

Over and above Fern Centre

March 2022



Cancer health and wellbeing centre at North Devon District Hospital

Open 9.00am—4.30pm Monday — Fridays (excl. Bank Holidays)

What's On...

Thoughts, Feelings and Challenges of an Unpaid Carer Workshop 19th March

Devon Carers will be hosting a face to face workshop in the Fern Centre to support those caring for someone with cancer. The workshop will cover the thoughts, feelings and challenges associated with being an unpaid carer and will provide useful hints and tips. It is also an opportunity to meet the team from Devon Carers and find out how they may be able to support you in your caring role. please contact us to book a space. The workshop will be running at 10 a.m., 12 noon and 2 p.m. on 19th March



Carer's pamper day 18th March!

The Fern Centre has linked up with Petroc college to host another Carer's Pamper Day! This is available to family members who look after a loved one with a cancer diagnosis and is a chance for them to have some much needed TLC!

The Pamper day is hosted at Petroc college where you will have two treatments provided by the students at Petroc. The treatments on offer are facials, manicures and pedicures.

We will be hosting an afternoon session which starts at 1 p.m.

To book a place or for more details

Tel: 01271 311 855 or

Email: ndht.theferncentre@nhs.net

SPACES AVAILABLE

BOOK NOW!

Cancer Care Counselling Service

How we can help!

The Cancer Care Counselling service offers 1:1 counselling sessions to patients diagnosed with, or living with and beyond cancer, their partner and children. The service is available to anyone impacted by a cancer diagnosis even if you are post-treatment. You are entitled up to 6 sessions of counselling which are held face to face, by telephone or by video call. For more information please contact the counselling team on 01271 334472. If you would like a referral to our counselling service please speak to your clinical nurse specialists or contact the Fern Centre.

Complementary Therapies

The Fern Centre offers three types of complementary therapies to cancer patients, their relatives and carers. The therapies available are reiki, massage and reflexology. You would be entitled to 6 sessions of complementary therapy free of charge which will be provided to you by one of our friendly volunteers!

Due to our services being provided by volunteer therapists, some of our therapies have a longer waiting list than others.

Current waiting times for therapies are:

Reiki—2 months

Reflexology—5-6 months

Massage—6 months

WE ARE HERE TO SUPPORT YOU!

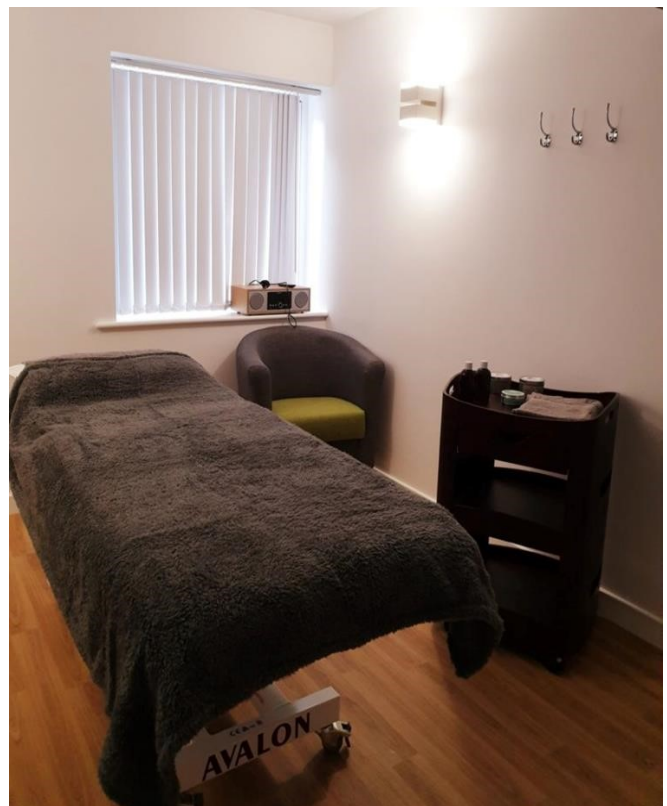
**WE OFFER 1-1 COUNSELLING AND
PSYCHOTHERAPY FACE TO FACE,
BY PHONE OR VIDEO LINK.**

For more information
Contact the Cancer Care Counselling
service on

ndht.cancercarecounselling@nhs.net
or 01271 334472



Over and above
Fern Centre



Monthly Bra Service at the Fern Centre

The Fern Centre hosts a bespoke bra fitting service once a month, run by Jackie Poole from Nicola Jane, a company that specialise in post-surgery and mastectomy bra fittings.

The bra service is held on the first Thursday of every month and is available to anyone who has had breast surgery, whether it is recent or a few years after treatment. Please contact us if you would like to book an appointment. There is no obligation to purchase a bra and is a great opportunity to get some expert fitting advice!

Please note that the Breast Care Team advise getting a bra fitting **BEFORE** the prosthesis fitting clinic, this ensures you get the right size for you.

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

ndht.theferncentre@nhs.net

Follow us on Twitter!

@TheFernCentre

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 welfare benefits advisors. 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 using the information below:

Local MacmillanCA team on:

0845 894 9567

There is an answerphone so please leave a message including your name, date of birth and one of the team will get back to you


Email: macmillan@ruraldevoncab.co.org



Have you joined our new Fern Centre Facebook Group?

New dates!

Following the amazing feedback received, we are hosting another EFT & Energies workshop in May!
See here how people found the workshops!

 Posted by *louBlou..* (as the patient), yesterday


Very interesting and a practical calming technique that should prove exceedingly useful.

I'm looking forward to implementing it!

 Posted by *AndyM.* (as a staff member posting for a patient/service user), yesterday

I found the workshop to be very interesting.

Karen was clear & concise. Just enough information to take in.

 Posted by *Bainsie.* (as the patient), yesterday

I hope that this is a technique which would be useful to me. I am definitely going to try this.

Doing this group was very beneficial.

Karen very supportive/calm/understanding and encouraging.



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

(THE CONTENTS OF THIS WORKSHOP WILL BE THE SAME AS PREVIOUS ONES)
PRIORITY WILL BE GIVEN TO PEOPLE WHO HAVE NOT ACCESSED THE WORKSHOP BEFORE
BUT WE WELCOME BACK ANY REGULARS

Monday 11th May 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

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

(The contents of this workshop will be the same as previous ones)

Priority will be given to people who have not accessed the workshop before but we welcome back any regulars

Wednesday 18th May 2022

10am-12pm

Aims:-

- 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



 Posted by *chelle.* (as a staff member posting for a patient/service user), last week

Interesting, fun and warming.

Easy to put into practice for your everyday life.

Definitely a course to do for your well being and anxiety.

Karen makes you feel very comfortable and show you how to do exercises if you have disabilities.

DEFINITELY DO THIS COURSE!

 Posted by *Fuchsia* (as a staff member posting for a patient/service user), last week

The session broadened my mind to what energy does. The exercises helped me to understand what to do in the future.

Good lecturer, clear and concise on the subject

 Posted by *Bainsie* (as a staff member posting for a patient/service user), last week

Awareness of energy filed.

How to promote myself from negative energy.

Good to learn with other people.

Karen very positive, good at sharing her energy to help us!

Spaces are limited and booking is essential. Please contact us if you would like to join a session!

Arts & Crafts!

@ the

Over and above
Fern Centre

Friday 8th April 2-4pm

Upcycle Mobile Hangings and Mobiles

This workshop is for anyone interested in re-using and recycling found and existing materials to create new artwork in a relaxed and friendly environment.

You will be using found and recycled materials such as old necklaces and driftwood to make and enhance garden ornaments, hangings and mobiles.

You will be encouraged to look at every day or found items in a creative way to make a unique and interesting mobile/ornament. All materials will be provided, although, if you have any trinkets or old pieces of jewellery, such as necklaces and bangles that you would like to incorporate into your design, please bring these along.

To book your place contact the Fern Centre on **01271 311855** or email **ndht.theferncentre@nhs.net**

(Number are limited due to the Trusts guideline still in place)



Spaces still available. Please note the reschedule date for the 18th March, now taking place on the 1st April

To book your place contact the Fern Centre on **01271 311855** or email **ndht.theferncentre@nhs.net**



Like all **good** ideas...
it really is very **simple**

A charity website supporting people with cancer and their families to access a variety of gifts generously donated by people and companies.

Find anything from tickets to events and attractions, restaurant meals, hotel stays, beauty treatments, holiday cottages...



www.somethingtolookforwardto.org.uk

Bubbles photo from a 'Photoshoot Gift' kindly donated to a family by annielovettphotography.com

'Something To Look Forward To' is a family founded and delivered charity which support people with **any cancer** diagnosis of **any age** across the UK.

They support people from point of diagnosis up to one year after their last active treatment or major surgery and their provision can support family and carers too.

They provide donated gifts, experiences and essentials including cottage holidays, restaurant meals, spa breaks and pamper packs.

The provision they provide aims to give people opportunities to rest, recuperate and make positive memories with their loved ones.

To apply you will need to provide formal photo ID plus proof of diagnosis documentation. Find out more and apply directly via:

<https://somethingtolookforwardto.org.uk/>

Free cooking classes for people affected by cancer

Come and cook-along with us!

WCRF are delivering **FREE** weekly cook-along classes for people living with cancer, and their carers.

CONTACT US OR USE THE LINK BELOW TO REGISTER!



[To sign-up and attend a class click here and select the relevant ticket option.](#)

Or go to the web address below:

www.eventbrite.co.uk/e/wcrf-cook-along-class-for-people-living-with-cancer-and-carers-tickets-164150609893

If you're living with cancer or undergoing cancer treatment, you could benefit from WCRF's free, online cookery classes.

People living with cancer or undergoing cancer treatment can experience side-effects that make it harder to eat well. These include:

- weight loss and low appetite, making it hard to find food you fancy eating.
- diarrhoea, constipation, wind and nausea, which can make mealtimes off-putting.
- mouth problems and taste changes, so the food you used to like is less appealing.
- fatigue, meaning you may lack the energy to cook.

In the class, you'll explore cooking techniques and flavour combinations that can help make food palatable to people living with cancer and experiencing taste changes.

During each 90-minute class, a trained chef will show you how to cook easy, delicious dishes that are specifically created to help with taste and flavour loss due to cancer and cancer treatment.

You'll also be supported throughout by our oncology specialist dietitian. You'll have the opportunity to ask for expert dietary advice and be guided in ways to tweak the recipes to suit your individual needs

We got in touch with SSAFA: **Sailors, Soldiers, Airman's and Families Association** to find out what they could provide as a charity for ex-servicemen and women and their families.

Clive Richards, Publicity Officer for SSAFA kindly wrote the following article to explain:

'Firstly, let's clear up what SSAFA means! Often confused with NAAFI, that venerable organisation which, throughout many dark days in our Nation's history, helped maintain morale by providing tea etc to our armed forces and also civilians on the home front.

We are in fact the Country's oldest military charity, first established in 1885. SSAFA stands for the **Sailors, Soldiers, Airman's and Families Association**, but is now most commonly referred to as the **Armed Forces Charity**.

Our role has changed over the years in response to the needs of serving and retired members of our Armed Forces and their families; the fundamental elements of the care we provide, in whatever form it is needed, endure and will never change.

When we hear of a potential client needing help, either through referral from established care providers such as the NHS and affiliated organisations, or from concerned friends or relatives, we respond by contacting the client and arranging for one of our caseworkers to visit them and establish their situation and needs.

At this stage it is important to build a sound foundation of trust and at the same time respect the dignity of our clients. This is not a mechanical and non-personal service. It is one founded on the basic human principal of care for our fellow human beings in need.

Our caseworkers will then very often source funds and services from other military charities whose main remit is fund raising.

They then use these resources to provide care and support such as:

- Challenging health and mobility problems such as the provision of prosthetic limbs, wheel chairs, mobility scooters and stairlifts.
- Home conversions
- Mental health issues, often referred to under the banner of PTSD Post Traumatic Stress Disorder
- Debt problems
- Housing provision and many more

And please note, these services are available to deserving current members of the Armed Services as well as veterans and their families and widows and widowers. Often people are unaware of just how far our reach of care is - **just one day in service qualifies a person to apply for help from us.**

If you or someone you know could use our help please contact us on **01392 254611**.

Also, we are busier than ever and despite the incredible work of our caseworkers, there are always more people to help. Our role will not end and nor will our commitment to helping our clients.

So, if you'd like to learn more about how you can help make a difference to our clients' lives please visit www.ssafa.org.uk or call the above number.

"Thank you for your time in reading this article".





Social Prescribing Day

10 MARCH '22

#SocialPrescribingDay

WHAT IS SOCIAL PRESCRIBING?

Many things affect our health and wellbeing and often people are troubled by things that can't be cured by medication or medical treatments. Things such as loneliness, isolation, stress, debt, poor housing and the stress of managing long-term conditions all have an effect on our wellbeing.

Many people feel overwhelmed and can't reach out to make connections that could make a difference to their situation. This is where Social Prescribing comes in... it can help you have more control over your own health and wellbeing and find ways to improve how you feel in a way that suits you.

It is designed to support people with a wide range of social, emotional and practical needs. A Social Prescriber can help people to identify what matters to them and work out how to connect with activities, community groups, organisations or agencies that can make a positive difference to their wellbeing. Studies show that patients with social prescriptions get better and feel better faster than those treated with medication alone.

SO HOW DOES SOCIAL PRESCRIBING WORK?

It starts with a conversation with your doctor or another member of staff in the surgery team, who will then refer you to a Social Prescriber. The Social Prescriber will contact you to arrange a time to meet with you in the surgery or to talk with you on the phone.

The Social Prescriber is there to listen to you and find out what matters to you. At your first appointment, they will work with you to create a Personalised Care and Support Plan.

WHAT CAN WE HELP WITH?

Social Prescribers can help you with a range of issues, including:

- Social isolation and loneliness
- Emotional wellbeing
- Mental health support help around the house
- Bereavement
- Accessing legal advice
- Being a carer
- Long term health support
- Housing and benefit advice
- Volunteering
- Debt management
- Developing a healthy lifestyle
- Weight management
- Getting out and about
- Joining activity groups and clubs- exercise, arts, outdoor activities etc.

They might introduce you to a community group, a new activity, a local club or a befriender or they might help you to find information, support and practical guidance on your situation, such as debt and benefits advice, advice on housing, on being a carer or on help around the house.

They may even support you to create something new such as a fishing group, a knit and natter group or a group for people in a similar situation to yourself.

LOCAL SOCIAL PRESCRIBING TEAMS

South Molton
Katie Blackman

Braunton
Annie Delaney

Holsworthy
Anite Maidment
Jean-Paul Winter

Bideford
Justine Duhig
Verity Hookway

Torrington
Nicola Morris

Ilfracombe
Miriam Turner
Community Connector

For Barnstaple, please see article on next page



The Fern Centre contacted Sarah Milton, Wellbeing Team Lead for the Barnstaple Alliance PCN and she has sent through the information

The Barnstaple Alliance Primary Care Network Wellbeing Team



Many people visit their GP surgeries with problems such as social isolation, money worries, caring responsibilities, homelessness, employment difficulties, fitness issues, family, or relationship problems. These socio-economic problems cannot be resolved with medication alone but can have an impact on wellbeing by causing stress, anxiety, sleep problems and can even have an adverse effect to physical health.

The Barnstaple Alliance Wellbeing Team works within the Barnstaple Alliance Primary Care Network. We offer support to patients who are registered at **Brannam Medical Centre, Fremington Medical Centre, Litchdon Medical Centre, and Queens Medical Centre** via referrals from within the practice.

We are a newly formed team of Wellbeing Connectors and Wellbeing Link Workers. Our role is to help resolve socio-economic problems through signposting and service navigation.

We **can also** support patients who lack the confidence, skills, or resources to access services themselves. Each patient **has the opportunity to** have a 'what matters to me' conversation. This enables us to work holistically with the person, finding out what they want to achieve and creating a plan to achieve it. Through having these conversations, we can signpost patients to community groups and activities, and/or make referrals to external agencies.

Barnstaple Team Members

Sam Ismael
Social Prescriber

Andrea Mules
Community Connector

Donna Kerr
Community Connector



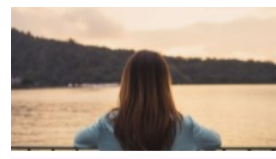
Penny Brohn UK, provide online Zoom sessions all throughout the week covering a range of themes, such as [Nutrition](#), [Resilience](#) and [Self-Care](#).

Their online group sessions are led by an experienced, qualified therapy team and designed to provide you with support, knowledge, practical skills and restorative experiences. Sessions explore topics including building personal resilience, wellbeing through treatment, nutrition, movement, relaxation and breathing techniques, and other self-care tools. These sessions will help you feel more informed, connected, and resilient.



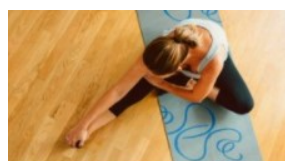
01 MARCH 2022
3:00 PM - 4:15 PM

EATING WELL WITH
CANCER



02 MARCH 2022
2:00 PM - 2:45 PM

EXPLORING
MINDFULNESS



03 MARCH 2022
11:30 AM - 12:15 PM

RESTORATIVE PILATES
FOR CANCER



07 MARCH 2022
12:00 PM - 1:00 PM

LYMPHOEDEMA
SUPPORT GROUP

For more information or to book your Zoom session go to:

<https://www.pennybrohn.org.uk/find-help/>

Do you have Radiotherapy in Exeter?

RD&E offer accommodation at their Accommodation Village.

All bookings are made through their Oncology department

The accommodation is self-catering with stairs leading up to the flats. There are two flats, one female and one male, and each include:

- One single bedroom
- One double bedroom
- One twin bedroom

All flats are fully equipped with a kettle, toaster, microwave, cooker, cutlery, fridge & freezer. The lounge area contains a TV & DVD, books for keeping you occupied.

You will need to walk about 1/4 mile to the Oncology department for your treatment, which includes a short hill.

Accommodation staff are available Monday-Friday within working hours, the office will be closed at weekends.

This accommodation is **FREE OF CHARGE FOR PATIENTS**, but if you would like a partner or family member to stay with you this can be arranged at a charge of **£28 per person per night**.

Whilst you are having your radiotherapy the flats will be provided with bread and milk for breakfast time (butter & cereal not provided)

You will be issued with patient's meal vouchers for the days you are staying and having treatment. These are only to be used by the patient.

Whilst staying in the radiotherapy flats you will be issued with a parking permit, if traveling by a vehicle.

**For more information contact the
RD&E ACCOMMODATION STAFF on:**

Claire Bissett 01392 403281

Accommodation manager

Christine Orchard 01392 403294

Accommodation!



The Fern Centres Accommodation Facility

Did you know the Fern Centre has 3 en-suite accommodation rooms?

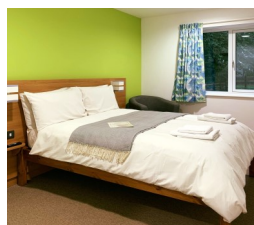
These rooms are available to offer emergency accommodation to relatives and carers of patients admitted to North Devon District Hospital. You can access the accommodation if you are a relative or carer of a patient who:

- 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 nominal fee of £25 per night is payable to the Over and Above charity for cleaning costs



Testimonials

The Wig Service

- What a wonderful experience. I was made to feel welcome from the start.
I was offered options, advice and not rushed, and given tips to secure the wig and care for it.
I am pleased with my purchase and look forward to my confidence growing.
- The staff at the Fern Centre, Heídi & María from the wig company have all been very helpful. They have made my appointment most enjoyable and made my day by helping me choose a fabulous wig.

The Fern Centre

- I found everybody very helpful, friendly and very willing to help. The overall experience was relaxed, friendly a helpful and so nice to have such a place right on your door step.
I would recommend to anyone to go in for a visit to see what they have on offer, there is something nice there for everyone.
- It has helped me come to terms with things that are happening to me

Counselling Service

- She helped me to learn to change the way I think about issues I have. I have been practicing the things she suggested. I try and slowly am learning how to handle these problems. The meditation that we have practiced has been very beneficial, however I find it more difficult to use, as my mind wanders. However, Jess has suggested a way around this. The sessions I have had with her have been very valuable for me. I feel my mental health and my thoughts and my approach to problems have improved.

Charity News!



Do we have the virtual challenge you've been waiting for?!

Go over and above this year by walking, running or cycling your way (virtually!) from Land's End to John O'Groats, the Three Peaks or Mount Kilimanjaro in support of your ward or service. Every penny you raise can be restricted to help support the patients you care for.

Find our more and register online:
<https://overandabove.enthuse.com/profile>



Last month a group of our neurological patients set off on their virtual Two Moors Way challenge. They've been busy walking, running and rowing to reach their goal of covering the 164 km distance between Lynmouth in North Devon and Wembury on the South Devon Coast.

The money they raise will enable us to purchase additional exercise equipment to support the neuro rehabilitation service. They've already raised an incredible £735 and you can support them on their challenge here: www.justgiving.com/fundraising/neuroactiv

Thank you guys for going 'over and above'!

A big thank you to TheRockinR charity for visiting the Caroline Thorpe Ward and donating a brand new Xbox Series S along with 22 amazing games for the children to enjoy whilst staying on the Ward.

An anonymous donation of £6,700 was given to the charity 'The Rockin R Gaming Charity' to purchase a console for three South West hospitals: North Devon District Hospital, Musgrove in Taunton and

