

September 2021

Over and above Fern Centre

What's On....

OPEN

Drop-in facility **OPEN!**

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. **There is 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.

The Centre is open from 9 a.m. to 4.30 p.m. and you are welcome to pop in at any time and as often as you need. One of our friendly volunteers are always happy to help!



Weekly Starting Out session

From 12th August we will be hosting weekly "Starting Out" information sessions for those recently diagnosed with cancer or just starting treatment, their relatives and carers. These talks cover a wide range of topics including, treatment side effects and symptoms management. There is also information on health and wellbeing and the Fern Centre.

You can attend these sessions online or join us in the Fern Centre. We have limited face to face capacity due to social distancing measures so please contact us if you would like to book a space. Please email us if you would like to register to attend

Starting Out

Cancer Information & Support Sessions

Join us weekly from

Thursday 12th August

Session dates:

12th August	9th September
19th August	16th September
26th August	23rd September
2nd September	30th September

Open to patients, relatives & carers

These sessions are packed full of useful advice, tips and information to help you through the coming weeks

- You can learn about:
 - Treatments
 - Side Effects
 - Symptom Management
 - Concerns Checklist (Holistic Needs Assessment)
 - Health & Wellbeing choices
 - The Fern Centre and the services it provides
-And you can ask questions

In view of Covid-19 the sessions will be held on Microsoft Teams with some limited spaces to sit in on the talk at the Fern Centre.

To register your interest or find out any information please contact the Fern Centre on:
ndht.theferncentre@nhs.net or
call 01271 311855



Hair Loss Information Event 22nd September

We will be hosting another hair loss information event in September. At these events you can get tips and advice from a member of the Seamoor unit team on how to manage hair loss, tips and advice as well as hear from a patient who has experienced their own hair loss. There will also be talks from Paxman regarding the use of cold caps with treatment to reduce hair loss, Natural Image who will show you some wig options and Suburban Turban who will be showing products such as head scarves and hats.

If you would like to join this event please contact the Fern Centre on **01271 311 855** or email us at ndht.theferncentre@nhs.net

These talks will be held online via Microsoft Teams from 2pm—4pm



Online Hair Loss Information Event

22nd September 2021

via Microsoft Teams. To register to join please email
ndht.theferncentre@nhs.net

Talks from:

*Jane Whalley, Assistant Practitioner
Seamoor Unit*

Patient Experience

Paxman Cold Caps/ Scalp cooling

Natural Image Wigs

*Suburban Turban headwear
headscarves, hats, chemo hats*

Topics:

Managing hair loss at home. Useful tips. Useful products. Eyebrows. Look Good Feel Better events

Hear from a patient who has experienced hair loss, useful tips and opportunity to ask questions

Product information and demonstration. Using cold cap on Seamoor Unit to reduce hair loss

About wigs. What to expect from a wig fitting. Wig clinics at the Fern Centre and John Lewis, Exeter

About their products. Fitting advice and top tips. Wearing headwear well, fitting demonstration, blogs and online services

Available to patients diagnosed with cancer undergoing treatment, newly diagnosed patients due to start treatment, relatives and carers.

Look Good, Feel Better

We hosted our very first Look Good, Feel Better workshop in the Centre last month! 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 311 855. 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

- **7th September**
(FULLY BOOKED)
- **5th October**
- **2nd November**
- **7th December**

Ideas Forum!

We are always looking to introduce new services to the Centre and would love to hear your views on what you would like from us.

Please email any ideas to ndht.theferncentre@nhs.net

Ideas can include things like:

- **Arts and craft groups**
- **Music groups**
- **Creative writing**



SafeFit has been designed in response to COVID-19, to support people living with cancer to maintain and improve their physical and emotional wellbeing, whilst following current guidelines.

It can provide you with exercise advice based on your needs that you can do safely at home and help you find different and new ways to keep active and eat healthily.

It is a free remote trial for anyone in the UK with suspicion of, or confirmed diagnosis of, cancer. You will be put in contact with a cancer exercise specialist who will help you during the [coronavirus \(COVID-19\) crisis](#)

You need to be 18 years or over and willing to commit to a number of 45 minute sessions as agreed between you and your cancer exercise specialist. The sessions will be delivered remotely by one or more of the following ways, individual telephone consultations, 1:1 and group video exercise sessions and group sessions.

You can self-refer and register or find out more about the service by visiting the SafeFit website. <https://safefit.nhs.uk/>

Bra Clinics now running at the Fern Centre!

We hosted our very first bra clinic at the Fern Centre in August! This is a great day where ladies who have had surgery due to breast cancer can receive one to one advice from an expert bra fitter from Nicola Jane. You can try on a variety of bras, swimwear and prosthetics with help from the Jackie Poole our fitter.

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

If you would like to make an appointment please get in touch with us at the Fern Centre. Our next bra clinic is taking place on 16th September— there is ONE place left!



Pictured: Jackie bra fitter from Nicola Jane at the Fern Centre



Calling all volunteers!

On Friday 10th and Saturday 11th September we'll be holding recruitment days for volunteer reflexology and massage therapists, a great opportunity to meet the team, see our facilities and find out how you could make a real difference to local cancer patients.

If you're a qualified practitioner and are able to offer 1 or more mornings a week then please get in touch on 01271 311 855, or email us at ndht.theferncentre@nhs.net



Sarah (pictured above) is one of our fantastic complimentary therapists volunteers. As a fully qualified practitioner Sarah gives up a day a week to give cancer patients an opportunity to relax, de-stress and just have a little 'me time'. We would love for more volunteers to join Sarah at the Fern Centre so we can offer these wonderful treatments to even more patients.

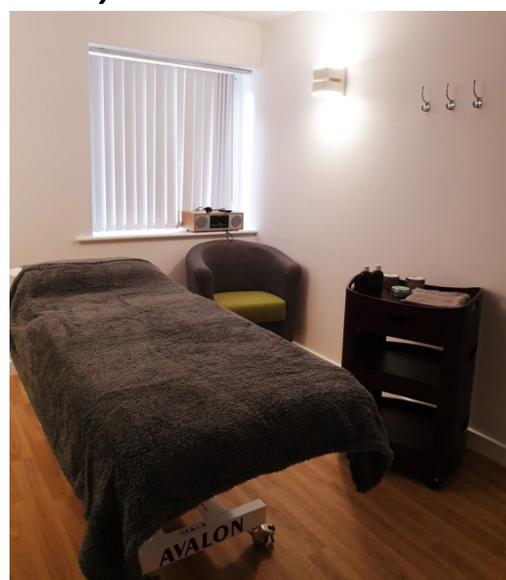
Here is why Sarah enjoys volunteering at the Fern Centre...

"When I started my business nearly 6 years ago and became self employed it was a great opportunity for me to give something back as I had the flexibility. I have worked x1 day per month for North Devon Hospice for 5 years and when a friend asked me to go along to an open day at the (new) Fern Centre at NDDH I went along with her (Jan 2020). The Fern Centre were looking to recruit some volunteer therapists and I put my name down.

Obviously, all was delayed, but I was really pleased to be able to start my new role as Volunteer Reflexologist and Massage Therapist at the beginning of June.

What I really like about being a volunteer at The Fern Centre is quite simply I really feel like I make a small difference to the people I see. I've always felt as a therapist delivering whatever treatment, that it is a very humbling experience. People who may have never met you before are putting their trust, vulnerability, health and well being in your hands. Its an absolute pleasure and a privilege to be able to help those people in a small way. Whether it is some rest and relaxation, to de-stress, assist with anxiety or coming to terms with what they are currently going or have gone through.

I'm really enjoying my role and everyone at The Fern Centre has made me so welcome its lovely to see them each week. If you are thinking of becoming a volunteer please do so; it really is 100% worth it!"



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

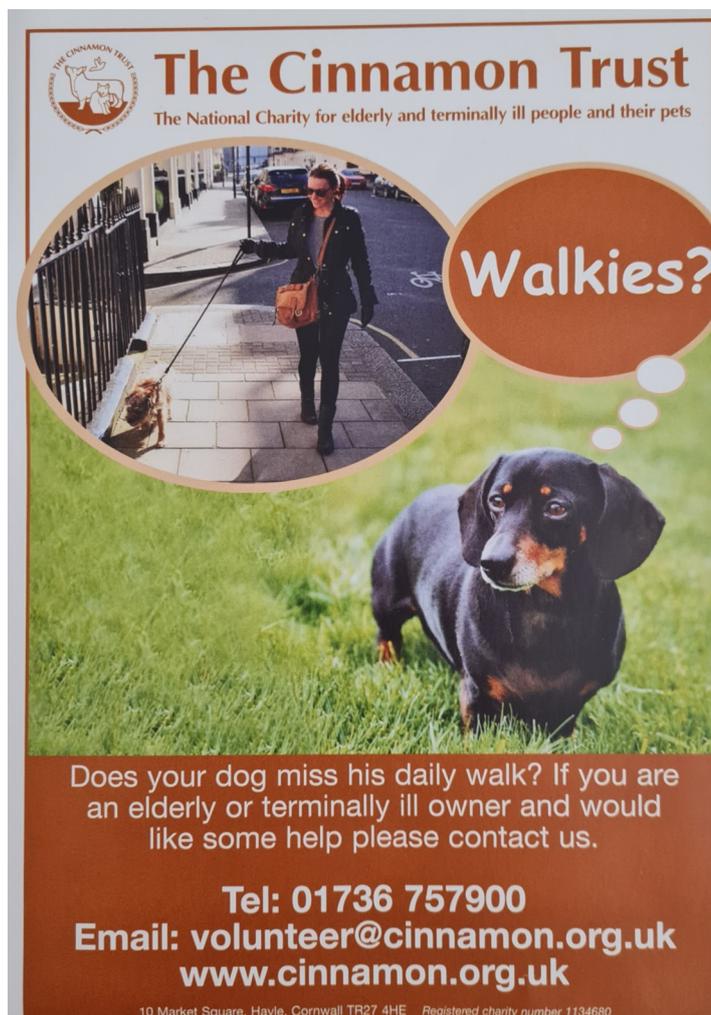
The Cinnamon Trust

The Cinnamon Trust is a National charity offering support to elderly and terminally ill people to help care for their beloved pets. The charity can help with dog walking, collection of pet supplies, cleaning of bird cages and much more!

The charity also provide a fostering service if their owner is facing a spell in hospital with dedicated volunteers taking pets in to their own homes to provide care and comfort until they can be reunited with their owner.

You can contact the Cinnamon Trust on 01736 757 900 for more information

“Peace of mind and practical help for people – love, care and safety for pets”



The Cinnamon Trust
The National Charity for elderly and terminally ill people and their pets

Walkies?

Does your dog miss his daily walk? If you are an elderly or terminally ill owner and would like some help please contact us.

Tel: 01736 757900
Email: volunteer@cinnamon.org.uk
www.cinnamon.org.uk

10 Market Square, Hayle, Cornwall TR27 4HE Registered charity number 1134680

Have you used Go North Devon Car Service?

Go North Devon is looking to extend its services to providing travel support to patients accessing services at the Fern Centre. Go North Devon are interested to know if this is a service that would be useful to you. currently they offer door-to-door transport service available to patients needing to attend cancer appointments at North Devon but would like to extend this to holistic treatments at the Fern Centre.



Have you joined our Facebook Group Yet?

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!



Welcome Day

Wednesday
29th September

10.00 am—4.00pm

at Bristol's



Chapel Pill Lane , Pill, Bristol BS20 0HH

To book please telephone: 0303 300 0118 or visit the website at www.pennybrohn.org.uk

Email: info@pennybrohn.org.uk

Wellbeing Day Programme

Please note there is a **suggested donation** of £45 for the day to help cover costs which will **include a delicious lunch**

Session 1: *Taster session of Qi Gong*

Session 2: *Releasing tension for mind and body wellbeing*

Session 3: *Creative self-care for relaxation*

Session 4: *Guided exploration of Penny Brohn's magical gardens / free time*

The programme for the day will offer two 45minute sessions in the morning and two in the afternoon, centred around wellbeing. **All sessions are optional so you can choose which you would like to attend.**

How to get there from North Devon:

- *At Junction 19 on Northbound M5 take the A369 exit to Portishead/Clifton (Toll)/Royal Portbury Dock*
- *Continue on A369 take right hand turn to Pill and to your destination in Ham Green, Pill*



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 a **£15 Sainsbury's food token** to cover the cost of the ingredients.

Every Tuesday 12 midday –1:30pm

On-line via Zoom

September Class Schedule

7th September - Breast Cancer Only

14th September— All Cancers

21st September—All Cancers

28th September— All Cancers

To book onto a class please email 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

Testimonials

"2020 had an unsettling start with a slightly raised PSA. I was referred to NDDH Urology dept. A phone call assessment was carried out and decision made to repeat the test in a further 6 months. Test in September showed slightly higher reading, I was then recommended for an MRI scan, which took place in October. Results showed a tumour. This resulted in a biopsy in November and final confirmation of Prostate Cancer on 4th December.

The news had a catastrophic effect on both myself and my wife. Life seemed to stop. The realisation that life that had been progressing well, apart from covid, had just taken a dangerous turn was mind-blowing. I think that every negative emotion just flooded the senses. We knew that we couldn't live with cancer being in me, even though it was diagnosed to be slow growing. The removal of my prostate was the decision we made together with some understanding of the consequences. In reality the full extent of the life changing effects were not fully understood until after the operation. I can admit that I was destroyed emotionally and the loss I felt then and still feel today is huge.

I did not know about the Fern Centre until the specialist urology nurses informed me. I believe this was after the operation but as much did not register with me in the lead up, it could have been before. Covid caused major problems for them due to the inability to conduct face to face sessions. However the communication by phone and e-mail has been very compassionate supportive and comprehensive.

All types of information was supplied to me and the fact that they understood that my wife was suffering was a great comfort. We both suffered to the same intensity even though from different directions. The cancer team picked up very quickly how we were both being affected and registered us both for personal counselling to help come to terms with the loss and fear we were feeling. The fact that they understand how much a diagnosis like this affects our partners is immensely helpful. It was such a relief to know that we would both be helped not just me.

We both registered for online Yoga something I have never considered before, but highly recommend now. It is physically very beneficial but also mentally. The relaxation phase at the end of the session was a real eye opener. The only time I feel calm and relaxed, only lasts about 30 minutes, but what a great feeling.

On my part open mindedness has been crucial and any help available and offered will be welcome. The team at the Fern Centre who I have been in contact with online or face to face have been the best I can imagine. Nothing is too much trouble. Taz has organised all of our referrals for Yoga, reflexology and in the future Reiki. Jess carried out my telephone assessment for counselling and it was like being wrapped in cotton wool, comforting, understanding and compassionate with excellent guidance. Linda my counsellor has great people skills and has helped me come to terms with my situation, something I don't believe I could have done on my own. Jenny the yoga instructor is very professional, keeping an eye on us all on screen which must be difficult, giving guidance and encouragement all the time. The volunteers at the centre are welcoming helpful and friendly, what more could you ask for.

We are generally seen as a private reserved race who use stiff upper lip syndrome to control our emotions. Being diagnosed with cancer destroyed my balance in life. Without the support of Helen, Cath and Tracey in Urology and their quick and prompt action in referring me to the Fern Centre I would still be completely lost. The support is there for us all. There is nothing to fear or worry about contacting them or using their services. They know the issues and support by being kind, compassionate understanding and friendly.

I have taken a complete approach to the support they can offer and will use everything that is recommended to speed up the recovery of both myself and my wife. This support was not available 5 years ago. Without it my recovery would be much more difficult, with it I'm believe that it will happen.

We need this service and I highly recommend it to everyone. The more we use it the more it will grow and the more secure it will be for future patients".

Graham O'Brien

Charity News!

We Did It!



Over and Above Fundraiser **Julie Whitton** together with **David Stoneman**, Seamoor Chemotherapy Unit nurses **Dawn Gray**, **Pippa White** and two family members walked up **Mount Snowdon** on an 11 mile hike at midnight on 7th August to **raise funds** for the **Cancer and Wellbeing Fern Centre**.

The team undertook the walk in **memory of Gail Stoneman** who dedicated her time and energy to raise a phenomenal £26k for the Fern Centre.

Before **Gail** sadly passed away last year she **challenged** her **husband David and Julie** to climb Mount Snowdon and **light a torch** for her at the top **at sunrise**.

Over and Above fundraiser Julie Whitton said "Unfortunately due to **severe weather conditions** we were **turned back just 200m** from the summit but we **still managed to shine a torch** for Gail. We aim to do it again, just **next time** we will book better weather!"

Julie's just giving page is still open!

If you would like to give your support for attempting the challenge please visit www.justgiving.com/fundraising/julie-whitton1.

TESCO
Every little helps

Tesco organised a wonderful North Molton Country Fair in mid August in aid of the Fern Centre. This outdoor event was packed with activities, stalls, dog shows and so much more. Over and Above fundraiser Julie Whitton said "There was so much to do and it was very well attended. It was the first time this event had been held and we very much hope this event will take place again. We can't thank Tesco for their amazing support – as always they go "over and above" for us.



T-H-A-N-K-Y-O-U
TESCO!

Fancy a Challenge?.....look no further....THE BERRY BEAST IS BACK!

On **Saturday 25th September** you can **abseil 180ft down** the cliffs of Berry, near Hartland, whilst raising funds for North Devon's NHS. Don't be fooled by the beautiful scenery and stunning views across the North Atlantic seas, this is a challenge even for the bravest of souls!

But don't let the Beast beat you...

you can do it!

Booking is essential as this event is always popular. To find out more visit <https://overandabove.enthuse.com/cf/berrybeast>

To get involved or to find out more about Over and Above visit <https://overandabove.org.uk/> Thank you.