

January 2022



What's On...

Carers' Workshop

Saturday 19th March

Are you an unpaid carer, caring for a loved one? On Saturday the **19th March**, Devon Carers will be hosting a workshop about "thoughts, feelings and challenges" of caring. This workshop is a great opportunity to meet fellow carers and share your experience of caring as well as sharing advice, hints and tips. It is also an opportunity to meet the Devon Carers team and find out the support they offer to carers

This workshop will take place in the Fern Centre group room at the following times:

- 10 a.m. - 11 a.m.
- 12 noon - 1 p.m.
- 2 p.m. - 3 p.m.

BOOKING ESSENTIAL

Please contact the Fern Centre to book a place

ndht.theferncentre@nhs.net

This event has been rearranged from Saturday 29th January

BOOK NOW!

Devon Carers are hosting a workshop at the Fern Centre to discuss **The Thoughts, Feelings & Challenges of an unpaid carer**

Join them on Saturday
19th March either
10-11, 12-1 or 2-3



Booking is essential due to limited numbers, to confirm your space contact

the Fern Centre on
01271 311855 or email
ndht.theferncentre@nhs.net

This workshop is for unpaid carers/family members that care for cancer patients



Mindfulness Groups

The Fern Centre has linked up with Learn Devon who have very kindly agreed to host 4 **general mindfulness sessions** at the Fern Centre in early 2022!

These sessions will run on.....

Wednesdays at 11.00-13.00hrs :

- **12th January— FULL**
- **26th January— 1 space left**
- **9th February**
- **23rd February**

Due to the restrictions in our Group Room as a result of Covid, social distancing spaces for these groups are limited.....so book early to avoid disappointment!

Each person can book on to **one session** and also be put on **a reserve list** for a **second session**.

If demand exceeds our expectations we will look to increase the number of sessions for general mindfulness.

For more information or to book please contact the Fern Centre :

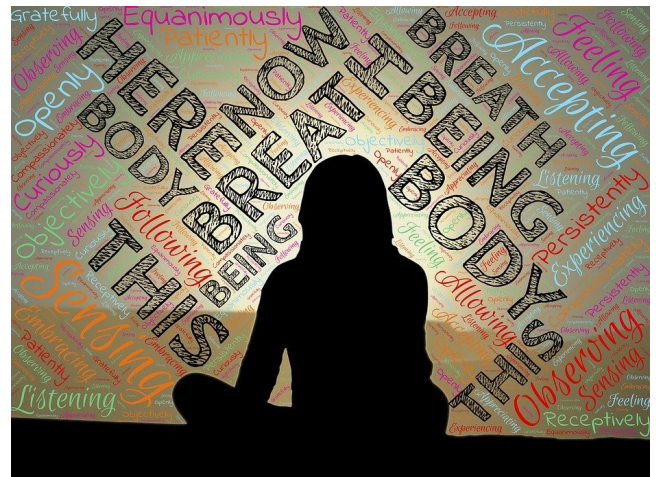
Tel: 01271 311 855 or

Email: ndht.theferncentre@nhs.net

BOOK NOW!

! IMPORTANT NEWS !

Due to unforeseen circumstances we are unable to offer the online TAI CHI classes at present.



SPACES AVAILABLE!

Specific Mindfulness Groups

As well as the general groups we are also offering 3 extra mindfulness sessions that will target specific areas. Patients, past and present, may find these particularly useful.

Wednesday 2nd February 11.00—13.00hrs

- How to stay focused on wellbeing in busy times

Wednesday 16th February 11.00—13.00hrs

- Coping with different pressures

Wednesday 2nd March 11.00—13.00hrs

- Mindfulness as a coping strategy

To book on please follow the guidelines as for General Mindfulness, choose **one session** and **one reserve session**. We will need to take the following personal details for all of the sessions for Learn Devon— name, date of birth, address, telephone number and email address so please have these ready when you call to book. **Thank you**

Wig Service 2022 dates!

We have arranged another year of wig fitting clinics with the wonderful ladies from Natural Image! We will be hosting a wig clinic every month of 2022. If you are facing hair loss and would like to see what wig options there are, please book an appointment to see Heidi and Maria! The appointments are completely free and there is no obligation to buy a wig at your appointment, it's a great chance to see what is available and get one to one advice on the best look for you. The wig service is available to patients facing hair loss due to cancer treatment and also those affected by alopecia. Please contact us at the Fern Centre if you would like more information.



Look Good, Feel Better 2022 dates!

We are so excited to announce that we have booked another year's worth of Look Good, Feel Better workshops in the Fern Centre. Available to woman going through cancer treatment. Perfect for confidence boosting, getting tips on makeup, skincare, eyebrows and much more! Attendees will also receive a goody bag of cosmetics worth £300! Contact the Fern Centre if you would like to book your place!

Coming up are Tuesday 8th February and Tuesday 8th March.....



Cancer Care Counselling Team Welcomes New Student Counsellors!

We are delighted to welcome two new student counsellors, Deevette and Kathy to our Cancer Care Counselling team who will be helping us support clients at the Fern Centre.



(Pictured Deevette)

"I have experienced a very welcoming and supportive induction to my counselling placement at The North Devon Cancer counselling Service. The counselling team and the 'Over and

Above' Fern centre team have made my first few weeks in the service very easy and comfortable. I value this placement, as it will give me the opportunity to learn and increase my skills in counselling for people dealing with the changes in life brought about by cancer"



(Pictured Kathy)

I am honoured to have been offered this opportunity to work with such a committed, experienced and caring team. I am at the beginning of my counselling journey and

am delighted to have been given both support and space to explore my practice. The counselling team is warm, knowledgeable and approachable. I really couldn't ask for more in terms of a placement. I look forward to supporting clients at the Fern Centre and to giving them the space to fully explore the challenges that they are facing. The Fern Centre is doing amazing work supporting those in our community whose lives have been touched by cancer and I am very proud to be a part of the team. Thank you for this opportunity.

Bra and Prosthetics Clinic 2022

Our Bra fitting clinic will be running on the 1st Thursday of every month in 2022! We have linked up with the Breast Care Nurses to provide regular bra fitting clinics to ensure patients can find the right fitting bra before they see the nurses for a new prosthetic. The bra and prosthetics clinics are available to any post-surgery breast cancer patient **no matter how long ago their surgery was**. Please get in touch with the Fern Centre if you would like any more information

*We are here to
support!*

The Breast Care Team
run their prosthesis clinic
every 2nd and 4th
Wednesday of the month
(appointments will be made prior
to surgery)



NICOLA JANE

THE MASTECTOMY & POST BRA FITTING SERVICE

will attend the Fern Centre to
run their bra fitting clinic on:
27th January 2022
3rd March 2022
then every 1st Thursday
of the month

This clinic will work alongside the Breast Care
Team's prosthesis clinic

Contact details for more information or a referral:

The Breast Care Team: ndht.breastcare@nhs.net

The Fern Centre: 01271 311855 or
nhdt.theferncentre@nhs.net

Reiki Therapy Available!

Our waiting list for Reiki therapy is approximately 4 - 6 weeks! If you would like to be added to our waiting list please contact us or speak to a member of your clinical team who can complete a referral for you. You will be entitled to 6 sessions free of charge! Reiki is a great therapy to relax and has many benefits including, reducing stress, improving sleep and much more!

Welcome Sheila! Our New Reflexology Volunteer!

We are delighted to welcome Sheila to our Fern Centre volunteer team! Sheila will be starting with us from 7th January 2022 and will be providing reflexology at the Centre.



"My name is Sheila Shepherd.

My training in Holistic Therapies began 23 years ago, the course included Aromatherapy, Aromatherapy Massage, Reflexology, Indian Head Massage, Anatomy and Physiology, Counselling, Diet and Nutrition and First Aid.

It has always been reflexology that interests me the most, the reaction and feed back from clients is always so positive. After an hour session, starting with a short foot massage to get the patient used to the feel, then the actual treatment of thumb walking and other techniques, finishing with a longer foot massage, leaving the client feeling, relaxed and calmer.

As I have been practising since 1998, I feel I have the knowledge and genuinely want to give something back, I feel very privileged to be able to volunteer at The Fern Centre.

Since, being accepted for volunteering, I have completed a course in Reflexology for Cancer Care, it has proven very helpful.

Giving any complementary treatment is very personal. It is vital in building up a trusting and comfortable relationship with clients. I believe that I am able to do this".



COMING SOON!

New Workshops Coming in February 2022!

In February we will be hosting a couple of new workshops available to patients diagnosed with or living with and beyond cancer. These workshops are:

- **Boosting your Energies 15th February**
- **Tapping EFT (Emotional Freedom Technique) 21st February 2022**

The workshops will run from 10 a.m.—12 noon.

Boosting your energies workshop

Managing and sustaining our health is crucial when we are dealing with illness or challenges in life. Through many different ways our energy levels can become depleted so how do we restore them?

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.

Tapping (Emotional Freedom Technique) workshop – a new way of coping with worry and stress

This fun and informal workshop offers a highly effective technique to manage and reduce our stress levels as we go through our day and manage the challenges of an illness or long term condition. Stress, worry, frustration and anger is a normal part of our lives but when it becomes prolonged and the demands exceed our expectations of how we will cope, then these emotions can have a major negative impact upon our well being.

There are many ways to manage stresses of our daily lives and in this workshop you will learn how and why tapping works. By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities”.



BOOSTING YOUR ENERGIES WORKSHOP



**THIS FUN AND INFORMAL WORKSHOP
WILL SHOW YOU DIFFERENT WAYS THAT
WILL RESET YOUR ENERGY FOR THE DAY.
THE TECHNIQUES SHOWN WILL HELP
RE-BALANCE YOUR BODY AND MIND AND
ENHANCE YOUR RESILIENCE TO STRESS**

Monday 15th February 2022

10am-12pm

TO BOOK ON TO THIS 2 HOUR INTERACTIVE WORKSHOP
FOR PEOPLE DIAGNOSED WITH OR LIVING WITH AND
BEYOND CANCER, CONTACT THE FERN CENTRE ON
01271 311855 OR NDHT.THEFERNCENTRE@NHS.NET



Limited numbers due to Covid restrictions, early booking advised

Emotional Freedom Technique



Learn new ways to cope with the worries and stresses of life with EFT (tapping)

The Fern Centre are offering a 2 hour interactive workshop for people diagnosed with or living with and beyond cancer

21st February 2022

Aims:-

10am-12pm

- Understand how tapping works
- Learn where the major tapping points are located
- Practise the sequence of tapping
- Discuss how to apply tapping in your life

For more information or to book a place, contact The Fern centre on

01271 311855 or

ndht.theferncentre@nhs.net

Space are limited due to Covid restrictions



Men's Look Good, Feel Better

The charity Look Good, Feel Better are offering online workshops specifically for men. These sessions include great skincare advice, grooming advice as well as quest speakers about how they can help support men living with cancer.

The sessions take place over Zoom

Topics include

- Looking after your skin during and post treatment
- Shaving safety during and post treatment
- General grooming tips
- Sun protection
- How to deal with scars

For more information contact the Look Good, Feel Better Team on 01372 747 500 or email them at info@lgfb.co.uk



JOIN OUR NEWSLETTER MAILING LIST

To keep up to date with everything we are doing in the Fern Centre you can request to join our newsletter mailing list by contacting us at ndht.theferncentre@nhs.net

Breast Cancer in Men

Although rare, around 370 men are diagnosed with breast cancer each year.

Breast Cancer Now have a range of information around detecting cancer in men with signs and symptoms to look out for.

They also have a peer support service available called "Someone Like Me" which matches patients to a volunteer who have had a similar experience of breast cancer.

Breast Cancer Now have also linked with a charity "Walk the Walk" who run virtual meet ups for men with experience of breast cancer.

For more information visit

breastcancernow.org or walkthewalk.org



NEW FACEBOOK PAGE

We now have a **brand new** Facebook page. Search for "Over and Above Fern Centre" to follow us online



NEW TWITTER ACCOUNT

We are also now on Twitter

[@TheFernCentre](https://twitter.com/TheFernCentre)



Appointment Cancellations

We have recently experienced a **higher level of non-attendance and late cancellations** for our

complementary therapy appointments held at the Fern Centre.

As our complementary **therapists are volunteers**, this is just a **gentle reminder** of our bookings and cancellation policy for therapy appointments:

- If you do need to cancel your appointment, you will be booked in to the next available slot with the same therapist. Due to our rolling bookings system, this will mean that your next appointment will be in 3-4 weeks' time from the original date given to you.
- Cancellations will be accepted if they are given 24 hours in advance of appointment.
- If sufficient notice of cancellation is not given, the session will be classed as failure to attend and will count towards your overall treatments
- If appointments are missed without giving notice on **two** separate occasions, you will be contacted to see if you wish to have any further appointments but your referral will be placed at the back of the waiting list

**Thank you for your
co-operation**

Financial Advice

The Macmillan Welfare Benefits Caseworker team are running regular **outreach clinics** at the Fern Centre on **Tuesday mornings** and **Friday afternoons**. You are welcome to **pop in to the Fern Centre** on these days and **have a chat** with our financial advisor. If your query is **more complex** then an **appointment will be made** for you to return to the centre **at a later date**.

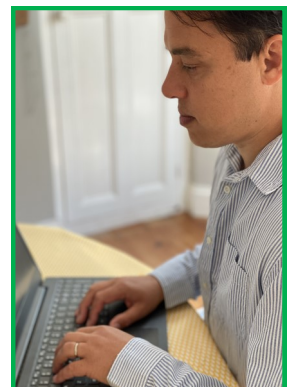
Our advisors June Travers-Wakeford and Sam Scott are only too happy to help you but you can also **contact** the **Macmillan**

Welfare Benefits Caseworker team directly to arrange your appointment

Please call the local MacmillanCA team on:

0845 894 9567

macmillan@ruraldevoncab.co.org



Pictures: June and Sam from the Macmillan Financial Advice Team



JOIN JENNIE FOR YOGA THURSDAY MORNINGS

10AM-11AM

On Microsoft Teams



For more information and log in details,
call 01271 311855 or email
ndht.theferncentre@nhs.net

Our online yoga classes will be taking place every Thursday 10 a.m. - 11 a.m. These classes are available to patients relatives and carers. Great for a little light exercise and relaxation, don't take our word for it, see the feedback we have received from one of our students!



Yoga sessions

About: Cancer Services / Living With & Beyond Cancer (Fern Centre)

Posted by hotel33 (*as the patient*) at

I had my first online yoga session this week with Jennie. It was lovely to see other people and to be guided by Jennie. It was nice to spend some quiet time just doing something for me. It was very relaxing and I'm looking forward to next weeks session! !

Do you have treatment planned in Plymouth?

Hearts together Hospital Hotel is located near Derriford Hospital, Plymouth and is available to:

- **Patients receiving treatments**, either attending multiple appointments or wishing to stay close by the night before an early appointment, operation or procedure
- **Friends, carers and relatives** of someone who is undergoing treatment or having a procedure. This enables friends or relatives to be close by.
- **Healthcare professionals** and trainees working at the local hospitals and healthcare centres

There is a fee payable for the use of the accommodation. Bookings are flexible and you will only be charged for the time you stay if plans change.

Facilities include:

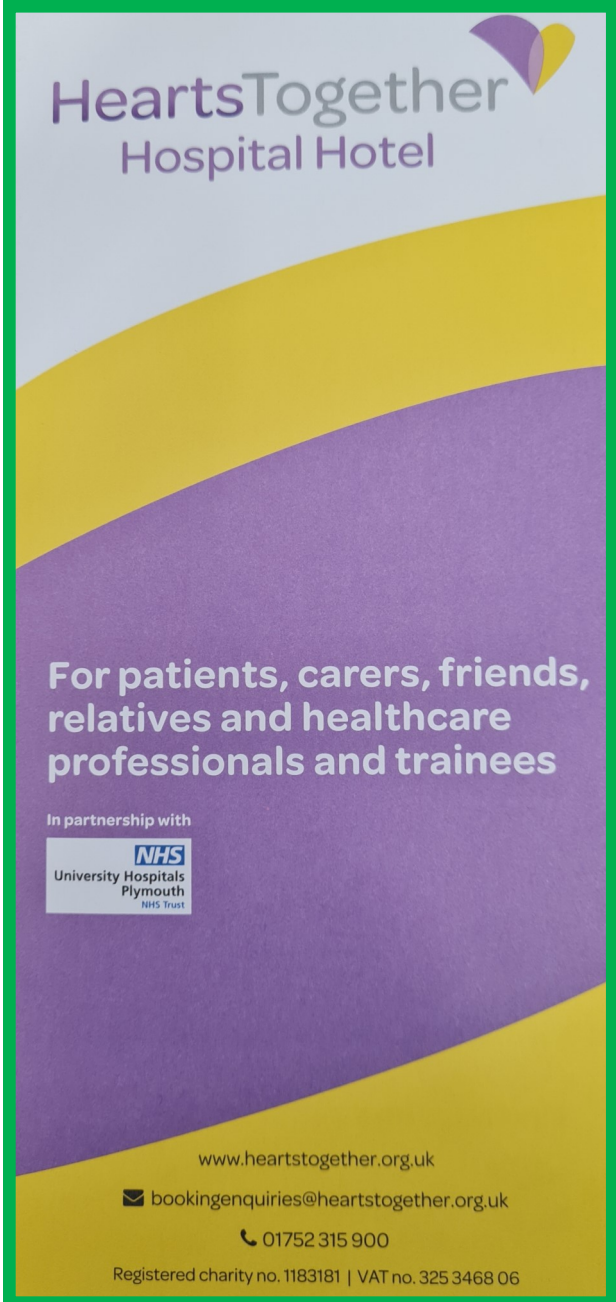
- Complementary continental breakfast
- Free tea, coffee, biscuits and soft drinks
- Self catering facilities (microwave, fridge, freezer, kettle toaster etc.)
- Free parking
- Direct telephone access to main hospital
- Hairdryer
- Laundry facility
- Complementary shuttle service between Hearts together Hotel and Derriford Hospital

You can book online via:
www.heartstogether.org.uk

Email the team at:

bookingenquiries@heartstogether.org.uk

Or phone them on: 01752 315 900

A poster for HeartsTogether Hospital Hotel. The top section has a light blue background with the text 'HeartsTogether Hospital Hotel' and a logo of two overlapping circles. Below this is a large purple section with the text 'For patients, carers, friends, relatives and healthcare professionals and trainees'. At the bottom of the purple section is a small NHS logo and the text 'In partnership with University Hospitals Plymouth NHS Trust'. The bottom of the poster has a yellow background with the website 'www.heartstogether.org.uk', an email address 'bookingenquiries@heartstogether.org.uk', a phone number '01752 315 900', and registered charity information.

HeartsTogether
Hospital Hotel

For patients, carers, friends,
relatives and healthcare
professionals and trainees

In partnership with
NHS
University Hospitals
Plymouth
NHS Trust

www.heartstogether.org.uk
✉ bookingenquiries@heartstogether.org.uk
☎ 01752 315 900
Registered charity no. 1183181 | VAT no. 325 3468 06



Over and above Fern Centre

Accommodation!

Accommodation Facility

Did you know the Fern Centre has 3 ensuite accommodation rooms?

These rooms available to offer emergency accommodation to relatives and carers of patients admitted to North Devon District Hospital. You can access the accommodation if you are a relative or carer of a patient who:

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

The accommodation is also available to **pre-book** if you live more than 20 miles away from the hospital and:

- Have consecutive appointments on the Seamoor Unit
- Have a planned procedure and wish to stay the night beforehand

A small fee of £25 per night is payable to the Over and Above charity for cleaning costs.



Testimonials



Reflexology sessions highly recommended.

From the first to last session I felt at ease with therapist. I am more aware of when I am holding stress and feeling under par.

It has also made me aware of how I was suffering compared to how I feel now. It has really helped me realise that I have come a long way.



Craig who provides the Reiki treatment at the Fern Centre has been visiting me whilst having chemotherapy.

All I can say is Craig has wonder healing hands. He is so calm & considerate, which makes for a very relaxing session and i look forward to seeing him. Reiki can be a great stress relief be it if you don't like needles or just generally anxious & if you are feeling like that, the Craig is you man.

Can't recommend highly enough.

Thank you!!



Really helpful to have the Fern Centre on site at the hospital.

It is a warm comfortable calm place to relax for a while.

Everyone I have met has been friendly and helpful, in fact I think we are very fortunate to have a place like this.



My experiences at the Fern Centre has been nothing but amazing. Craig who performed reiki on me put me at ease immediately. He was kind, caring and had patience of a saint, especially when i needed to just get stuff off my chest.

My reiki sessions helped me immensely while i was going through one of the most difficult periods in my life including the loss of my sister.

Also, the visits from Sarah whenever I was admitted to the hospital was just an added bonus!!

the reiki helped me relax, to sleep better and to calm my mind, which i really needed.

Thank you for providing such a wonderful service.



Someone to talk too, who will listen, as living with terminal cancer is very hard, but the help from the Fern Centre has been just wonderful.

Thank you!





Charity News!

Thank you North Devon Crematorium

The Fern Centre received a whopping £15,000 donation from North Devon crematorium! Here is a bit of information about the Crematorium and what the money is going towards! THANK YOU SO MUCH NORTH DEVON CREMATORIUM!

"A North Devon hospital charity, Over and Above, is the latest charity to benefit from the North Devon Crematorium's role in a national metal recycling scheme.

Today, (Monday 13 December), representatives from the charity were presented with a cheque for £15,000 from the proceeds of the crematorium's recycling scheme, which enables metals from cremated remains to be safely recycled.

The money will be put towards The Fern Centre which provides support to those who have received a cancer diagnosis and their families.

Chair of North Devon Crematorium Joint Committee, Councillor Helen Walker, says: "We are thrilled to present this brilliant amount of money to our local hospital charity. This centre, which we are very fortunate to have in North Devon, allows cancer patients and their families access to information, therapy, counselling and other support as well as enabling them the opportunity to stay close to home through a difficult time. I'm sure the money will be well spent."

Over and Above Fundraiser, Julie Whitton, says: "We are overwhelmed with the generous donation from ICCM Metals Recycling Scheme. This money will help the team within The Fern Centre provide support to anyone who has received a cancer diagnosis and is living with and beyond cancer as well as their partners, carers and children. We are specialised in working with the grief and trauma that this diagnosis brings and this money will help us enable patients and their families to live as fully as possible and to manage the anxiety that they may face."

Over and Above is the registered working name of the Northern Devon Healthcare NHS Trust Charitable Fund. To find out more about the work they do, telephone 01271 311772 or email: ndht.charity@nhs.net



Photographed left to right: Councillor Helen Walker, Mark Drummond - Bereavement (Crematorium) Manager, Julie Whitton - Senior Charity Officer for Over and Above

Charity News!

Thank You Perrigo!

Perrigo has donated a phenomenal £6,600 to the Cancer and Wellbeing Fern Centre at North Devon District Hospital. Over and Above Fundraiser Julie Whitton said "We are delighted to receive this wonderful gift at Christmas. The complementary therapy sessions offered at the Centre are very popular and we now have a waiting list. These therapies help our patients feel at ease and this money will enable many more patients to receive these sessions".

Perrigo Associate Project Manager Anna Hume said "The Perrigo Charitable Foundation and our Perrigo, Branton colleagues are immensely proud to be able to support the funding for reflexology/massage complementary therapists to provide patients, relatives and carers of the Fern Centre with much needed treatments whilst on their cancer journey. We are so grateful to have such an amazing facility within our community, supporting patients' holistic needs and promoting wellbeing".



Perrigo colleagues Shelly Babb, Sarah Wagg, Anna Humes and Fern Centre Manager Tasmin Andrew, Over and Above Fundraiser Julie Whitton

Charity News!

Thank you Therapy Admin Team at NDDH!

100 squats a day is no mean feat but that was not going to beat our North Devon District Hospital's Therapy Admin Team - they like a challenge!

Therapy Admin Manager Tara Jones came up with the idea and gently coaxed seven of her colleagues to joined her - Neuro Therapy Administrator Liz Phillpotts, Clinical Therapy Support Worker Louise Bingham, OIFS Apprentice Administrator Madi Ballinger, Pain Administrator Sharon Cloak, Breast MDT Co-Ordinator Jade Greewal, Breast Secretary Sheryl Jones and Cancer Service Manager Alison Cousins.

Throughout the month of November they squat 100 times a day – a total of 3000 squats. Tara said “We were very dedicated the squats were even done when we were on annual leave places included the Maldives, Westward Ho Beach, Birmingham and Cheltenham. We wanted to raise funds for the Fern Cancer and Wellbeing Centre as it helps so many people living with cancer but it also helps relatives that need support and overnight accommodation too. We really enjoyed raising funds as a team and we've already got another challenge in mind – watch this space for the next one!” Over and Above fundraiser Julie Whitton said the Therapy Admin team raised a phenomenal £700 for the Fern Centre –they are

A-M-A-Z-I-N-G!



**Thank
You!**

Charity News!

Thank you Barnstaple Rotary Club!

The Fern Centre garden will soon be in bloom thanks to Barnstaple Rotarians George Kempton and Brian Ross. George and Brian planted 100 crocus at the front entrance of the Cancer and Wellbeing Fern Centre – perfect timing for a Spring display. We hope to start the hard landscaping early next year and fingers crossed by mid spring we will be ready to start planting the soft landscaping – exciting growing times

