

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

What a wonderful summer we've been enjoying! I hope you're all keeping well and finding ways to stay cool during the warmer weather.

Here at the Fern Centre, we're keeping our fingers crossed for sunshine for our Garden Party on 10th August from 10:00am. It's always one of the highlights of our summer, and we're looking forward to welcoming you. We'll be entertained by performances from our own Strummin' and Hummin' group, as well as Dogleg and the Ilfracombe Red Petticoats. It will be a lovely opportunity to catch up with friends over a cup of tea and a slice of cake.

Later this week, we'll also be having some exciting work carried out in the garden. I'll keep the details a surprise for now, you'll have to come and see it for yourself!

I hope you enjoy reading August's newsletter. As always, if anything catches your interest or you'd like to find out more about any of our activities or services, please don't hesitate to get in touch. We'd love to hear from you.

Warm wishes.

Tara

THE FERNERY



Help us enhance the Fernery in the Fern Centre garden by donating a fern.

Your donation will contribute to creating a beautiful corner of interest in a lovely shady spot, adding texture, variety, and year-round greenery to this special garden space.

Whether large or small, every fern donation will help us grow a tranquil and inspiring area for visitors to enjoy.

This inviting focal point will encourage visitors to pause, explore, and enjoy the tranquillity of the garden.

Monthly Hubs

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Ilfracombe Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

10.00am - 12.00pm

Tuesday 4th August 2026

Lantern Centre, 44 High Street
Ilfracombe, EX34 9QB

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



MACMILLAN
CANCER SUPPORT

361
ENERGY CIC



Bringing the
FernCentre
closer to you!



Next Hub: Tuesday 1st September

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

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm

Thursday 13th August 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



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FernCentre
closer to you!



Next Hub: Thursday 10th September

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

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

Bringing the
FernCentre
closer to you!



**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
Hospitals Charity**

Registered charity No. 1061384

NHS
Royal Devon
University Healthcare

FernCentre

What's on



August 2026

Date	Time	Activity
Tuesday 4 th August	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Wednesday 5 th August	10.30am - 11.30am	Face to face Yoga with Michael. Booking required. £3 per session.
Thursday 6 th August	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 6 th August	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 7 th August	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Monday 10 th August	10.00am - 16.00pm	Garden Party and Summer Raffle Draw. Drop-in.
Wednesday 12 th August	10.00am - 11.00am	Women's Monthly Meet-up. Drop-in.
Wednesday 12 th August	11.00am - 12.30pm	Coffee & Company Morning. Drop-in.
Thursday 13 th August	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 13 th August	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Thursday 13 th August	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Monday 17 th August	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 18 th August	10.30am - 12.30pm	Energy for Wellbeing. Booking required.
Wednesday 19 th August	10.30am - 11.30am	Face to face Yoga with Michael. Booking required. £3 per session.
Thursday 20 th August	TBA	Natural Image Wig Clinic. Booking required.
Thursday 20 th August	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 20 th August	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Friday 21 st August	10.00am - 11.30am	Men's Support Group. Drop-in.
Saturday 22 nd August	8.00am - 1.00pm	Big Breakfast at Libbaton Golf Club. Booking required. Call 01769 560269 to book.
Monday 24 th August	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



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

01271 311855

rduh.theferncentre@nhs.net



Date	Time	Activity
Wednesday 26 th August	11.00am - 11.45am	Gentle Chair Yoga. Booking required. £3 per session.
Thursday 27 th August	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 27 th August	12.30pm - 1.30pm	TLC - Family & Friends Support Group. Drop-in.
Thursday 27 th August	2.00pm - 4.30pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 28 th August	10.00am - 11.30am	Secondary Breast Support Group. Drop-in.
Saturday 29 th August	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Monday 31 st August	BANK HOLIDAY	CENTRE CLOSED
Tuesday 1 st September	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Wednesday 2 nd September	10.30am - 11.30am	Face to face Yoga with Michael. Booking required. £3 per session.
Thursday 3 rd September	TBA	Nicola Jane Bra Fitting Clinic. Booking required.
Thursday 3 rd September	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Friday 4 th September	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Monday 7 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 8 th September	2.00pm - 4.00pm	Colorectal Support Group. Drop-in.
Wednesday 9 th September	10.00am - 11.00am	Women's Monthly Meet-up. Drop-in.
Wednesday 9 th September	11.00am - 12.30pm	Coffee & Company Morning. Drop-in.
Thursday 10 th September	TBA	Natural Image Wig Clinic. Booking required.
Thursday 10 th September	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 10 th September	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Thursday 10 th September	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 11 th September	Doors open: 7.00pm First race: 7.30pm	Race Night at Barnstaple Social Club. Booking required.
Monday 14 th September	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



GARDEN PARTY

at the
FernCentre

Monday 10th August 2026
from 10.00am



* **BAKE SALE** *

* **ENTERTAINMENT** *

* **RAFFLE** *

* **REFRESHMENTS** *

The Fern Centre is located opposite the Ladywell Unit at
North Devon District Hospital, Barnstaple, EX31 4JB

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



BIG BREAKFAST



SATURDAY 22ND AUGUST

AT

**LIBBATON
GOLF CLUB**



From 8am to 1pm

To book call – 01769 560269

Select an hourly slot:

8 – 9 / 9 – 10 / 10 – 11 / 11 – 12 / 12 – 1

Large Breakfast – £15

Small Breakfast – £12

Sausage / Bacon Bap – £8

All include tea or coffee + toast and marmalade



Raising funds for club charities



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384



ART

SESSIONS

NOURISH & CREATE

A 6-WEEK DRAWING AND ACRYLIC PAINTING COURSE
**INSPIRED BY THE COLOURS AND
BEAUTY OF SEASONAL FRUITS AND VEGETABLES.**

CELEBRATE THE HARVEST THROUGH ART IN THIS
**RELAXED AND SUPPORTIVE
COURSE AT THE FERN. USING
FRESH FRUIT AND VEGETABLES AS OUR
INSPIRATION, WE'LL DEVELOP
DRAWING AND PAINTING SKILLS WHILE
ENJOYING THE MINDFUL
BENEFITS OF CREATIVE PRACTICE.
BEGINNING WITH SIMPLE
OBSERVATIONAL STUDIES, YOU'LL
PROGRESS TO CREATING
YOUR OWN ACRYLIC STILL LIFE ON CANVAS.**

SEPT 17TH TO OCT 25TH

THURSDAY MORNINGS

10:30 - 12:30

Fern Centre

CONTACT THE FERN CENTRE ON 01271 311855 TO BOOK YOUR PLACE

Or email rduh.theferncentre@nhs.net



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre

 **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



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 7th August 2026
Friday 4th September 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.

361 
ENERGY CIC
 Registered charity No. 1211594

at the
 **Fern Centre**
 Registered charity No. 1061384

Thursday 6th August 2026
Thursday 20th August 2026
Thursday 3rd September 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



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 13th August 2026 - 9am-12pm

Thursday 27th August 2026 - 9am-12pm

Thursday 10th September 2026 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711





COGNITIVE BEHAVIOURAL THERAPY WORKSHOP

FOR THE MANAGEMENT OF HOT FLUSHES,
NIGHT SWEATS, SLEEP & STRESS
FOLLOWING THE TREATMENT OF BREAST
CANCER



**2-HOUR SESSIONS OVER
4 CONSECUTIVE WEEKS**

10-12PM



**THE FERN CENTRE,
NORTH DEVON DISTRICT
HOSPITAL, EX31 4JB**

**DATES: 30TH SEPTEMBER
7TH OCTOBER
14TH OCTOBER
21ST OCTOBER**

SPACES ARE LIMITED

IF YOU WOULD LIKE TO FIND OUT MORE INFORM-
ATION OR BOOK A PLACE PLEASE CONTACT

Breast Care Team: 01271 349115
rduh.breastcare@nhs.net



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



SUMMER RAFFLE

WIN ONE OF 3 HAMPERS

£1
PER
TICKET



Food items shown
are for illustration
purposes only - the
actual contents will
be freshly added to
the hampers
shortly before the
draw



Tickets are available from
the Fern Centre or online
by scanning the QR code



The draw will take place at 3pm during the Garden Party at
the Fern Centre on Monday 10th August 2026

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

GARDEN VOLUNTEERS NEEDED!

at the

Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

PLANTING
WEEDING
PRUNING

If you can spare a couple of hours a week to help out in the
garden, please contact Tara at the Fern Centre on 01271 311855

Coffee & Company

— MORNING —

JOIN US ON THE
SECOND WEDNESDAY
OF EACH MONTH

11.00am

-

12.30pm

at the

Royal Devon
Hospitals Charity
Fern Centre
Registered charity No. 1061384



Royal Devon
Hospitals Charity
Registered charity number 1061384

LIGHT BEAM RADIOTHERAPY APPEAL

RAISING MONEY TO REVOLUTIONISE
RADIOTHERAPY AT THE RD&E

SGRT
FOR THE
RD&E!



YOUR DONATION WILL HELP US TO INSTALL SURFACE GUIDED
RADIOTHERAPY (SGRT) CAMERAS AND SOFTWARE AT THE RD&E

- ★ Most accurate and comfortable treatment
- ★ Tattoo-free radiotherapy
- ★ Quicker and more efficient service

PLEASE
SCAN
TO FIND
OUT MORE



Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre

RACE NIGHT



in aid of the



Royal Devon
Hospitals Charity

FernCentre

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
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FernCentre



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



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

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

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



Royal Devon
Hospitals Charity

Registered charity No. 1061384



CREAM TEA

at the
Fern Centre

Saturday 26th September 2026

1.00pm - 3.00pm

* DRAW * CREAM TEAS *
* CAKES * COFFEE *
* ENTERTAINMENT *



Hosted by Barnstaple
Ladies Choir and the NDDH
Breast Team in aid of the

Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

The Fern Centre is located opposite the Ladywell Unit
at North Devon District Hospital, Barnstaple, EX31 4JB



Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre

ENERGY FOR WELLBEING

WITH KAREN THOMAS

at the
Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 18th August 2026

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

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



at the
Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

£3 per
session

Monday 3rd August - No sessions

Monday 10th August - No sessions

Monday 17th August - 1.30pm and 2.45pm

Monday 24th August - 1.30pm and 2.45pm

Monday 31st August - No sessions

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

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



Registered charity no. 1031728

**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



breastcancernow.org/movingforward



0345 077 1893



movingforward@breastcancernow.org



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

Fern Centre

YOGA

WITH MICHAEL

at the

Royal Devon
Hospitals Charity

FernCentre

Registered charity No. 1061384

10.30am - 11.30am

Wednesday 5th August 2026

Wednesday 19th August 2026

Wednesday 2nd September 2026

£3 per session

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

FernCentre

Registered charity No. 1061384

£3 per
session

45-minute
sessions

Wednesday 26th August 2026

11.00am - 11.45am

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

FernCentre

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

FernCentre

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

FernCentre



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.



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.

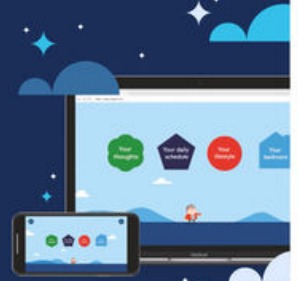
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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



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.



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.

STRUMMIN' and HUMMIN'

at the
Royal Devon
Hospitals Charity

Fern Centre
Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 13th August 2026
Thursday 27th August 2026
Thursday 10th September 2026

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

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

FREE Wellbeing Workshops from the NHS IMPROVING SLEEP

Wednesday 19th August 2026 @ 17:30

Monday 24th August 2026 @ 10:00

Monday 7th September 2026 @ 10:00

LIVING WELL WITH A LONG TERM HEALTH CONDITION

Tuesday 11th August 2026 @ 11:00

Thursday 17th September 2026 @ 13:00

Tuesday 3rd November 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



TLC
TEA LAUGHTER CHAT

FAMILY & FRIENDS SUPPORT GROUP

This support group is aimed at family, friends, or unpaid carers of 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



Counselling Services

OFFERING FACE TO FACE, ONLINE, AND
TELEPHONE COUNSELLING SUPPORT

Our services include:

- 121 support for individuals living with and beyond cancer
- support for partners, carers, and children
- support groups:
 - Carer's group - TLC (Tea, Laughter and Chat)
 - Men's support group
 - Sex, intimacy and cancer 4 week workshop.
 - Women's monthly meet up followed by "Coffee & Company"

We also offer Psychosexual and Couples' therapy

- Psychosexual: a type of therapy used to explore complex emotional and physical challenges to an individual's intimate life caused by cancer
- Couples' therapy: a safe space for couples to discuss how cancer has impacted their lives, and to navigate emotional and psychological challenges. This therapy can also support effective communication, relationship functioning, and emotional regulation.

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

WOMEN'S MONTHLY MEET-UP



**10.00am - 11.00am on the
SECOND WEDNESDAY
each month**

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

With a focus on our physical, mental, and emotional wellbeing, this group will offer a chance to share experiences of living with and beyond cancer in a safe and confidential space.

Suggested topics include (but are not limited to):

- Change in Relationships: with ourselves and others
- Cancer Literacy: what I wish others could understand
- Managing Expectations: our own and others'

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

SLEEP WELL & RECOVER WORKSHOP

at the Fern Centre, NDDH, EX31 4JB

**Workshops available
throughout the year**

A workshop open to all, living
with or affected by cancer.

- * SLEEP HYGIENE *
- * BODY SCAN *
- * MINDFULNESS *

Yoga mats and fresh water will be provided

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

SEX INTIMACY AND CANCER

at the
 **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.

North Devon Prostate Cancer Support Group



What we do:

2 Separate activities:

1. We go for manageable walks over flat 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 28th August 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 (205547) and in Scotland (SC039332). Registered company 02635887.

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

MEN'S SUPPORT GROUP

10.00am - 11.30am on the
THIRD FRIDAY
each month

at the



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



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

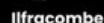


Bideford

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

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



Ilfracombe

Fortnightly on a WEDNESDAY

7:00 pm - 9:00 pm

Communal Room, The Candor,
Ilfracombe, EX34 9DA



Halsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Halsworthy Area Sports Pavilion/Park
Garage, Halsworthy 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 Rickford Centre, 23 South St, Great
Torrington, Torrington EX38 8AA



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

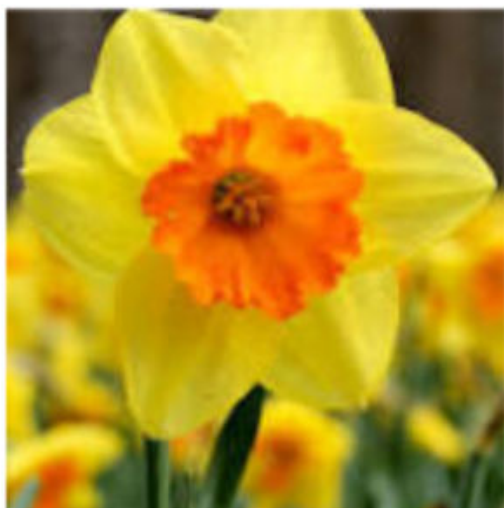
Thursday 10th December
2.00pm – 4.00pm

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

Head & Neck Cancer Patient & Caregiver Group Monthly Meeting



For more information
Email:
info@theswallows.org.uk
or Call
01253 428 940

✈ The Voice FM meeting room
Belle Meadow Court
Albert Lane
Barnstaple
EX32 8RJ

📅 The 2nd Tuesday of every month

🕒 6.30 pm start

All new members welcome, please feel free to drop in and meet us, we are a friendly bunch. Free parking available.



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, Cridton, 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

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



**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 29th August 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.instagram.com/moveagainstcancer)

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

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

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

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

Fern Centre

2026
REGISTRATION
NOW
OPEN

Royal Devon
Hospitals Charity
Registered Charity Number: 1061384

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

CAMINO DE SANTIAGO

CHARITY TREK 2027

JOIN US ON A 5-DAY TREK IN NORTHERN SPAIN
11TH-18TH SEPTEMBER, 2027

£350 REGISTRATION FEE + SPONSORSHIP

INCLUDES FLIGHTS, FOOD AND ACCOMMODATION

TALK TO A MEMBER OF OUR TEAM TODAY! EMAIL RDUH.CHARITY@NHS.NET OR CALL 01271 311772

NEW EVENT

SUPPORT YOUR NHS

SCAN FOR MORE INFO

A TREK FOR MIND, BODY & SOUL

Royal Devon
Hospitals Charity
Registered Charity No. 1061384

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
rduh.theferncentre@nhs.net

Fern Centre