

# Lifestyle and Wellbeing

## Personalised Care newsletter from the Fern Centre

Thank you to The Phoenix Choir and guests, who kindly held a Christmas Music Concert in central Barnstaple on Saturday 13<sup>th</sup> December. It was a lovely evening enjoyed by all and we are so pleased to be the choir's chosen charity for the year. They will combine all funds raised to be presented to the Fern Centre later in the year, following further events that they have planned.

It was lovely to see so many of you at the Fern Centre for the carol singing, mince pies and alcohol-free mulled wine on Wednesday 17<sup>th</sup> December. We would like to thank Marian for joining us with her keyboard again this year.



Holly had a lovely surprise on Christmas Eve, when Phil from PureGym in Barnstaple dropped of an amazing hamper of treats that had been collected by the staff and members for everyone at the Fern Centre to enjoy.

Phil also told her about a new initiative that PureGym has launched to support men with prostate cancer by offering free gym memberships and structured exercise programs - full details can be found later in this newsletter.

In addition to the Complementary Therapies and Counselling offered at the centre, we also have a great range of activities including physical activities, Wellbeing Workshops, and Art and Craft Workshops.

The centre is open from 9.00am until 4.30pm, Monday to Friday. Please pop in to have a hot drink and a chat with one of our welcoming volunteers.

Finally, the entire Fern Centre Team would like to wish you all a Happy New Year!

Tara

# Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm

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

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

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



**MACMILLAN  
CANCER SUPPORT**



Bringing the  
**Fern Centre**



closer to you!

Next Hub: Thursday 12<sup>th</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)



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



# What's on

# January 2026

Date	Time	Activity
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	2.00pm and 3.00pm	Gentle Chair Yoga and Mindful Movement. Booking required. £3 per session.
Thursday 8 <sup>th</sup> January	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 8 <sup>th</sup> January	TBA	Natural Image Wig Fitting Clinic. Booking required.
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.
Friday 9 <sup>th</sup> January	9.00am - 12.00pm	Macmillan/CAB Financial Advice. 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	TBA	Hospital Chaplaincy at the Fern Centre. Rev. Jonathan Daniel for 1:1 appointments.
Tuesday 13 <sup>th</sup> January	10.30am - 12.30pm	Energy For Wellbeing with Karen Thomas. Booking required.
Thursday 15 <sup>th</sup> January	10.00am - 2.00pm	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 Session with Tanya. 6-session course (1 of 6). Fully booked.
Monday 19 <sup>th</sup> January	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 20 <sup>th</sup> January	2.00pm and 3.00pm	Gentle Chair Yoga and Mindful Movement. Booking required. £3 per session.
Wednesday 21 <sup>st</sup> January	2.00pm - 4.00pm	Haematology Support Group.. Drop-in.
Thursday 22 <sup>nd</sup> January	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 22 <sup>nd</sup> January	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.



Date	Time	Activity
Friday 23 <sup>rd</sup> January	1.30pm - 3.30pm	Winter Warmth Art Session with Tanya. 6-session course (2 of 6). Fully booked.
Monday 26 <sup>th</sup> January	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 27 <sup>th</sup> January	10.30am - 12.30pm	Free Yourself From Overthinking with Paul Beard. Booking required.
Thursday 29 <sup>th</sup> January	TBA	Natural Image Wig Fitting Clinic. Booking required.
Thursday 29 <sup>th</sup> January	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 30 <sup>th</sup> January	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Friday 30 <sup>th</sup> January	1.30pm - 3.30pm	Winter Warmth Art Session with Tanya. 6-session course (3 of 6). Fully booked.
Saturday 31 <sup>st</sup> January	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 2 <sup>nd</sup> February	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 3 <sup>rd</sup> February	2.00pm and 3.00pm	Gentle Chair Yoga and Mindful Movement. Booking required. £3 per session.
Thursday 5 <sup>th</sup> February	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 5 <sup>th</sup> February	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 6 <sup>th</sup> February	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 6 <sup>th</sup> February	1.30pm - 3.30pm	Winter Warmth Art Session with Tanya. 6-session course (4 of 6). Fully booked.
Monday 9 <sup>th</sup> February	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 12 <sup>th</sup> February	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 12 <sup>th</sup> February	10.00am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 12 <sup>th</sup> February	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF.
Thursday 12 <sup>th</sup> February	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 13 <sup>th</sup> February	1.30pm - 3.30pm	Winter Warmth Art Session with Tanya. 6-session course (5 of 6). Fully booked.
Monday 16 <sup>th</sup> February	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 17 <sup>th</sup> February	2.00pm and 3.00pm	Gentle Chair Yoga and Mindful Movement. Booking required. £3 per session.



# ENERGY FOR WELLBEING WITH KAREN THOMAS

at the



Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 13<sup>th</sup> January 2026

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

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



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



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**

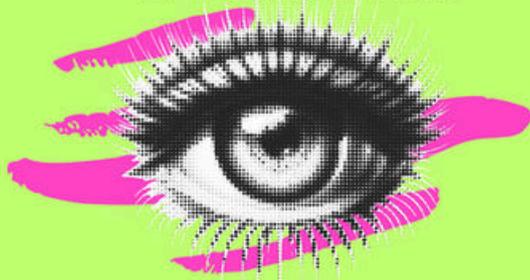
£100 refundable deposit  
required to secure your place.

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@LIVWELLINBRAUNTON.CO.UK](mailto:CONNECT@LIVWELLINBRAUNTON.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)



## 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 INFORMATION OR BOOK A PLACE PLEASE CONTACT

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

**NHS**



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

Fern Centre



# QI GONG

at the

Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 3.00pm

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

No session in February 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!

# BODY IMAGE WORKSHOP

Royal Devon  
Hospitals Charity

at the

Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

10.00am - 1.00pm

Wednesday 25<sup>th</sup> February 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!

BREAST  
CANCER  
NOW The research &  
support charity

Fern Centre

## 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](https://breastcancer.org/movingforward)



0345 077 1893



[movingforward@breastcancer.org](mailto: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](https://lgfb.co.uk)



Call us on 01372 747 500



Royal Devon  
Hospitals Charity

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

Tuesday 6<sup>th</sup> January 2026  
 Tuesday 20<sup>th</sup> January 2026  
 Tuesday 3<sup>rd</sup> February 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!



at the

Royal Devon Hospitals Charity

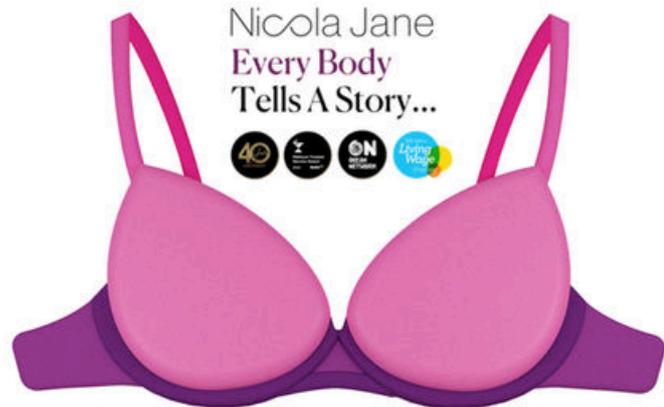
Fern Centre

Registered charity No. 1061384

£3 per session

Monday 5<sup>th</sup> January - 1.30pm and 2.45pm  
 Monday 12<sup>th</sup> January - 1.30pm and 2.45pm  
 Monday 19<sup>th</sup> January - 1.30pm and 2.45pm  
 Monday 26<sup>th</sup> January - 1.30pm and 2.45pm  
 Monday 2<sup>nd</sup> February - 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!



Nicola Jane  
 Every Body  
 Tells A Story...



BRA FITTING SERVICES AVAILABLE AT THE

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

ON THE FIRST THURSDAY OF EACH MONTH

No clinic in January 2026	Thursday 2 <sup>nd</sup> July 2026
Thursday 5 <sup>th</sup> February 2026	Thursday 6 <sup>th</sup> August 2026
Thursday 5 <sup>th</sup> March 2026	Thursday 3 <sup>rd</sup> September 2026
Thursday 2 <sup>nd</sup> April 2026	Thursday 1 <sup>st</sup> October 2026
Thursday 7 <sup>th</sup> May 2026	Thursday 5 <sup>th</sup> November 2026
Thursday 4 <sup>th</sup> June 2026	Thursday 3 <sup>rd</sup> December 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



WIG FITTING SERVICES

AT THE

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

Clinics will be held on the following dates:

Thursday 8 <sup>th</sup> January 2026	Thursday 9 <sup>th</sup> July 2026
Thursday 29 <sup>th</sup> January 2026	Thursday 30 <sup>th</sup> July 2026
Thursday 19 <sup>th</sup> February 2026	Thursday 20 <sup>th</sup> August 2026
Thursday 12 <sup>th</sup> March 2026	Thursday 10 <sup>th</sup> September 2026
Thursday 9 <sup>th</sup> April 2026	Thursday 8 <sup>th</sup> October 2026
Thursday 30 <sup>th</sup> April 2026	Thursday 29 <sup>th</sup> October 2026
Thursday 21 <sup>st</sup> May 2026	Thursday 19 <sup>th</sup> November 2026
Thursday 11 <sup>th</sup> June 2026	Thursday 17 <sup>th</sup> December 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



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 WILL

WINTER  
ART FROM THE DESERT GARDEN  
FEBRUARY

The January/February sessions are now fully booked, but a further course of sessions will be taking place soon. Please contact the Fern Centre to register your interest.

NO PREVIOUS EXPERIENCE OF ART OR PLANTS. NO EXPERIENCE NEEDED—JUST A WILLINGNESS TO SLOW DOWN, LOOK CLOSELY, AND ENJOY THE SOOTHING PROCESS OF MAKING ART.

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





## 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

## THE KAY KENDALL LEUKAEMIA FUND

The Kay Kendall Leukaemia Fund (KKLF) project offers person-centred support around the following areas:

- Benefits - eligibility checks and help with applications, including Personal Independence Payment (PIP),
- Attendance Allowance (AA) and Disability Living Allowance (DLA)
- Debt Advice
- Charitable grant applications
- Travel and transport schemes e.g. Blue Badge applications/bus pass applications/discount travel schemes/NHS Low Income Scheme
- Housing issues
- Employment advice
- Consumer issues
- Health e.g. access to services/complaints
- Referrals and signposting to other support organisations

### DROP-IN SESSIONS AT THE FERN CENTRE

Thursday 8<sup>th</sup> January 2026 - 9am-12pm

Thursday 22<sup>nd</sup> January 2026 - 9am-12pm

Thursday 12<sup>th</sup> February 2026 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk  
01752 507711

 Plymouth

# MACMILLAN CANCER SUPPORT

 citizens  
advice

Citizens Advice Torrridge, North,  
Mid & West Devon

at the

 Royal Devon  
Hospitals Charity

 Fern Centre

Registered charity No. 1061384

9.00am - 12.00pm

Friday 9<sup>th</sup> January 2026

Friday 6<sup>th</sup> February 2026

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.

# Macrame

with Richard

at the

 Royal Devon  
Hospitals Charity

 Fern Centre

Registered charity No. 1061384

10.00am - 12.00pm

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

Thursday 19<sup>th</sup> February 2026

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

361   
ENERGY CIC  
Registered charity No. 1211594

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

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

Thursday 5<sup>th</sup> February 2026

Thursday 19<sup>th</sup> February 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 Torrridge community.**

Call us on 01271 599361  
or email: [info@361energy.org](mailto:info@361energy.org)

 Devon County Council  northdevon  NORTH DEVON BIOSPHERE  Community Energy England  One Devon  Devon Community Energy Network 



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](mailto:info@theswallows.org.uk)

or Call

01253 428 940



Royal Devon  
University Healthcare  
NHS Foundation Trust

# 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)



## 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

Fern Centre

# PureGym has launched initiatives to support men with prostate cancer by offering free gym memberships and structured exercise programs in collaboration with cancer research organizations.



## Overview of the Initiative

PureGym has partnered with The Institute of Cancer Research and The Royal Marsden NHS Foundation Trust to encourage men with advanced prostate cancer to engage in physical activity. This initiative is inspired by Sir Chris Hoy, a former Olympic champion who is currently battling stage 4 prostate cancer. The program aims to improve the quality of life for men undergoing hormone therapy, which often leads to side effects such as weight gain, fatigue, and muscle loss.

## Key Features of the Program

- **Free Membership:** Eligible men diagnosed with advanced prostate cancer and undergoing hormone therapy can receive a free one-year membership at any PureGym location across the UK.
- **Structured Exercise Program:** Participants will have access to a 26-week exercise program designed by experts, which can be followed at home or in the gym. This program aims to help men build a regular exercise habit, addressing barriers such as fatigue and lack of knowledge about safe exercise practice
- **Research Support:** Studies have shown that regular exercise can significantly enhance the quality of life for men on hormone therapy, reducing fatigue and improving muscle mass and bone density.

## Importance of Exercise for Cancer Patients

Research indicates that exercise is a crucial complement to cancer treatments, helping to mitigate side effects and improve overall health. Sir Chris Hoy emphasizes the need to break down barriers that prevent cancer patients from exercising regularly, stating that structured exercise can be transformative for those diagnosed with cancer.

This initiative not only provides physical support but also aims to change perceptions around cancer and encourage a more active lifestyle among those affected by prostate cancer.

Barnstaple - [barnstaple@puregym.com](mailto:barnstaple@puregym.com)

Bideford - [bideford@puregym.com](mailto:bideford@puregym.com)



## Bude Cancer Support

**Bude Cancer Support is a local support group set up and run by volunteers for families affected by cancer in the Bude area.**

It has proven to be a valuable resource with Bude being a 90 minute drive to a city hospital where most support groups are based.

We meet 2nd and 4th Monday afternoons (except Bank Holidays) in the Parkhouse in Bude, in a cafe type setting for complimentary tea, coffee and cake; which is usually buzzing with friendship, laughter, support, advice and occasionally we may have a visiting speaker such as the Social Prescriber or someone from the library to explain all that is available and accessible, to enhance wellbeing.

We have just held two Christmas wreath making workshops with Rachel from Bude Botanicals for 28 people, the results being truly beautiful. Other workshops this year have included water colour painting, pencil drawing and geli printing, cooking for good health with CookSimplyCook, yoga, glass fusion, pottery throwing, pottery painting, crochet, macrame and more.

We also like to link up with other charities where possible and have recently linked up with the South West Coast Path Association where some of us have joined in on their Well Being walks and also E4M (Exercise for Mobility) chair based exercise, which is also held in the Parkhouse. All of our workshops are free of charge though we readily have a donation pot available!

We are very grateful for all the support that we have received since our group evolved in June 2022, with our attendee numbers identifying that this support group is much needed and well loved.



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](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.

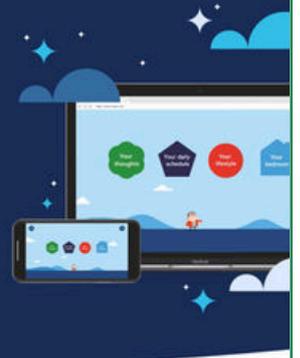
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access 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 5<sup>th</sup> January 2026 @ 17:30

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

Tuesday 10<sup>th</sup> March 2026 @ 13:30

Thursday 19<sup>th</sup> March 2026 @ 17:45

Tuesday 24<sup>th</sup> March 2026 @ 09:15

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





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

# MEN'S SUPPORT GROUP

10.00am - 11.30am

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

Friday 20<sup>th</sup> February 2026



Contact the Fern Centre on 01271 311855 or [rduh.theferncentre@nhs.net](mailto: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'



2pm - 4pm

Thursday 8<sup>th</sup> January 2026  
Thursday 22<sup>nd</sup> January 2026  
Thursday 12<sup>th</sup> February 2026

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



Royal Devon Hospitals Charity  
Registered charity No. 1061384



# Wellbeing Walks



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



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.

**No walk in January 2026**

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)

# 2025 Photographer of the Year



**South West Coast Path ASSOCIATION**

We're excited to announce that entries are now open for the 2025 South West Coast Path Photographer of the Year!

This annual competition, now in its 14th year, celebrates the incredible beauty, diversity, and stories along England's original Coast Path. From windswept cliffs and golden beaches to wildlife and the people who travel the Trail, we're inviting photographers of all ages and abilities to share their most inspiring images captured in 2025.

The 2023 and 2024 competitions culminated in striking large-scale exhibitions at London's Paddington Station, showcasing 21 standout photographs each year. Building on this success, we're preparing for another public exhibition in 2026, giving entrants the chance to see their work displayed to thousands of visitors.

The competition is free to enter and open to everyone. Submissions help raise awareness of the South West Coast Path and highlight some of the environmental challenges facing this iconic National Trail.

Categories for 2025:

People and Path\* (\*Please ensure you have the correct permission in place when entering images of people)

Urban Lines

Nature

Climate Change

Sky Shot

Young Photographer of the Year (under 18)

Entries close at midnight on 31 January 2026. The overall winner will receive the coveted title of South West Coast Path Photographer of the Year and guaranteed inclusion in the 2026 exhibition.

Find out more and submit entries at [www.southwestcoastpath.org.uk/photographer-of-the-year](https://www.southwestcoastpath.org.uk/photographer-of-the-year)



**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 31<sup>st</sup> January 2026**

**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**

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



Royal Devon  
Hospitals Charity

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Fern Centre 