



# Fern Centre

## What's On...

### **WE ARE OPEN!**

Following the end of Lockdown on 2nd December 2020. We are pleased to announce that the Fern Centre is back open for appointments to support patients, relatives and carers affected by a cancer diagnosis.

To arrange an appointment please call the Fern Centre on 01271 311855.

Face masks will be worn at all times with social distancing measures in place. In order to limit risk and footfall to the hospital we would ask that only one person attends per appointment

Appointments offer an opportunity for you to see the Fern Centre in a safe and comfortable way. You will be able to speak with one of our team about any help or support you may need and we will help you find the support that is right for you. You are also welcome simply to visit for a chat and comfortable place to relax away from the main hospital!



### **ACCOMMODATION OPEN!**

Our accommodation is also open following the end of lockdown! The Fern Centre has 3 ensuite double bedrooms available to offer emergency accommodation to relatives and carers of patients admitted to North Devon District Hospital. The accommodation is available to relatives or carers of :

- Patient brought in under emergency conditions
- Patient in the ICU and is in a critical condition
- Patient is a baby/child and the parent is unable to stay on the ward
- Patient is near end of life and relatives wish to remain close

or

- Patient is undergoing consecutive cancer treatment and live further than 20 miles away from North Devon District Hospital

A fee of £25 per room per night is payable on booking which is donated towards our hospital charity, Over and Above who meet the running cost of the Fern Centre

## Counselling Service

Our lovely counselling team are here to help!

The counselling service has continued to run throughout the Covid-19 pandemic offering support to clients over the phone or via video conferencing .

If you would like more information please contact the counselling team on 01271 334472 or email them at [ndht.cancercarecounselling@nhs.net](mailto:ndht.cancercarecounselling@nhs.net)

You can also speak to a member of your clinical team or the Fern Centre staff who would be happy to complete a referral for you!

### MEET THE COUNSELLING TEAM!



Pictured L to R,

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

## Wig Service Available

With the end of the second lockdown, we are delighted to announce that our wig service is up and running at the Fern Centre once more!! The lovely ladies from Natural Image, Exeter travel to the Fern Centre offering a professional wig fitting service locally. Our first Wig clinic is running on 17th December and there are still a couple of spaces left!

For more information about the wig service please speak to a member of the Seamoor Unit team or contact our Surgical Applicant team on 01271 322492 who will be able to tell you a bit more about the service and can help complete a referral for you.

You can also contact the Fern Centre for more information and have a chance to view the Natural Image brochures!



### Fern Centre Contact Information

Telephone number: 01271 311 855

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

## Virtual Talks!

On 16th December 2020 we will be hosting some virtual talks to support our patients

On: **Wednesday 16<sup>th</sup> December 2020**

Location: **From the comfort of your own home**

Times:

**Session 1** – General talks suitable for new diagnosis and /or starting treatment for any cancer site

**9:30 – 10.00** - Personalised Care – your cancer care pathway

**10.15 – 10.45** - Cancer Treatments and Symptom Management

**Session 2** – Explores difficult decision making around your own healthcare including writing down your wishes about future care and support, including medical treatment, while you have the capacity to do so. This might not be something you would want to address today, or at all but the sessions will be available on a regular basis throughout the year.

**11.30 – 12.00** - Advance Care Planning

**12.15 - 13.00** – Lasting Power of Attorney/ Will Writing

Email Living With and Beyond Cancer [ndht.lwbc@nhs.net](mailto:ndht.lwbc@nhs.net) with your name and NHS number stating which session you would like to join, we will send you a link via email. You will need a PC, laptop or i-pad with audio.

## Have you downloaded our MySunrise App?

The MySunrise App is a new, free application that has been created to help support those affected by cancer and their families from the day of diagnosis. The App contains a wide range of information and support, including videos, resources, relevant links and contact information for North Devon District Hospital.

The App is designed to help cancer centres communicate directly with the patients as well as giving patients more control on the information they receive about their treatments and where they can access help.

The App also contains information about the Fern Centre and what services we can offer to support you!

## Patient Involvement Opportunity

Have you used the MySunrise cancer patient information app? Would you like to join a group of other like-minded patients across the South West to play an active role in shaping the future of the app? If so then please contact the Living With and Beyond Cancer Team by emailing [ndht.lwbc@nhs.net](mailto:ndht.lwbc@nhs.net)

Download the MySunrise App for FREE today!



# Charity News!

## Merry Christmas from Over and Above!

What a year it has been ... we were very pleased to open the Cancer and Wellbeing Fern Centre in April. We were disappointed not to be able to show everyone around because of Covid-19 restrictions but a grand opening will be arranged when it is safe to do so. We have missed seeing our supporters at the main hospital foyer, the events and shows, and we can't wait for the day when we are able to see everyone again.

We also opened up our first charity shop at Tesco (Rose Lane) in Barnstaple – a massive thank you to all our volunteers who have made this possible. We are looking forward to opening up our second shop in Westward Ho! in the spring. We will be taking on the NDCCT shop, and their volunteers are supporting us with this new venture. We can't wait. A big thank you to Tesco for their overwhelming support.

## Over and Above Christmas Cards Available at our Charity Shop!

LOCAL ARTIST GILLIAN HUNT has painted some beautiful Christmas card designs in aid of the Cancer and Wellbeing Fern Centre. 6 cards with two designs for just £3 a pack are available from our Over and Above charity shop next to Tesco (Rose Lane) in Barnstaple.

## Co-Op Local Community Fund

We are thrilled to announce that we have been chosen to take part in the Co-Op Local Community Fund again. With your support, we will be able to raise much needed funding to support our cancer and wellbeing centre. Every time a Co-op Member shops at the Co-Op, 1% of what they spend on selected own brand products is added to the fund, to be shared between selected local causes. We will also receive a share from the sales of carrier bags in our area. If you are already a Co-Op Member in our area, you can phone up or sign in online and select Over and Above - Northern Devon Healthcare NHS Trust as the cause you would like to support! If you are not already a member, please consider joining for just £1 so you too can choose to help us raise funds for the ongoing running costs of our new Cancer and Wellbeing Fern Centre to support our patients and their families. The local co-op stores taking part in our fundraising area are Barnstaple (St George's Road), Barnstaple Funeral Services and South Molton Funeral Services. To find out more about how you can help, please click <https://membership.coop.co.uk/causes/48103>

Co-op Group's Local Community Fund



# Charity News!

## Drive-in Movie Night at Tesco's!!

Barnstaple Taw View Tesco's will be spreading some extra Christmas cheers this year with their brand new "Drive into Christmas" event in their car park on Sunday 20th December. Just sit in your car and watch the film!

They'll be showing two family favourites Arthur Christmas (5 pm screening) and Elf (7.30 pm screening), with all proceeds being donated to Over and Above.

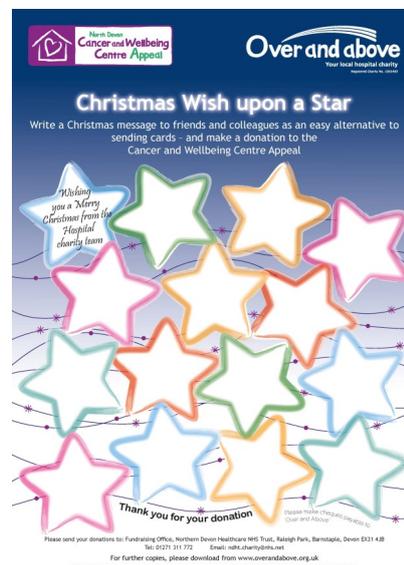
With delicious food from North Devon Hog Roast and classic cinema snacks with a festive edge, it's set to be an event not to be missed. There will even be a visit from a very special guest! With tickets expected to fly off the shelves, be sure to get in there quick! Tickets are priced at just £20 per car and can be purchased online at [www.bit.ly/driveintochristmas](http://www.bit.ly/driveintochristmas)



## Wish Upon a Star!

We are looking forward to the Christmas season, and there are lots of festive ways you can come on board with us.

Instead of giving Christmas cards to your family and friends, why not put up one of our Wishing upon a Star posters as an easy alternative. Just download a poster from the Appeal website at <http://overandabove.org.uk/> put it on your wall and ask friends and colleagues to write a Christmas message on one of the stars. For every wish you write, put a donation in a pot and send it to the fundraising team. Not only will your money go to a fantastic cause, it could also save you many hours of writing cards and help protect the environment. Posters can be downloaded and printed in A3 or A4 as many times as you like, or contact us and we'll send you a copy. Christmas Wish upon a Star donations should be sent to the Fundraising Office, Northern Devon Healthcare NHS Trust, Raleigh Park, Barnstaple, EX31 4JB or donate on line.



# Charity News!

## Christmas Jumpers Week for Over and Above Starting Monday 14th December

To make everyone feel a bit more jolly during Covid-19 restrictions, we've extended our Over and Above Christmas Jumper Day from a day to a week.

Which jumper will you wear? Our fundraiser Julie Whitton couldn't wait and is wearing hers already! If your workplace doesn't permit wearing Christmas jumpers, why not instead consider wearing a hat, a Christmas brooch, a Christmas tie or even your favourite Christmas festive socks!

Go on, encourage your family, friends, school and work colleagues to take part in our fun and frolics and support our hospital charity at the same time.



## Festive decoration competition—Prize to be won!!

We'd also love to see your festive decorated work or home office space. We will be judging the best on Tuesday 22<sup>nd</sup> December. A prize for the best! Usually this competition is just for our NHS staff but if anyone else would like to join in, we'd love to see your photos too. NHS staff are able to put up their Christmas decorations at work as from 19<sup>th</sup> Dec – 2<sup>nd</sup> Jan in line with guidance from NDHT.

To donate to our Cancer and Wellbeing Fern Centre visit <https://overandabove.org.uk/donate/> or scan this QR code. Send your photos to Over and Above on [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net) – and please let us know that you are happy for us to use your photo for our marketing.

To find out more about the Over and Above charity and the new Appeal, visit [www.overandabove.org.uk](http://www.overandabove.org.uk), the charity's Facebook page or contact the fundraising team on 01271 311772 or email [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net).

We wish you all a happy Christmas and happy new year.





# Fern Centre

# THANK YOU!

## BIG THANK YOU TO OUR LOCAL SUPERMARKETS!!!

**M** Thank you Morrisons  
MORRISONS  
**Bideford!**

We Would like to say a massive THANK YOU to Claire Jolly and her wonderful team at Morrisons, Bideford who have donated an amazing variety of stationary and equipment to support the counselling team with their children counselling. The Morrisons team have also donated a kettle, variety of chocolates, biscuits and tea to help support our visitors. THANK YOU CLAIRE AND MORRISONS TEAM!!



Pictured: Claire Jolly from Morrisons, Bideford and Tasmin Andrew Fern Centre Manager

Thank you North Devon  
**TESCO**  
*Every little helps* Tescos!

A BIG thank you to all the North Devon Tesco stores for donating beverages to the Fern Centre and for supporting the refurbishment of our charity shops, the raffles, raising funds and organising a drive-in cinema to support our Fern Centre – you are amazing.



Pictured: Dan Fowler from Tesco's

**ASDA** Thank you ASDA!

A massive thank you to ASDA who have been donating us lots of teas, and biscuits for our visitors to enjoy.

**Co-Op** Thank you Co-Op!

A big thank you to Co-op for choosing us as one of their 3 charities they are supporting this year.

# WORD SEARCH!

Try to find all the words in our monthly word search, this month's theme is **CHRISTMAS!**

## The Christmas season

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

GLITTER  
HOLIDAYS  
PRESENTS  
CHRISTMAS  
CAROLS  
WRAPPING  
NORTH POLE  
TURKEY  
TINSEL  
BETHLEHEM  
MARY  
SANTA  
JOSEPH  
FAMILY  
DECORATIONS  
TREE  
JESUS  
SPROUTS  
CARDS  
ELVES

Play this puzzle online at : <https://thewordsearch.com/puzzle/1708184/>