



Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

Hello everyone,

Welcome to the May edition of The Fern Centre Newsletter.

We have lots happening at the Centre this month and are delighted to share some exciting updates with you. One of our newest additions is a carers' support group called TLC (Tea, Laughter, Chat). This relaxed and friendly group offers a chance for carers to connect and share experiences. TLC will take place on the last Thursday of every month, with the first session on 28th May from 12:30pm to 1:30pm. We warmly invite you to join us.

Looking ahead, please save the date for 10th August, when we will be hosting our annual Summer Garden Party. It promises to be a fab day with entertainment throughout, along with plenty of cakes and refreshments. We hope you can come along and celebrate with us.

As always, The Fern Centre remains a welcoming space for anyone affected by cancer. Whether you're looking for support, information, or simply a quiet place to pause, you are always welcome. We are open Monday to Friday (except bank holidays) 9am to 4.30pm, no appointment needed.

Wishing you a lovely May, and if you're in the vicinity of The Fern Centre, please do pop in and see us.

Warmest wishes,

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

NHS

Royal Devon
University Healthcare
NHS Foundation Trust

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm

Thursday 14th May 2026

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

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



Torrige, North,
Mid & West Devon

**MACMILLAN
CANCER SUPPORT**

361
ENERGY CIC



South West
Water

Bringing the
Fern Centre
closer to you!

TTVs



DEVON CARERS
at WESTBANK

Next Hub: Thursday 11th June 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

NHS
Royal Devon
University Healthcare
NHS Foundation Trust

Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 5th May 2026

Lantern Centre, 44 High Street
Ilfracombe, EX34 9QB

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

one ilfracombe
our future, our choice

**MACMILLAN
CANCER SUPPORT**

361
ENERGY CIC



South West
Water

Bringing the
Fern Centre
closer to you!



DEVON CARERS
at WESTBANK

Next Hub: Tuesday 2nd June 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

NHS
Royal Devon
University Healthcare
NHS Foundation Trust



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Bringing the
Fern Centre
closer to you!

What's on



May
2026

Date	Time	Activity
Friday 1 st May	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Friday 1 st May	10.00am - 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	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Tuesday 5 th May	12.30pm - 2.30pm	Sex and Intimacy Workshop (1 of 4). Booking required.
Wednesday 6 th May	10.00am - 11.00am	Body Image Follow-up 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	9.00am - 12.00pm	Melanoma Education and Information Group. Booking required.
Monday 11 th May	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Thursday 12 th May	10.00am - 12.00pm	Look Good Feel Better - Skincare and Makeup. Booking required.
Tuesday 12 th May	12.30pm - 2.30pm	Sex and Intimacy Workshop (2 of 4). Booking required.
Wednesday 13 th May	10.00am - 11.30pm	Gynae Support Group. Drop-in.
Thursday 14 th May	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 14 th May	10.30am - 12.30pm	Enhancing Energy with Karen Thomas. Booking required.
Thursday 14 th May	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Thursday 14 th May	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 15 th May	10.00am - 11.30am	Men's Support Group. Drop-in.
Friday 15 th May	1.30pm - 3.30pm	Cup of Calm Art Group (1 of 6). Booking required.



Royal Devon
Hospitals Charity
Registered charity No. 1061384



Date	Time	Activity
Monday 18 th May	9.30am - 12.30pm	Healthy on Hormones. Prostate patients only - contact Urology team.
Monday 18 th May	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 19 th May	12.30pm - 2.30pm	Sex and Intimacy Workshop (3 of 4). Booking required.
Thursday 21 st May	TBA	Natural Image Wig Clinic. Booking required.
Thursday 21 st May	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 21 st May	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 21 st May	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 22 nd May	1.30pm - 3.30pm	Cup of Calm Art Group (2 of 6). Booking required.

The Fern Centre will be closed on Monday 25th May for the Bank Holiday

Tuesday 26 th May	10.30am - 12.30pm	Allowing Space To Connect With Our Deeper Selves (Paul Beard). Booking required.
Tuesday 26 th May	12.30pm - 2.30pm	Sex and Intimacy Workshop (4 of 4). Booking required.
Thursday 28 th May	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 28 th May	10.00am - 11.00am	Gentle Chair Yoga. Booking required. £3 per session.
Thursday 28 th May	12.30pm - 1.30pm	TLC - Tea Laughter Chat. Carers Support Group. Drop-in.
Thursday 28 th May	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 29 th May	10.00am - 11.30am	Secondary Breast Support Group. Drop-in.
Friday 29 th May	1.30pm - 3.30pm	Cup of Calm Art Group (3 of 6). Booking required.
Saturday 30 th May	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 1 st June	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 2 nd June	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Thursday 4 th June	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 4 th June	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.



Libbaton Golf club launches fundraising drive for Fern Centre



Read the
full article
here!



Golfers at Libbaton Golf Club are teeing off a year of fundraising to help provide wellbeing support for people in North Devon affected by cancer.

The club will be raising money for the Royal Devon Hospitals Charity Fern Centre, which has been supporting one of its members following his cancer diagnosis.

Barry Hunt was given the news that he had prostate cancer shortly before Christmas 2024. Barry started hormone treatment in January last year, followed by a month of daily radiotherapy in June.

Barry joined the North Devon Prostate Cancer Support Group and found out about the free complementary therapies, counselling and support groups available at the Fern Centre, at North Devon District Hospital.

Barry approached the Libbaton Golf Club charity committee about supporting the Fern Centre as one of its chosen charities in 2026, alongside longstanding charity the Children's Holiday Foundation North Devon.

The Royal Devon Hospitals Charity Fern Centre, at North Devon District Hospital.

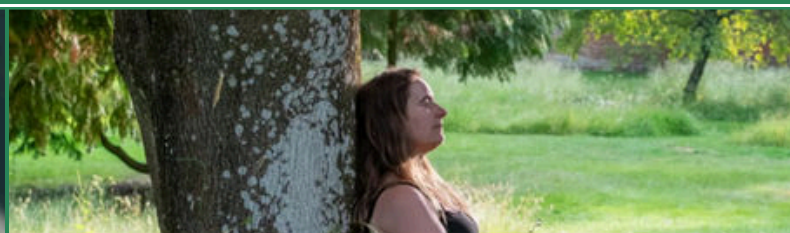
The committee agreed and members began fundraising for the two charities before Christmas, with events planned throughout the year, including a quiz night on May 23, a charity golf day on June 6, a sponsored dawn-to-dusk golf day on June 28, and a Big Breakfast on August 22. A bingo night on Easter Saturday has already raised nearly £1,000.



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



Have you applied for your Carers Break Fund?



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

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



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



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

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



Carefree

New edition of the free magazine out now!

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 434 435 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



Royal Devon
Hospitals Charity

Fern Centre 

Registered charity No. 1061384



SATURDAY, 23RD MAY

**7 PM FOR A
7:30 START**

**LIBBATON GOLF CLUB, HIGH
BICKINGTON**

UP TO 6 PER TEAM - £5 PP

ALL PROCEEDS GO TOWARDS CLUB CHARITIES

**TO BOOK A TEAM, CONTACT JUDY DOWN
EMAIL - SDOWNJDOWN@BTINTERNET.COM
PHONE - 07711056066**



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

Fern Centre 

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



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

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

£300 refundable deposit required to secure your place.

Find out more and book your place at seachangeretreats.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



Royal Devon Hospitals Charity

Registered charity No. 1061384



TEA LAUGHTER CHAT
CARERS SUPPORT GROUP

This support group is aimed at anyone who is caring for someone with a diagnosis of Cancer.

Many people who look after a family member, partner, or friend do not identify as "carers" - they often feel they are simply being a supportive spouse, child, or friend.

Offering a relaxed and welcoming environment where you can share experiences, meet other carers, take time for yourself, and access local support and information.

Tea and coffee provided.

12.30pm - 1.30pm on the
last Thursday each month
at the Fern Centre, NDDH, EX31 4JB

Future dates include: 28th May - 25th June - 30th July

Contact the Cancer Care Counselling Team on 01271 334472 or rduh.cancercarecounselling@nhs.net for more information.



MYCARE Cancer Care Companion

Using MY CARE to improve communication and care

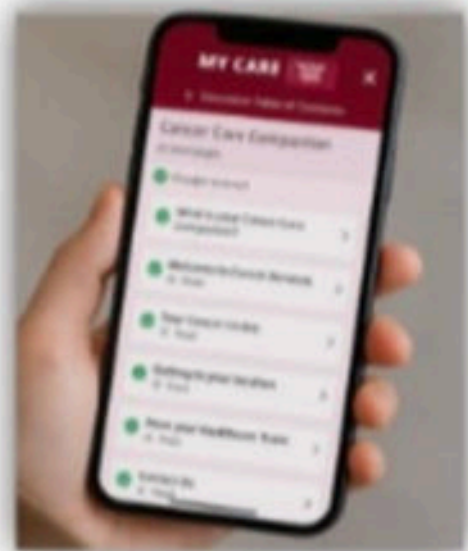
The NHS 10-year plan and The National Cancer Strategy asks NHS providers to move towards digital solutions to improve patient experience.

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/

BODY IMAGE WORKSHOP AND SUPPORT GROUP

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

10.00am - 11.00am

Wednesday 6th May 2026

This workshop is open to women living with or beyond cancer who have already attended one of our Body Image Workshops previously

The Groups aims are to provide a safe and supportive space where you can:

- reflect on any intentions set in the last workshop
- discuss ongoing challenges and explore ways through
- reconnect with like-minded women
- raise related issues that have come up for you

Refreshments provided before and after the session.

Contact the Cancer Care Counselling Team on 01271 334472 or rduh.cancercarecounselling@nhs.net to book your place.

BODY IMAGE WORKSHOP AND SUPPORT GROUP

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Cancer Wellbeing Centre

opposite the Ladywell Unit, North Devon District Hospital

10.00am - 12.00pm

Wednesday 20th May 2026

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 provided. A chance to meet other women and to create a network that's supportive and understanding.

Contact the Cancer Care Counselling Team on 01271 334472 or rduh.cancercarecounselling@nhs.net to book your place.

Help us improve cancer care for everyone

If you have had treatment at this NHS trust you may soon be asked to take part in NHS England's **National Cancer Patient Experience Survey**. The survey helps us monitor what's working well and what could be improved for future cancer patients.

All NHS patients who have cancer related care or treatment as an inpatient or day case in April, May or June 2026 will be contacted to take part in a survey.

Taking part in the survey is **voluntary** and all answers are **confidential**.

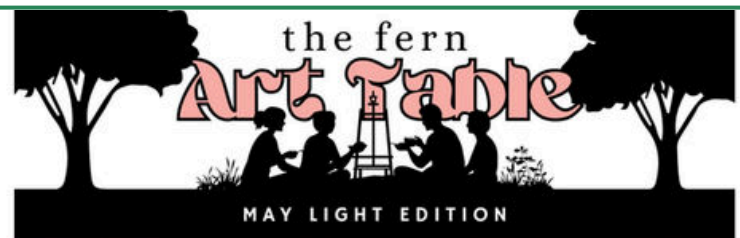
If you are invited, we will use your personal details to send you a letter explaining how to take part. We may also send you a text message. We will only use your details to carry out a survey. These details will be provided by this NHS trust. Your personal information will be handled securely and confidentially. We will not publish any information which might identify you.

If you do **not** want to take part, or have any questions about the survey, please contact this NHS trust by 28th July 2026:
rduh.patientexperience@nhs.net; ☎: 01271 314090;
📍: PE Team, Yeo View, NDDH, Barnstaple EX31 4JB

For more information about the survey: www.ncpes.co.uk

If you do not want to take part, you will still need to contact us if you have a National Data Opt Out. The Department of Health and Social Care has confirmed that this survey is exempt. For more information: <https://digital.nhs.uk/services/national-data-opt-out/programmes-to-which-the-national-data-opt-out-should-not-be-applied>. Or scan the QR code.

The survey will be carried out by Picker on behalf of NHS England. The Secretary of State for Health and Social Care provided support for confidential patient information to be used to identify people diagnosed with cancer and invite them to take part in this survey. This is known as Section 251 support and was based on advice from an independent group, the Confidentiality Advisory Group, which includes members of the public.



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:

Fern Centre

RDUH.THEFERNCENTRE@NHS.NET

01271 311855



Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre

GENTLE CHAIR YOGA AND MINDFUL MOVEMENT at the Royal Devon Hospitals Charity Fern Centre



Naomi brings her Gentle Chair Yoga and Mindful Movement sessions to the Fern Centre.

There will be a £3 charge per 45-minute session and you will need to complete a brief health screening form to ensure that is safe for you to join the activity.

Naomi's mindful wellbeing sessions are down-to-earth, inclusive and friendly, suitable for people from all walks of life and starting points. Using simple, profound healing art practices of mindful chair yoga, bioenergetic movement and breath-work, sessions are carefully crafted to enhance mind-body wellness and quality of life in a safe, compassionate space.

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

About Naomi:

Thirty-five years after first sitting on a meditation cushion, I'm still passionate about exploring how simple, profound practices of mindfulness and yoga can shape and transform lives, and open up a flow of happiness, energy, and awareness on many levels. friends, cooking sourdough loaves, and spending as much time in the sea or wild spaces as possible.

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

GENTLE CHAIR AND MINDFUL MOVEMENT at the Royal Devon Hospitals Charity Fern Centre

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

£3 per
session

45-minute
sessions

Thursday 28th May 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!

BREAST CANCER NOW

The research & support charity



Moving forward

Giving you the tools to help you adjust to life beyond primary breast cancer treatment.

find a course near you or register for an online course today



breastcancer.org/movingforward



0345 077 1893



movingforward@breastcancer.org



look good feel better
FACING CANCER WITH CONFIDENCE



Book a
workshop

We help with the physical effects of cancer treatment.

We can support anyone with:



Make-up techniques



Skincare and nailcare



Haircare, wigs and headwear



Eyebrows and eyelashes



Shaving and grooming



Mindfulness and exercise

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

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

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



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

LEANNE, 29



Registered charity no. 1031728



Royal Devon
Hospitals Charity

Registered charity No. 1061384





at the



Fern Centre

Registered charity No. 1061384

£3 per session

Monday 4th May - no sessions

Monday 11th May - 1.30pm and 2.45pm

Monday 18th May - 1.30pm and 2.45pm

Monday 25th May - no sessions

Monday 1st June - 1.30pm and 2.45pm

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

QI GONG

at the



Fern Centre

Registered charity No. 1061384

2.00pm - 3.00pm

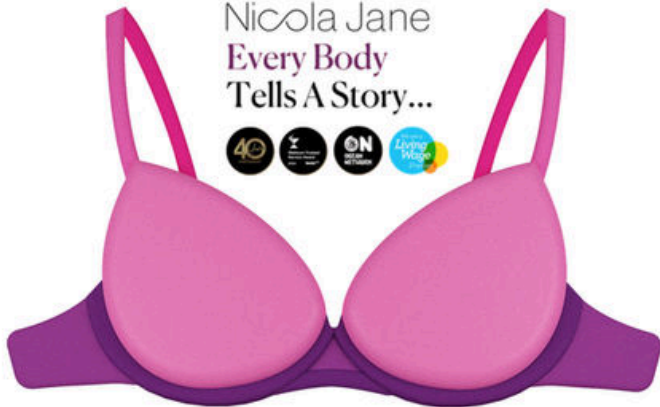
Thursday 21st May 2026

Thursday 18th June 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!

Nicola Jane
Every Body
Tells A Story...



BRA FITTING SERVICES AVAILABLE AT THE



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

NATURAL image

WIG FITTING SERVICES

AT THE



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

Fern Centre

daylight

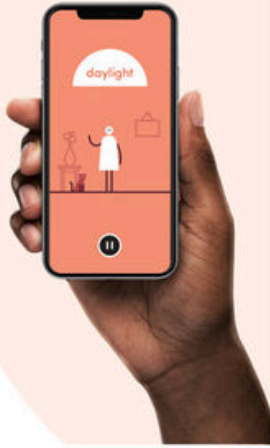
Welcome to Daylight!

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

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.

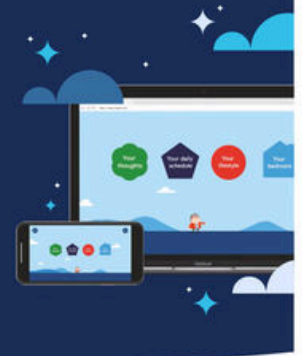
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access 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 5th May 2026 @ 10:00

Tuesday 12th May 2026 @ 10:00

Wednesday 20th May 2026 @ 14:00

Tuesday 26th May 2026 @ 17:30

LIVING WELL WITH A LONG-TERM

HEALTH CONDITION

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 (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 14th May 2026 - 9am-12pm

Thursday 28th May 2026 - 9am-12pm

Thursday 11th June 2026 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk  Plymouth
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

Friday 5th June 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.

ALLOWING SPACE TO CONNECT WITH OUR DEEPER SELVES

WITH PAUL BEARD

at the
 Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 26th May 2026

For a very long time, we have lived in a society which equates 'more' with 'better'. This is true to an extent with material things, but doesn't work with thoughts and emotions - our 'inner life'. We therefore often feel inwardly overloaded with information, options, lists, choices and an emotional backlog - a pressured feeling that is usually greatly exacerbated by having to deal with cancer at the same time as everything else going on in our lives. We can easily get to a point where we crave both inner and outer space, even if we are too busy to realise it.

Join highly experienced mindfulness teacher and coach Paul in this new one-off workshop where you'll be given safe space and guidance to practice pure awareness of being (i.e. doing absolutely nothing!) and discover how less can be a deeper more.

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 7th May 2026

Thursday 21st May 2026

Thursday 4th June 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**



NORTH DEVON COLORECTAL SUPPORT GROUP

Tuesday 9th June
Tuesday 8th September
2.00pm - 4.00pm

at the

Fern Centre

North Devon District Hospital
Raleigh Park, Barnstaple, EX31 4JB

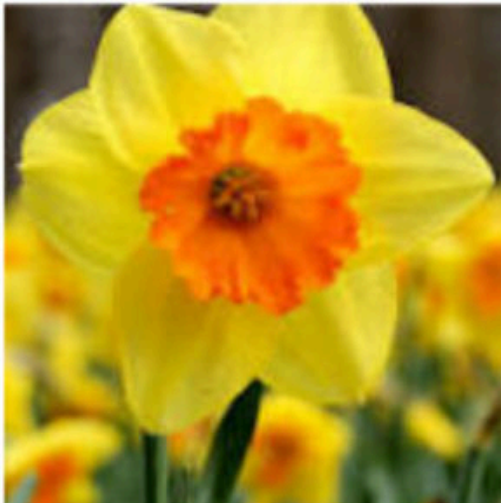
Thursday 10th December
2.00pm - 4.00pm

Venue to be confirmed

North Devon Stoma Support Group

St John's Garden Centre, Ashford

(Room upstairs)



2nd Monday of the month

10.00 to 12.00

The Swallows
Head & Neck Cancer Support Group
Registered Charity Number: 1148794



**BARNSTAPLE
Patient & Caregiver Support
Group Meeting**

We look forward to meeting you.....

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

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



**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 Candar,
Ilfracombe, EX34 9DA

Holsworthy

Fortnightly on a MONDAY
7:00 pm - 9:00 pm

Holsworthy Area Sports Pavilion, Park
Garve, Holsworthy EX22 8FP

South Molton

Weekly on a TUESDAY
7:00 pm - 9:00 pm

YMCA Centre South Molton, Mill St,
South Molton EX36 4AS

Torrington

Fortnightly on a THURSDAY
7:00 pm - 9:00 pm

The Bickford Centre, 23 South St. Great
Torrington, Torrington EX38 8AA

NORTH DEVON

North Devon Prostate Cancer Support Group

SUPPORTING



PROSTATE CANCER UK

What we do:

2 Separate activities:

1. We go for manageable walks over flattish terrain every other Thursday morning starting at 10:00 am. We normally manage to find somewhere we can get a coffee, cake or even a bacon butty if you wish. We aim to find a location with WC facilities. People friendly dogs on leads welcome.
2. Also we like to meet up once a month in Barnstaple for a coffee and a general chat on a Friday morning - our next meet-up will be from 10.00am on 29th May at Queen Annes Cafe (The Strand, BARNSTAPLE, EX31 1EU).

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 02655887.

MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 15th May 2026

Friday 19th June 2026



Registered charity No. 1061384

Contact the Cancer Care Counselling Team on 01271 334472 or rduh.cancercarecounselling@nhs.net for more information.

Are you on hormone therapy to treat prostate cancer?

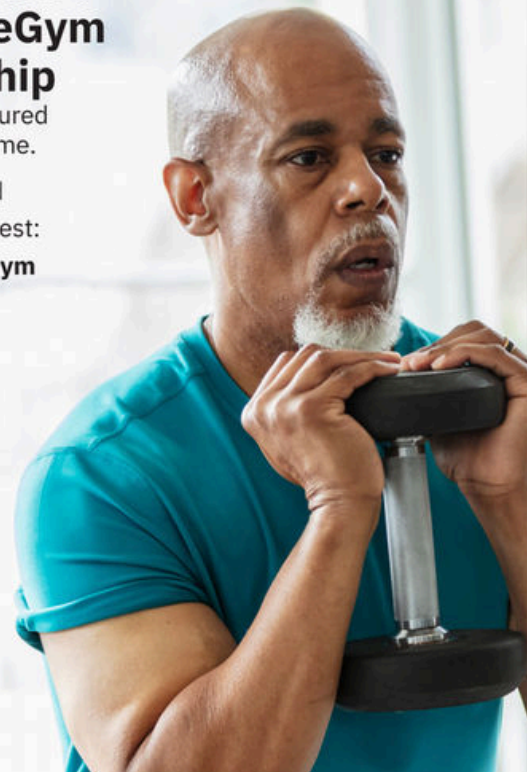
You could be eligible for a

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

Royal Devon Hospitals Charity

Fern Centre
Registered charity No. 1061384

QUIZ NIGHT

£5
per person
6 per team

at the

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

Friday 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.

STRUMMIN' and HUMMIN'

at the

Royal Devon Hospitals Charity

Fern Centre
Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 14th May 2026

Thursday 28th May 2026

Thursday 11th June 2026

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



Royal Devon Hospitals Charity

Registered charity No. 1061384

Fern Centre



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 30th May 2026
Rock Park, Barnstaple, EX32 9AQ
barnstaplegroup@5kyourway.org

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

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



FREE!

moveagainstcancer.org

info@5kyourway.org

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

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

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

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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre

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



2026
REGISTRATION
NOW OPEN

TOPLESS SWIM

@tunnelsbeaches

DARE TO BARE IN SUPPORT
OF YOUR LOCAL NHS!

TUNNELS BEACHES, ILFRACOMBE

SUNDAY 29TH
NOVEMBER, 2026

SIGN UP
HERE!



£25
ENTRY

LADIES
ONLY!

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



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre