



# Lifestyle and Wellbeing

## Personalised Care newsletter from the Fern Centre

Welcome to October at the Fern Centre!

As the autumn leaves begin to fall, we have a wonderful range of activities, events and opportunities to connect, relax and enjoy some time together at the Fern Centre.

### Fern Centre First — Fern Feast

Join us on Sunday 25<sup>th</sup> October for our special Fern Feast at Swimbridge Jubilee Hall.

Large roast & pudding — £15

Small roast & pudding — £10

Come along, enjoy a delicious homemade meal and leave the dishes to us.

We also have a variety of workshops taking place throughout October.

Interested in anything in this month's newsletter? If you have any questions or would like more information about any of our events or workshops, please give us a call on 01271 311855.

We look forward to welcoming you to the Fern Centre this October! 🌿

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 6<sup>th</sup> October 2026

Lantern Centre, 44 High Street  
Ilfracombe, EX34 9QB

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



**MACMILLAN**  
CANCER SUPPORT



South West  
Water

Bringing the  
**Fern Centre**  
closer to you!

Next Hub: Tuesday 3<sup>rd</sup> November

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 8<sup>th</sup> October 2026

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

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



Torridge, North,  
Mid & West Devon

**MACMILLAN**  
CANCER SUPPORT



South West  
Water

Bringing the  
**Fern Centre**  
closer to you!

Next Hub: Thursday 12<sup>th</sup> November

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  
**Fern Centre**  
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

Bringing the  
**Fern Centre**  
closer to you!

# What's on



# October 2026

| Date                               | Time              | Activity                                                                                 |
|------------------------------------|-------------------|------------------------------------------------------------------------------------------|
| 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 (3 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.                                      |
| Wednesday 7 <sup>th</sup> October  | 10.00am - 12.00pm | Cognitive Behavioural Therapy (2 of 4).<br>Book with the Breast Team on 01271 349115.    |
| Thursday 8 <sup>th</sup> October   | TBA               | Natural Image Wig Clinic.<br>Booking required.                                           |
| Thursday 8 <sup>th</sup> October   | 9.00am - 12.00pm  | Kay Kendall Leukaemia Fund Financial Advice<br>with Peter Mitchell. Drop-in.             |
| Thursday 8 <sup>th</sup> October   | 10.30am - 12.30pm | Nourish and Create - Art Session (4 of 6).<br>Booking required.                          |
| Thursday 8 <sup>th</sup> October   | 2.00pm - 4.00pm   | Strummin' and Hummin' afternoon with<br>Ian Gracie and Russell Bave. Drop-in.            |
| Thursday 8 <sup>th</sup> October   | 2.00pm - 4.00pm   | Monthly Holsworthy Drop-in Hub in the Manor<br>Suite, Holsworthy Memorial Hall, EX22 6HF |
| Monday 12 <sup>th</sup> October    | 1.30pm and 2.45pm | Face to face Yoga Sessions.<br>Booking required. £3 per session.                         |
| Tuesday 13 <sup>th</sup> October   | 10.30am - 11.30am | The Connection Space.<br>Booking required.                                               |
| Tuesday 13 <sup>th</sup> October   | 1.30pm - 2.30pm   | Communication and You (3 of 3)<br>Booking required.                                      |
| Wednesday 14 <sup>th</sup> October | 10.00am - 12.00pm | Cognitive Behavioural Therapy (3 of 4).<br>Book with the Breast Team on 01271 349115.    |
| Wednesday 14 <sup>th</sup> October | 11.00am - 12.30pm | Coffee & Company Morning.<br>Drop-in.                                                    |
| Thursday 15 <sup>th</sup> October  | 10.00am - 2.00pm  | 361 Energy Advice Hub.<br>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 15 <sup>th</sup> October  | 10am meet         | Fern Centre Walk This Way with SWCP.<br>Contact Huw Davies on 07482 452046.           |
| Thursday 15 <sup>th</sup> October  | 10.30am - 12.30pm | Nourish and Create - Art Session (5 of 6).<br>Booking required.                       |
| Thursday 15 <sup>th</sup> October  | 2.00pm - 3.00pm   | Qi Gong.<br>Booking required.                                                         |
| Friday 16 <sup>th</sup> October    | 10.00am - 11.30am | Men's Support Group.<br>Drop-in.                                                      |
| Friday 16 <sup>th</sup> October    | 1.30pm - 3.30pm   | Macrame Workshop.<br>Booking required.                                                |
| Monday 19 <sup>th</sup> October    | 1.30pm and 2.45pm | Face to face Yoga Sessions.<br>Booking required. £3 per session.                      |
| Tuesday 20 <sup>th</sup> September | 10.30am - 11.30am | The Next Chapter.<br>Booking required.                                                |
| Tuesday 20 <sup>th</sup> September | 2.00pm - 4.00pm   | Fun With Crystals For Wellbeing.<br>Booking required.                                 |
| Wednesday 21 <sup>st</sup> October | 10.00am - 12.00pm | Cognitive Behavioural Therapy (4 of 4).<br>Book with the Breast Team on 01271 349115. |
| Wednesday 21 <sup>st</sup> October | 10.00am - 12.00pm | Haematology Support Group.<br>Drop-in.                                                |
| Thursday 22 <sup>nd</sup> October  | 9.00am - 12.00pm  | Kay Kendall Leukaemia Fund Financial Advice<br>with Peter Mitchell. Drop-in.          |
| Thursday 22 <sup>nd</sup> October  | 10.30am - 12.30pm | Nourish and Create - Art Session (6 of 6).<br>Booking required.                       |
| Thursday 22 <sup>nd</sup> October  | 2.00pm - 4.00pm   | Strummin' and Hummin' afternoon with<br>Ian Gracie and Russell Bave. Drop-in.         |
| Sunday 25 <sup>th</sup> October    | Midday and 1.30pm | Fern Feast at Swimbridge Jubilee Hall.<br>Booking required.                           |
| Tuesday 27 <sup>th</sup> October   | 10.30am - 11.30am | Sleep and Recover.<br>Booking required.                                               |
| Tuesday 27 <sup>th</sup> October   | 1.30pm - 2.30pm   | Communication and You (1 of 3).<br>Booking required.                                  |
| Thursday 29 <sup>th</sup> October  | TBA               | Natural Image Wig Clinic.<br>Booking required.                                        |
| Thursday 29 <sup>th</sup> October  | 11.00am - 11.45am | Gentle Chair Yoga.<br>Booking required. £3 per session.                               |
| Friday 30 <sup>th</sup> October    | 10.00am - 11.30am | Secondary Breast Support Group.<br>Drop-in.                                           |
| Friday 30 <sup>th</sup> October    | 12.30pm - 2.30pm  | Free Yourself From Overthinking.<br>Booking required.                                 |
| Saturday 31 <sup>st</sup> October  | 8.40am meet       | 5K Your Way at Barnstaple Parkrun.<br>Parkrun and 5KYW registration required.         |
| Monday 2 <sup>nd</sup> November    | 11.00am - 1.00pm  | Bladder and kidney Support Group.<br>Drop-in.                                         |



# FERN FEAST

at the  
Swimbridge Jubilee Hall

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

Midday or 1.30pm

BOOKING ESSENTIAL

## ROAST DINNER

SMALL

£10

AND

DESSERT

LARGE

£15

(Gluten Free and Vegetarian/Vegan options available)

Raising funds for the



Royal Devon  
Hospitals Charity

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

# Coffee & Company

— MORNING —

Wednesday 14<sup>th</sup> October

Wednesday 11<sup>th</sup> November

2026

11.00am

—

12.30pm

at the

 Royal Devon  
Hospitals Charity

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Registered charity No. 1061384



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Hospitals Charity**

Registered charity No. 1061384

**Fern Centre** 

# SLEEP WELL & RECOVER WORKSHOP

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

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

Tuesday 24<sup>th</sup> November 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.



# 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

# COMMUNICATION AND YOU

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.

# COMPASSION FOCUSED THERAPY

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.

# THE NEXT CHAPTER

PLANNING AND MOVING FORWARD

at the Fern Centre, NDDH, EX31 4JB

**10.30am - 11.30pm**

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

**Tuesday 17<sup>th</sup> November 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.

# THE CONNECTION SPACE

AN INTRODUCTION TO THE FERN CENTRE

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

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

Tuesday 10<sup>th</sup> November 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.



# WOMEN'S MONTHLY MEET-UP

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

**10.00am - 11.00am**

**No meet-up in October 2026**

**Wednesday 11<sup>th</sup> November 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

## MYCARE Cancer Care Companion

Using MY CARE to improve communication and care

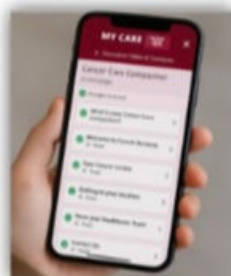
The NHS 10-year plan and The National Cancer Strategy asks NHS providers to move towards digital solutions to improve patient experience.

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

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

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



### Key Features for Patients

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



Go to the website to sign up to MY CARE  
[www.royaldevon.nhs.uk/patients-visitors/my-care/](http://www.royaldevon.nhs.uk/patients-visitors/my-care/)

**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.



## 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: 30<sup>th</sup> SEPTEMBER  
7<sup>th</sup> OCTOBER  
14<sup>th</sup> OCTOBER  
21<sup>st</sup> OCTOBER**

**SPACES ARE LIMITED**

IF YOU WOULD LIKE TO FIND OUT MORE INFORMATION OR BOOK A PLACE PLEASE CONTACT

Breast Care Team: 01271 349115  
[rduh.breastcare@nhs.net](mailto:rduh.breastcare@nhs.net)

# FUN WITH CRYSTALS FOR WELLBEING



2.00pm - 4.00pm  
Tuesday 20<sup>th</sup> October 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](mailto:rduh.theferncentre@nhs.net) to book your place!



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

FernCentre

CONTACT THE FERN CENTRE ON 01271 311855 TO BOOK YOUR PLACE

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

# Macrame

with Richard

at the  
Royal Devon  
Hospitals Charity

FernCentre

Registered charity No. 1061384



1.30pm - 3.30pm

Friday 16<sup>th</sup> October 2026

Friday 13<sup>th</sup> November 2026

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

## A HANDMADE ARTS & CRAFTS MARKET

SUNDAY 11<sup>TH</sup> OCTOBER

10AM - 3PM

SOUTH MOLTON PANNIER MARKET

### LOCALLY MADE & HANDCRAFTED

Artwork • Woodturning • Felting • Wine • Knitting & Crochet • Jewellery  
Teddy Bears • Cards • Bakes • Craft Kits • Fabrics • Soaps & Candles • More

### IN AID OF



The Fern Centre  
North Devon's  
Cancer & Wellbeing Centre



The North Devon's  
Oesophageal Cancer  
Support Group

### LIVE DEMONSTRATIONS

Including Wood Carving & Machine Sewing

HOT FOOD & DRINKS AVAILABLE



## STRUMMIN' and HUMMIN'

at the  
Royal Devon  
Hospitals Charity

FernCentre

Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 8<sup>th</sup> October 2026

Thursday 22<sup>nd</sup> October 2026

Thursday 12<sup>th</sup> November 2026

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



Royal Devon  
Hospitals Charity

Registered charity No. 1061384

FernCentre

# FREE YOURSELF FROM OVERTHINKING

WITH PAUL BEARD

at the



Royal Devon  
Hospitals Charity

Fern Centre

Registered charity No. 1061384

NEW • NEW • NEW  
FOR  
2026  
NEW • NEW • NEW

NEW • NEW • NEW  
FOR  
2026  
NEW • NEW • NEW

12.30pm - 2.30pm

Friday 30<sup>th</sup> October 2026

If there's a pandemic that's been going on for a very long time, it's the 'disease' (read dis - ease) of overthinking - including involuntary and compulsive thinking, overanalysis, procrastination, indecision and, of course, worry. At best, overthinking fuels negative emotions, at worst, it creates total misery, exhausts us and makes us ill.

If we're already prone to overthinking, with a cancer diagnosis our minds can feel out of control on a whole new and scary level.

The good news is that there are proven ways to free ourselves from overthinking and to use the mind as the instrument, or tool it is meant to be - to help us rather than hinder us.

Join highly experienced mindfulness teacher and coach Paul to learn, or refresh, and practice some key ways to liberate yourself from overthinking and experience the nourishing inner peace, emotional resilience, ease and vitality that results.

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

# 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

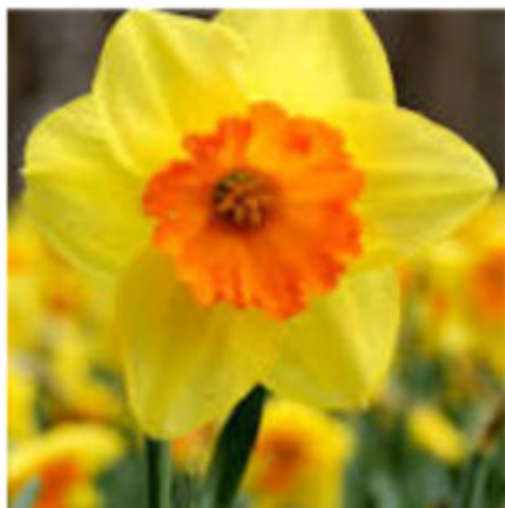
Thursday 10<sup>th</sup> December  
2.00pm – 4.00pm

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

# Haematology Support Group

For people with a Haematology cancer.  
Please feel free to attend.



21st October



2pm – 4pm



The Fern Centre  
Barnstaple Hospital  
EX31 4JB



Every session a speaker  
attends to give information  
on different topics.



Next meeting  
= TBC =

# 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

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



The Fern Centre is funded by



Registered Charity No. 1061384

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



**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



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



£3 per session

Monday 5<sup>th</sup> October - 1.30pm and 2.45pm  
Monday 12<sup>th</sup> October - 1.30pm and 2.45pm  
Monday 19<sup>th</sup> October - 1.30pm and 2.45pm  
Monday 26<sup>th</sup> October - No sessions  
Monday 2<sup>nd</sup> November - 1.30pm and 2.45pm

Contact the Fern Centre on 01271 311855 or [rduh.theferncentre@nhs.net](mailto: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



[breastcancernow.org/movingforward](http://breastcancernow.org/movingforward)



0345 077 1893



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



# QI GONG

at the  
Royal Devon  
Hospitals Charity

**FernCentre**  
Registered charity No. 1061384

2.00pm - 3.00pm

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

Thursday 19<sup>th</sup> November 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

at the  
Royal Devon  
Hospitals Charity

**FernCentre**  
Registered charity No. 1061384

£3 per  
session

45-minute  
sessions

Wednesday 29<sup>th</sup> October 2026

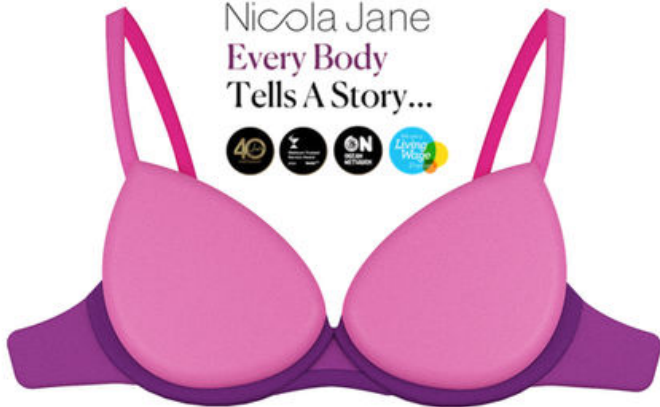
11.00am - 11.45am

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

Royal Devon  
Hospitals Charity

**FernCentre**  
Registered charity No. 1061384

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



AT THE  
Royal Devon  
Hospitals Charity

**FernCentre**  
Registered charity No. 1061384

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

**FernCentre**

# Head & Neck Cancer Patient & Caregiver Group Monthly Meeting

**The Swallows**  
Head & Neck Cancer Support Group  
Registered Charity Number 1148754



 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.

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



# MACMILLAN CANCER SUPPORT

**citizens  
advice**

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



**9.00am - 12.00pm**

**Friday 2<sup>nd</sup> October 2026**

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



**Thursday 1<sup>st</sup> October 2026**  
**Thursday 15<sup>th</sup> October 2026**  
**Thursday 5<sup>th</sup> November 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 8<sup>th</sup> October 2026 - 9am-12pm**

**Thursday 22<sup>nd</sup> October 2026 - 9am-12pm**

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

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



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





# 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.





## 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.

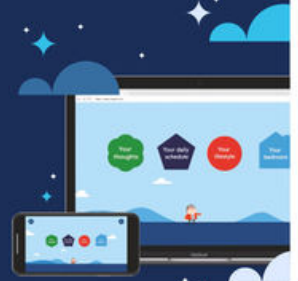
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access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



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

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



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

### 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

Offering a wide range of therapy and treatment options, the TALKWORKS team is there to get you back on track. They offer therapy in a number of ways including face-to-face at one of their bases across Devon, over the phone or by video call.

Scan QR code to visit the TALKWORKS website



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



# 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 30th October 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 (1009540) and in Scotland (SC099332). Registered company 02653882.

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

# MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 16<sup>th</sup> October 2026

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

at the



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





## 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)



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



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](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:



**FREE!**

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

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

[@moveagainstcancer](https://www.youtube.com/channel/UCm0eagaintcancer)

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

[@MOVEcharity](https://www.facebook.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](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**



# 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-4pm 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**