

Lifestyle and Wellbeing

Personalised Care newsletter from the Fern Centre

Welcome to November!

I would like to begin by saying a massive thank you to everyone who joined us for our Fern Feast on Sunday 25th October at Swimbridge Village Hall. It was a wonderful day, and we were delighted to receive such lovely feedback, particularly about how scrumptious the food was!

A very special thank you goes to our Adele Chapple, who worked tirelessly, spending an incredible 14 hours cooking to help make the day such a success. I would also like to thank all the volunteers who helped with peeling, preparing, and all the running around behind the scenes. Your time, hard work and enthusiasm were very much appreciated, and together you helped create a day to remember.

Keep an eye out for next year's Fern Feast date!

As we move into November, we have lots of exciting activities and events planned here at the centre. Please take a look through our newsletter to see what's coming up, and if you would like any further information, please give us a call.

A highlight for November is our new Art Workshop! Starting on Thursday 5th November and running until 10th December, from 10.30 am to 12.30 pm, this six-week workshop will explore British wildlife through drawing and acrylic painting. It is a lovely opportunity to get creative, learn new skills and enjoy some relaxing time in a welcoming and supportive environment.

If you are interested in joining us, please get in touch to book your place as soon as possible, as spaces tend to fill up quickly!

Thank you, as always, for being part of our wonderful Fern Centre. Your continued support means so much to us, remember we are a pop in service open Monday to Friday 9am to 4pm (excluding bank holidays)

Warmest wishes!

Tara



Monthly Hubs

FOR PEOPLE LIVING WITH AND BEYOND CANCER

FernCentre

ILFRACOMBE MONTHLY CANCER HUB

NOVEMBER FOCUS: KEEPING WARM THIS WINTER

Are you living with a cancer diagnosis and worried about the cost of keeping warm this winter?

COME AND SPEAK TO ONE OF OUR ADVISORS FOR ADVICE ON MANAGING YOUR FUEL BILLS THIS WINTER

SUPPORT TEA COFFEE HELP ADVICE CAKE CHAT AND COMPANY

361 ENERGY **MACMILLAN Cancer Support**

Tuesday 3rd November 2026
10am-12pm
Lantern Centre, 44 High Street,
Ilfracombe, EX34 9BQ

For more information contact the Fern Centre on 01271 311855 or email rduh.theferncentre@nhs.net

Royal Devon Hospitals Charity
Going over and above for your local NHS

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

2.00pm - 4.00pm
Thursday 12th November 2026
Manor Suite, Holsworthy Memorial Hall
North Road, Holsworthy, EX22 6HF

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

Macmillan, Money&More **361 ENERGY CIC**

Bringing the FernCentre closer to you!

Next Hub: Thursday 10th December

Please pop in and find out how we can help you!

For more information contact the Fern Centre on 01271 311855 or email rduh.theferncentre@nhs.net

NHS Royal Devon University Healthcare NHS Foundation Trust

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
Registered Charity No. 1061384

Please pop in and find out how we can help you!

Royal Devon Hospitals Charity
FernCentre

For more information contact the Fern Centre on 01271 311855 or email rduh.theferncentre@nhs.net

NHS Royal Devon University Healthcare NHS Foundation Trust

Royal Devon Hospitals Charity
Registered charity No. 1061384

FernCentre

What's on



November 2026

Date	Time	Activity
Monday 2 nd November	11.00am - 1.00pm	Bladder and Kidney Support Group. Drop-in.
Monday 2 nd November	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 3 rd November	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Tuesday 3 rd November	10.30am - 11.30am	Compassion Focused Therapy. Booking required.
Wednesday 4 th November	9.30am - 1.00pm	Moving Forward (1 of 2). Book with the Breast Team on 01271 349115 .
Thursday 5 th November	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 5 th November	10.30am - 12.30pm	Wild at HeART - Art Session (1 of 6). Booking required.
Friday 6 th November	9.00am - 12.00pm	Macmillan Financial Advice Hub. Drop-in.
Friday 6 th November	12.30pm - 2.30pm	Regulate - Breathwork, Mindfulness & Meditation. Booking required.
Monday 9 th November	9.00am - 12.00pm	Skin Education and Support Meeting. Book with Dermatology on 01271 312850.
Tuesday 10 th November	10.30am - 12.30pm	Energy for Wellbeing. Booking required.
Wednesday 11 th November	9.30am - 1.00pm	Moving Forward (2 of 2). Book with the Breast Team on 01271 .
Wednesday 11 th November	11.00am - 12.30pm	Coffee & Company Morning. Drop-in.
Thursday 12 th November	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 12 th November	10.30am - 12.30pm	Wild at HeART - Art Session (2 of 6). Booking required.
Thursday 12 th November	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Thursday 12 th November	2.00pm - 4.00pm	Monthly Holsworthy Drop-in Hub in the Manor Suite, Holsworthy Memorial Hall, EX22 6HF
Friday 13 th November	11.00am - 11.45am	Gentle Chair Yoga. Booking required. £3 per session.
Friday 13 th November	1.30pm - 3.30pm	Macrame Workshop. Booking required.
Monday 16 th November	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.



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

01271 311855

rduh.theferncentre@nhs.net



Date	Time	Activity
Tuesday 17 th November	10.00am - 12.00pm	Look Good Feel Better - Skincare and Makeup. Booking required.
Thursday 19 th November	TBA	Natural Image Wig Clinic. Booking required.
Thursday 19 th November	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 19 th November	10am meet	Fern Centre Walk This Way with SWCP. Contact Huw Davies on 07482 452046.
Thursday 19 th November	10.30am - 12.30pm	Wild at HeART - Art Session (3 of 6). Booking required.
Thursday 19 th November	2.00pm - 3.00pm	Qi Gong. Booking required.
Friday 20 th November	10.00am - 11.30am	Men's Support Group. Drop-in.
Friday 20 th November	Eyes down: 7.00pm	Bingo at the Royal North Devon Golf Club. Booking required.
Monday 23 rd November	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 24 th November	10.30am - 11.30am	Sleep and Recover. Booking required.
Thursday 26 th November	9.00am - 12.00pm	Kay Kendall Leukaemia Fund Financial Advice with Peter Mitchell. Drop-in.
Thursday 26 th November	10.30am - 12.30pm	Wild at HeART - Art Session (4 of 6). Booking required.
Thursday 26 th November	2.00pm - 4.00pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in.
Friday 27 th November	10.30am - 12.00pm	Secondary Breast Support Group. Drop-in.
Friday 27 th November	12.30pm - 2.30pm	Mindfulness for Managing Emotions. Booking required.
Saturday 28 th November	8.40am meet	5K Your Way at Barnstaple Parkrun. Parkrun and 5KYW registration required.
Sunday 29 th November	11.30am - 2.00pm	Topless Swim (ladies only). Booking required.
Monday 30 th November	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required. £3 per session.
Tuesday 1 st December	10.00am - 12.00pm	Monthly Ilfracombe Drop-in Hub at the Lantern Centre, Ilfracombe, EX34 9QB
Tuesday 1 st December	10.30am - 11.30am	Compassion Focused Therapy Booking required.
Thursday 3 rd December	10.00am - 2.00pm	361 Energy Advice Hub. Drop-in.
Thursday 3 rd December	10.30am - 12.30pm	Wild at HeART - Art Session (5 of 6). Booking required.



WILD AT HEART

EXPLORING BRITISH WILDLIFE THROUGH
DRAWING & ACRYLIC PAINTING

A SIX-WEEK CREATIVE JOURNEY INSPIRED BY THE
WILDLIFE OF THE BRITISH COUNTRYSIDE.

WE'LL EXPLORE THE WORK OF AN ARTIST
WHO USES BOLD BLOCKS OF COLOUR, STRIKING
SILHOUETTES AND INTRICATE
DETAIL TO BRING ANIMALS TO LIFE. FROM
FOXES AND BADGERS TO DEER
AND OWLS, WE'LL EXPERIMENT
WITH COLOUR, SHAPE AND
MARK-MAKING BEFORE DEVELOPING
**THESE IDEAS INTO YOUR
OWN WILDLIFE PAINTING.**

ACROSS THE SIX WEEKS, WE'LL
EXPLORE DRAWING, OBSERVATION,
COLOUR, ACRYLIC TECHNIQUES,
FUR AND FEATHER TEXTURES.

YOU'LL THEN CREATE YOUR OWN
FINISHED WILDLIFE CANVAS TO TAKE HOME.

NOV 5TH - DEC 10TH

10:30 - 12:30

THURSDAY MORNINGS

Fern Centre

CONTACT THE FERN CENTRE ON 01271 311855 TO BOOK YOUR PLACE

Or email rduh.theferncentre@nhs.net



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre



The Fern Centre is funded by



PLEASE VISIT OUR WEBSITE TO FIND OUT MORE
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. 1037228



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

Macrame

with Richard

at the
 **Royal Devon
Hospitals Charity**

Fern Centre
Registered charity No. 1061384



1.30pm - 3.30pm

Friday 13th November 2026

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

**BREAST
CANCER
NOW** The research & support charity

Moving forward

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

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



breastcancernow.org/movingforward



0345 077 1883



movingforward@breastcancernow.org



Fern Centre

CHRISTMAS FAIR

at the

 Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

CANCER WELLBEING CENTRE

CAKES

REFRESHMENTS

CRAFT SALE



from 10.00am

Monday 7th December 2026

EVERYONE WELCOME!

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

rduh.theferncentre@nhs.net
01271 311855



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 flatish 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 27th November 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 (2055147) and in Scotland (SC039555). Registered company 03603867

MEN'S SUPPORT GROUP

10.00am - 11.30am

Friday 20th November 2026



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

NOVEMBER

RAISING AWARENESS AND FUNDS FOR MEN'S MENTAL HEALTH

Find out more at NOVEMBER.COM

MAN DOWN

Let's talk about it

MAN DOWN PROVIDES INFORMAL TALKING GROUPS IN THIS COUNTY.

A FREE, NON-JUDGMENTAL CONFIDENTIAL SAFE SPACE FOR MEN (18+) TO TALK ABOUT THEIR MENTAL HEALTH CONCERNS

CHECK OUT OUR WEBSITE FOR INFO, DATES AND LOCATIONS

MANDOWN-UK.CO.UK
SUPPORT@MANDOWN-UK.CO.UK

Barnstaple	Holsworthy
Meets on a Wednesday	Meets on a Wednesday
7.00pm - 8.00pm	7.00pm - 8.00pm
Westward House, Devon Road, Barnstaple EX31 1EU	Westward House, Devon Road, Barnstaple EX31 1EU
Bideford	South Molton
Meets on a Wednesday	Meets on a Wednesday
7.00pm - 8.00pm	7.00pm - 8.00pm
Westward House, Devon Road, Barnstaple EX31 1EU	Westward House, Devon Road, Barnstaple EX31 1EU
Ilfracombe	Torrington
Meets on a Wednesday	Meets on a Wednesday
7.00pm - 8.00pm	7.00pm - 8.00pm
Westward House, Devon Road, Barnstaple EX31 1EU	Westward House, Devon Road, Barnstaple EX31 1EU

NORTH DEVON



Royal Devon Hospitals Charity
 Registered charity No. 1061384



CHRISTMAS RAFFLE

Royal Devon Hospitals Charity
Fern Centre
Registered charity No. 1061384
CANCER WELLBEING CENTRE



Promoter: Mr Joshua Allan, Royal Devon Hospitals Charity, Royal Devon & Exeter Hospital, Barrack Road, Exeter, Devon, EX2 5DW. License no: EXE-SL0158

Raffle tickets are not to be sold to anyone under 16 years of age. If gambling is causing you a problem, for confidential help and support contact GAMCARE UK HELPLINE 0808 8020 133.

Draw to take place on Monday 7th December 2026 at 2pm.

01271 311 772

rduh.theferncentre@nhs.net

www.royaldevoncharity.org.uk/fern-centre

RAFFLE

£1.00

Fern Centre Christmas Raffle

- ★ **FIRST PRIZE:** Fabulous festive Christmas hamper
- ★ **3 x RUNNER-UP PRIZES:** Christmas sweet treats

**TICKETS ARE AVAILABLE FROM
THE FERN CENTRE OR BY
SCANNING THE QR CODE**



**The draw will take place at 2.00pm during the
Christmas Fair on Monday 7th December 2026**

rduh.theferncentre@nhs.net
01271 311855



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

Fern Centre

NORTH DEVON COLORECTAL SUPPORT GROUP

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

at the

Fern Centre

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

Thursday 10th December
2.00pm – 4.00pm

Venue to be confirmed

North Devon Stoma Support Group

St John's Garden Centre, Ashford

(Room upstairs)



2nd Monday of the month

10.00 to 12.00



A welcoming space for patients, families, carers and anyone affected by haematological conditions to share, learn and support each other.



Meeting Dates

January

27th
2027

April

28th
2027

July

28th
2027

October

27th
2027



Held at the
Fern Centre
Barnstaple Hospital



Share
experiences



Get
information



Find
support



Build
community

— All are welcome —

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
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Registered charity No. 1061384

Fern Centre

CHRISTMAS CAROLS

at the

Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

CANCER WELLBEING CENTRE

6.00pm - 8.00pm

Wednesday 16th December 2026

EVERYONE WELCOME!



SINGING

ALCOHOL FREE
MULLED WINE

MINCE PIES

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

rduh.theferncentre@nhs.net
01271 311855



Royal Devon
Hospitals Charity
Registered charity No. 1061384

Fern Centre

Head & Neck Cancer Patient & Caregiver Group Monthly Meeting

The Swallows

Head & Neck Cancer Support Group
Registered Charity Number 1061384



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

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



The 2nd Tuesday of every month



6.30 pm start

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



Royal Devon
University Healthcare
NHS Foundation Trust

Macmillan, Money&More

**citizens
advice**

Citizens Advice Torridge, North,
Mid & West Devon



9.00am - 12.00pm

Friday 6th November 2026

Friday 4th December 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. 1270344



Thursday 5th November 2026

Thursday 12th November 2026

Thursday 3rd December 2026

10am - 2pm

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

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

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

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

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

Call us on 01271 599361
or email: info@361energy.org



THE KAY KENDALL LEUKAEMIA FUND

The Kay Kendall Leukaemia Fund (KKLF) project offers
person-centred support around the following areas:

- Benefits - eligibility checks and help with applications, including Personal Independence Payment (PIP).
- Attendance Allowance (AA) and Disability Living Allowance (DLA)
- Debt Advice
- Charitable grant applications
- Travel and transport schemes e.g. Blue Badge applications/bus pass applications/discount travel schemes/NHS Low Income Scheme
- Housing issues
- Employment advice
- Consumer issues
- Health e.g. access to services/complaints
- Referrals and signposting to other support organisations

DROP-IN SESSIONS AT THE FERN CENTRE

Thursday 12th November 2026 - 9am-12pm

Thursday 26th November 2026 - 9am-12pm

Thursday 10th December 2026 - 9am-12pm

KKLF@citizensadviceplymouth.org.uk
01752 507711



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384



ENERGY FOR WELLBEING

WITH KAREN THOMAS

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

10.30am - 12.30pm

Tuesday 10th November 2026

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

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



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre



Welcome to Daylight!

Hearing the words "you have cancer" affects more than just your physical health. A cancer diagnosis may also impact your mental health and lead to heightened anxiety.

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it.

Engaging and easy-to-use, Daylight teaches proven exercises to help you manage your worry, day or night, at home or in hospital.

MACMILLAN
CANCER SUPPORT



What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises:

Learn how to relax
Use the Tense & Relax 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 Challenge exercise to identify and reframe thoughts that keep you stuck.

Address your fears
The Worry Story exercise empowers you to face your fears so they have less control over you.

Begin your journey to worrying less:

1 For instant access, visit:
trydaylight.com/macmillan

or scan the QR code below to create your free account



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

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

Sleepio

Don't let cancer stop you sleeping

Hearing the words "you have cancer" affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, a sleep improvement programme to help you overcome sleepless nights brought on by increased worry.



MACMILLAN
CANCER SUPPORT

Start sleeping better tonight, visit:
sleepio.com/macmillan

How does Sleepio work?

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

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

Is it effective?

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

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

Start sleeping better tonight:

1 For instant access, visit:
sleepio.com/macmillan

or scan the QR code below to create your free account



Have questions for us? We're on hand to help you every step of the way. Just email help@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

NHS
Living with &
Beyond Cancer
Team

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



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 or by calling 0300 555 3344 to speak to a member of the team.



**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 20th November 2026

Doors open: 6.30pm

Eyes down: 7.00pm

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



Coffee & Company

— MORNING —

Wednesday 11th November

2026

11.00am

-

12.30pm

at the

 Royal Devon
Hospitals Charity

Fern Centre 

Registered charity No. 1061384



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

Fern Centre 

MINDFULNESS FOR MANAGING EMOTIONS

WITH PAUL BEARD

at the



Royal Devon
Hospitals Charity

Fern Centre

Registered charity No. 1061384

12.30pm - 2.30pm

Friday 27th November 2026

In this popular one-off session, you will be introduced to (or refreshed in) a powerful mindfulness meditation practice which takes a physical, body-based approach to experiencing, relating to and overcoming our fear of strong emotions.

So often, emotions are felt physically in our bodies as the body's reaction to what's going on in our minds. In this session, highly experienced coach and counsellor, Paul will invite you to tenderly allow and explore this physical feeling of an emotion/s, as an alternative to suppressing or avoiding - to the extent that you choose.

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



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre

COMPASSION FOCUSED THERAPY

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

Tuesday 3rd November 2026

Tuesday 1st December 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 to book your place.

WOMEN'S MONTHLY MEET-UP



Time and date to be confirmed with the
Cancer Care Counselling Team

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

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

Suggested topics include (but are not limited to):

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

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

THE CONNECTION SPACE

AN INTRODUCTION TO THE FERN CENTRE

at the Fern Centre, NDDH, EX31 4JB

Time and date to be confirmed with the

Cancer Care Counselling Team

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 to book your place.

SLEEP WELL & RECOVER WORKSHOP

at the Fern Centre, NDDH, EX31 4JB

10.30am - 11.30pm

Tuesday 24th 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 to book your place.

NEW

NEW

REGULATE

BREATHWORK,
MINDFULNESS AND MEDITATION

at the



12.30pm - 2.30pm

Friday 6th 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 to book your place



Royal Devon
Hospitals Charity
Registered charity No. 1061384



QI GONG

at the
Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384

2.00pm - 3.00pm

Thursday 19th 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 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

Friday 13th November 2026

11.00am - 11.45am

Sessions may help you to improve:

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

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

NATURAL image

WIG FITTING SERVICES

AT THE
Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384

Clinics will be held on the following dates:

Thursday 8 th January 2026	Thursday 9 th July 2026
Thursday 29 th January 2026	Thursday 30 th July 2026
Thursday 19 th February 2026	Thursday 20 th August 2026
Thursday 12 th March 2026	Thursday 8 th September 2026
Thursday 9 th April 2026	Thursday 10 th October 2026
Thursday 30 th April 2026	Thursday 29 th October 2026
Thursday 21 st May 2026	Thursday 19 th November 2026
Thursday 11 th June 2026	Thursday 17 th December 2026

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



at the

Royal Devon
Hospitals Charity

FernCentre
Registered charity No. 1061384

£3 per
session

Monday 2nd November - 1.30pm and 2.45pm

Monday 9th November - no sessions

Monday 16th November - 1.30pm and 2.45pm

Monday 23rd November - 1.30pm and 2.45pm

Monday 30th November - 1.30pm and 2.45pm

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



**Royal Devon
Hospitals Charity**

Registered charity No. 1061384

FernCentre

STRUMMIN' and HUMMIN'



Registered charity No. 1061384

2.00pm - 4.00pm

Thursday 12th November 2026

Thursday 26th November 2026

Thursday 10th December 2026

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



Cancer wellbeing for everyone

Penny Brohn UK is the cancer health and wellbeing charity. We support any adult with any type of cancer, anywhere in the UK.

Whether you are newly diagnosed, going through cancer treatment, adjusting to life after treatment or living with a terminal diagnosis, we can give you the tools and support you need to live better with cancer and feel more in control of your life.

www.pennybrohn.org.uk

Bude Cancer Support



Cancer Café



2nd & 4th
MONDAY
monthly

(excluding Bank Holidays)

1.30 -
3.30pm

Room 1
The
Parkhouse
Centre
Bude



Bude
Cancer
Support

SeaChange
RETREATS

"The cure for anything is saltwater:
sweat, tears or the sea." - Isak Dinesen



SURF & WELLBEING RETREATS
FOR ADULTS IMPACTED BY CANCER
NEWQUAY, CORNWALL



Visit the SeaChange website for details of future retreats.

Immerse yourself in the ocean
Build connections through shared experiences
Strengthen your body through surf and yoga
Learn new skills and feel restored with specialist workshops

COST TO JOIN
FREE

£100 refundable deposit required on arrival date

Find out more and book your place at seachangeretreats.org



Royal Devon
Hospitals Charity

Registered charity No. 1061384

Fern Centre

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



**LET'S ALL MOVE
AGAINST CANCER
5k Your Way**



5k Your Way is a support group for anyone living with and beyond cancer, their families and friends, and those working in cancer services. We're passionate about community, friendship and fun.

We meet up at designated parkruns on the last Saturday of every month. **Everyone is welcome!** You can walk, jog or run. Try 1k, 2k or 5k. Volunteer, cheer or come for coffee afterwards. **Do it YOUR way.** The best project you'll ever work on is **you**.

8.40am meet for 9.00am start

Saturday 28th November 2026

Rock Park, Barnstaple, EX32 9AQ

barnstaplegroup@5kyourway.org

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

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



**MOVE
AGAINST
CANCER.**

FREE!

moveagainstcancer.org

info@5kyourway.org

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

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

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

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

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

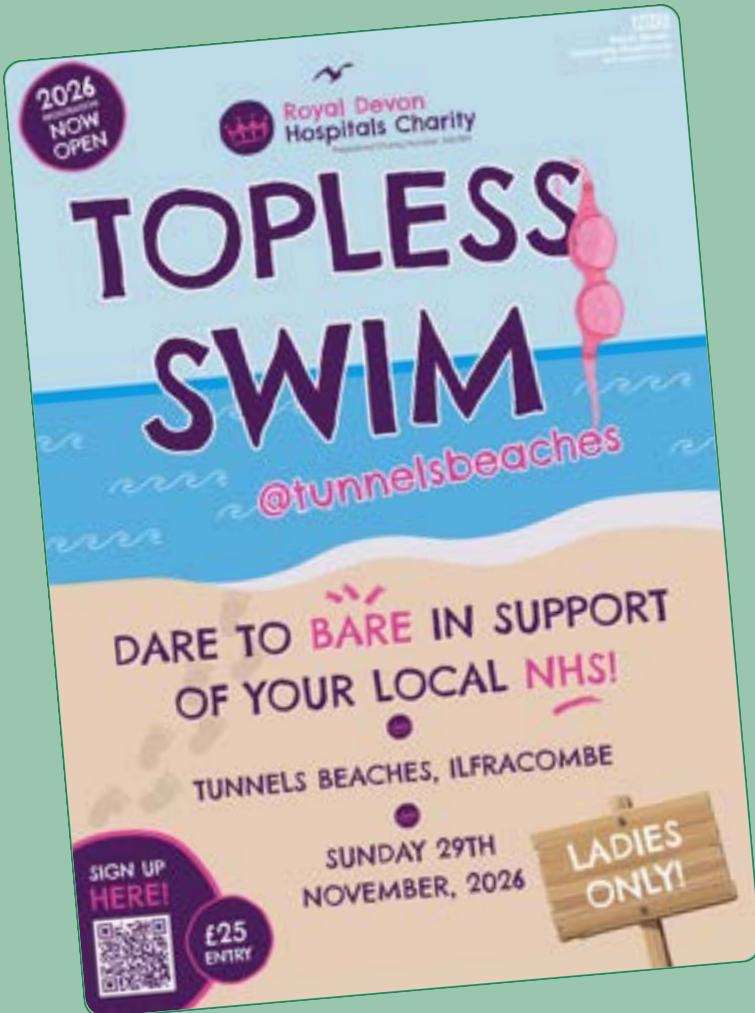
Contact: Huw Davies
huw@southwestcoastpath.org.uk
mob: 07482 452046

Group	Walk type	Group Participants	Day of Month
Walk On	3/4 miles - North Devon	Bereavement Group	First Sunday
Healing Steps	3/4 miles - North Devon	People who have lost their life partner	Alternate Fridays Third Monday
Bude Mindfulness Monday	3/4 miles - Bude area/Hartland	Open walk - anyone can join this walk	Second Monday
North Devon Wellbeing	3/4 miles - North Devon	Open walk- anyone can join this walk	Second Tuesday
Ilfracombe Friendship & Social Group	3/4 miles - Ilfracombe/Exmoor Coast	Members of IF&SG	Second Wednesday
North Devon Carers	3/4 miles - North Devon	Members of Devon Carers	Third Tuesday
Walk This Way (Fern Centre) Cancer Recovery	3/4 miles - North Devon	For anyone living with cancer	Third Thursday
North Devon Wellbeing	3/4 miles - North Devon	Open walk- anyone can join this walk	Fourth Tuesday
Bude Wellbeing	3/4 miles - Bude area	Open walk- anyone can join this walk	Fourth Wednesday
North Devon Long Walkers	6/12 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
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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
rdh.theferncentre@nhs.net

Fern Centre

CHRISTMAS & NEW YEAR OPENING HOURS

Wednesday 23 rd December 2026	9.00am - 4.00pm
Thursday 24 th December 2026	CLOSED
Friday 25 th December 2026	CLOSED
Monday 28 th December 2026	CLOSED
Tuesday 29 th December 2026	9.00am - 4.00pm
Wednesday 30 th December 2026	9.00am - 4.00pm
Thursday 31 st December 2026	CLOSED
Friday 1 st January 2027	CLOSED
Monday 4 th January 2027	CLOSED

Standard opening hours will resume with effect from
Tuesday 5th January 2027

- Monday - Friday • 9.00am - 4.00pm •
(excluding bank holidays)
- 01271 311855 • rduh.theferncentre@nhs.net •