

# Lifestyle and Wellbeing

## Personalised Care newsletter from the Fern Centre

Our Quiz Night at the Royal North Devon Golf Club in Westward Ho! was a great success, raising £746 to help the Fern Centre provide vital wellbeing support for anyone in North Devon affected by cancer. Thank you to everyone who entered a team and to Holly, quizmaster Louise and the wonderful team of volunteers for making it such a fun evening.

We would like to extend our heartfelt gratitude to everyone at Horwood Christmas Tree Farm for supporting the Fern Centre by supplying our growing tree in front of the centre in 2024. For the second year, they have kindly supplied a larger cut tree while the growing tree becomes larger and more established.

The Phoenix Choir and guests are kindly holding a Christmas Music Concert in central Barnstaple in the evening on Saturday 13<sup>th</sup> December to raise funds for the Fern Centre.

We would love to see you all at the Fern Centre for some carol singing, mince pies and alcohol-free mulled wine on Wednesday 17<sup>th</sup> December.

Following the amazing feedback from people who were able to attend the Body Image Workshop and Tanya's Art Sessions, they will both be returning in 2026, as will the increasingly popular Men's Support Group, and the ever-popular activities that are so well-attended.

Please be aware that the centre opening times will be slightly different over the many Bank Holidays in December and January - full details are included in this newsletter and will be displayed in various locations.

Finally, the entire Fern Centre Team would like to extend their warmest wishes to you all for the festive period and the coming New Year!

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



## Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**There will be no Ilfracombe  
Hub in December 2025**

Lantern Centre, 44 High Street  
Ilfracombe, EX34 9QB

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



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



Next Hub: Tuesday 3<sup>rd</sup> February 2026

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

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



## Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

**2.00pm - 4.00pm**

**Thursday 11<sup>th</sup> December 2025**

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

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



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



Next Hub: Thursday 8<sup>th</sup> January 2026

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

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



**Royal Devon  
Hospitals Charity**

Registered charity No. 1061384



# What's on

# December 2025

Date	Time	Activity
Monday 1 <sup>st</sup> December	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 2 <sup>nd</sup> December	NO HUB THIS MONTH	The next Ilfracombe Hub will be on Tuesday 3 <sup>rd</sup> February 2026.
Tuesday 2 <sup>nd</sup> December	10.30am - 12.30pm	Tapping for Stress Relief with Karen Thomas. Booking required.
Thursday 4 <sup>th</sup> December	TBA	Nicola Jane Bra Fitting Clinic. Booking required. No clinic in January 2026.
Thursday 4 <sup>th</sup> December	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 4 <sup>th</sup> December	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 5 <sup>th</sup> December	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Monday 8 <sup>th</sup> December	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 9 <sup>th</sup> December	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Wednesday 10 <sup>th</sup> December	10.00am - 12.00pm	Gynae Support Group. Drop-in.
Thursday 11 <sup>th</sup> December	TBA	Natural Image Wig Fitting Clinic. Booking Required.
Thursday 11 <sup>th</sup> December	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 11 <sup>th</sup> December	10.00am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 11 <sup>th</sup> December	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Wednesday 17 <sup>th</sup> December	2.00pm - 4.00pm	Haematology Support Group. Drop-in.
Wednesday 17 <sup>th</sup> December	6.00pm - 8.00pm	Christmas Carols at the Fern Centre. Drop-in.
Thursday 18 <sup>th</sup> December	10.00 - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 18 <sup>th</sup> December	10.30 - 12.30pm	Crafty Christmas Coffee Morning. Drop-in.
Thursday 18 <sup>th</sup> December	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 19 <sup>th</sup> December	10.00am - 11.30am	Men's Support Group. Drop-in.



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Date	Time	Activity
Thursday 25 <sup>th</sup> December	<b>CLOSED</b>	<b>BANK HOLIDAY</b>
Friday 26 <sup>th</sup> December	<b>CLOSED</b>	<b>BANK HOLIDAY</b>
Saturday 27 <sup>th</sup> December	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5kYW registration required.
Wednesday 31 <sup>st</sup> December	<b>CLOSED</b>	<b>BANK HOLIDAY</b>
Thursday 1 <sup>st</sup> January	<b>CLOSED</b>	<b>BANK HOLIDAY</b>
Monday 5 <sup>th</sup> January	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 6 <sup>th</sup> January	NO HUB THIS MONTH	The next Ilfracombe Hub will be on Tuesday 3 <sup>rd</sup> February 2026.
Tuesday 6 <sup>th</sup> January	2.00pm and 3.00pm	Gentle Chair Yoga and Mindful Movement. Booking required. £3 per session.
Thursday 8 <sup>th</sup> January	TBA	Natural Image Wig Fitting Clinic. Booking required.
Thursday 8 <sup>th</sup> January	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Friday 9 <sup>th</sup> January	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Thursday 8 <sup>th</sup> January	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 8 <sup>th</sup> January	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday 12 <sup>th</sup> January	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 13 <sup>th</sup> January	10.30am - 12.30pm	Energy for Wellbeing with Karen Thomas. Booking required.
Tuesday 13 <sup>th</sup> January	TBA	Hospital Chaplaincy at the Fern Centre. Revd. Jonathan Daniel for 1:1 appointments
Thursday 15 <sup>th</sup> January	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.
Thursday 15 <sup>th</sup> January	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in
Friday 16 <sup>th</sup> January	10.00am - 11.30am	Men's Support Group. Drop-in.
Friday 16 <sup>th</sup> January	1.30pm - 3.30pm	Winter Warmth Art Sessions with Tanya. 6-session course (1 of 6) Booking required.
Monday 19 <sup>th</sup> January	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.





& GUESTS

*Christmas*  
**MUSIC  
CONCERT**



DECEMBER 13TH 2025

**CHRISTCHUCH BEAR STREET  
BARNSTAPLE**

**FROM 7PM**

RETIRING COLLECTION, RAFFLE  
REFRESHMENTS



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384



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



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

Visit the **SeaChange** website for  
details of future retreats.

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**

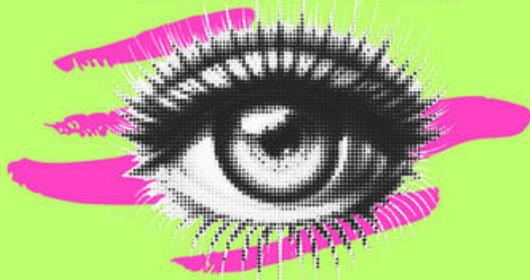
£100 refundable deposit  
required to secure your place.

Find out more and book your place at [seachangeretreats.org](http://seachangeretreats.org)

**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**



**Penny  
Brohn<sup>UK</sup>**

Cancer wellbeing for everyone

Penny Brohn UK is the cancer health and wellbeing charity. We support any adult with any type of cancer, anywhere in the UK.

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

[www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

**CRAFTY CHRISTMAS  
COFFEE  
MORNING**  
at the  
Royal Devon  
Hospitals Charity  
**Fern Centre**  
Registered charity No. 1061384  
**Thursday 18<sup>th</sup> December 2025**  
**10.30am - 12.30pm**  
· EVERYONE WELCOME ·  
· CRAFT ITEMS TO BUY ·  
· CHRISTMAS CAKE ·  
· MINCE PIES ·  
The Fern Centre is located opposite the Ladywell Unit  
at North Devon District Hospital



**Royal Devon  
Hospitals Charity**

Registered charity No. 1061384





# CHRISTMAS CAROLS

at the

 Royal Devon  
Hospitals Charity

*Fern Centre*

Registered charity No. 1061384

Wednesday 17<sup>th</sup> December 2025

6.00pm - 8.00pm

• EVERYONE WELCOME •

• 0% ALCOHOL MULLED WINE •

• MINCE PIES •



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



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Hospitals Charity

Registered charity No. 1061384

*Fern Centre*

# QI GONG

at the

Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

No session in December 2025

2.00pm - 3.00pm

Thursday 29<sup>th</sup> January 2026

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

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



at the

Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

£3 per  
session

Monday 1<sup>st</sup> December - 1.30pm and 2.45pm

Monday 8<sup>th</sup> December - 1.30pm and 2.45pm

Yoga sessions will resume in January 2026

Monday 5<sup>th</sup> January - 1.30pm and 2.45pm

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



## COGNITIVE BEHAVIOURAL THERAPY WORKSHOP

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



4, 11, 18 & 25 MARCH 2026  
10.30AM – 12.30pm



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

SPACES ARE LIMITED

IF YOU WOULD LIKE TO FIND OUT MORE INFORM-  
ATION OR BOOK A PLACE PLEASE CONTACT

Breast Care Team: 01271 349115  
[rduh.breastcare@nhs.net](mailto:rduh.breastcare@nhs.net)



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:



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](http://lgfb.co.uk) Call us on 01372 747 500



Royal Devon  
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Registered charity No. 1061384

Fern Centre

# GENTLE CHAIR AND MINDFUL MOVEMENT YOGA

at the

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

£3 per session

45-minute sessions

2.00pm and 3.00pm

No sessions in December 2025

Tuesday 6<sup>th</sup> January 2026

Tuesday 20<sup>th</sup> January 2026

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](mailto:rduh.theferncentre@nhs.net) to book your place!

# BODY IMAGE WORKSHOP

at the  
Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre  
opposite the Ladywell Unit, North Devon District Hospital

## New dates to come in 2026

This workshop is open to women living with or beyond cancer. Meet other women and create a network that's supportive and understanding.

The group aims to cover:

- How we think and feel about our bodies
- Poor body image VS positive body image and its IMPACT
- Establishing a better relationship with our bodies

The workshop allows time for breaks and reflection. Refreshments will be provided.

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



## Nicola Jane

BRA FITTING SERVICES AVAILABLE AT THE

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

ON THE FIRST THURSDAY OF EVERY MONTH

Thursday 4<sup>th</sup> December 2025

There will be no clinic in January 2026

CONTACT THE FERN CENTRE ON 01271 311855 / [rduh.theferncentre@nhs.net](mailto: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 11<sup>th</sup> December 2025

-

Thursday 8<sup>th</sup> January 2026

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



Royal Devon Hospitals Charity  
Registered charity No. 1061384

Fern Centre

These paintings were created by Fern Centre patients during a 6-week Art Workshop – ‘Finding the Light’ with tutor Tanya Kevern.



This series of art workshops have been made possible thanks to funding from Bideford Bridge Trust and Tesco Stronger Starts at their Braunton store.



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

Fern Centre

# ART SESSIONS

FIND CALM AND CREATIVITY THIS WINTER THROUGH THE GENTLE PRACTICE OF OBSERVING AND PAINTING CACTI AND SUCCULENTS. IN THIS SIX-SESSION WORKSHOP, YOU'LL EXPLORE TONAL DRAWING, BUILD CONFIDENCE IN TRADITIONAL ACRYLIC TECHNIQUES, AND CREATE A WARM, UPLIFTING CANVAS INSPIRED BY THE QUIET RESILIENCE OF DESERT PLANTS. NO EXPERIENCE NEEDED—JUST A WILLINGNESS TO SLOW DOWN, LOOK CLOSELY, AND ENJOY THE SOOTHING PROCESS OF MAKING ART.

WINTER  
ART FROM THE DESERT GARDEN  
FEBRUARY

JAN 16TH - FEB 20TH 2026

FRIDAY AFTERNOONS

1:30 - 3:30



@ The Fern Centre



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



For more information  
Email:  
[info@theswallows.org.uk](mailto:info@theswallows.org.uk)  
or Call  
01253 428 940



# Mid Devon Ostomy Support Group 2026 meetings

2pm - 4pm

Saturday 7th February  
Supportx coming

Saturday 9th May

Saturday 8th August

Saturday 14th November

Everyone welcome with any type of stoma.

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](mailto:janice234ford@gmail.com) or tel 07923975051

cancer  
care  
map.org

## 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](http://cancercaremap.org)



[hello@budecancersupport.org](mailto:hello@budecancersupport.org)  
Bude Cancer Support



## Cancer Café

DECEMBER CAFE DETAILS WILL BE  
DIFFERENT, PLEASE CHECK WITH  
BUDE CANCER SUPPORT

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

1.30-  
3.30pm

Room 1  
The  
Parkhouse  
Centre  
Bude



Royal Devon  
Hospitals Charity  
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Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

# CHRISTMAS & NEW YEAR OPENING HOURS

Monday 22 <sup>nd</sup> December 2025	9.00am - 4.30pm
Tuesday 23 <sup>rd</sup> December 2025	9.00am - 4.30pm
Wednesday 24 <sup>th</sup> December 2025	9.00am - 4.30pm
Thursday 25 <sup>th</sup> December 2025	Closed
Friday 26 <sup>th</sup> December 2025	Closed
Saturday 27 <sup>th</sup> December 2025	Closed
Sunday 28 <sup>th</sup> December 2025	Closed
Monday 29 <sup>th</sup> December 2025	9.00am - 4.30pm
Tuesday 30 <sup>th</sup> December 2025	9.00am - 4.30pm
Wednesday 31 <sup>st</sup> December 2025	Closed
Thursday 1 <sup>st</sup> January 2026	Closed
Friday 2 <sup>nd</sup> January 2026	9.00am - 4.30pm

01271 311855

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



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

Fern Centre

daylight

## Welcome to Daylight!

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

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

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

**MACMILLAN**  
CANCER SUPPORT



### What you'll learn

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

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

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

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

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

Begin your journey to worrying less:

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

or scan the QR code below to create your free account



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

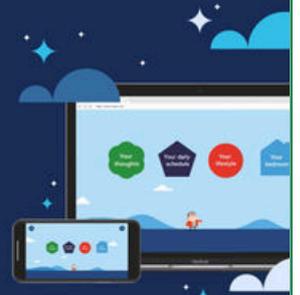
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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

**Sleepio**

## Don't let cancer stop you sleeping

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

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



**MACMILLAN**  
CANCER SUPPORT

Start sleeping better tonight, visit: [sleepio.com/macmillan](http://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](http://sleepio.com/macmillan)

or scan the QR code below to create your free account



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

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

# 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](http://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.

Scan the QR code to find out more

# TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

FREE Wellbeing Workshops from the NHS

## IMPROVING SLEEP

Monday 1<sup>st</sup> December 2025 @ 09:15

Tuesday 9<sup>th</sup> December 2025 @ 17:30

Thursday 18<sup>th</sup> December 2025 @ 12:30

Monday 5<sup>th</sup> January 2026 @ 17:30

Wednesday 25<sup>th</sup> February 2026 @ 10:00

You can find more information on the website at [www.talkworks.dpt.nhs.uk](http://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 11<sup>th</sup> December 2025 - 9am-12pm

Thursday 8<sup>th</sup> January 2025 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk  
01752 507711

 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 5<sup>th</sup> December 2025

Friday 9<sup>th</sup> January 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.

## CHRISTMAS TREE FARM HORWOOD

We would like to extend our heartfelt gratitude to everyone at Horwood Christmas Tree Farm for supporting the Fern Centre by supplying our growing tree in front of the centre in 2024.

For the second year, they have kindly supplied a larger cut tree while the growing tree becomes larger and more established.

[www.horwoodchristmastreefarm.co.uk](http://www.horwoodchristmastreefarm.co.uk)  
[horwoodchristmastreefarm@gmail.com](mailto:horwoodchristmastreefarm@gmail.com)  
07557 023177

361   
ENERGY CIC  
Registered charity No. 1211594

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

Thursday 4<sup>th</sup> December 2025

Thursday 18<sup>th</sup> December 2025

Thursday 15<sup>th</sup> January 2026

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](mailto:info@361energy.org)





## 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/](http://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/](http://devoncarers.org.uk/support/carefree-breaks/)



Carefree

### If you look after someone, we look after you

The quarterly magazine for unpaid carers

Winter 2025



#### What's inside:

- Welcome
- Latest news
- Carers stories
- Carers Skills Workshops
- Health and wellbeing
- Peer Support groups

Save Paper, Save the Environment  
Receive your copy of the magazine by email: contact 03456 434 439 also available online [www.devoncarers.org.uk](http://www.devoncarers.org.uk)



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](http://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 MEDICINE 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 19<sup>th</sup> December 2025

Friday 16<sup>th</sup> January 2026

at the

Royal Devon Hospitals Charity



Registered charity No. 1061384

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

# STRUMMIN' and HUMMIN'



Registered charity No. 1061384

2pm - 4pm

Thursday 4<sup>th</sup> December 2025

Thursday 18<sup>th</sup> December 2025

Thursday 8<sup>th</sup> January 2026

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



Royal Devon Hospitals Charity  
Registered charity No. 1061384



# Wellbeing Walks

WITH THE  
 **South West  
Coast Path  
ASSOCIATION**

The South West Coast Path Association  
organise regular open walks in the  
North Devon, Torridge and North  
Cornwall areas.

The days and frequency of these walks  
vary for the different areas.

Please visit the South West Coast Path Association website

[southwestcoastpath.org.uk](https://southwestcoastpath.org.uk)

or contact Huw Davies on 07482 452046  
for further details.

# 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 11<sup>th</sup> December 2025  
Fremington Quay**

Walks will resume in February 2026

Please contact Huw Davies on 07482 452046  
for further details.

Visit the South West Coast Path Association website at  
[southwestcoastpath.org.uk](https://southwestcoastpath.org.uk)

Had a cancer diagnosis in your 20s, 30s, or 40s?

**Come along to a Shine Shake Up  
at FORCE Cancer Charity in Exeter!**



Got questions? Give us a shout!  
[shakeup@shinecancersupport.org](mailto:shakeup@shinecancersupport.org)

Join us at

FORCE Cancer Charity, Corner House, Barrack Road, Exeter, EX2 5DW.  
on Saturday February 28<sup>th</sup> 2026, 10.00 am– 4.30pm

We know it can feel daunting coming to a new group but we're a friendly lot (we promise!). We'll be talking about what it feels like to go through cancer as a younger adult, acknowledging the difficulties, and sharing the experiences. The day will be structured group conversations and activities with plenty of time to make connections with other young adults.

Whether you were diagnosed recently, whatever your diagnosis, if you are in treatment, or are in remission, we'd love to see you! Feel free to bring along a friend or partner. Please register to attend.



MEET AT 8.40am ON THE LAST  
SATURDAY OF EACH MONTH

ROCK PARK, BARNSTAPLE, EX32 9AQ

**31<sup>st</sup> January 2026  
28<sup>th</sup> February 2026  
28<sup>th</sup> March 2026  
25<sup>th</sup> April 2026  
30<sup>th</sup> May 2026  
27<sup>th</sup> June 2026  
25<sup>th</sup> July 2026  
29<sup>th</sup> August 2026  
26<sup>th</sup> September 2026  
31<sup>st</sup> October 2026  
28<sup>th</sup> November 2026  
26<sup>th</sup> December 2026**



**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 27<sup>th</sup> December 2025**

**Rock Park, Barnstaple, EX32 9AQ**

**[barnstaplegroup@5kyourway.org](mailto:barnstaplegroup@5kyourway.org)**

Register here: [www.moveagainstcancer.org/5kyw-registration/](http://www.moveagainstcancer.org/5kyw-registration/)

**5K YOUR WAY IS  
PROVIDED BY:**



**MOVE  
AGAINST  
CANCER.**

**FREE!**

 [moveagainstcancer.org](http://moveagainstcancer.org)

 [info@5kyourway.org](mailto:info@5kyourway.org)

 [@moveagainstcancer](https://www.youtube.com/@moveagainstcancer)

 [@5KYourWayMoveAgainstCancer](https://www.facebook.com/@5KYourWayMoveAgainstCancer)

 [@MOVEcharity](https://www.twitter.com/@MOVEcharity)

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



**Royal Devon  
Hospitals Charity**

Registered charity No. 1061384

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



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Hospitals Charity

Registered charity No. 1061384

Fern Centre 