This money gives me the incentive and motivation to take my own needs more seriously."



For more information, visit
devoncarers.org.uk/information-and-advice/looking-after-me/carers-break-fund/



We have partnered with Carefree to provide short hotel breaks for carers!



- At the one-off cost of **£33** (admin fee) you can get a 1-2 night hotel stay
- To be eligible, you must be 18+ and available to provide unpaid care for 30+ hours per week.

For more information, visit
devoncarers.org.uk/support/carefree-breaks/



Carefree

New edition of the free magazine out now!



Scan to read

www.devoncarers.org.uk/magazine



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



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.



at the
 Royal Devon
Hospitals Charity
Fern Centre

£3 per
session

Registered charity No. 1061384

Monday 1st September - 1.30pm and 2.45pm
Monday 8th September - 1.30pm and 2.45pm
Monday 15th September - 1.30pm and 2.45pm
Monday 22nd September - 1.30pm and 2.45pm
Monday 29th September - 1.30pm and 2.45pm

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 4th September 2025

Thursday 2nd October 2025

Qi gong is a system of coordinated body-posture and movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qi gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance the mythical life-force qi.

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

**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 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



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 5th September 2025

Friday 3rd October 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 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



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

Clinics to be held on the following dates:

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.



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Fern Centre



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



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

SeaChange
RETREATS

"The cure for anything is saltwater:
sweat, tears or the sea." - Isak 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 restored with specialist workshops

COST TO JOIN
FREE

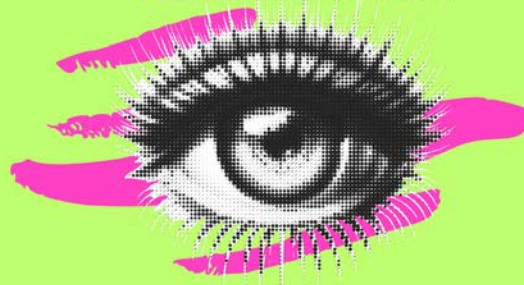
£100 refundable deposit required to secure your place.

Find out more and book your place at seachangeretreats.org

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

DO YOU HAVE CHORODIAL MELONOMA
(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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384





MAN DOWN PROVIDES
INFORMAL TALKING
GROUPS IN THIS COUNTY.

A FREE, NON-JUDGMENTAL
CONFIDENTIAL SAFE SPACE FOR
MEN (18+) TO TALK ABOUT THEIR
MENTAL HEALTH CONCERNS

CHECK OUT OUR WEBSITE FOR
INFO, DATES AND LOCATIONS

MANDOWN-UK.CO.UK

SUPPORT@MANDOWN-UK.CO.UK



Let's talk about it

Barnstaple

Weekly on a MONDAY

7:00 pm - 9:00 pm

Medard House, Bevan Road,
Barnstaple EX32 8LH

Bideford

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Marlborough Court Sheltered
Accommodation - Sanctuary Housing
Association, Park Lane, Bideford EX39
2QT

Ilfracombe

Fortnightly on a WEDNESDAY

7:00 pm - 9:00 pm

Communal Room, The Candar,
Ilfracombe, EX34 9DA

Holsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Holsworthy Area Sports Pavilion, Park
Garve, Holsworthy EX22 6FP

South Molton

Weekly on a TUESDAY

7:00 pm - 9:00 pm

YMCA Centre South Molton, Mill St,
South Molton EX36 4AS

Torrington

Fortnightly on a THURSDAY

7:00 pm - 9:00 pm

The Bickford Centre, 23 South St, Great
Torrington, Torrington EX38 8AA

NORTH DEVON

MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 19th September 2025

Friday 17th October 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 11th September 2025

Thursday 25th September 2025

Thursday 9th October 2025

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



COAST PATH CONNECTOR CELEBRATION WALK

Wednesday 24th September

08:30 - APPLIEDORE

10:30 - BIDEFORD TRAIN STATION

12:00 - INSTOW (SANDY HILLS CAR PARK)

14:00 - FREMINGTON QUAY

15:00 - BARNSTAPLE TRAIN STATION

17:00 - CHIVENOR CROSS

17:30 - BRAUNTON (VELATOR)

Please contact Huw Davies on 07482 452046
for further details.

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



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 11th September 2025

Woolacombe

Please contact Huw Davies on 07482 452046
for further details.

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



Royal Devon
Hospitals Charity
Registered Charity Number: 1061384

TOPLESS SWIM

@tunnelsbeaches

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

TUNNELS BEACHES, ILFRACOMBE

SUNDAY 19TH
OCTOBER, 2025

LADIES
ONLY!

REGISTER
ONLINE



£25
ENTRY



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**
Registered charity No. 1061384





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 27th September 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**

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Fern Centre

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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Fern Centre