

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

Hello everyone,

April has arrived and the clocks have sprung forward - here's hoping for plenty of sunshine in the weeks ahead!

We have a busy and exciting month at the centre, starting with our Easter Fair on Thursday 2nd April from 10am. There will be all our usual favourites, including delicious cakes, refreshments, a tombola, and more - so we'd love to see you there.

Last Friday, we held our Fern Centre Bingo event, and what a fantastic evening it was! The atmosphere was brilliant, and together we raised an amazing £1,955.80, which will go directly back into supporting the centre. A huge thank you to everyone who attended, and a special thanks to our wonderful volunteers - your hard work before, during, and after the event made it such a success.

Looking ahead, we're hosting a Quiz Night on 10th July at the Westward Ho! Golf Club. Tables are filling up quickly, so if you'd like to book a table (teams of 6), please contact the centre as soon as possible.

Don't forget to pop along to the Lifestyle Wellbeing Fair at The Cedars on 22nd April. There will be a range of informative talks and plenty of useful information available. Holly and I will be there, and it would be lovely to see you.



A big thank you to Marc from The Voice for popping in and surprising the Royal Devon Hospitals Charity Fern Centre team with a beautiful bunch of flowers. It meant so much to us to have been nominated by The Voice listeners as this week's 'Thanks a Bunch' recipient - thank you everyone for such a thoughtful gesture

We hope you enjoy this month's newsletter. If there's anything you'd like to take part in, please don't hesitate to get in touch to reserve your place.

Wishing you all a very happy Easter!

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



Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 7th April 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 5th May 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



Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm

Thursday 9th April 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 14th May 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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384



What's on

April
2026

Date	Time	Activity
Thursday 2 nd April	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 2 nd April	From 10.00am	Easter Fair and Raffle Draw. Drop-in.
The Fern Centre will be closed on Friday 3rd April and Monday 6th April for the Bank Holidays		
Tuesday 7 th April	1.30pm and 2.45pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Wednesday 8 th April	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 9 th April	TBA	Natural Image Wig Fitting Clinic. Booking required.
Thursday 9 th April	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 9 th April	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Thursday 9 th April	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Friday 10 th April	1.30pm - 3.30pm	Follow-up Art Group (4 of 6). Booking required.
Monday 13 th April	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 14 th April	2.00pm - 3.30pm	Family Fun at the Fern Centre - Hedgehogs. Booking required.
Thursday 16 th April	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 16 th April	10.00am - 12.00pm	Macrame Workshop with Richard. Booking required.
Thursday 16 th April	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 16 th April	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 17 th April	10.00am - 11.30am	Men's Support Group. Sandbanks Cafe, EX31 3UH. Drop-in.
Friday 17 th April	1.30pm - 3.30pm	Follow-up Art Group (5 of 6). Booking required.
Monday 20 th April	10.00am - 12.30pm	Healthy on Hormones. Prostate patients only - contact Urology team.
Monday 20 th April	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



Date	Time	Activity
Tuesday 21 st April	2.00pm - 4.00pm	Sex and Intimacy Workshop. Booking required.
Wednesday 22 nd April	9.30am - 11.30am	Hand Reflexology Workshop. Booking required.
Wednesday 22 nd April	12.00pm - 2.00pm	Hand Reflexology Workshop. Booking required.
Wednesday 22 nd April	2.00pm - 4.00pm	Haematology Support Group. Drop-in.
Thursday 23 rd April	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 23 rd April	10.00am - 11.00am	Gentle Chair Yoga. Booking required. £3 per session.
Thursday 23 rd April	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 24 th April	10.00am - 11.30am	Secondary Breast Support Group. Drop-in.
Friday 24 th April	1.30pm - 3.30pm	Follow-up Art Group (6 of 6). Booking required.
Saturday 25 th May	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 27 th April	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 28 th April	10.30am - 12.30pm	Cancer - An invitation to reset our relationship with ourselves (Paul Beard). Booking required.
Friday 1 st May	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Friday 1 st May	10.00pm - 12.00pm	The Fern Art Table with Emma. Booking required.
Friday 1 st May	1.30pm - 3.30pm	The Fern Art Table with Emma. Booking required.
The Fern Centre will be closed on Monday 4th May for the Bank Holiday		
Tuesday 5 th May	1.30pm and 2.45pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Wednesday 6 th May	10.00am - 12.00am	Sex and Intimacy Workshop. Booking required.
Thursday 7 th May	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 7 th May	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Monday 11 th May	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 14 th May	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF



Lifestyle & Wellbeing Fair

For people living with and beyond cancer

10am - 2pm

Wednesday 22nd April

Cedars Inn, Bickington Road, Barnstaple



10:15am - 11:00am

Vista Wellbeing & Exercise

Small changes,
BIG Difference



11:15am - 11:45am

Eating Well

Macmillan LWBC
Dietitian Debra Winfield



12:15pm - 12:45pm

Sun Awareness

Skin Cancer Nurse
Specialist Team



1:00pm - 1:30pm

Tarka Leisure Centre

'Good Boost' & Cancer
Specific Exercise

361 ENERGY

Royal Devon
Hospitals Charity

Fern Centre

MACMILLAN
CANCER SUPPORT

DEVON CARERS
BY WESTBANK

WILTSHIRE
EST. FARM 1991
FOODS

Restful
Rainbow
Therapy

NHS

Royal Devon
University Healthcare
NHS Foundation Trust



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre

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

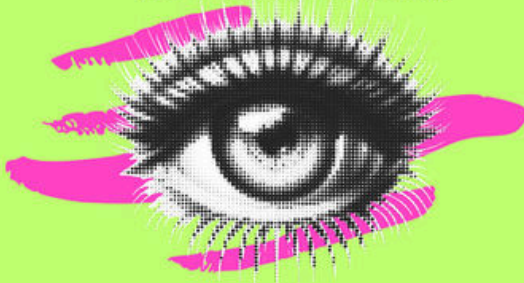
£100 refundable deposit
required to secure your place.

Find out more and book your place at seachangeretreats.org

**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**



**Penny
Brohn^{UK}**

Cancer wellbeing for everyone

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

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

www.pennybrohn.org.uk

HAND REFLEXOLOGY

with Jo

Fern Centre Complementary Therapist

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Wednesday 22nd April 2026

9.30am - 11.30pm

or

12.00pm - 2.00pm

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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre

the fern Art Table

MAY LIGHT EDITION

EXPLORING COLOUR THROUGH OIL PASTELS

Using oil pastels, we'll focus on soft blending, light, and movement. Taking inspiration from skies, sunsets and the quiet moments of light that finally start filling the sky this time of year.

FRIDAY THE 1ST OF MAY

Session 1: 10:00 am - 12:00pm
Session 2: 1:30pm - 3:30pm

This is a calm, welcoming space with no expectations and no pressure. You don't need any experience, just a willingness to play, explore and enjoy the process for a little while.

LED BY EMMA.IN.COLOUR
ARTIST AND CREATIVE FACILITATOR

IF YOU ARE INTERESTED CONTACT:

FernCentre

RDUH.THEFERNCENTRE@NHS.NET

01271 311855



Royal Devon
Hospitals Charity

Registered charity No. 1061384

FernCentre

MYCARE Cancer Care Companion

Using MY CARE to improve communication and care

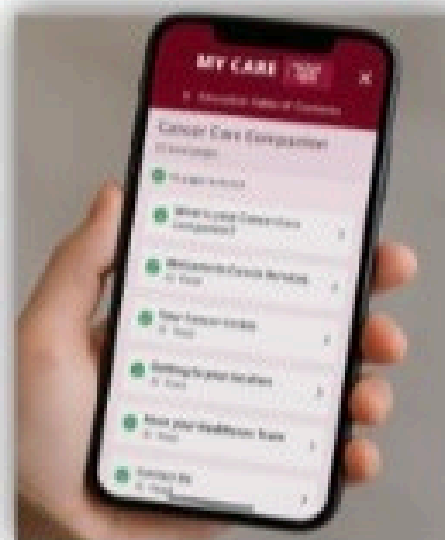
The NHS 10-year plan and The National Cancer Strategy asks NHS providers to move towards digital solutions to improve patient experience.

The Cancer Care Companion is an interactive digital tool that personalises support on your cancer pathway by helping you stay better connected and giving you trusted information you need to feel informed and in control.

- **Enhance** communication between you and your and care team
- **Improve** your overall experience through accessible, 24/7 information all in one place
- **Empowers** you to take an active role in your care
- **Reduce** travel and outpatient appointments using virtual assessments
- **Feedback** is ongoing, driving continuous improvement to ensure high adoption and supportive care

Going live with 2 cancer sites to gather patient feedback and refine the user experience:

- **Head & Neck**
- **Gynaecology - Systemic Anti-Cancer Treatment (SACT)**



Key Features for Patients

- **Personalised Care & Support:** Generic content and specialty specific information, with other cancer sites launching after March
- **Education Hub:** A "tile-based" library of resources, including "Making the most of your appointments"
- **Interactive Task Management:** Allows you to keep track of upcoming tasks and requirements
- **Multimedia Support:** Integration of videos to guide patients through their treatment and provide informed consent



Go to the website to sign up to MY CARE

www.royaldevon.nhs.uk/patients-visitors/my-care/

Family Fun AT THE Fern Centre

TUESDAY 14TH APRIL
2PM - 3:30PM



DO YOU KNOW WHAT TO FEED,
AND NOT FEED, HEDGEHOGS?
CAN HEDGEHOGS SWIM?
HAVE YOU GOT HEDGEHOG'S IN
YOUR GARDEN?
HOW MANY TEETH DO THEY HAVE?



To find out come along to a fun informal talk about our spiny friends from Karen Thomas from Landkey Hedgehog Group, and see if you can be part of the survival of hedgehogs

ALL WELCOME!

Please bring your children along to listen and learn about hedgehogs

Plus Colin from the Men's Shed South Molton will show you how to build a hedgehog house!

SUPPORTING WILDLIFE BENEFITS US GREATLY

IF YOU ARE INTERESTED CONTACT:

FernCentre

RDUH.THEFERNCENTRE@NHS.NET
01271 311855



Royal Devon
Hospitals Charity
Registered charity No. 1061384

FernCentre

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 to book your place.

QI GONG

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 3.00pm

Thursday 16th April 2026

Thursday 21st May 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 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



0345 077 1893



movingforward@breastcancer.org



look good feel better
FACING CANCER WITH CONFIDENCE



Book a
workshop

We help with the physical effects of cancer treatment.

We can support anyone with:



Look Good Feel Better run free workshops in the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.

Every workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance.

People leave our workshops feeling empowered, motivated and less isolated – allowing them to look good, but feel even better.



"Doing the workshop changed everything. It gave me confidence to be me again."

LEANNE, 29



Find out more lgfb.co.uk



Call us on 01372 747 500



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



at the

Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

£3 per session

Monday 6th April - no sessions

Monday 13th April - 1.30pm and 2.45pm

Monday 20th April - 1.30pm and 2.45pm

Monday 27th April - 1.30pm and 2.45pm

Monday 4th May - no sessions

Contact the Fern Centre on 01271 311855 or 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

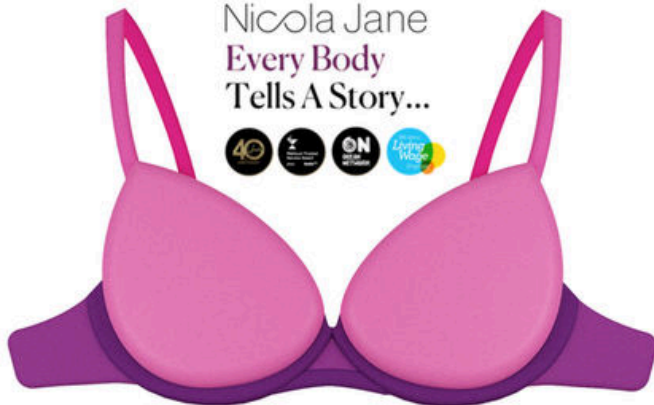
Thursday 23rd April 2026

10.00am - 10.45am

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

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

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 5th February 2026
Thursday 5th March 2026
Wednesday 8th April 2026
Thursday 7th May 2026
Thursday 4th June 2026

Thursday 2nd July 2026
Thursday 6th August 2026
Thursday 3rd September 2026
Thursday 1st October 2026
Thursday 5th November 2026
Thursday 3rd December 2026

CONTACT THE FERN CENTRE ON 01271 311855 / 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 8th January 2026
Thursday 29th January 2026
Thursday 19th February 2026
Thursday 12th March 2026
Thursday 9th April 2026
Thursday 30th April 2026
Thursday 21st May 2026
Thursday 11th June 2026

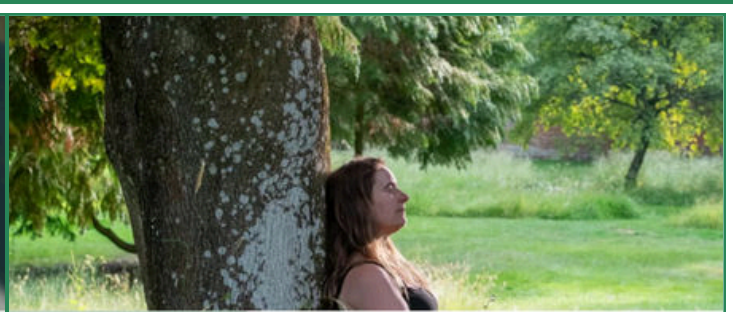
Thursday 9th July 2026
Thursday 30th July 2026
Thursday 20th August 2026
Thursday 10th September 2026
Thursday 8th October 2026
Thursday 29th October 2026
Thursday 19th November 2026
Thursday 17th December 2026

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



Royal Devon Hospitals Charity
Registered charity No. 1061384





Have you applied for your Carers Break Fund?



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



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



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

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

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



Carefree

New edition of the free magazine out now!

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



Scan to read

www.devoncarers.org.uk/magazine



Royal Devon Hospitals Charity

Fern Centre

Registered charity No. 1061384

The Fern Centre is funded by



Royal Devon Hospitals Charity

Registered Charity No. 1061384

PLEASE VISIT OUR WEBSITE TO FIND OUT MORE
www.royaldevoncharity.org.uk



Royal Devon Hospitals Charity

Registered charity No. 1061384

Fern Centre

QUIZ NIGHT



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

£5
 per person
 6 per team

Friday 10th July 2026

Doors open: 6.30pm

Start: 7.00pm

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

CANCER - AN INVITATION TO RESET OUR RELATIONSHIP WITH OURSELVES

WITH PAUL BEARD
 at the

10.30am - 12.30pm

Tuesday 28th April 2026

A cancer experience very often turns our lives upside down and makes us question who we are. We are all familiar with the phrase 'in the midst of every crisis lies great opportunity' (or variations of it). If we can at some point see beyond the crisis, we may well then see previously unseen opportunities that cancer can bring about. One of those opportunities is to reset our relationship with ourselves. Under normal circumstances, this is very difficult to do; it is, however, potentially much easier to do with a life-changing force such as cancer. In fact, if harnessed in the right way, all the mental and emotional suffering that usually accompanies cancer can be the fuel for transformative inner change and growth.

People often describe cancer as a 'wake-up call'. Join highly experienced mindfulness teacher and coach Paul in this new workshop to explore with each other in a safe space how we can best hear and act upon that call.

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

Macrame

with Richard

at the



10.00am - 12.00pm

Thursday 16th April 2026

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

**2026
 REGISTRATION
 NOW
 OPEN!**

THE BERRY BEAST ABSEIL 2026

**ABSEIL
 180FT DOWN
 THE BERRY
 CLIFFS AT
 HARTLAND
 NORTH DEVON**

**GO
 OVER THE
 EDGE FOR
 YOUR NHS
 ON AUGUST
 1ST**

SCAN
 FOR MORE
 INFO OR
 TO SIGN
 UP



daylight

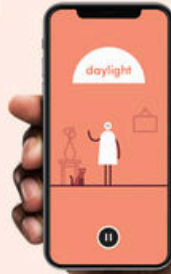
Welcome to Daylight!

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

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

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

MACMILLAN
CANCER SUPPORT



What you'll learn

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

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

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

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

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

Begin your journey to worrying less:

1 For instant access, visit: trydaylight.com/macmillan

or scan the QR code below to create your free account



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

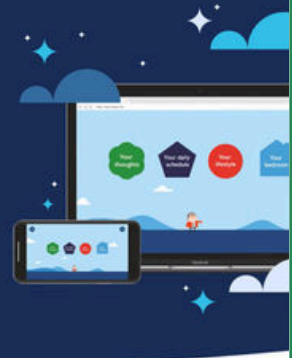
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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

Sleepio

Don't let cancer stop you sleeping

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

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



MACMILLAN
CANCER SUPPORT

Start sleeping better tonight, visit: sleepio.com/macmillan

How does Sleepio work?

Designed by sleep experts, Sleepio is a digital programme featuring proven cognitive behavioural techniques.

Sleepio guides you through six weeks of interactive, personalised lessons to help you address sleep problems effectively.

Is it effective?

Sleepio has been clinically proven to help people fall asleep 54% faster, spend 62% less time awake at night, and have 45% better functioning the next day.

"I no longer think I have a sleep problem. I know what to do on the nights when I wake and can't get back to sleep; I no longer fear sleepless nights"
–Alison, Sleepio user

Start sleeping better tonight:

1 For instant access, visit: sleepio.com/macmillan

or scan the QR code below to create your free account



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

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

Need help and support with cancer?

The Macmillan Buddy Service

Get support that is right for you

Our free Macmillan Buddy service will match you to a volunteer buddy who understands what you're going through. They'll be a listening ear, ready to talk about how you're feeling and your support needs, or anything else you'd like to talk about. They can also point you to other support available in the local community.

Or, if needed, they might be able to help with some tasks around the home, like putting the washing away or a little cleaning. Support is usually for up to 12 weeks and can sometimes be extended. We'll review how it's going and signpost you on to other suitable support as and when needed.

"The Buddy service showed me that Macmillan has got time for me as a person. It made me feel like a person again and not like I am a hassle to others."

Karen, in Essex

MACMILLAN
CANCER SUPPORT

Sign up at macmillan.org.uk/buddies at any time or call 0808 808 00 00 (7 days a week, 8am-8pm).



We also accept referrals from health and social care professions providing support to people living with cancer.

Scan the QR code to find out more

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

FREE Wellbeing Workshops from the NHS

IMPROVING SLEEP

Tuesday 7th April 2026 @ 13:00

Monday 13th March 2026 @ 17:30

Tuesday 5th May 2026 @ 10:00

Tuesday 12th May 2026 @ 10:00

LIVING WELL WITH A LONG-TERM HEALTH CONDITION

Thursday 9th April 2026 @ 13:00

Tuesday 19th May 2026 @ 14:00

You can find more information on the website at www.talkworks.dpt.nhs.uk or by calling 0300 555 3344 to speak to a member of the team.



Royal Devon Hospitals Charity
Registered charity No. 1061384



THE KAY KENDALL LEUKAEMIA FUND

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

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

DROP-IN SESSIONS AT THE FERN CENTRE

Thursday 9th April 2026 - 9am-12pm

Thursday 23rd April 2026 - 9am-12pm

Thursday 14th May 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 1st 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 9th April 2026

Thursday 23rd April 2026

Thursday 14th May 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 2nd April 2026

Thursday 16th April 2026

Thursday 7th May 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



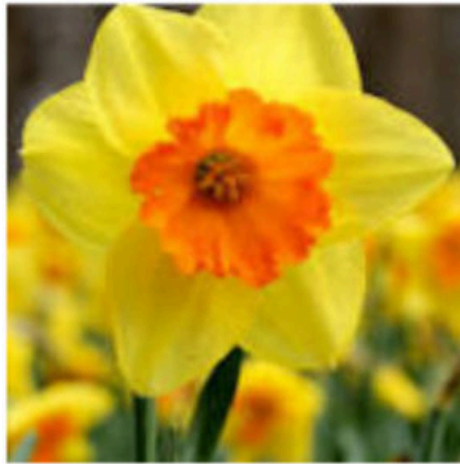
Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre

North Devon Stoma Support Group

St John's Garden Centre, Ashford

(Room upstairs)



2nd 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 1142794



BARNSTAPLE Patient & Caregiver Support Group Meeting

We look forward to meeting you.....

I'm fine... 

Frustrated • Isolated • Neglected • Emotional

Shaping the future for caregivers

YOU ARE NOT ALONE, WE ARE HERE FOR YOU.....

Support

Support group meetings facilitated by the charity creates a safe space for individuals to share experiences and insights, fostering a sense of community, family and understanding. The meeting in your area is held every month where patients, caregivers, family and friends come together in a relaxed and friendly environment to meet like-minded people.

WHEN DO WE MEET?

Patient & Caregiver meetings will be held every Month.

CALL US FOR MORE INFO

 07779 169 833

DATES WE MEET

2nd Thursday of the month

TIME

6:30pm to 8:30pm

WHERE DO WE MEET?

Grovenor Church
Old Station Road
Barnstaple
EX32 8PB



 info@theswallows.org.uk

 www.theswallows.org.uk

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 17th April 2026

at the Sandbanks Café

Unit 1 Sandbanks Business Park, West Yelland, EX31 3UH



Contact the Cancer Care Counselling Team on 01271 334472 or 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 24th April at Boston Tea Party (21-22 Tuly St, Barnstaple, EX31 1DH).

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

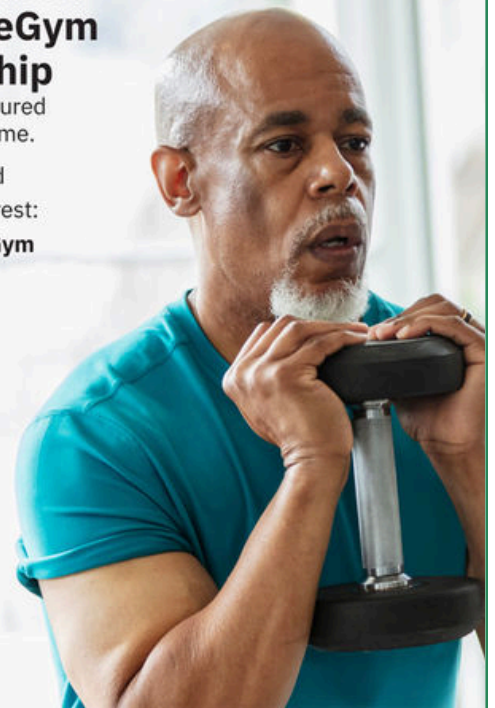
Important Note: All walks are done at the walkers own risk. The weather cannot be guaranteed.

Prostate Cancer UK is a registered charity in England and Wales (1005541) 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



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

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
THIRD 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

VINTAGE TEA

2.30pm - 4.30pm

Saturday 25th 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 or 07801 286806

**ALL PROCEEDS
TO SUPPORT THE**



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

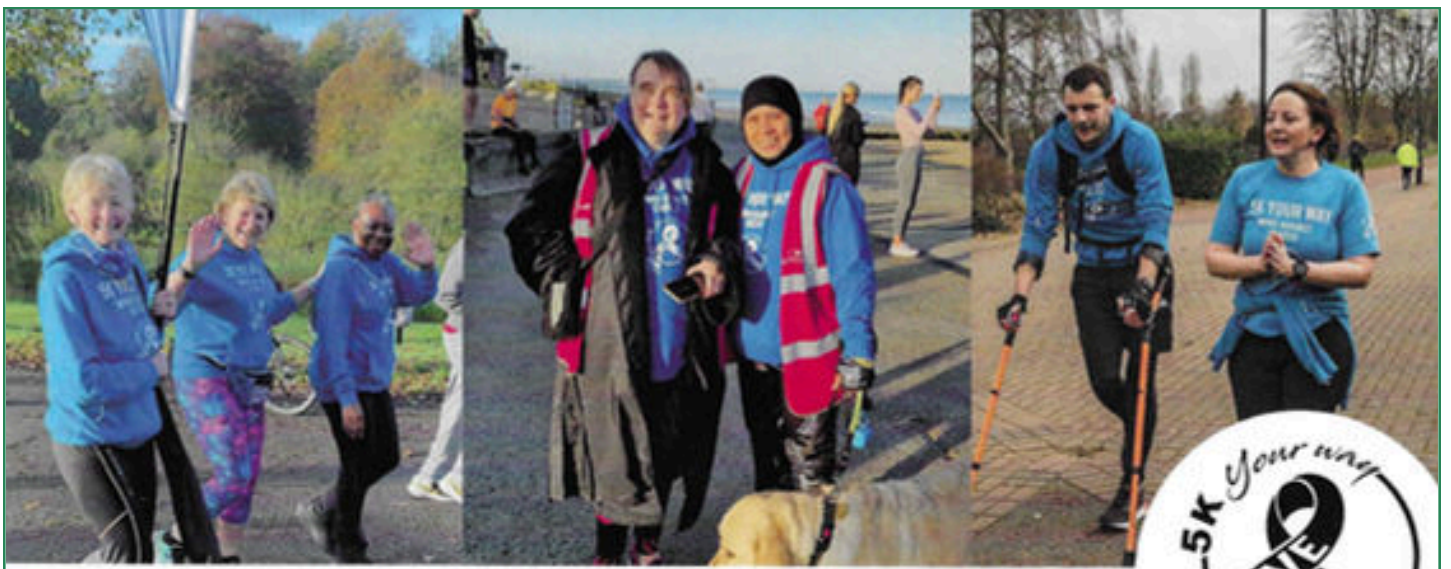
cancercaremap.org



**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 25th April 2026

Saturday 30th May 2026

Rock Park, Barnstaple, EX32 9AQ

barnstaplegroup@5kyourway.org


Register here: www.moveagainstcancer.org/5kyw-registration/


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



**MOVE
AGAINST
CANCER.**


FREE!

 moveagainstcancer.org

 info@5kyourway.org

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

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

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

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



**Royal Devon
Hospitals Charity**

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

