

# Lifestyle and Wellbeing

## Personalised Care newsletter from the Fern Centre

Welcome to our March Wellbeing Newsletter.

March is an especially exciting month for us all. With the nights growing lighter, the clocks soon going forward, and the first signs of spring appearing, it truly feels like a time of fresh beginnings. As we spring into spring, we're looking forward to brighter days and new activities in the centre.

There are some lovely changes happening in our garden, so do keep an eye out for all the exciting developments taking place there. If you haven't already, please pop in and have a look at the new paths — they are a wonderful addition and well worth seeing.

Back in October, we enjoyed a lovely evening visit from Fremington Rainbows. We had great fun planting bulbs "lasagne style" in preparation for spring, and it's wonderful to see them now starting to come through and bring some beautiful colour to the garden.



As always, I would like to take this opportunity to thank everyone for your continued support.

Thanks.

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

10.00am - 12.00pm

Tuesday 3<sup>rd</sup> March 2026

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 7<sup>th</sup> April 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 12<sup>th</sup> March 2026

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 9<sup>th</sup> April 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

March  
2026

Date	Time	Activity
Monday 2 <sup>nd</sup> March	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 3 <sup>rd</sup> March	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB.
Wednesday 4 <sup>th</sup> March	10.30am - 12.30pm	Breast Team CBT Workshop (1 of 4). Booking required.
Thursday 5 <sup>th</sup> March	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 5 <sup>th</sup> March	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 6 <sup>th</sup> March	9.00am - 12.00pm	Macmillan/CAB Financial Advice. Drop-in.
Friday 6 <sup>th</sup> March	10.00am - 12.00pm	Flow Into Spring - Colour & Making Workshop. Booking required.
Friday 6 <sup>th</sup> March	1.30pm - 3.30pm	Flow Into Spring - Colour & Making Workshop. Booking required.
Monday 9 <sup>th</sup> March	11.00am - 1.00pm	Bladder and kidney Support Group. Drop-in.
Monday 9 <sup>th</sup> March	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 10 <sup>th</sup> March	10.30am - 12.30pm	Tapping (EFT) Workshop with Karen Thomas. Booking required.
Tuesday 10 <sup>th</sup> March	2.00pm - 4.00pm	Bowel Cancer Support Group. Drop-in.
Wednesday 11 <sup>th</sup> March	10.30am - 12.30pm	Breast Team CBT Workshop (2 of 4). Booking required.
Thursday 12 <sup>th</sup> March	TBA	Natural Image Wig Fitting Clinic. Booking required.
Thursday 12 <sup>th</sup> March	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 12 <sup>th</sup> March	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 12 <sup>th</sup> March	12.00pm - 4.00pm	361 Energy Advice Hub. Drop-in.
Thursday 12 <sup>th</sup> March	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Thursday 12 <sup>th</sup> March	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 13 <sup>th</sup> March	1.30pm - 3.30pm	Follow-up Art Group (1 of 6). Booking required.



Date	Time	Activity
Monday 16 <sup>th</sup> March	10.00am - 12.00pm	Healthy on Hormones. Contact the Urology team on 01271 311881.
Tuesday 17 <sup>th</sup> March	10.00am - 12.00pm	Look Good Feel Better: Skincare and Makeup. Booking required.
Wednesday 18 <sup>th</sup> March	10.30am - 12.30pm	Breast Team CBT Workshop (3 of 4). Booking required.
Thursday 19 <sup>th</sup> March	10.00am - Chair 11.00am - Face to face	Gentle Chair Yoga / Face to face Yoga. Booking required. £3 per session.
Thursday 19 <sup>th</sup> March	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 20 <sup>th</sup> March	10.00am - 11.30am	Men's Support Group. Drop-in.
Friday 20 <sup>th</sup> March	1.30pm - 3.30pm	Follow-up Art Group (2 of 6). Booking required.
Monday 23 <sup>rd</sup> March	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 24 <sup>th</sup> March	2.00pm - 4.00pm	Sex and Intimacy Workshop. Booking required.
Wednesday 25 <sup>th</sup> March	10.30am - 12.30pm	Breast Team CBT Workshop (4 of 4). Booking required.
Thursday 26 <sup>th</sup> March	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 26 <sup>th</sup> March	10.00am - 2.00pm	Macrame Workshop with Richard. Booking required.
Thursday 26 <sup>th</sup> March	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 27 <sup>th</sup> March	10.00am - 11.30am	Secondary Breast Support Group. Drop-in.
Friday 27 <sup>th</sup> March	1.30pm - 3.30pm	Follow-up Art Group (3 of 6). Booking required.
Friday 27 <sup>th</sup> March	6.30pm doors open 7.00pm eyes down	Bingo Night at the Royal North Devon Golf Club, Westward Ho! Booking required.
Saturday 28 <sup>th</sup> March	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 30 <sup>th</sup> March	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 31 <sup>st</sup> March	10.30am - 12.30pm	Connecting with our Inner Guidance with Paul Beard. Booking required.
Thursday 2 <sup>nd</sup> April	From 10.00am	Easter Fair and Raffle Draw. Drop-in.
Thursday 2 <sup>nd</sup> April	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.

The Fern Centre will be closed on Friday 3<sup>rd</sup> April and Monday 6<sup>th</sup> April for the Bank Holidays





# EASTER RAFFLE

Top prize  
**ROAST TURKEY  
HAMPER**

(Supplied by Grattons Butchers)

Further prizes  
**CHOCOLATE HAMPERS**



TICKETS AVAILABLE FROM THE FERN CENTRE  
OR BY SCANNING THE QR CODE



11.30am draw  
at the Easter Fair on  
Thursday 2<sup>nd</sup> April 2026



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



SeaChange  
RETREATS

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



## SURF & WELLBEING RETREATS FOR ADULTS IMPACTED BY CANCER

NEWQUAY, CORNWALL



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**

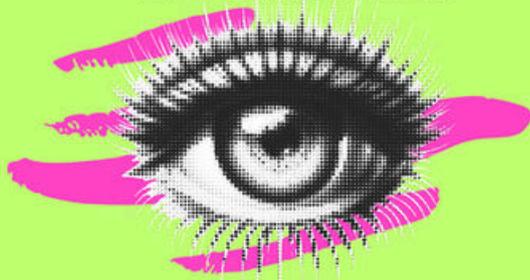
£100 refundable deposit  
required to secure your place.

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](mailto: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)



## 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



# BINGO NIGHT

**£10**  
per book  
of 6 cards

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

## Friday 27<sup>th</sup> March 2026

Doors open: 6.30pm

Eyes down: 7.00pm

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



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



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



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384

Fern Centre



# EASTER FAIR AND RAFFLE DRAW

From 10.00am

Thursday 2<sup>nd</sup> April 2026

CAKES AND  
REFRESHMENTS



Raffle Draw  
at 11.30am



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



# 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

## Workshops available throughout the year

This workshop is open to women living with or beyond cancer.

The Groups aims are:

- 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 Cancer Care Counselling Team on 01271 334472  
or [rduh.cancercarecounselling@nhs.net](mailto:rduh.cancercarecounselling@nhs.net) to book your place.

# QI GONG

at the

Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 3.00pm

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

Thursday 16<sup>th</sup> April 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!

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



at the  
 Royal Devon  
 Hospitals Charity  
**Fern Centre**

£3 per session

Registered charity No. 1061384

Monday 2<sup>nd</sup> March - 1.30pm and 2.45pm  
 Monday 9<sup>th</sup> March - 1.30pm and 2.45pm  
 Monday 23<sup>rd</sup> March - 1.30pm and 2.45pm  
 Monday 30<sup>th</sup> March - 1.30pm and 2.45pm  
 Monday 13<sup>th</sup> April - 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!

# GENTLE CHAIR AND MINDFUL MOVEMENT YOGA

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

£3 per session

45-minute sessions

**Thursday 19<sup>th</sup> March 2026**  
 10.00am - 10.45am (Chair Yoga)  
 11.00am - 11.45am (Face to face Yoga)

- 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!



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
Wednesday 8 <sup>th</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





## 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

New edition of the free magazine out now!

**When you look after someone, we look after you**

The quarterly magazine for unpaid carers

Spring 2026



**What's inside:**

- Welcome
- Latest news
- A look back at Carers Rights Day
- Carers Skills Workshops
- Health and wellbeing
- Peer Support groups

Save Paper, Save the Environment  
Receive your copy of the magazine by email, contact 03456 434 438 also available online [www.devoncarers.org.uk](http://www.devoncarers.org.uk)



Scan to read

[www.devoncarers.org.uk/magazine](http://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](http://www.royaldevoncharity.org.uk)



# Royal Devon Hospitals Charity

Registered charity No. 1061384

# Fern Centre

# TAPPING

FOR STRESS RELIEF

at the

Royal Devon  
Hospitals Charity

Fern Centre  
Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 10<sup>th</sup> March 2026

A 2-hour interactive workshop for people diagnosed with or living with and beyond cancer. "This fun and informal workshop offers a highly effective technique to manage and reduce our stress levels as we go through our day and manage the challenges of an illness or long-term condition. Stress, worry, frustration and anger is a normal part of our lives but when it becomes prolonged and the demands exceed our expectations of how we will cope, then these emotions can have a major negative impact upon our well-being.

There are many ways to manage stresses of our daily lives and in this workshop you will learn how and why tapping works. By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities".

Aims: Understand how tapping works  
Learn where the major tapping points are located  
Practise the sequence of tapping  
Discuss how to apply tapping in your life

Suitable for anyone who recognises and want to have other ways of coping with stress and manage times of heightened anxiety. Also for anyone who wants to reduce negative chatter in their minds and increase self-esteem and mood levels.

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

# CONNECTING WITH OUR INNER GUIDANCE

WITH PAUL BEARD

at the

Royal Devon  
Hospitals Charity

Fern Centre  
Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 31<sup>st</sup> March 2026

Whether we realise it or not, we all have intuition, which, if we hear it, we can choose to be guided by. However, like space, being (rather than doing) and the 'irrational' (i.e. emotions), intuition isn't valued very much by our generally hyper rational and analytical society. It often, therefore, gets overridden by rationality, logic and analysis (which it should be said, of course, have their place).

Connecting with our intuitive guidance is potentially the most empowering thing we can ever do; it only becomes truly empowering if we act on it. Join highly experienced mindfulness teacher and coach Paul in this new workshop where you'll learn (or be reminded of) some effective ways of first hearing and then acting on intuitive guidance.

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

# VINTAGE TEA

2.30pm - 4.30pm

Saturday 25<sup>th</sup> April

Abbotsham Village Hall

Takeaway available  
with free delivery! RAFFLE  
Please bring cash!

£10 per person  
payable in advance

Tickets available from Gill Marlow  
[garmsworthmarlow@btinternet.com](mailto:garmsworthmarlow@btinternet.com) or 07801 286806

ALL PROCEEDS  
TO SUPPORT THE

Royal Devon  
Hospitals Charity  
Fern Centre  
Registered charity No. 1061384

# the fern Art Table

BEGINNING OF SPRING EDITION

LED BY EMMA IN COLOUR  
ARTIST AND CREATIVE FACILITATOR

flow into  
spring

10AM-12PM FRIDAY 6<sup>th</sup> MARCH

AS THE DAYS BEGIN TO LENGTHEN AND THE WORLD SLOWLY WAKES UP, THIS SPRING EDITION WORKSHOP IS AN INVITATION TO PAUSE, BREATHE AND create

This is a welcoming space to explore colour and making

WITH NO EXPECTATIONS  
JUST THE JOY OF ESCAPING INTO THE MOMENT

IF YOU ARE INTERESTED CONTACT:

Fern Centre

[RDUH.THEFERNCENTRE@NHS.NET](mailto:RDUH.THEFERNCENTRE@NHS.NET)

01271 311855



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.

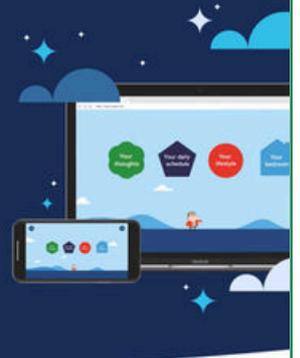
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access 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 4<sup>th</sup> February 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



# 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 12<sup>th</sup> March 2026 - 9am-12pm

Thursday 26<sup>th</sup> March 2026 - 9am-12pm

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

KKLF@citizensadviceplymouth.org.uk  
01752 507711



# 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 6<sup>th</sup> March 2026  
Friday 1<sup>st</sup> May 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.

# STRUMMIN' and HUMMIN'

at the  
Royal Devon  
Hospitals Charity  
Fern Centre

Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 12<sup>th</sup> March 2026

Thursday 26<sup>th</sup> March 2026

Thursday 9<sup>th</sup> April 2026

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

361 ENERGY CIC  
Registered charity No. 1211594

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

Thursday 5<sup>th</sup> March 2026  
Thursday 12<sup>th</sup> March 2026 (12pm - 4pm)  
Thursday 2<sup>nd</sup> April 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)



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384

Fern Centre

North Devon Stoma Support Group

St John's Garden Centre, Ashford

(Room upstairs)



2<sup>nd</sup> Monday of the month

10.00 to 12.00

# 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 or tel 07923975051

# 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

**NHS**  
Royal Devon  
University Healthcare  
NHS Foundation Trust

## Bude Cancer Support



# Cancer Café



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

1.30-  
3.30pm

Room 1  
The  
Parkhouse  
Centre  
Bude

**Bude  
Cancer  
Support**



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

**Fern Centre**



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 20<sup>th</sup> March 2026

Friday 17<sup>th</sup> April 2026



Contact the Cancer Care Counselling Team on 01271 334472 or [rduh.cancercarecounselling@nhs.net](mailto:rduh.cancercarecounselling@nhs.net) for more information.

## North Devon Prostate Cancer Support Group



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 - our next meet-up will be from 10.00am on 27<sup>th</sup> March at Queen Anne's Cafe (on The Strand).

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

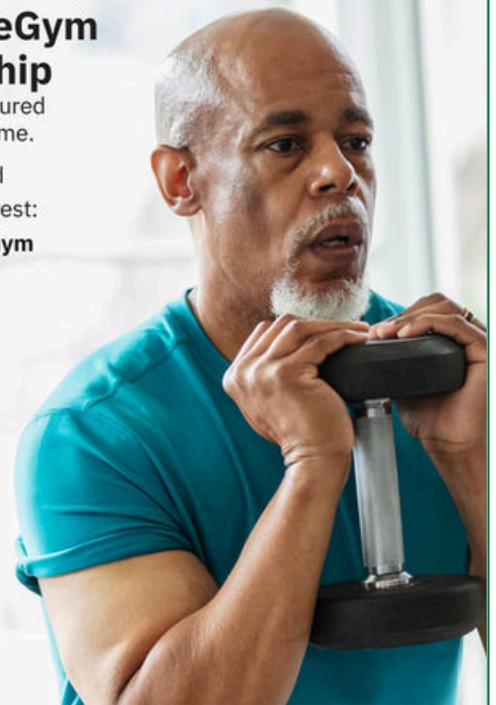
Important Note: All walks are done at the walkers own risk. The weather cannot be guaranteed.

Prostate Cancer UK is a registered charity in England and Wales (2005541) and in Scotland (SC039332). Registered company 02653887.

## Are you on hormone therapy to treat prostate cancer?

You could be eligible for a **FREE PureGym membership** and given a structured exercise programme.

Find out more and register your interest: [ICR.ac.uk/PureGym](http://ICR.ac.uk/PureGym)



The ROYAL MARSDEN  
NHS Foundation Trust



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](http://southwestcoastpath.org.uk)

or contact Huw Davies on 07482 452046 for further details.

# Fern Centre Walk This Way



Each month, the South West Coast Path Association provides a walk exclusively for Fern Centre Walkers to enjoy the local countryside.

**10.00am on the  
SECOND THURSDAY  
EACH MONTH**

Please contact Huw Davies on 07482 452046 for further details.

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

# Macrame

with Richard

at the



**Fern Centre**  
Registered charity No. 1061384



10.00am - 12.00pm

Thursday 26<sup>th</sup> March 2026

Thursday 16<sup>th</sup> April 2026

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



## 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)



**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 28<sup>th</sup> March 2026**  
**Saturday 25<sup>th</sup> April 2026**  
**Rock Park, Barnstaple, EX32 9AQ**  
**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**



# TOPLESS SWIM

@tunnelsbeaches

SIGN UP  
HERE!



£25  
ENTRY

TUNNELS BEACHES, ILFRACOMBE

SUNDAY 29TH NOVEMBER, 2026



## 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

