

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre



Thank you to everyone who organised, took part in, and attended a very successful Charity Music Day at The Champ in Appledore.

An incredible lineup of talented artists kept a packed venue entertained from 2.00pm until 11.00pm on Sunday 21st September.

- Fern Centre Band • Songbird Anna • Bernie and Kitty •
- Phoebe Bridges • Joe Raynes • Sophie Smiles • Vidris Coda •
- Hoodoos • Chaingang Holler • Mislaid Grenade •
- Clear Waters Deep • Bushpig •

It was lovely to see so many of you at the Lifestyle and Wellbeing Fair at the Cedars Inn on Thursday 25th September.

We have an exiting new activity launching at the Fern Centre this month. Tanya will be holding a six-week art course to be held on a Friday afternoon.

It will soon be time for an amazing band of fearless ladies to “dare to bare” at the Royal Devon Hospitals Charity Topless Swim at the Tunnels Beaches, Ilfracombe, on Sunday 19th October

We are excited to be holding another Big Breakfast at Swimbridge Jubilee Hall on Sunday 26th October. We will be serving from 8.30am - 11.30am!

Places are filling fast for our Quiz Night at the Royal North Devon Golf Club on Friday 7th November - make sure your team secures a table by booking early.

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



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 7th October 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
Chakra Dancing

Next Hub: Tuesday 4th November 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 9th October 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 13th November 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

October
2025

Date	Time	Activity
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	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 3 rd October	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
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	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 9 th October	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 9 th October	10.00am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 9 th October	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 9 th October	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday 13 th October	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 14 th October	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday 15 th October	10.00am and 11.00am	Seated Yoga and Mindfulness with Naomi. Booking required. £3 per session.
Thursday 16 th October	TBA	Wig Fitting Clinic with Natural Image. Booking required.
Thursday 16 th October	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.
Thursday 16 th October	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 17 th October	10.00am - 11.30am	Men's Support Group. Drop-in.



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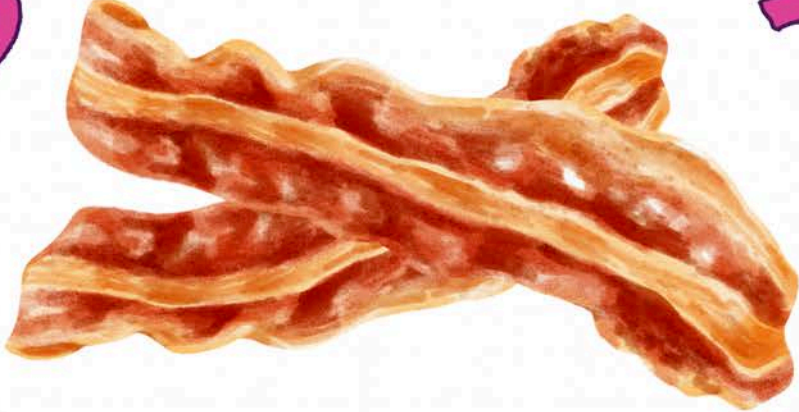


Date	Time	Activity
Friday 17 th October	1.30pm - 3.30pm	Finding Light Art Session with Tanya. (1 of 6) Course of 6 sessions. Booking required.
Monday 20 th October	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Wednesday 22 nd October	2.00pm - 4.00pm	Haematology Support Group. Drop-in.
Thursday 23 rd October	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 23 rd October	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 24 th October	1.30pm - 3.30pm	Finding Light Art Session with Tanya. (2 of 6) Course of 6 sessions. Booking required.
Saturday 25 th October	8.40 am meet	5K Your Way at Rock Park, Barnstaple. 5K Your Way and Parkrun registration required.
Sunday 26 th October	8.30am - 11.30am	Big Breakfast at Swimbridge Jubilee Hall. Drop-in.
Monday 27 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 28 th October	10.30am - 12.30am	Mindfulness for Managing Emotions with Paul Beard. Booking required.
Friday 31 st October	10.30am and 12.00pm	Secondary Breast Support Group. Drop-in.
Friday 31 st October	1.30pm - 3.30pm	Finding Light Art Session with Tanya. (3 of 6) Course of 6 sessions. Booking required.
Monday 3 rd November	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 4 th November	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Wednesday 5 th November	10.00am and 11.00am	Seated Yoga and Mindfulness with Naomi. Booking required. £3 per session.
Thursday 6 th November	TBA	Bra Fitting Clinic with Nicola Jane. Booking required.
Thursday 6 th November	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 6 th November	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 7 th November	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 7 th November	10.30am - 11.30am	Chakra Dancing with Jackie. Booking required.
Friday 7 th November	1.30pm - 3.30pm	Finding Light Art Session with Tanya. (4 of 6) Course of 6 sessions. Booking required.





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

"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

FUN WITH CRYSTALS FOR WELLBEING

at the

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!



**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.

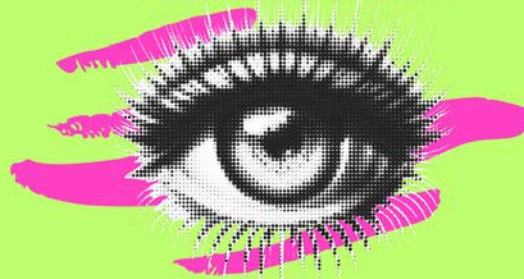
Whether you are newly diagnosed, going through cancer treatment, adjusting to life after treatment or living with a terminal diagnosis, we can give you the tools and support you need to live better with cancer and feel more in control of your life.

www.pennybrohn.org.uk

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

DO YOU HAVE CHORODIAL 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



MINDFULNESS FOR MANAGING EMOTIONS

WITH PAUL BEARD

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 28th October 2025

In this popular one-off session, you will be introduced to (or refreshed in) a powerful mindfulness meditation practice which takes a physical, body-based approach to experiencing, relating to and overcoming our fear of strong emotions.

So often, emotions are felt physically in our bodies as the body's reaction to what's going on in our minds. In this session, highly experienced coach and counsellor, Paul will invite you to tenderly allow and explore this physical feeling of an emotion/s, as an alternative to suppressing or avoiding - to the extent that you choose.

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



Finding Light

Art Sessions

Finding Light, a gentle and inspiring six-week art course led by Tanya Kevern, a recently retired art and design teacher with over 25 years' experience in a North Devon school. Now creating from her cabin in the woods, Tanya paints everything from portraits and pets to still life and landscapes — and loves exploring all things creative.

Tanya has seen and experienced the power of art and how it can truly touch people in all sorts of different ways — from supporting the healing process, to building confidence, to offering a way to articulate and communicate feelings. She sees art as a real channel for everyone.

This welcoming course is all about enjoying the process, not chasing perfection. Whether you're completely new to art or simply curious to try something creative, you'll have the chance to explore colour, shape, and light in a relaxed space — and perhaps discover just how uplifting and freeing making art can be.

The course invites participants to explore the fundamental elements of art — shape, colour, composition, and the interplay of light and dark — using simple still-life exercises. The focus is on enjoying the creative process, experimenting with media, and building confidence, rather than achieving a “perfect” outcome.

Participants will start with accessible dry media such as pencils, markers, and pens, and gradually progress to acrylic painting to explore colour and light more fully. Activities are hands-on, adaptable to all abilities, and designed to foster a sense of calm, focus, and creative expression.

Duration: 17th Oct – 21st Nov. Six weekly sessions.
Friday afternoons 1:30 – 3:30



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



ART SESSIONS

SIX RELAXED SESSIONS -
DISCOVER HOW LIGHT AND SHADOW
CREATE DEPTH AND MAKE
OBJECTS APPEAR THREE-DIMENSIONAL.
LEARN TO MIX PAINT,
EXPERIMENT WITH TONE AND
SHADING, AND CREATE
SIMPLE STILL-LIFE
DRAWINGS AND PAINTINGS.

OCT 17TH - NOV 21ST 2025

FRIDAY AFTERNOONS

1:30 - 3:30

DESIGNED FOR EVERYONE,
WHETHER YOU'VE NEVER PICKED
UP A PENCIL BEFORE OR
WANT TO REKINDLE YOUR LOVE OF ART.

@The

Fern Centre



Contact The Fern Centre on 01271 311855 to book your place
or email: rduh.theferncentre@nhs.net



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre

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

The Swallows
Head & Neck Cancer Support Group
Registered Charity Number: 1149794



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



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



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





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 6th October - 1.30pm and 2.45pm
Monday 13th October - 1.30pm and 2.45pm
Monday 20th October - 1.30pm and 2.45pm
Monday 27th October - 1.30pm and 2.45pm
Monday 3rd November - 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 2nd October 2025

Thursday 27th November 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



10.00am and 11.00am
 Wednesday 15th October 2025
 Wednesday 5th November 2025

Sessions may help you to improve:

- Tension, stress and pain management
- Mobility and range of joint movement, flexibility, co-ordination & balance
- Vitality and energy levels, resilience and circulation
- Relaxation, immunity & sleep
- Motivation, focus and confidence

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

CHAKRA DANCING



10.30am - 11.30am
 Friday 3rd October 2025
 Friday 7th November 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



ON THE FIRST THURSDAY OF EVERY MONTH

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



WIG FITTING SERVICES



Clinics to be held on the following dates:

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.



Royal Devon Hospitals Charity
 Registered charity No. 1061384



daylight

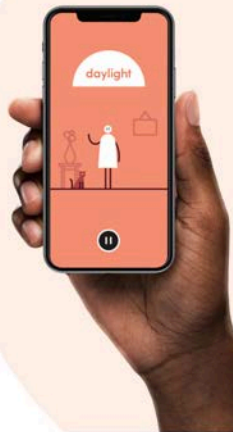
Welcome to Daylight!

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.

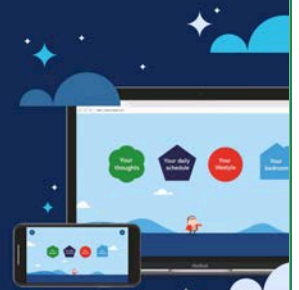
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

FREE Wellbeing Workshops from the NHS

IMPROVING SLEEP

Thursday 16 October @ 17:30
Tuesday 21 October @ 13:30
Wednesday 29 October @ 11:00
Tuesday 4 November @ 17:30
Thursday 13 November @ 13:00
Monday 1 December @ 09:15
Tuesday 9 December @ 17:30
Thursday 18 December @ 12:30

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



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 9th October 2025 - 9am-12pm

Thursday 23rd October 2025 - 9am-12pm

Thursday 13th November 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

**citizens
advice** Plymouth

MACMILLAN CANCER SUPPORT

**citizens
advice**

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



Royal Devon
Hospitals Charity

at the

Fern Centre

Registered charity No. 1061384

9.00am - 12.00pm

Friday 3rd October 2025

Friday 7th November 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 2nd October 2025

Thursday 16th October 2025

Thursday 6th November 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



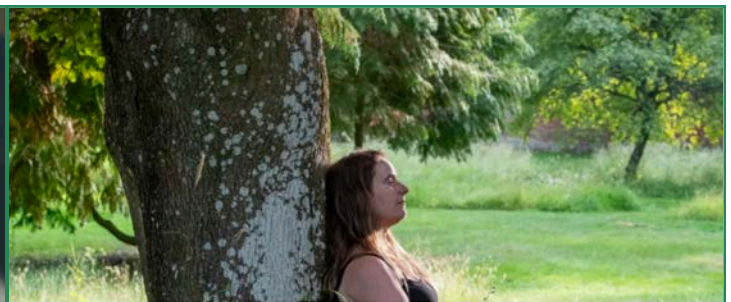
Have you applied for your Carers Break Fund?



"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



Let's talk about it

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



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 Candor,
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

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 MEDICAL ADVICE

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

MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 17th October 2025

Friday 21st November 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.

STRUMMIN' and HUMMIN'

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2pm - 4pm

Thursday 9th October 2025

Thursday 23rd October 2025

Thursday 6th November 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

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 9th October 2025

Saunton Down

Please contact Huw Davies on 07482 452046
for further details.

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



**MEET AT ROCK PARK
LAST SATURDAY EACH
MONTH AT 8.40AM**

29th November 2025
27th December 2025
31st January 2026
28th February 2026
28th March 2026
25th April 2026
30th May 2026
27th June 2026
25th July 2026
29th August 2026
26th September 2026
31st October 2026
28th November 2026
26th December 2026

2025
REGISTRATION
NOW OPEN



**Royal Devon
Hospitals Charity**
Registered Charity Number: 1061384

NHS
Royal Devon
University Healthcare
NHS Foundation Trust

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

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**
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 25th October 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://twitter.com/@MOVEcharity)

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



**Royal Devon
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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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