



# Fern Centre

## What's On...

### Appointment system extended!

After trialling our appointment system on Tuesdays and Thursdays for the last couple of weeks we have now extended this service to run Monday to Fridays! If you would like to make an appointment to visit the centre, please contact us by telephone or email. If you are attending the Seamoor unit and would like to visit please ask one of the Seamoor unit team to give us a call and we would be happy to see you.

In order to continue protecting our visitors as much as possible some restrictions have been put in place:

- Appointments are available to one person per visit
- Face masks must be worn at all times (masks can be provided at the centre)
- Social distancing will be adhered to at all times
- There will be a gap left between appointment to minimise contact between visitors and give appropriate time for cleaning

### Wig Fitting Service Now Available at the Fern Centre!

We are really excited to announce that our wig service is now up and running at the Fern Centre! The service is provided by some lovely ladies from Natural Image based in Exeter, who visit the Centre every 3 weeks. These stylist will help you find the right wig for you and can cut and style the wig at your appointment.

For more information on how to access the wig service please speak to a member of the Seamoor Unit team. Alternatively please contact the surgical appliance team on 01271 322492 who would be happy to help. We also have Brochures for Natural Image available in the Seamoor Unit and the Fern Centre.



## Counselling Service

### **We are here to help!**

Although life looks very different right now the Cancer Care Counselling Service is still on hand to offer support. They are offering telephone and video therapy sessions that you can access from the comfort and safety of your home.

The service is available to anybody living with and beyond cancer, their partners and children. If you feel that this may be of help to you or you would like to know more about how we work please feel free to call the team on 01271 334472 or get in touch via email on [ndht.cancercarecounselling@nhs.net](mailto:ndht.cancercarecounselling@nhs.net) more information can also be found on the Fern Centre website <https://overandabove.org.uk/fern-centre/services/counselling-service/>

## **Small face to face support groups now running from the Centre!**

The Fern Centre is now able to host some small face to face support groups. The maximum number of attendees is limited to 5 people (including the host) with others able to join virtually via mediolink. For more information please speak to your clinical nurse specialist or the Fern Centre direct.



**Pictured L to R,**

**Sophie Muddimer (Cancer Care Counsellor),  
Jess French (Lead Cancer Care Counsellor),  
Shaun Leworthy (Cancer Care Counsellor)**

### Fern Centre Contact Information

Telephone number: 01271 311 855

Email address: [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)

## My Sunrise App out now!

MySunrise is an app to support cancer patients in North Devon with any questions they may have.



The MySunrise app has been launched to support cancer patients in North Devon with all the information they need, conveniently located on their smart device. The app has been developed to support cancer patients and their families from the moment of their diagnosis all the way through their treatment pathway, providing the right advice and support at the right time.

It will provide complete up-to-date information and reference tools for Cancer patients and their families, including a whole range of videos, relevant links, cancer resources and contact information all specific to North Devon District Hospital. It can help patients find everything they need to know, from which bus to catch to the hospital, right through to support groups in their local areas and what to expect when coming in for treatment. With the challenges of coronavirus, we are now able to get up to date information directly to patients waiting and worrying at home about their treatment.

The MySunrise app includes features designed to improve the ability of cancer centres to communicate directly with patients and will help to give patients more control and information about their treatments and where to turn when they need help.

The MySunrise App is an award winning free information resource developed by Technical Health, a digital health business based in Exeter, initially for patients in Cornwall and has been used by over 2000 cancer patients receiving treatment already.

The app has been completely reworked for Cancer Services at North Devon District Hospital and is now being launched by Trusts across the South West with funding from the Peninsula Cancer Alliance. The Living With and Beyond Cancer team would like to say a big thank you to all of the staff that have been involved in writing content and producing videos for the app.

**DOWNLOAD NOW!** Please see the Trust website for news about the MySunrise app and the download links.

Patients can also speak to their clinical team or Fern Centre staff for more information.

## National Quality of Life Survey—Launched in September 2020



A national quality of life metric has begun to track and respond to the long-term impact of cancer.

Measuring people's quality of life is about understanding the impact of cancer and how well people are living after their diagnosis. This includes looking at a wide range of concerns, including any effect on people's emotional or social wellbeing, any impact on people's finances, and if people are experiencing any ongoing physical problems, such as tiredness and pain.

Previously there were no national metrics looking at the quality of life of people diagnosed and treated for cancer. Introducing a national Quality of Life (QoL) metric brings significant benefits. It will:

- lead to a step-change in the national debate on the importance of quality of life alongside survival
- help to benchmark quality of life so that those groups with the worst problems can be identified and targeted for improvement;
- empower individuals to discuss their quality of life with their health and social care teams, and
- allow researchers access to rich data that can enhance our wider understanding of what impacts on quality of life after cancer diagnosis.

Initially a small sample of people who have been diagnosed with breast, prostate or colorectal cancer will be surveyed. People with all other cancer types will be included from 2021 onwards. People will be sent a survey 18 months after their diagnosis to assess their QoL. The information collected from the survey will be used to work out how best to support the growing number of people living with and beyond cancer. This is an ambitious programme with a scale and depth that isn't being matched anywhere else in the world.

**Patients with any queries about the survey should speak to their clinical team.**

## EXCITING plans for our Garden!

Our garden steering group consisting of professional gardeners, volunteers and patients have been working hard to put together designs for the garden at the Fern Centre!

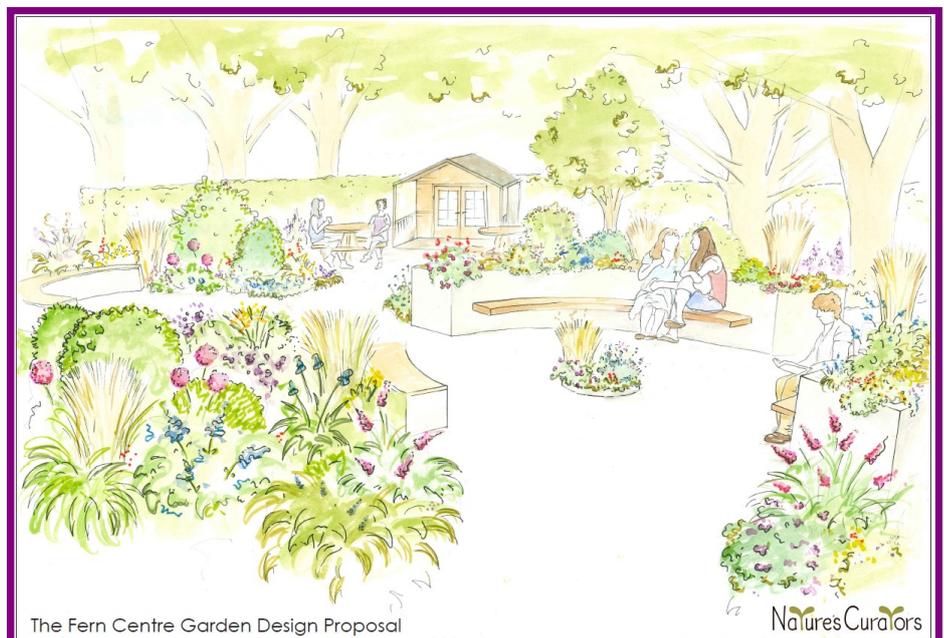
We are really excited to be able to share the final designs of how we envisage our gardening looking in the future!



The garden will include wide sweeping pathways, a communal seating area, potting shed and activities area, quiet seating/meditation area, not to mention all of the wonderful plants to allow visitors to surround themselves in nature!



We are hoping to be able to start initial work on the garden over the coming months and cannot wait to see this wonderful space take shape. Our hospital charity is working extremely hard raising funds needed to make this vision a reality. If you would like to know more about the garden or our charity please contact Over and Above on 01271 311772 or contact the Fern Centre



# Charity News!

## Go purple in support of your local NHS!

Get involved and join Over and Above by going purple this October in support of your local NHS.

The Big Purple Week has become somewhat of a tradition in North Devon, with people every year sporting purple wigs and baking purple cakes, but sadly had to be postponed because of Covid-19. Now confirmed to take place from the 19<sup>th</sup> – 25<sup>th</sup> October it's a great chance for Individuals, families, schools, groups and businesses to get involved and organise something purple related in support of their local NHS.

Why not encourage your friends or colleagues to wear purple for a day, light up your house or workplace in purple, dye your hair or wear a purple wig, or download some of our Purple Week materials and start collecting from home ([www.overandabove.org.uk/toolkit](http://www.overandabove.org.uk/toolkit))? There's lots of ways to get creative and have fun as a family, even during Covid-19, and the wonderful team at Over and Above will be there to support and promote you throughout.



## Race in Your Own Space!

Enter one of Over and Above's virtual running challenges today to earn a limited edition medal, keep fit and healthy AND raise money for your local NHS!

Complete any one of the distances in your own time and at your own pace. Get involved and sprint, jog, walk or even crawl across that imaginary finish line!

The cost is £5 (plus registration fee) and you can chose to complete a 5k, 10k or a half marathon challenge. If that sounds a bit daunting, don't worry! Why not break up the distance and complete over a number of days?!

To claim your medal you just need to track your distance and send us a picture to [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net) or tag us in it on social media!

Extra sponsorship is optional, but we would of course be incredibly grateful for the support. If you would like to join the Over and Above running team please sign up on Just Giving here: [www.bit.ly/NHSfundraise](http://www.bit.ly/NHSfundraise)

If you choose to join the team and fundraise then we'll get in touch to offer our support and send you out a free Over and Above running vest!

To sign up please visit [www.bit.ly/runningforus](http://www.bit.ly/runningforus)

Any questions or to chat through contact us on [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net) or give us a call on 01271 311 772.



# Fern Centre

# THANK YOU!

## Thank you Jo Archer!

We would like to say a massive thank you to Jo Archer who has been working extremely hard during lockdown to create this beautiful mosaic which is now pride of place in the Fern Centre!

Local Artist Jo Archer, designed and created the Mosaic which is made up of around 3,000 pearls, all individually cut to size. Named the 'Tree of Life', the piece took Jo approximately 200 hours to complete and we're incredibly grateful for the time and care she's put into making this wonderful gift.



**THANK YOU  
JO!**



# WORD SEARCH!

Try to find all the words in our monthly word search, this month's theme is **IN THE GARDEN**



## In the garden

S	L	G	S	N	S	S	R	P	D	R	R	S	F
R	L	B	R	H	D	S	O	R	I	O	Y	S	E
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B	F	E	V	L	I	A	S	P	E	E	L	H	T
D	I	V	Y	O	B	D	A	L	S	S	O	E	S
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L	V	S	F	S	U	N	D	I	A	L	E	U	E
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S	L	S	R	E	D	I	P	S	E	U	B	L	I

SUNDIAL  
BEES  
MARIGOLDS  
LADYBIRDS  
FORK  
GRASS  
ROSES  
LAVENDER  
TREES  
FLOWERS  
PLANTS  
BEETLES  
SHRUBS  
SPADE  
SHED  
SPIDERS  
IVY  
FERN  
HOLLY