



# Lifestyle and Wellbeing

## Personalised Care newsletter from the Fern Centre

Hello everyone,

A huge thank you to everyone who joined us for our Summer Garden Party. What a wonderful afternoon we had! It was lovely to see so many of you, and I hope you enjoyed the day as much as we did.

Looking ahead to September, we are excited to welcome you to our Lifestyle & Wellbeing Fair on Thursday, 24th September held at The Cedars. There will be lots of stalls offering helpful information, therapies and refreshments. Full details can be found in this month's newsletter, so please do come along and support this fantastic event.

Our garden is looking beautiful at the moment, so if you haven't had a chance to visit yet, please do pop in and enjoy a drink in the garden while the weather is still on our side. It's a lovely place to relax, catch up and enjoy the sunshine.

Just a reminder that The Fern Centre is open Monday to Friday, 9.00am-4.30pm, excluding bank holidays.

We look forward to seeing you throughout September.

Warmest 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 1<sup>st</sup> September 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 6<sup>th</sup> October

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 10<sup>th</sup> September 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



Bringing the  
**FernCentre**  
closer to you!



Next Hub: Thursday 8<sup>th</sup> October

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

NHS

Royal Devon  
University Healthcare



**Royal Devon  
Hospitals Charity**

Registered charity No. 1061384



# What's on September 2026

| Date                                | Time                                     | Activity                                                                              |
|-------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------|
| Tuesday 1 <sup>st</sup> September   | 10.00am - 12.00pm                        | Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB            |
| Wednesday 2 <sup>nd</sup> September | 10.30am - 11.30am                        | Face to face Yoga with Michael. Booking required. £3 per session.                     |
| Thursday 3 <sup>rd</sup> September  | TBA                                      | Nicola Jane Bra Fitting Clinic. Booking required.                                     |
| Thursday 3 <sup>rd</sup> September  | 10.00am - 2.00pm                         | 361 Energy Advice Hub. Drop-in.                                                       |
| Thursday 3 <sup>rd</sup> September  | 2.00pm - 3.00pm                          | Qi Gong with Ali. Booking required.                                                   |
| Friday 4 <sup>th</sup> September    | 9.00am - 12.00pm                         | Macmillan Financial Advice Hub. Drop-in.                                              |
| Monday 7 <sup>th</sup> September    | 1.30pm and 2.45pm                        | Face to face Yoga Sessions. Booking required. £3 per session.                         |
| Tuesday 8 <sup>th</sup> September   | 10.30am - 11.30am                        | The Connection Space. Booking required.                                               |
| Tuesday 8 <sup>th</sup> September   | 2.00pm - 4.00pm                          | Colorectal Support Group. Drop-in.                                                    |
| Wednesday 9 <sup>th</sup> September | 10.00am - 11.00am                        | Women's Monthly Meet-up. Drop-in.                                                     |
| Wednesday 9 <sup>th</sup> September | 11.00am - 12.30pm                        | Coffee & Company Morning. Drop-in.                                                    |
| Wednesday 9 <sup>th</sup> September | 11.00am - 11.45am                        | Gentle Chair Yoga. Booking required. £3 per session.                                  |
| Thursday 10 <sup>th</sup> September | TBA                                      | Natural Image Wig Clinic. Booking required.                                           |
| Thursday 10 <sup>th</sup> September | 9.00am - 12.00pm                         | Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.             |
| Thursday 10 <sup>th</sup> September | 2.00pm - 4.00pm                          | Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF |
| Thursday 10 <sup>th</sup> September | 2.00pm - 4.00pm                          | Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.            |
| Friday 11 <sup>th</sup> September   | Doors open: 7.00pm<br>First race: 7.30pm | Race Night at Barnstaple Social Club. Booking required.                               |
| Monday 14 <sup>th</sup> September   | 1.30pm and 2.45pm                        | Face to face Yoga Sessions. Booking required. £3 per session.                         |
| Tuesday 15 <sup>th</sup> September  | 10.30am - 11.30am                        | The Next Chapter. Booking required.                                                   |
| Thursday 17 <sup>th</sup> September | 10.00am - 2.00pm                         | 361 Energy Advice Hub. Drop-in.                                                       |



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

**01271 311855**

[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



| Date                                 | Time              | Activity                                                                              |
|--------------------------------------|-------------------|---------------------------------------------------------------------------------------|
| Thursday 17 <sup>th</sup> September  | 10am meet         | Fern Centre Walk This Way with SWCP.<br>Contact Huw Davies on 07482 452046.           |
| Thursday 17 <sup>th</sup> September  | 10.30am - 12.30pm | Nourish and Create - Art Session (1 of 6).<br>Booking required.                       |
| Monday 21 <sup>st</sup> September    | 1.30pm and 2.45pm | Face to face Yoga Sessions.<br>Booking required. £3 per session.                      |
| Tuesday 22 <sup>nd</sup> September   | 10.30am - 11.30am | Sleep and Recover.<br>Booking required.                                               |
| Thursday 24 <sup>th</sup> September  | 9.00am - 12.00pm  | Kay Kendall Leukaemia Fund Financial Advice<br>with Peter Mitchell. Drop-in.          |
| Thursday 24 <sup>th</sup> September  | 10.30am - 12.30pm | Nourish and Create - Art Session (2 of 6).<br>Booking required.                       |
| Thursday 24 <sup>th</sup> September  | 2.00pm - 4.00pm   | Strummin' and Hummin' afternoon with<br>Ian Gracie and Russell Bave. Drop-in.         |
| Friday 25 <sup>th</sup> September    | 10.00am - 11.30am | Secondary Breast Support Group.<br>Drop-in.                                           |
| Friday 25 <sup>th</sup> September    | 12.30pm - 2.30pm  | Mindfulness For Life's Challenges.<br>Booking required.                               |
| Saturday 26 <sup>th</sup> September  | 8.40am meet       | 5K Your Way at Barnstaple Parkrun.<br>Parkrun and 5KYW registration required.         |
| Saturday 26 <sup>th</sup> September  | 1.00pm - 3.00pm   | Cream Tea hosted by Barnstaple Ladies Choir<br>and the Breast Team. Drop-in           |
| Monday 28 <sup>th</sup> September    | 1.30pm and 2.45pm | Face to face Yoga Sessions.<br>Booking required. £3 per session.                      |
| Tuesday 29 <sup>th</sup> September   | 1.30pm - 2.30pm   | Communication and You (1 of 3).<br>Booking required.                                  |
| Wednesday 30 <sup>th</sup> September | 10.00am - 12.00pm | Cognitive Behavioural Therapy (1 of 4).<br>Book with the Breast Team on 01271 349115. |
| Thursday 1 <sup>st</sup> October     | TBA               | Nicola Jane Bra Fitting Clinic.<br>Booking required.                                  |
| Thursday 1 <sup>st</sup> October     | 10.00am - 2.00pm  | 361 Energy Advice Hub.<br>Drop-in.                                                    |
| Thursday 1 <sup>st</sup> October     | 10.30am - 12.30pm | Nourish and Create - Art Session (2 of 6).<br>Booking required.                       |
| Friday 2 <sup>nd</sup> October       | 9.00am - 12.00pm  | Macmillan Financial Advice Hub.<br>Drop-in.                                           |
| Monday 5 <sup>th</sup> October       | 1.30pm and 2.45pm | Face to face Yoga Sessions.<br>Booking required. £3 per session.                      |
| Tuesday 6 <sup>th</sup> October      | 10.00am - 12.00pm | Monthly Ilfracombe Drop-in Hub at the<br>Lantern Centre, Ilfracombe, EX34 9QB         |
| Tuesday 6 <sup>th</sup> October      | 10.30am - 11.30am | Compassion Focused Therapy.<br>Booking required.                                      |
| Tuesday 6 <sup>th</sup> October      | 1.30pm - 2.30pm   | Communication and You (2 of 3).<br>Booking required.                                  |



# Lifestyle and Wellbeing Fair

For people living with and beyond cancer

Thursday 24<sup>th</sup> September 2026

10.00am - 2.00pm

at the  
Cedars Inn, Bickington Road, Barnstaple, EX31 2HE

**MACMILLAN.**  
CANCER SUPPORT



**M&S**



Nicola Jane  
Every Body  
Tells A Story...



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



# RACE NIGHT



in aid of the



Royal Devon  
Hospitals Charity

FernCentre

Registered charity No. 1061384



Doors open: 7.00pm First race: 7.30pm

Friday 11<sup>th</sup> 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<sup>®</sup>  
systems • support • software



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

FernCentre

# MINDFULNESS FOR LIFE'S CHALLENGES

WITH PAUL BEARD

at the



Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

12.30pm - 2.30pm

Friday 25<sup>th</sup> September 2026

Regular mindfulness practice has been proven to be a powerful way to manage challenging, stressful experiences, strengthen resilience and manage emotions. In this popular one-off session, Paul will focus on the use of mindfulness specifically in the midst of difficult experiences and more generally during a stressful period in your life. We will look at the use of mindfulness with real life cancer-related examples, such as the time of diagnosis, physical illness, treatment side effects, pain, overthinking and associated intense emotional states.

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



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

Fern Centre

NEW

NEW

# REGULATE

BREATHWORK,  
MINDFULNESS AND MEDITATION

at the



12.30pm - 2.30pm

Friday 6<sup>th</sup> November 2026

Learn to regulate your nervous system and keep control of your mind space through simple breath exercises, mindfulness and meditation techniques.

This 2 hour workshop will provide you with easy toolkits to take home with you and bring into your daily routine.

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



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384





# Fern Centre counsellor Paul Butler is walking 120 miles across Devon this September to raise funds for cancer care in North Devon.

Paul Butler, who works at the Royal Devon Hospitals Charity Fern Centre – the cancer wellbeing centre at North Devon District Hospital in Barnstaple – has supported hundreds of patients and family members through some of the most difficult times in their lives.

Next month, he will be taking that support one step further – or several hundred thousand steps further – when he embarks on a solo ‘Coast to Coast for Cancer’ walk to raise money for the Fern Centre and Chemo Hero, the charity that funds his counselling role.

“On a personal level, I sadly lost both my father and my brother to cancer, while my mother lived with a chronic form of leukaemia for many years. Being able to offer people the opportunity to talk openly about cancer, and to help them make sense of the complex emotions they may be experiencing, means a great deal to me.”

Paul will set off from Wembury Bay on 5 September, following the Two Moors Way across Dartmoor and Exmoor before finishing in Lynton, completing his journey 12 days later on 17 September.

He hopes to raise £1,500 through the challenge and the funds raised will be shared between the Fern Centre and Chemo Hero, helping to ensure people affected by cancer can continue to access vital emotional support and wellbeing services.

To sponsor Paul and support his coast-to-coast trek, scan the QR code or visit [rdhc.enthuse.com/pf/paul-butler](https://rdhc.enthuse.com/pf/paul-butler)



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](mailto:rduh.theferncentre@nhs.net)



**Royal Devon  
Hospitals Charity**

Registered charity No. 1061384

Fern Centre

# CREAM TEA

at the  
**Fern Centre**

Saturday 26<sup>th</sup> 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**



# 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](mailto:rduh.breastcare@nhs.net)



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



# FERN FEAST

at the  
Swimbridge Jubilee Hall

Sunday 25<sup>th</sup> October 2026

from Midday

BOOKING ESSENTIAL

## ROAST DINNER

AND

## DESSERT

(Gluten Free and Vegetarian/Vegan options available)

Raising funds for the



**Fern Centre**

Registered charity No. 1061384

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



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

Fern Centre

# Fern Centre Counselling Services

OFFERING FACE TO FACE, ONLINE, AND  
TELEPHONE COUNSELLING SUPPORT

Our services include:

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

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

# WOMEN'S MONTHLY MEET-UP



10.00am - 11.00am

Wednesday 9<sup>th</sup> September 2026

Wednesday 14<sup>th</sup> October 2026

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](mailto:rduh.cancercarecounselling@nhs.net) for more information

# SLEEP WELL & RECOVER WORKSHOP

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

Tuesday 22<sup>nd</sup> September 2026

Tuesday 27<sup>th</sup> October 2026

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](mailto:rduh.cancercarecounselling@nhs.net) to book your place.

# 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.

## WORKSHOPS AVAILABLE

at the Fern Centre, NDDH, EX31 4JB

## THROUGHOUT THE YEAR

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

# THE CONNECTION SPACE

**NEW**

**NEW**

**AN INTRODUCTION TO THE FERN CENTRE**

at the Fern Centre, NDDH, EX31 4JB

**10.30am - 11.30pm**

**Tuesday 8<sup>th</sup> September 2026**

**Tuesday 13<sup>th</sup> October 2026**

We understand that a cancer diagnosis can be overwhelming, and you may not know where to turn to for support. The fern centre is a dedicated service to support you and your loved ones, throughout your cancer diagnosis, treatment and beyond.

Patients often reach out to us, at the time or after they need support.

Due our popularity and our service wait times, we are offering an induction to our service, to find out more about how we can support you, and sign up for support right from the start so you have it when you need it.

- A friendly and welcoming, relaxed, non-clinical and safe environment
- Dedicated service to supporting Cancer patients, and their loved ones.
- Putting you in touch with all the services you may require throughout your treatment.

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



# COMPASSION FOCUSED THERAPY

**NEW**

**NEW**

at the Fern Centre, NDDH, EX31 4JB

**10.30am - 11.30pm**

**Tuesday 6<sup>th</sup> October 2026**

**Tuesday 3<sup>rd</sup> November 2026**

A group designed to:

- Support with anxious thoughts and build emotional regulation
- Cultivate the compassionate Self
- Ground the mind, body and soul
- Confront the inner critic

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



# COMMUNICATION AND YOU

NEW

NEW

## REDISCOVERING INTIMACY AFTER CANCER



**Cancer Wellbeing Centre**  
opposite the Ladywell Unit, North Devon District Hospital

**3-week course of workshops**  
**1.30pm - 2.30pm on Tuesday**  
**29<sup>th</sup> September 2026**  
**6<sup>th</sup> & 13<sup>th</sup> October 2026**

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

The Group aims to cover:

- How we think and feel about our bodies
- Poor body Image VS positive body image and its IMPACT
- Establishing a better relationship with our bodies

The workshop allows time for breaks and reflection.

Refreshments will be provided.

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



# THE NEXT CHAPTER

**NEW**

**NEW**

## PLANNING AND MOVING FORWARD

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

Tuesday 15<sup>th</sup> September 2026

Tuesday 20<sup>th</sup> October 2026

Designed to support you with forming a compassionate self from  
"surviving" the medical model to "building" a meaningful life:

- Adjusting to life after treatment
- Building a Compassionate Future with compassion
- Confronting the Inner Critic
- Facing the Fears
- Self care
- Finding the new me

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





# BINGO NIGHT

**£10**

per book  
of 6 cards

at the

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

**Friday 20<sup>th</sup> November 2026**

**Doors open: 6.30pm**

**Eyes down: 7.00pm**

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



# YOGA

WITH MICHAEL

at the

Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 11.30am

Wednesday 2<sup>nd</sup> September 2026

£3 per session

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 7<sup>th</sup> September - 1.30pm and 2.45pm  
Monday 14<sup>th</sup> September - 1.30pm and 2.45pm  
Monday 21<sup>st</sup> September - 1.30pm and 2.45pm  
Monday 28<sup>th</sup> September - 1.30pm and 2.45pm  
Monday 5<sup>th</sup> October - 1.30pm and 2.45pm

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](https://breastcancernow.org/movingforward)



0345 077 1893



[movingforward@breastcancernow.org](mailto:movingforward@breastcancernow.org)



Royal Devon  
Hospitals Charity

Registered charity No. 1061384



# QI GONG



2.00pm - 3.00pm

Thursday 3<sup>rd</sup> September 2026

Thursday 15<sup>th</sup> October 2026

Qi Gong is a branch of Traditional Chinese Medicine. It is a relaxing low impact practice that combines gentle movements, breathing and focused intention. It is designed to release stress, calm the nervous system and promote wellbeing. Suitable for all fitness levels.

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

# GENTLE CHAIR AND MINDFUL MOVEMENT



Wednesday 9<sup>th</sup> September 2026

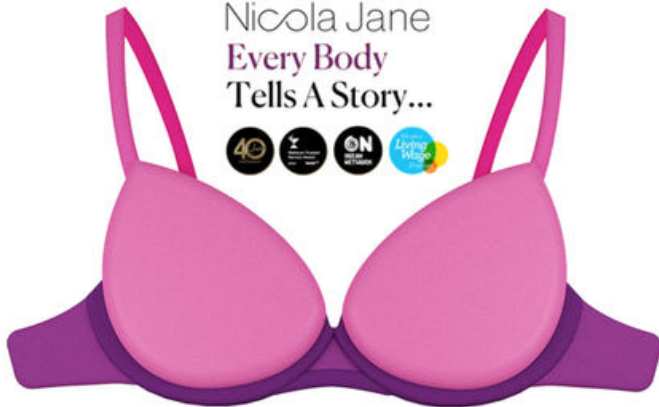
11.00am - 11.45am

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](mailto:rduh.theferncentre@nhs.net) to book your place!

Nicola Jane  
Every Body  
Tells A Story...



BRA FITTING SERVICES AVAILABLE AT THE



ON THE FIRST THURSDAY OF EACH MONTH

No clinic in January 2026  
Thursday 5<sup>th</sup> February 2026  
Thursday 5<sup>th</sup> March 2026  
Wednesday 8<sup>th</sup> April 2026  
Thursday 7<sup>th</sup> May 2026  
Thursday 4<sup>th</sup> June 2026

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

CONTACT THE FERN CENTRE ON 01271 311855 / [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net) OR YOUR CLINICAL NURSE SPECIALIST FOR MORE INFORMATION



Clinics will be held on the following dates:

Thursday 8<sup>th</sup> January 2026  
Thursday 29<sup>th</sup> January 2026  
Thursday 19<sup>th</sup> February 2026  
Thursday 12<sup>th</sup> March 2026  
Thursday 9<sup>th</sup> April 2026  
Thursday 30<sup>th</sup> April 2026  
Thursday 21<sup>st</sup> May 2026  
Thursday 11<sup>th</sup> June 2026

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

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



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384





## 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](http://trydaylight.com/macmillan)

or scan the QR code below to create your free account



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

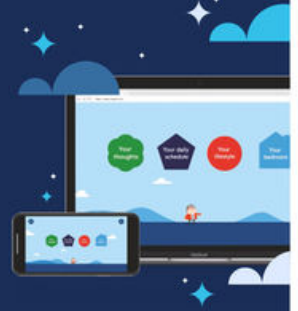
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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



## 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](http://sleepio.com/macmillan)

### How does Sleepio work?

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

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

### Is it effective?

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

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

Start sleeping better tonight:

1 For instant access, visit:  
[sleepio.com/macmillan](http://sleepio.com/macmillan)

or scan the QR code below to create your free account



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

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

## Post Cancer Ladies Ease Menopause Symptom Support Drop in Sessions

Wellness walk, dietetic nutritional advice and exercises to help you feel your best.



A confidential environment to meet others, share and support each other.



You are not alone. We are here to support you.

### JOIN US FOR OUR DROP IN SESSIONS



Tuesday  
22/09/2026  
Eat to ease the symptoms



Tuesday  
16/11/2025  
Movement magic



Tuesday  
14/12/2026  
Wellness a holistic approach



Tuesday  
18/01/2026  
New year new you



TIME:  
10:30 til 2pm



WELLNESS WALK



DIETETIC NUTRITIONAL ADVICE



EXERCISES TO SUPPORT YOU



MEET OTHERS AND SHARE EXPERIENCES



National Trust

At Killerton House, National Trust, Exeter



Take time for you. Feel better. Live better.

No need to book, just drop in. All ladies post cancer welcome. Confidential and supportive.

## TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

### FREE Wellbeing Workshops from the NHS

### IMPROVING SLEEP

Wednesday 9<sup>th</sup> September 2026 @ 10:00

### LIVING WELL WITH A LONG TERM HEALTH CONDITION

Thursday 17<sup>th</sup> September 2026 @ 13:00

Tuesday 3<sup>rd</sup> November 2026 @ 14:00

Scan QR code to book a workshop



You can find more information on the website at [www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk) or by calling 0300 555 3344 to speak to a member of the team.



Royal Devon Hospitals Charity  
Registered charity No. 1061384





The Fern Centre is funded by



PLEASE VISIT OUR WEBSITE TO FIND OUT MORE  
[www.royaldevoncharity.org.uk](http://www.royaldevoncharity.org.uk)



## MACMILLAN CANCER SUPPORT

**citizens  
advice**

**Citizens Advice Torridge, North,  
Mid & West Devon**



**9.00am - 12.00pm**

**Friday 4<sup>th</sup> September 2026**

**Friday 2<sup>nd</sup> October 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.



**Thursday 3<sup>rd</sup> September 2026**

**Thursday 17<sup>th</sup> September 2026**

**Thursday 1<sup>st</sup> October 2026**

**10am - 2pm**

**Income Max** - 361 Energy can check you are receiving all the benefits you are eligible for including Pension Credit, Personal Independence Payment, Disability Living Allowance, Council Tax Reduction, Housing Benefit, Carers and Attendance Allowance.

**Energy Comparison** - 361 Energy can check you are on the cheapest energy tariff, speak to your energy provider to ensure you are in receipt of all the help they offer to vulnerable customers, check your meter is working correctly and your energy bills are accurate.

**Referrals** - 361 Energy can check you are on a Social Water and Social Broadband tariff, apply for Household Support Fund, Warm Home Discount, Blue Badge.

**Access** - 361 Energy can source energy top up vouchers, food bank vouchers, replacement white goods, portable heaters, heated throws.

**We don't sell anything - we are a 100% not-for-profit, working to help our North Devon and Torridge community.**

**Call us on 01271 599361  
or email: [info@361energy.org](mailto:info@361energy.org)**



## 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 10<sup>th</sup> September 2026 - 9am-12pm**

**Thursday 24<sup>th</sup> September 2026 - 9am-12pm**

**Thursday 8<sup>th</sup> October 2026 - 9am-12pm**

**[KKLF@citizensadviceplymouth.org.uk](mailto:KKLF@citizensadviceplymouth.org.uk)  
01752 507711**





## Cancer Care Map

Cancer Care Map is an online resource to help people living with cancer find care and support services in their local area, anywhere in the UK. The website is run by cancer charity, The Richard Dimbleby Cancer Fund.

For more information,  
scan the QR code  
or visit  
[cancercaremap.org](http://cancercaremap.org)



# Coffee & Company

— MORNING —

JOIN US ON THE  
**SECOND WEDNESDAY**  
OF EACH MONTH

11.00am  
-  
12.30pm

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



## 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](http://seachangeretreats.org)



**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 25th September 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 (1005540) and in Scotland (SC039332). Registered company 02653887.

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

# MEN'S SUPPORT GROUP

**NO GROUP IN SEPTEMBER 2026**

**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](mailto:rduh.cancercarecounselling@nhs.net) for more information.

**NHS** Living with  
and Beyond Cancer



## SYMPTOM SUPPORT GROUP

**— FOR MEN —  
POST CANCER TREATMENT**



### Eat to Ease

Diet to support Symptoms  
ran by Dietitian

**Tuesday  
6th October**

**10:30 am  
- 2 pm**

**Killerton House  
National Trust,  
Broadclyst,  
Exeter EX5 3LE**



Group sessions followed  
by time to walk and talk  
and have lunch in the  
beautiful grounds.



Connect.  
Share.  
Support.  
Move  
forward.

To book your place:  
please email your NHS number to:  
[rduh.lwbctherapies@nhs.net](mailto:rduh.lwbctherapies@nhs.net)

**SUPPORT. UNDERSTANDING. TOGETHER.**



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](http://MANDOWN-UK.CO.UK)

[SUPPORT@MANDOWN-UK.CO.UK](mailto:SUPPORT@MANDOWN-UK.CO.UK)



### Barnstaple

Weekly on a MONDAY

7:00 pm - 9:00 pm

Medard 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  
2QT

### Ilfracombe

Fortnightly on a WEDNESDAY

7:00 pm - 9:00 pm

Communal Room, The Candor,  
Ilfracombe, EX34 5DA

### Holsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

Holsworthy Area Sports Pavilion, Park  
Grove, Holsworthy EX22 6FP

### South Molton

Weekly on a TUESDAY

7:00 pm - 9:00 pm

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

### Torrington

Fortnightly on a THURSDAY

7:00 pm - 9:00 pm

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

**NORTH DEVON**



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



# NORTH DEVON COLORECTAL SUPPORT GROUP

Tuesday 9<sup>th</sup> June  
Tuesday 8<sup>th</sup> September  
2.00pm – 4.00pm

at the

## Fern Centre

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

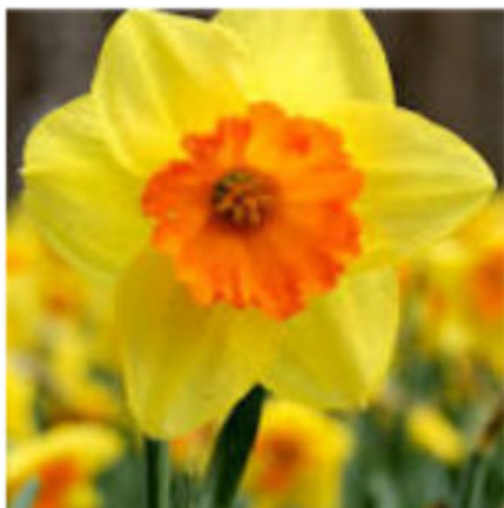
Thursday 10<sup>th</sup> December  
2.00pm – 4.00pm

Venue to be confirmed

### North Devon Stoma Support Group

St John's Garden Centre, Ashford

(Room upstairs)



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

10.00 to 12.00

## Head & Neck Cancer Patient & Caregiver Group Monthly Meeting



For more information  
Email:  
[info@theswallows.org.uk](mailto:info@theswallows.org.uk)  
or Call  
01253 428 940

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

📅 The 2<sup>nd</sup> 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](mailto:janice234ford@gmail.com) or tel 07923975051



Royal Devon  
Hospitals Charity  
Registered charity No. 1061384



# Fern Centre Walk This Way



WITH THE

**South West  
Coast Path  
ASSOCIATION**

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](http://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**

**Last Saturday of each month**

**Rock Park, Barnstaple, EX32 9AQ**

**[barnstaplegroup@5kyourway.org](mailto:barnstaplegroup@5kyourway.org)**

Register here: [www.moveagainstcancer.org/5kyw-registration/](http://www.moveagainstcancer.org/5kyw-registration/)

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



**MOVE  
AGAINST  
CANCER.**

**FREE!**

[moveagainstcancer.org](http://moveagainstcancer.org)

[info@5kyourway.org](mailto:info@5kyourway.org)

[@moveagainstcancer](https://www.youtube.com/channel/UCqW0qW0qW0qW0qW0qW0qW0q)

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

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

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

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

Contact: Huw Davies

[huw@southwestcoastpath.org.uk](mailto: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<br>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

QR code for sign up

# 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](mailto:RDUH.CHARITY@NHS.NET) OR CALL 01271 311772

NEW EVENT

SUPPORT YOUR NHS

SCAN FOR MORE INFO

QR code 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...

[f @rdhcferncentre](https://www.facebook.com/rdhcferncentre)

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



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

**01271 311855**  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

**Fern Centre**