



Over and above
Fern Centre

What's On...

[illegible]

SPACES AVAILABLE!

Wednesdays at 11.00-13.00hrs :

- 9th February
- 23rd February

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 please call or email us at the
Fern Centre 01271 311855
ndht.theferncentre@nhs.net**

Carers' Pamper Day 'The Lifestyle Centre'

Friday 18th March

After the success of the Pamper Day offered in December we are happy to be able to offer the wives, husbands, partners and family members who look after their loved ones with a cancer diagnosis at home a chance to have a special treat.

There are **20 spaces** are available - **10 in the morning, session starting at 9.30** and **10 in the afternoon, session starting at 1pm** so please come forward and sign up for one of the sessions. Each person (any gender) can **chose two** of the following **manicure, pedicure or facial.**

You will need to fill in a short health questionnaire before the day, it will also have COVID questions within it, but is more about skin issues and diabetes etc.

To book a place or for more details
Tel: 01271 311 855 or
Email: ndht.theferncentre@nhs.net

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 ‘one-off’ 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.**

BOOK NOW!

BOOKING ESSENTIAL

Please contact the Fern Centre to book a place ndht.theferncentre@nhs.net

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



Some support on offer from Devon Carers :

- Signposting facility
- Details of support groups in your area
- Webchat facility to speak to advisor
- Quarterly magazine
- Range of free training courses
- Free Carer Alert Card — identifies you as carer and that someone depends on you. Should anything happen to you this card has a contact number for a 24 hour emergency call centre and will ensure the person you care for gets support.
- The Pod—online community for carers and professionals. Advisors can give information and advice.
- Peer support—support you to meet and make friends with other carers to provide mutual support. Also host support groups.
- Sitting service— low cost sitting service, volunteers to send time with your loved ones so you can take time out.
- Help in an emergency—“What if” emergency plan to help you record useful information that may be needed in an emergency.
- Hospital Service—offer support to family, friends and unpaid carers when your or the person you care for is admitted

Wig Service 2022 dates!

We will be hosting a wig clinic every month of on a Thursday 2022 with space for 6 clients. If you are facing hair loss and would like to see what wig options there are, please contact us to 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 1:1 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.



We have had a few enquiries about 'real hair' wigs so asked our surgical appliance team to give us the low down!

Human Hair Wigs

The current prescription charge for bespoke and partial human hair wigs are:

- Partial Wig - Human hair
- £200.50 per wig
- Full made-to-order wig- Bespoke human hair
- £293.20 per wig

Please note that the prescription charge for these wigs (and acrylic) , changes every 1st April.

Unfortunately the human hair wigs are not offered as 'freely' on our NHS due to cost and upkeep of the wigs. However, in exceptional circumstances, the trust may consider offering a partial or bespoke human hair wig depending on each individual's circumstances.

Patients that have a human hair wig are generally patients who have long standing conditions such as alopecia.

The cost of human hair wigs ranges from £1200 to upwards of £2000 plus VAT. It can take anywhere between 4-6 months to make the wig depending on length, style, colour etc. This is for both partial and human hair wigs .

You would be required to travel to the supplier for a face-to-face appointment to ascertain the style, length, fitting and measurements for the wig.

If you would like to find out more information about the human hair wigs, please contact the Surgical Appliance Department 01271 322492.

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

Look Good, Feel Better

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 March

Tuesday 10th April

Tuesday 12th May

Tuesday 12th May



look good feel better

FACING CANCER WITH CONFIDENCE



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](tel:01271311855) OR NDHT.THEFERNCENTRE@NHS.NET



Limited numbers due to Covid restrictions, early booking advised

Online Yoga at the Fern Centre

We have a gentle, healing class based on the first principle of Yoga, *Ahimsa*, or non-harming. This is a general class suitable for all levels, including beginners



Yoga is a holistic system designed to promote balance between the body, mind, emotions and spirit. The practice of yoga can support us through life's stresses, and the lessons we learn on the mat can give us the inner resources we need away from the mat. We learn breathing techniques, meditation and the physical postures or *asanas*.

Classes will be online every Thursday 10.00am-11.00am

Please contact the Fern Centre for access to the classes, and for any queries regarding the necessary IT. All participants will be asked to fill in and return a short health questionnaire which will be sent to Jennie. Until this is completed you will not be allowed to start the class.

If you do decide to join, a yoga mat would be ideal but not essential, and any available props such as blocks (books of various thicknesses), straps (belts), a blanket and, if you wish, something to place over the eyes such as an eye pillow, for relaxation.

We look forward to meeting you!

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](tel:01271311855) or

ndht.theferncentre@nhs.net

Space are limited due to Covid restrictions



Financial Advice

The Macmillan Welfare Benefits Case worker 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**.

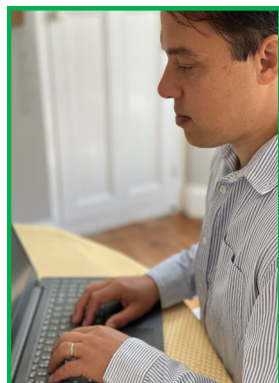
Our advisors June Travers-Wakeford and Sam Scott are only too happy to help you but you can also **contact the Macmillan Welfare Benefits Caseworker** team directly to arrange your appointment.

Please call the local MacmillanCA team on:

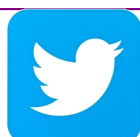
0845 894 9567

macmillan@ruraldevoncab.co.org

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Pictured: June and Sam —Macmillan Financial Advice Team



**NEW TWITTER
ACCOUNT**

@TheFernCentre

**Have you joined our
new Fern Centre
Facebook Group?**



Warmer Home Advice Service

361 energy are a not-for-profit business with a mission to keep everyone in North Devon warm whilst saving you money and CO₂

The Home Energy Advice Service can help and support you with a range of services to keep you warm and well at home.

- Free energy efficient measures such as light bulbs, draught proofing, radiator foils
- Reduce energy costs with energy monitors, behavioural changes
- Warm/Park Home Discount worth £140
- Insulation—signpost to free loft insulation cavity wall, internal & external wall
- Get a free call back from Home Energy Expert who will give advice on the best energy tariffs and switch if you would like support to do so
-and much more!

361 
COMMUNITY ENERGY

Mel Eys— Warm Home Advisor
Email: home.energy.advisor@ndvs.org.uk

JOIN OUR NEWSLETTER MAILING LIST!

To keep up to date with all that we are doing in the Fern Centre you can request to join our newsletter e-mailing or postal distribution lists

Contact us :

ndht.theferncentre@nhs.net
or **01271 311855**



‘Creativity takes courage’

henri matisse

Be brave and **sign up** to the

‘ART FOR HEALTH’

workshops with **Harry**

Friday 4th March Friday 11th March

Friday 18th March Friday 25th March

learndevon
adult learning and skills

2.00pm—4.30pm

- limited to 5 places each week
- book up to 2 workshops & reserve list for 1

For more details and to book call 01271 311855

Or email ndht.theferncentre@nhs.net

Different themes each week—priority will be given to people who have not accessed the arts and crafts sessions before but we

welcome back any regulars.

Beginners are very welcome!



‘Creativity takes courage’

henri matisse

Be brave and **sign up** to the

‘ART FOR WELLBEING’

workshops with **Harry**

For anyone who is interested in being creative, making artifacts and for the joy and sense of wellbeing that creativity can bring. This course is aimed at any level, from beginner onwards.

You will be exploring ways of looking and seeing and will be using a variety of activities. These include using a range of techniques for painting and drawing. Each week there will be a different focus, technique or activity: painting and drawing techniques, perspective colour, and composition, landscape painting, still life, charcoal. You will be able to explore your own ideas and follow set practical tasks.

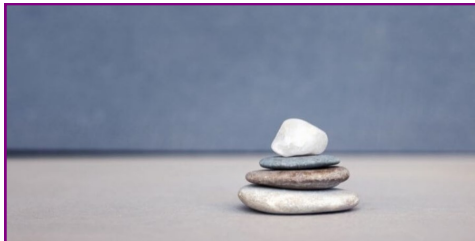
Penny Brohn UK ,Chapel Pill Lane, Pill, Bristol,
BS20 0HH

Tel 0303 3000 118

Email info@pennybrohn.org.uk

In 2020 Penny Brohn UK celebrated 40 years of opening its doors in a rural setting on the outskirts of Bristol. Through the courses offered you can learn **how to eat well and stay active**, manage your emotions and relationships, and reconnect with **the things in life that you love** – all of which are linked to health. Many people who have attended the centre have been inspired to play an active role in their health and wellbeing, bringing them a renewed sense of hope and control. **Take a look!**

Lymphoedema Support Group



Starting Monday 7th February - 12pm—1pm

A series of 4 online monthly sessions all from 12pm—1pm led by Kate Oldham for people with lymphoedema to get support with the physical, emotional and practical challenges caused by lymphoedema.

Book online via the **Penny Brohn website**

Session 1: 7th February

What is lymphoedema?

- The basics, our lymph system.
- Getting a diagnosis – where do I go?
- How do I know I have it and impact on life.

Session 2: 7th March

Being active

- Why is this so important and what works for you.

Session 3: 4th April

Compression

- Why is this so important?
- How to look after your skin and using kinesiio tape.

Session 4: 9th May

Therapies

- What therapies are available, the benefits, and how to access them

Positive Nutrition



Wednesday 9th February 11am –12.15pm

Join Kim Wilcox from the **Penny Brohn**

Nutrition Team to explore positive approaches to nutrition that **support both emotional and physical wellbeing** and help take the overwhelm out of 'healthful' diets.

Join the team team in their friendly and informative group

sessions where we will share our knowledge and experience on a range of diet and nutrition topics of particular relevance to people affected by cancer, along with practical tips for putting principles into practice.

Balancing Your Blood Sugar



Wednesday 23rd February 11.00am –12.15pm

Join this shared workshop with Kim Wilcox and Victoria Kubiak to look at ways to support the immune system by using knowledge and practical tips to support blood sugar balance.

Join the friendly and informative group sessions where the team will share their knowledge and experience on a range of diet and nutrition topics of particular relevance to people affected by cancer, along with practical tips for putting principles into practice.

There are a **selection of online** zoom meetings for February covering a wide a range of topics available to you at www.pennybrohn.org.uk

Booking for all groups/sessions is essential

Please do all bookings online at Penny Brohn



Every Monday
'Colouring & Coffee'
Barnstaple Library
2.00pm—4.00pm

The **Colouring & Coffee** group is back! Our friendly informal group meets once a week on the ground floor of the library for some mindful colouring, a cuppa and chat! This groups is aimed at adults. Materials provided but you can bring your own if you prefer. Donations welcomed to help cover costs. No need to book, **just drop by.— FREE!**



Every Wednesday
'Board Game Café'
Barnstaple Library
2.00pm—4.00pm

A weekly informal, drop in session for adults who are board game fans. Bring your own favourite game or choose from our selection as you enjoy a hot drink. Donations welcomed to cover costs. No need to book, **just drop in - FREE!**

Wednesday Wanderers

Weekly Walking for Beginners 55+
all genders welcome

To find out more and to book a space please contact the Barnstaple Library Tuly Street, Barnstaple EX31 1EL, either by popping in or

E: barnstaple.library@librariesunlimited.org.uk

Tel: 01271 318780

Wed, 02 Feb 2021 (14:00 - 15:30)

Wed, 09 Feb 2021 (14:00 - 15:30)

Wed, 16 Feb 2021 (14:00 - 15:30)

Wed, 23 Feb 2021 (14:00 - 15:30)

Meeting Point is Barnstaple Library

FREE! (Suggested donation of £2)

Please wear comfortable walking shoes, suitable outdoor clothing such as a waterproof and warm jacket, gloves and scarf/hat and a water bottle if needed

Enjoy a stroll around the green spaces in Barnstaple and maybe make some new friends too.

Women's Walking Football



No running. Just walking. A great way to stay active and socialise.

Join us every Wednesday from 12 January 2022 10.30am - 11.30am

Our Age UK Walking Football Programme encourages those over 50 to be active through a slower version of the beautiful game.

First session free then £3 per session.

Astro turf training shoes or trainers required.

To book your place please call

0333 241 2340

email info@ageukdevon.co.uk or visit www.ageuk.org.uk/devon

Age UK Devon is a charitable organisation registered by grant aid and subject to audit and review. Registered charity number: 815543 (Company Number: 1717412). Registered office: 1, Hadden Court, Exeter, Devon EX4 4AP

Tarka Tennis
 7 Brethren Bank
 Barnstaple
 EX31 2AS



For more information and/or to book a place please contact Gillian Burgess on Tel: 0333 241 2340 or Email: info@ageukdevon.co.uk or complete our [contact us](#) page.



Men's Walking Football

Holsworthy Walking Football Club

Sunday mornings from 11am -12pm

Holsworthy Leisure Centre

Contact Dave Golding

Prefers a phonecall : 01409 211401

(Email davlar@uwclub.net)

First session FREE then £3 per session

Mixed Walking Football

Bideford Walking Football Club

Monday evenings from 6.45pm-8pm

Kingsley School, Bideford

Contact Rose Young-French

Email: roseyoungfrench52@gmail.com

Phone: 07895035091

First session FREE then £3 per session



Wander Women North Devon!

Love walking? Want to explore more but not sure where to start? Or you may feel a bit wary of venturing out alone? Are you looking for people to walk with?

Sunday 6th February

10am—1pm

Kipling Tors—Abbotsham—
Westward Ho!
Circular Walk

Sunday 20th February

Starts 10.00am

Baggy Point Headland Walk

Sunday 27th February

Starts 10.00am

Brownsham Woods-Gallantry
Bower—Mouth Mill
Circular Walk

Sunday 13th March

Starts at 10.00am

Hartland Quay—Spekes Mill-
Mouth Stoke
Circular walk

Sunday 20th March

Starts at 10.00am

Fremington Quay—Instow
—Tarka Trail

For more information and details of walks
please visit the facebook page :

[https://www.facebook.com/
wander.women.n.devon](https://www.facebook.com/wander.women.n.devon)

Friendly dogs on leads are welcome!

Appointment Cancellations

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

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

Telephone: 012171 311855

**Every Thursday Afternoon 2-4pm
2.00pm—4.00pm**

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:

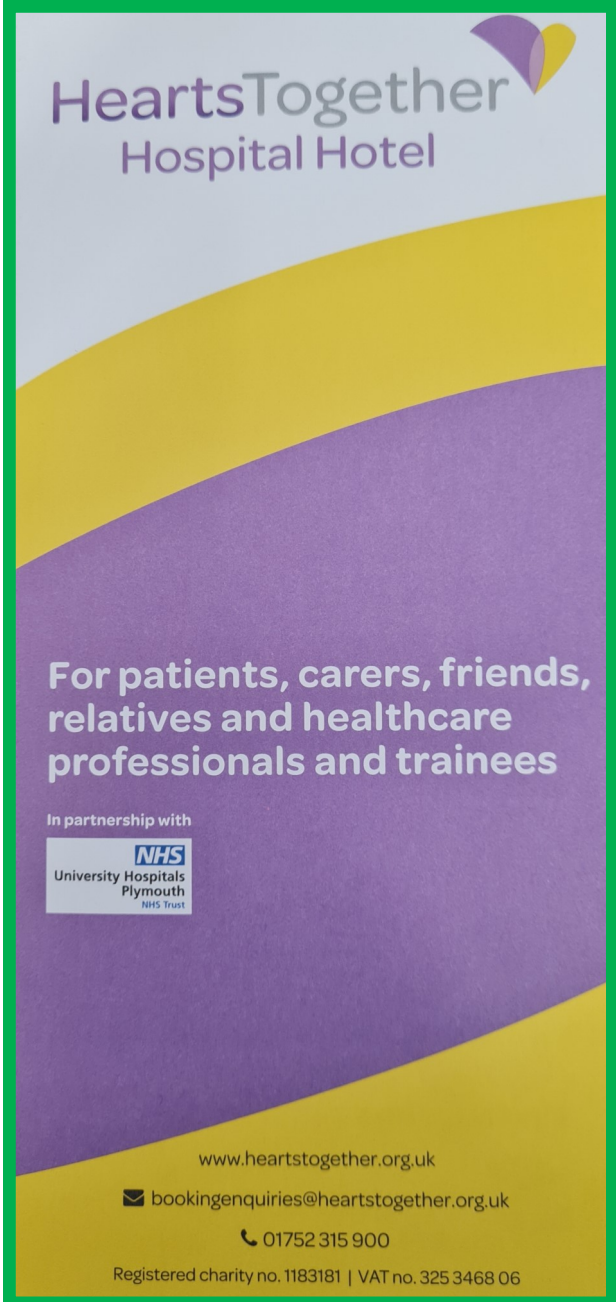
- Complementary continental breakfast
- Free tea, coffee, biscuits and soft drinks
- Self catering facilities (microwave, fridge, freezer, kettle toaster etc.)
- Free parking
- Direct telephone access to main hospital
- Hairdryer
- Laundry facility
- Complementary shuttle service between Hearts together 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 vertical poster for HeartsTogether Hospital Hotel. The top section is light blue with the logo 'HeartsTogether' in a stylized font and 'Hospital Hotel' below it. The middle section is a large purple area with the text 'For patients, carers, friends, relatives and healthcare professionals and trainees' in white. Below this is a small NHS logo and the text 'In partnership with University Hospitals Plymouth NHS Trust'. The bottom section is yellow with the website 'www.heartstogether.org.uk', an email address 'bookingenquiries@heartstogether.org.uk', a phone number '01752 315 900', and registered charity details 'Registered charity no. 1183181 | VAT no. 325 3468 06'.

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

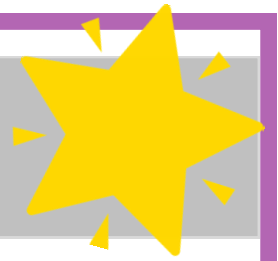
The accommodation is also available to **pre-book** if you live more than 20 miles away from the hospital and:

- 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



General Mindfulness Group Sessions January

- 'very useful information and Katia was excellent at making us feel comfortable'
C.S
- 'I was very cynical but have decided it may be of use'
L.W
- 'I enjoyed being together with others and have time to reflect and practise mindfulness'
J.K
- 'I learned some practical techniques to help reduce my stress Levels especially related to my sleep issues'
D.W
- 'It was to be with other like minded people, sharing—Katia was brilliant'
S.K
- 'Allowed the time to be kind to myself and practise'
J.O
- Very positive, and helpful, more please!
S.J
- Opening the mind realising that there are many ways to re-set my min'
G.O



Thanks to Learn Devon
for supporting this initiative



Charity News!



CHOOSE THE FERN CENTRE AS YOU LOCAL MEMBERSHIP
CAUSE AND HELP OUR NHS CANCER PATIENTS GET A GARDEN
THEY DESERVE AT NORTH DEVON DISTRICT HOSPITAL



How you can help

Just sign up as a Co-op member, and swipe your membership card every time you make a purchase. 2p from every £1 you spend goes into your Co-op membership account, and Co-op will donate the same amount.

Garden Plans

The garden in the Cancer and Wellbeing Fern Centre, will offer a tranquil and relaxing space away from the treatment area.

To sign up as Co-op member, scan the QR

www.overandabove.org.uk

Charity no: 1051463

