

October 2021

# Over and above Fern Centre

## What's On....

**Don't forget that the drop-in facility is now OPEN!**

If you would like to pop in to see us to have a chat or a comfortable place to sit and a hot drink please call in.

**No Need To Book**

If you are a relative or carer of someone receiving chemotherapy you are also more than welcome to use our facility to have somewhere to wait away from the main hospital building.

**Open from 9.00am—4.30pm Monday –Friday**



## Congratulations Adele!



Adele Chapple, our lovely Sodexo staff member in the Fern Centre Team, has been awarded the British Citizen Award for the standard of her work, her enthusiasm and flexibility, and always being ready to change shifts to meet the needs of the service.

She has certainly gone above and beyond her duties in the Fern Centre with the aid of her trusty sewing machine, her pot of vanish and not to mention her homemade cherry bakewells!

We managed to get a sneaky pic' of Adele, with her medal and certificate before the 19th October, the official presentation day with Sharon Ellis and Martin O'Rourke from Sodexo.

Adele will also be invited to an afternoon tea ceremony at the palace of Westminster which has been planned for January 2022.

A big cheer from all of us here ... and can you bring us back some cake please!

## Join our Monthly Reading Club!

**Over and above  
Fern Centre**

### Reading Group with a difference!

Bring along a book, short story, poem or magazine article that you have enjoyed reading to share with the reading group

Every 3rd Monday Evening of the Month  
Virtually on Microsoft Teams

For the link please email us  
ndht.theferncentre@nhs.net  
or contact us on 01271 311855

**Reading Club will also be meeting in the Fern Centre!**

**6.00pm-7.00pm**

**We will link in with our friends who are unable to come to the centre.**

**Spaces will be limited to 5 people in the Group Room.**

**Please contact us to book a place.**

**Telephone: 01271 311855**

**Email:**

**ndht.theferncentre@nhs.net**

## Look Good, Feel Better

Last month's Look Good, Feel Better workshop in the Centre was great fun and the ladies that came along really enjoyed the experience. These confidence boosting sessions are a great opportunity to get expert advice on skincare and makeup as well as meeting new people!

Each attendee also gets a goody bag of cosmetics worth £300! The remaining 2021 dates are below and you can book a place to attend by contacting us on 01271 311855. Places are limited to maximum of 5 at the present time.

If you would like to find out more please visit the Look Good, Feel Better Website at <https://lookgoodfeelbetter.co.uk/>



## Look Good, Feel Better

### 2021 dates:

Tuesday Evenings 6pm-8pm

Fern Centre Group Room

- **5th October** Fully Booked!
- **2nd November** Fully Booked!
- **16th November** Spaces Available
- **7th December** Spaces Available



look good **feel better**

FACING CANCER WITH CONFIDENCE

## What is a Men's Shed?

Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Sheds are whatever the members (or Sheddors as they are fondly referred to) want them to be. Although labelled sheds, they often aren't sheds at all. They can be empty offices, portable cabin's, warehouses, garages, and in at least one case, a disused mortuary. Some Sheds are purpose built workshops, but they rarely start out that way.

Many don't have premises at all in the beginning and instead form a group that meets regularly for the social connection, company and camaraderie until they can find somewhere to kit out with tools. Many Sheds get involved in community projects too restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Sheds typically attract older men, but many have younger members and women too. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members.

If you fancy coming along you can find a Shed at South Molton, Holsworthy, Westward Ho! And one is in the planning stages in Bideford.

For more information please ....

Visit : [www.menssheds.org.uk](http://www.menssheds.org.uk)

Email: [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)

Tel: 0300 772 9626



## Starting Out Session

The weekly "Starting Out" is a one-off information session and is aimed at those **recently diagnosed with cancer** or just starting treatment, their relatives and carers.

The talk covers a **wide rang of topics** including, treatment **side effects and symptoms management**. There is also information on health and wellbeing and the Fern Centre.

You can attend this session online or join us in the **Fern Centre Group Room** we have limited face to face capacity (**max. 5 people**) due to social distancing measures so please contact us if you would like to book a space.

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

**Telephone:** 012171 311855

**Every Thursday Afternoon**  
**2.00pm—4.00pm**

**Your clinical team will**  
**encourage you to attend**

## Have you joined our Facebook Group ?

To find out the latest news join our Facebook group! Search **Fern Centre** and request to join.....alternatively sign up to join our newsletter mailing list to keep up to date on what is happening in the Centre!



## Wig Fitting Service

**Thursday 14th October**

These appointments are a great opportunity to try on a variety of wigs and get expert advice with the ladies from Natural Image, John Lewis Exeter! There is no obligation to purchase a wig at these appointments but if you found the style that is right for you, you can walk away with your new wig on the day!

If you would like to be booked in for our wig service please contact the Fern Centre or speak to your clinical nurse specialist who can complete a referral with you!

## Bra Fitting Service

**Thursday 11th November**

Jackie Poole from Nicola Jane is an expert fitter and will be able provide advice on well-known brand bras, lingerie and swimwear.

Nicola Jane are mastectomy and post-surgery bra specialists dedicated to helping people feel confident, comfortable and supported after breast surgery. These appointments are a great opportunity to get some personal expert advice. To book an appointment ask your specialist nurse or contact the Fern Centre on 01271 311855 or email us on [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)



## Exercise is Good For You!

Did you know that making small changes to your diet and starting a simple exercise routine can make a big difference to treatment outcomes?

We have a Physical Activity booklet, by Macmillan, in the Fern Centre —it has a variety of ideas about keeping fit including an exercise diary.

There are also Macmillan Recipe books and one from World Cancer Research Fund, both have simple recipes for tasty meals. Please drop in and collect your free copy.

The Fern Centre has a wide range of booklets and leaflets in stock from a variety of charities —can't see the one you are after? Please ask .....and if we don't have it in our stock we will order it in and we can even post it out to you!

## Complementary Therapies

Our complementary therapy services are up and running offering reiki and reflexology and now massage.

The massage therapy will start in mid-October and we look forward to welcoming two new therapists to our growing team of volunteers. Caroline and Sheila are waiting to meet you and looking forward to offering you their therapeutic therapies.

The complementary therapies are available to patients diagnosed with or living with and beyond cancer, their relatives and carers.

If you are interested in accessing these services please contact the Fern Centre and we can add you to our waiting list.

# Macmillan Welfare Benefits Advisor Hub

**Tuesday Mornings**

**with June Travers-Wakeford**

**9.30am—12.30pm**

**Friday Afternoons**

**with Sam Scott**

**1pm—4pm**

**Booked Appointments**

**ONLY**

To make an appointment please call  
and leave a message for Janice Hocking

**0845 894 9567**

The answerphone service is monitored regularly and calls returned in a timely manner —please leave a clear message with your name and contact details—We can also do a referral for you in the Fern Centre If that is easier for you so pop in and let us know if we can help.

## Nordic Walking Instructor Sarah



## Fancy trying Nordic Walking?

Nordic Walking was originally used by cross country skiers as a way of staying fit over the summer. It has since become a popular activity for all with benefits including an improvement in mobility and fitness.

Nordic Walking is great fun and the instructor Sarah will not only ensure that you reach your health goals but that you



have a great time doing it! Supportive, sociable and effective physical activity sessions with movements tailored to individual abilities.

Improve endurance, strength and balance—feel fitter and healthier with Vista Wellbeing's Nordic Walking programme. These sessions will focus on techniques and skills with Nordic walking poles which can help you tackle hills and increase speed. You will learn all you need to know in a relaxed friendly atmosphere with other like minded people.

All participants must have a consultation with one of our qualified instructors prior to the session.

This is an outdoor session and equipment can be provided—please wear appropriate clothes for the weather and stout trainers or walking boots/shoes.

Starting points are different each week to ring the changes - Caen Car Park in Braunton, Rock Park in Barnstaple or Instow

Each session is from 10.30am –11.30am and costs £6 per session. There is more information on the Vista Wellbeing website or face book

**Friday Mornings  
for the Over  
50's!**



## The Friends & Family Hangout



Watching someone go through cancer diagnosis and treatment is tough and sometimes lonely. That's why Penny Brohn are launching a new monthly meet up, exclusively for the family members and friends who look after, listen to and lift the spirits of people dealing with cancer. Join them on Zoom to chat, offload, laugh and whatever else you need. They've been there, they get it, and they are waiting to hear from you.

**Request the ZOOM link via  
[together@wegetit.org.uk](mailto:together@wegetit.org.uk)**

and join them for their next VIRTUAL hangout.

**Date: Thursday 7th October**

**Time: 8.00pm-9.00pm**

**Other dates: 4th November 2021**

**2nd December 2021**

**6th January 2022**

**3rd February 2022**

You can also register online by visiting the **Penny Brohn website** or if you reading this via your email click on the link below and it will take you to the registration page:

[www.pennybrohn.org.uk/sessions/the-friends-family-hangout/](http://www.pennybrohn.org.uk/sessions/the-friends-family-hangout/)

For general enquiries to Penny Brohn please call

**0303 3000 118**

[www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

Email:[info@pennybrohn.org.uk](mailto:info@pennybrohn.org.uk)



## Fed up with food tasting bland and unappetising?

Ryan Riley from Life Kitchen is collaborating with The World Cancer Fund UK (WCRFUK) for an interactive cook-in!

## Join a Cook-Along!

For the **first time** of registering you will be sent via emails a **£15 Sainsbury's food token** to cover the cost of the ingredients.

**Every Tuesday 12 midday –1:30pm**

**On-line via Zoom**

October Class Schedule

**5th October - Breast Cancer Only**

**12th October — All Cancers**

**19th October —All Cancers**

**26th October — All Cancers**

To book onto a class please email [m.mogor@wcrf.org](mailto:m.mogor@wcrf.org)

Melissa from WCRF will explain what happens next and organise for your Sainsbury's voucher to be sent through.

**If food is not tasting great and you are not enjoying your food then this could be for you!**

Visit the website for more health tips and recipes [www.wcrf-uk.org](http://www.wcrf-uk.org)

# Coping with Nausea

Sickness and nausea can make even your favourite foods a turn-off, but there are things you can do.

Feeling and being sick can be a symptom of the cancer itself or a side-effect of treatments such as chemotherapy, radiotherapy, biological therapies or hormone therapies.

Some medications, such as pain medication and bisphosphonates (medication that slows down or prevents bone damage), can also cause sickness, as can the other side-effects of cancer treatment, such as constipation.

It is important to discuss this with your doctor as they can prescribe anti-sickness medication, which should be taken as prescribed and preferably before meals to ensure that it's working when you eat.

## What can help?

### Choosing what to eat:

- Everyone is different, so try experimenting to see what you can tolerate.
- Small, light meals or snacks, eaten often, might be easier than large meals. If possible, avoid having an empty stomach as this can make you feel sick too. Try nibbling on dry foods, like toast or crackers, especially first thing in the morning.
- Some people find they only want bland foods such as potato, rice and pasta, whereas others prefer salty things like Marmite, soup, salty crackers, popcorn or nuts. Start with foods you can tolerate and gradually build up to a more varied diet if you start feeling better.
- Some people find that food or drink containing ginger or peppermint can help settle their stomach
- If the smell of cooking makes you feel sick, opt for cold foods and snacks, or frozen food that you can reheat quickly (make sure it's cooked properly). It's fine to use convenience foods, cans or packets if that's easier. You could also ask friends or family to cook meals while you're in another room. If they cook you something but you don't manage to eat it, you could put it in the fridge or freezer for later.

## Drinking enough fluid

It is important to avoid becoming dehydrated, especially if you've actually been sick. Ice cold, fizzy drinks, such as sparkling mineral water or soda water, might help. Some people also find that milk helps to settle their stomach. It's best to sip your drinks slowly and to have drinks before or after your meals, rather than while you're eating.

## Foods to avoid

These foods and drinks can make sickness worse, so you might want to see if avoiding them helps:

- Greasy, fatty and fried foods
- Spicy food
- Caffeinated drinks such as tea, coffee and cola
- Alcohol

## Meal times

- If strong smells make you feel nauseous, try eating in a room where there's lots of fresh air and away from the smell of cooking or other strong smells such as flowers.
- Anxiety can make nausea worse, so try to make yourself as comfortable and relaxed as possible. Wearing loose clothing might also help.
- Try to sit upright while you're eating and for a while after – if possible, don't lie down for two hours after eating. Also, try to avoid doing anything too active straight after eating.

**If you have experienced severe vomiting and can't keep any food or drink down, tell your doctor. They can prescribe anti-sickness medication for you.**

Source: World Cancer Research Fund UK

[www.wcrf-uk.org](http://www.wcrf-uk.org)



**Talking about money is hard  
- especially when you don't  
have very much of it...**

**Do you need to make your money  
stretch further?**

If you are worried about debt, or how to keep your home warm, or your family well fed, we can help.

Navigate is a small, friendly charity, run by and for people in Devon and Somerset.

We offer **free, practical and interactive workshops** to anyone locally who wants to learn how to manage their money better.

## **Navigate the Money Maze workshops and courses**

Our introductory workshop lasts 2-3 hours, and is delivered online or face-to-face.

We have a range of other workshops and courses, designed to suit everyone who wants to take control of their money, including Level One and Level Two Awards in Economic Wellbeing and Financial Capability.

To find out more or join a workshop, call or email us - or see our website:

[www.navigatecharity.org.uk](http://www.navigatecharity.org.uk)

Email: [ntmm@navigatecharity.org.uk](mailto:ntmm@navigatecharity.org.uk)

Or call: 01823 299050

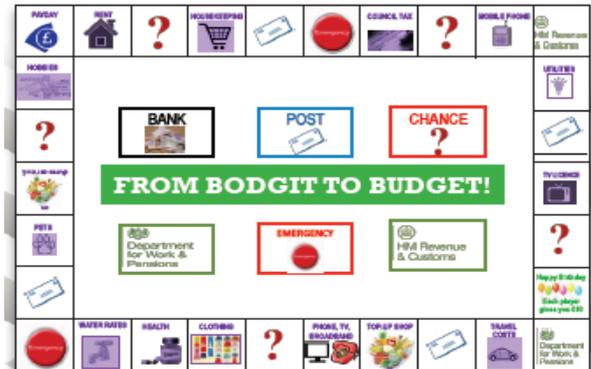
All of our courses are delivered by experienced tutors who make every course or workshop fun and interactive!

Our work is supported by:



# **Navigate the Money Maze**

Free workshops & courses



## **Our free Navigate the Money Maze workshops can help if:**

- You worry about meeting monthly repayments
- You want to prepare a flexible, realistic budget, you can stick to
- Your money worries are affecting your wellbeing
- Your benefits or income have changed recently or will be changing soon
- You are finding it hard to pay your rent, Council Tax, or other bills
- Your circumstances have changed - this could be something like losing a job, moving in together, separating or starting work, and you'd like to learn tips and tools for making the most of your money.

People who have done our Navigate the Money Maze workshops tell us they are fun and effective.

Nearly all said they gained new budgeting skills and greater confidence to tackle their money worries.

Many reported feeling happier and less stressed - some even said they were now sleeping better.

# Arts and Crafts Classes with Learn Devon

## Friday Afternoon Fun in The Fern Centre

Small groups of 5 people per session– to book please contact The Fern Centre  
ndht.theferncentre@nhs.net or 01271 311855

Please choose maximum of two classes that you would like to join and a 3rd as a reserve and .....depending on numbers you may be able to do them all!

### 19th November – 2.00pm-4.30pm

#### Decorative Garlands

- from recycled paper and found items



The aim is to explore creativity and the positivity in making and creating art that will help improve your sense of wellbeing. During the session, you will be using old magazines and paper to make a decorative garland for indoors. The tutor will demonstrate the techniques for making your garland and attaching decoration.

### 26th November – 2.00pm — 4.00pm

#### Beaded Angels

How to use wire and beads to make simple, but effective hanging decorations that can be suspended on a tree or given as a gift. You will use your imagination and creativity to produce unique and stylish ornaments that can be used all year round or as a festive adornment.

### 3rd December – 1.30pm — 4.30pm

#### Felted Baubles

You will be making two Christmas tree decorations from felt. You will be trying a range of activities: stencil making, cutting, machine sewing, stuffing, decorating with ribbons and buttons, to make your decorations.

### 10th December – 2.00pm — 4.30pm

#### Festive Fabric Wreaths

You will be selecting from a variety of fabrics to create a rag wreath. This will then be embellished with traditional festive ornamentation, such as holly, cones and baubles. The tutor will demonstrate the techniques for making your wreath and attaching decoration.

### 17th December – 2.00 — 4.00pm

#### Festive Woven Driftwood

The course will look at how you can use driftwood, wire, wool and beads to make small, woven hangings, for either inside the home, hanging from a tree or in the garden, depending on materials used.

The only skill level required is an imagination!

Open to patients and carers/adult family members—come along and tap into your creative juices!

Learn Devon tutors are qualified and are experienced in providing adult education workshops

# Testimonials

## From a recent 'Drop In' visitor to the Fern Centre:

*'Whilst waiting for Ginnie I ventured over to the Fern Centre run by the Over and Above Charity and described as a 'Wellbeing Centre' It truly was just that... amazing!! Helen came over and showed me around and waited to show Ginnie around, met Jess and Sarah.. Was introduced to Reiki and Reflexology, absolutely brilliant. It is such a wonderful place to just sit , have a coffee and to take in what is on offer. It is open for all connected with treatment, before and after and also their partners.. I am Ginnie's partner and I found it exillering. Give it a try, you will not be disappointed. Xxx'*

*Chris*

## From a person using the accommodation:

*'All essentials were provided for someone arriving with nothing. The Fern Centre is welcoming, staffed by lovely people and nothing is too much trouble. This facility is amazing and we could not have been with my brother without it.'*

*Dí*

## From a person who came to a Look Good Feel Better Session:

*'It was lovely to meet other ladies who have been on similar Journeys , and there was no judgement. Also lovely Sam, who was the lady leading it, was very lovely and very patient. I would highly recommend it to any lady who has been through cancer even just to forget for one evening'*

*EA*

## From a person who has experienced Reflexology and Reiki:

*I have used the services of reiki and reflexology at the Fern Centre. Both services were new to me and I was unsure of what to expect. I found both therapies tremendously beneficial. My stress and anxiety levels are now very low. I still have bad days but I am sure the therapies have really helped to improve these. I know that I feel much lighter mentally and definitely feel more able to cope with everyday. I will soon be due another CT scan and don't feel the same level of anxiety as I have prior to receiving these treatments.. The centre is very worthwhile and I'm sure it will be of benefit to many people who suffer from just not knowing what to do or where to turn when dealing with a cancer diagnosis.*

*TinB*

# Charity News!



## Purple Week is HERE! 18th –24th October

No, it's not the Beatles! It is our fabulous fundraising team! Over the past year, Over and Above have once again been blown away by the incredible community spirit on display in North Devon. We are so grateful to everyone who has gone 'over and above' in support of our local NHS.

From 18<sup>th</sup> – 24<sup>th</sup> October we'll be celebrating our annual '**Big Purple Week**' and we would love to invite you to get involved and to stand together with our staff, patients and volunteers throughout the Northern Devon Healthcare Trust.

### How will you 'go purple'?!

The options are endless, and we would love to see all of your creative suggestions!

- Wear purple for the day at home, school or work
- Light up your house or workplace in purple
- Dye your hair or wear a purple wig
- Have a purple themed bake sale
- Download our Purple Week materials from our website and start collecting from home

Our fundraising team will be here to support you throughout the week, please get in touch and let us know what you're getting up to. Tel: **01271 311772**  
E: [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net)

### How you are making a difference

All money raised will support our Cancer and Wellbeing Fern Centre. The Fern Centre stands side-by-side with patients, their families and carers to ensure they have access to all the support and information they need throughout their cancer care. We know that cancer can be exhausting and overwhelming, but with your help and with easy access to vital services such as complementary therapies, counselling, financial advice, wig and bra fittings, exercise classes and support groups, we hope we can make their cancer care a little easier.

**It costs over £120,000 each year to run the Centre, a cost which is entirely funded by Over and Above.**

### Be Safe

However you choose to celebrate our Big Purple Week, please ensure you adhere to Government Guidelines relating to Covid-19!

### Donate

If you would simply like to make a donation towards our Big Purple Week then any contribution would be incredibly appreciated.

<https://overandabove.enthuse.com/cf/purple>.

**Thank you so much for your support.**

# Charity News!



**Thank you!**

**Our Charity Shops**



Over and Above Fundraiser **Julie Whitton** together with **David Stoneman** and Seamoor Chemotherapy Unit nurses **Dawn Gray** and **Pippa White** with a presentation cheque for an **AMAZING** £3443.48. This was the amount they raised for the 11 mile night hike up **Mount Snowdon** on 7<sup>th</sup> August to raise funds for the **Cancer and Wellbeing Fern Centre**.

The team undertook the walk in **memory of Gail Stoneman** and, although they had to turn back that night due to severe weather conditions they went back in the early hours of Sunday morning to **complete the task!** Here is the proof! **David and Dawn** doing it for the team!



**Westward Ho!**



**Rose Lane Barnstaple**

We are **NOT** accepting donations of clothing, bric –a-brac or other items but we are **OPEN** for business!

See the Over & Above website or Facebook page for opening hours