



Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

Hello everyone,

Welcome to June and to our latest newsletter, we have lots to share with you this month!

We're pleased to introduce our new Coffee & Company morning, launching on 10th June at 11am. This is a relaxed drop-in session, and we'll see how it develops with your feedback and ideas. If it proves popular, we hope to continue running it with different themes each month.

On the same day, we'll also be holding our Women's Monthly Meet-Up at 10am. If you're interested in joining or would like more information, please contact the centre.

We still have a few tables remaining for our Quiz Night in July, so if you would like to take part, please give us a call to book your table.

Hot off the press! We are also excited to announce our Race Night Fundraiser on 11th September, which will be held at Barnstaple Social Club. This is guaranteed to be a fun-filled evening with lots of wonderful prizes and a fantastic raffle. Be sure to book your tickets now to avoid disappointment! Last year's Race Night was a fabulous evening with a fantastic atmosphere, and we can't wait to do it all again this year.

Don't forget to join us at Rock Park on 27th June for 5K Your Way. Refreshments will be available afterwards, and you can choose to take part in 1K, 2K or the full 5K — do it your way at your own pace, walk, jog or run.

Warmest wishes,

Tara

Monthly Hubs

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Ifracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 2nd June 2026

Lantern Centre, 44 High Street
Ifracombe, EX34 9QB

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



Next Hub: Tuesday 7th July 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 11th June 2026

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

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



Torrige, North, Mid & West Devon



Next Hub: Thursday 9th July 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



If you are unable to make it to the Fern Centre, we hold outreach hubs at Holsworthy and Ifracombe each month!



Royal Devon Hospitals Charity

Going over and above for your local NHS

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 University Healthcare



Royal Devon Hospitals Charity

Registered charity No. 1061384



What's on



June 2026

Date	Time	Activity
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
Tuesday 2 nd June	10.00am - 12.00pm	Sex and Intimacy Workshop (1 of 4). Booking required.
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.
Thursday 4 th June	2.00pm - 3.00pm	Qi Gong with Ali. Booking required.
Friday 5 th June	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Friday 5 th June	1.30pm - 3.30pm	Cup of Calm Art Group with Tanya (4 of 6). Fully booked.
Monday 8 th June	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 9 th June	10.00am - 12.00pm	Sex and Intimacy Workshop (2 of 4). Booking required.
Tuesday 9 th June	2.00pm - 4.00pm	Colorectal Support Group. Drop-in.
Wednesday 10 th June	10.00am - 11.00am	Women's Monthly Meet-up. Drop-in.
Wednesday 10 th June	11.00am - 12.30pm	Coffee & Company Morning. Drop-in.
Wednesday 10 th June	11.00am - 11.45am	Gentle Chair Yoga. Booking required. £3 per session.
Thursday 11 th June	TBA	Natural Image Wig Clinic. Booking required.
Thursday 11 th June	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 11 th June	10.30am - 12.30pm	Fun With Crystals For Wellbeing. Booking required.
Thursday 11 th June	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Thursday 11 th June	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 12 th June	1.30pm - 3.30pm	Cup of Calm Art Group with Tanya (5 of 6). Fully booked.



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

01271 311855

rduh.theferncentre@nhs.net



Date	Time	Activity
Monday 15 th June	9.30am - 12.30pm	Healthy on Hormones. Prostate patients only - contact Urology team.
Monday 15 th June	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 16 th June	10.00am - 12.00pm	Sex and Intimacy Workshop (3 of 4). Booking required.
Wednesday 17 th June	9.30am - 1.00pm	Moving Forward (1 of 2). Book with the Breast Team on 01271 349115.
Thursday 18 th June	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 18 th June	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Friday 19 th June	10.00am - 11.30am	Men's Support Group. Drop-in.
Friday 19 th June	1.30pm - 3.30pm	Cup of Calm Art Group with Tanya (6 of 6). Fully booked.
Monday 22 nd June	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 23 rd June	10.00am - 12.00pm	Sex and Intimacy Workshop (4 of 4). Booking required.
Wednesday 24 th June	9.30am - 1.00pm	Moving Forward (2 of 2). Book with the Breast Team on 01271 349115.
Thursday 25 th June	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 25 th June	12.30pm - 1.30pm	TLC - Tea Laughter Chat. Carers Support Group. Drop-in.
Thursday 25 th June	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 26 th June	10.00am - 11.30am	Secondary Breast Support Group. Drop-in.
Saturday 27 th June	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 29 th June	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 30 th June	10.30am - 12.30pm	Heart Centred Mindfulness. Booking required.
Thursday 2 nd July	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 2 nd July	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 3 rd July	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Monday 6 th July	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



WOMEN'S MONTHLY MEET-UP

NEW

10.00am - 11.00am

on the

SECOND WEDNESDAY

each month

Drop-in at the Fern Centre, NDDH, EX31 4JB

 Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

Join us
in the Fern Centre
after the session for
Coffee & Company
11.00am - 12.30pm

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



**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



MYCARE Cancer Care Companion

Using MY CARE to improve communication and care

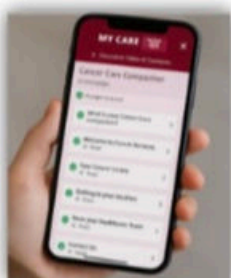
The NHS 10-year plan and The National Cancer Strategy asks NHS providers to move towards digital solutions to improve patient experience.

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 speciality 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/



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



Coffee & Company

— MORNING —

JOIN US ON THE
SECOND WEDNESDAY
OF EACH MONTH

11.00am

-

12.30pm

FUTURE DATES

10th June 2026

8th July 2026

NEW

at the
 Royal Devon
Hospitals Charity
Fern Centre

Registered charity No. 1061384



Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre


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 11th June 2026 - 9am-12pm

Thursday 25th June 2026 - 9am-12pm

Thursday 9th July 2026 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711

 Plymouth

MACMILLAN CANCER SUPPORT

 citizens
advice

Citizens Advice Torridge, North,
Mid & West Devon

at the
 Royal Devon
Hospitals Charity

 Fern Centre
Registered charity No. 1061384

9.00am - 12.00pm

Friday 5th June 2026

Friday 3rd July 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.

National Cancer Patient Experience Survey

 NHS



Help us improve cancer services

Later in the year, people who received treatment for cancer between April and June may be sent a questionnaire about their experiences. If you receive a survey in the post, please complete it.

For more information, visit www.ncpes.co.uk



361 
ENERGY CIC
Registered charity No. 1211594

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

Thursday 4th June 2026

Thursday 18th June 2026

Thursday 2nd July 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

RACE NIGHT

in aid of the

 Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384



Doors open: 7.00pm First race: 7.30pm

Friday 11th September 2026

at

Barnstaple Social Club

St Georges Road, Barnstaple, EX32 7AU

* RAFFLE *



SCAN QR CODE TO
PURCHASE TICKETS



KINDLY SPONSORED BY


savona
FOODSERVICE
THAT JUST WORKS

AND 
lineal
systems • support • software



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



QUIZ NIGHT

LAST FEW TABLES REMAINING

£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.

FUN WITH CRYSTALS FOR WELLBEING

at the
Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

10.30am - 12.30pm

Thursday 11th June 2026

Crystals are not only beautiful to look at and hold but have their own specific uses for wellbeing.

This workshop will explore how we can use and wear crystals not only for our own personal health but also for our environment. We will learn how to cleanse and look after crystals and how to pick the right ones for us.

We will experience using crystals for chakras and to relax within a crystal "bath"!

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

HEART-CENTRED MINDFULNESS

WITH PAUL BEARD

at the

Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 30th June 2026

Join Paul in this exciting new workshop where we'll be taking mindfulness further through connecting with the energy centre of the heart, through focussed moment-to-moment awareness. Learning to consistently connect with our heart centre strengthens our ability to engage with life literally more 'wholeheartedly' and supports our mental and emotional resilience.

Mindfulness practice involves facing ourselves; a heart connection is a wonderful inner support to mindfulness practice as the heart naturally takes the fear out of facing ourselves.

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

SEX AND INTIMACY WORKSHOP

at the
Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384
Cancer Wellbeing Centre
opposite the Ladywell Unit, North Devon District Hospital

NEW

4- week course of workshops

10.00am - 12.00pm on Tuesday

2nd - 9th - 16th - 23rd June 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 will be provided.

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

STRUMMIN, and HUMMIN'

at the

Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 11th June 2026
Thursday 25th June 2026
Thursday 9th July 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

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



at the
Royal Devon Hospitals Charity
Fern Centre

Registered charity No. 1061384

£3 per session

- Monday 1st June - 1.30pm and 2.45pm
- Monday 8th June - 1.30pm and 2.45pm
- Monday 15th June - 1.30pm and 2.45pm
- Monday 22nd June - 1.30pm and 2.45pm
- Monday 29th June - 1.30pm and 2.45pm

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



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



QI GONG

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

2.00pm - 3.00pm

Thursday 4th 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!

GENTLE CHAIR AND MINDFUL MOVEMENT YOGA

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

£3 per
session

45-minute
sessions

11.00am - 11.45am

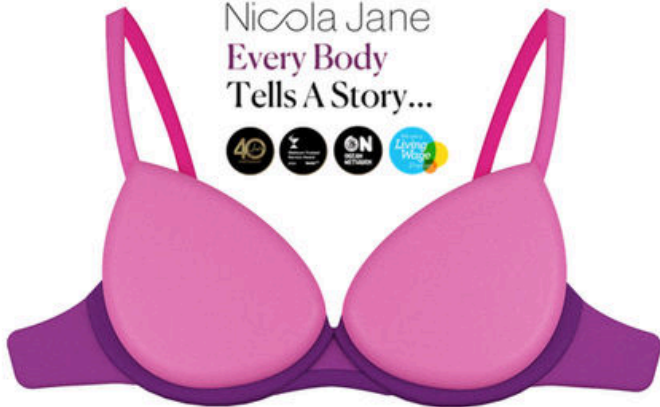
Wednesday 10th June 2026

Sessions may help you to improve:

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

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

NATURAL
image

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

Fern Centre

daylight

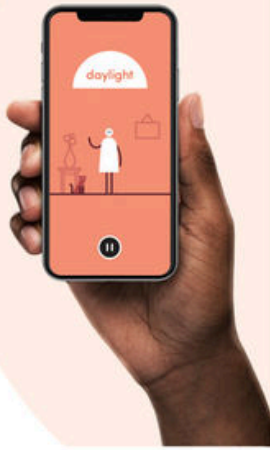
Welcome to Daylight!

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.

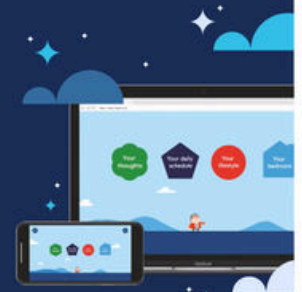
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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

Wednesday 10th June 2026 @ 17:30

Tuesday 23rd June 2026 @ 17:30

Wednesday 1st July 2026 @ 10:00

Scan QR code to book a workshop



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



If you look after someone,
we look after you

The quarterly magazine for unpaid carers



Summer 2026



What's inside:

- Welcome
- Latest news
- Carers Week
- 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



T L C

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**

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

CARING FOR CARERS

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/



Carefree



Royal Devon
Hospitals Charity
Registered charity No. 1061384



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

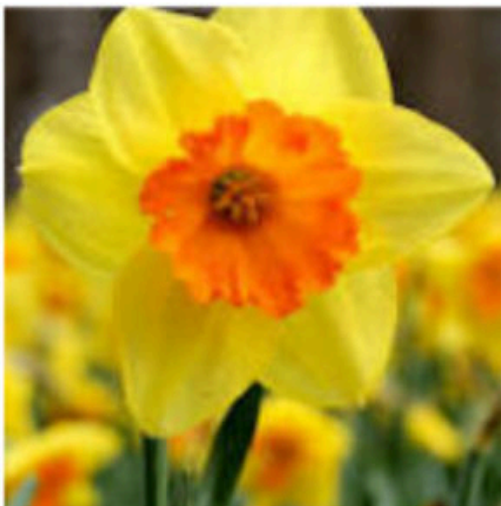
Thursday 10th December
2.00pm - 4.00pm

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

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 26th June 2026 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 (200554) and in Scotland (SC039532). Registered company 02653887.

MEN'S SUPPORT GROUP

10.00am - 11.30am on the
THIRD FRIDAY
each month

at the



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



NORTH DEVON

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

Medford House, Bevan Road, Barnstaple EX32 8JH

Bideford

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Marlborough Court Sheltered Accommodation - Sanctuary Housing Association, Park Lane, Bideford EX39 2JF

Ifracombe

Fortnightly on a WEDNESDAY

7:00 pm - 9:00 pm

Communal Room, The Candor, Ifracombe, EX34 9DA

Holsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Holsworthy Area Sports Pavilion, Park Garve, Holsworthy EX22 6P

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 Rickford Centre, 23 South St, Great Torrington, Torrington EX38 8AA



Royal Devon Hospitals Charity
Registered charity No. 1061384



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

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.

Coast Path Connector: North Devon and North Cornwall Walk Groups 2026

Contact: Huw Davies

huw@southwestcoastpath.org.uk

mob: 07482 452046

Group	Walk type	Group Participants	Day of Month
Walk On	3/4 miles - North Devon	Bereavement Group	First Sunday
Healing Steps	3/4 miles - North Devon	People who have lost their life partner	Alternate Fridays Third Monday
Bude Mindfulness Monday	3/4 miles - Bude area/Hartland	Open walk - anyone can join this walk	Second Monday
North Devon Wellbeing	3/4 miles - North Devon	Open walk- anyone can join this walk	Second Tuesday
Ilfracombe Friendship & Social Group	3/4 miles - Ilfracombe/Exmoor Coast	Members of IF&SG	Second Wednesday
North Devon Carers	3/4 miles - North Devon	Members of Devon Carers	Third Tuesday
Walk This Way (Fern Centre) Cancer Recovery	3/4 miles - North Devon	For anyone living with cancer	Third Thursday
North Devon Wellbeing	3/4 miles - North Devon	Open walk- anyone can join this walk	Fourth Tuesday
Bude Wellbeing	3/4 miles - Bude area	Open walk- anyone can join this walk	Fourth Wednesday
North Devon Long Walkers	8/12 miles SWCP Devon/Cornwall/Dorset	Open walk- anyone can join this walk	Fourth Friday
Bude Cancer Support	1 mile/Bude area	For anyone living with cancer	Occasional



**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 27th June 2026
Rock Park, Barnstaple, EX32 9AQ
barnstaplegroup@5kyourway.org







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

5K YOUR WAY IS PROVIDED BY:



MOVE AGAINST CANCER.

FREE!

 moveagaincancer.org  info@5kyourway.org  [@moveagaincancer](https://www.youtube.com/moveagaincancer)
 [@5KYourWayMoveAgainstCancer](https://www.facebook.com/5KYourWayMoveAgainstCancer)  [@MOVEcharity](https://twitter.com/MOVEcharity)  [@moveagaincancercharity](https://www.instagram.com/moveagaincancercharity)



Royal Devon Hospitals Charity
Registered charity No. 1061384



Royal Devon Hospitals Charity
Registered charity number: 1061384

2026 REGISTRATION NOW OPEN!

THE BERRY BEAST ABSEIL 2026

GO OVER THE EDGE FOR YOUR NHS ON AUGUST 1ST

ABSEIL 180FT DOWN THE BERRY CLIFFS AT HARTLAND NORTH DEVON

SCAN FOR MORE INFO OR TO SIGN UP

Royal Devon Hospitals Charity
Registered Charity Number: 1061384

2026 REGISTRATION NOW OPEN

TOPLESS SWIM

@tunnelsbeaches

DARE TO BARE IN SUPPORT OF YOUR LOCAL NHS!

TUNNELS BEACHES, ILFRACOMBE

SUNDAY 29TH NOVEMBER, 2026

LADIES ONLY!

SIGN UP HERE!

£25 ENTRY

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

01271 311855
rdh.theferncentre@nhs.net

