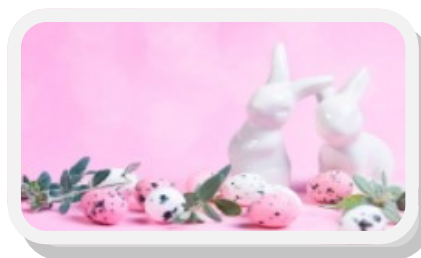


April 2022

# Over and above Fern Centre

Cancer health and wellbeing centre at North Devon District Hospital

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



## What's On...

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

Pop in to see us to have a chat,  
comfortable place to sit and a drink

**No Need To Book - Just Come In!**

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

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



## Headwear

We are now lucky to be able to offer an amazing  
selection of headwear from Suburban Turban.

Come and see our lovely range of colourful head  
scarves, hats, and various other items. They are  
well made using really soft and comfortable to  
wear fabrics.

The headgear is being sold below the retail price  
and all sales will go straight to the Fern Centre.

The Fern Centre also has a small selection of  
recycled wigs for a small donation to us!



**NATURAL  
image** YOUR HAIR IS OUR SECRET

Our lovely Natural Image ladies still have  
availability for their wig services on the 21st April.

Contact us if you would like to have an  
appointment

# Arts & Crafts!



**Spaces available**



**Friday 8<sup>th</sup> 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](mailto:ndht.theferncentre@nhs.net)**

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

**Arts & Crafts Workshops @ the Fern Centre**  
Fridays 2.00pm-4.00pm

- 29th April- Mixed Media
- 13th May- Illustration based on text
- 27th May- Charcoal still life
- 10th June- Water colours using texture and special effects
- 24th June- Continuous line drawing

For more information or to confirm you space contact us on  
**[ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)** or call **01271 311855**

**learndevon**  

## **Want to try your hand at some Arts & Crafts?**

**Various Topics Covered and All Abilities Welcome!**

**New dates for Spring 2022**

**Book onto 2 sessions & Reserve on 1 session**

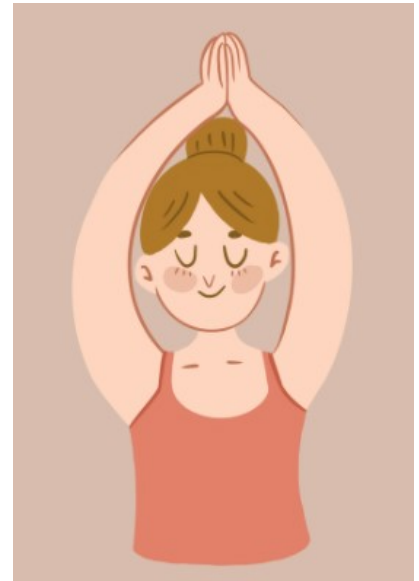
**Priority will be given to people who have not accessed the arts and crafts sessions before but we welcome back any regulars—'reserve listers' often get contacted at short notice to fill slots!**

To book you place contact the Fern Centre on 01271 311855 or email **[ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)**

**Over and above**  
**Fern Centre** 

# Mindfulness

## With Katia



### What exactly is mindfulness?

Mindfulness is **a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.**

Practising mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

**Katia will be running various mindfulness sessions, if you want to come along contact us to book your place.**

- ♦ Introduction to Mindfulness - Monday 25<sup>th</sup> April 11.00-13.00
- ♦ Staying focused in busy time - Monday 9<sup>th</sup> May 11.00-13.00
- ♦ Mindfulness as a coping strategy - Monday 16<sup>th</sup> May 11.00-13.00
- ♦ Everyday mindfulness – sustaining practice - Monday 23<sup>rd</sup> May 11.00-13.00
- ♦ Staying focused in busy times - Monday 6<sup>th</sup> June 11.00-13.00



*Support to help you live well with cancer*

**Penny Brohn UK offer various FREE online group sessions for cancer patients  
see some examples below, to find a full range go to:**

**[www.pennybrohn.org.uk/find-help/online-services](http://www.pennybrohn.org.uk/find-help/online-services)**



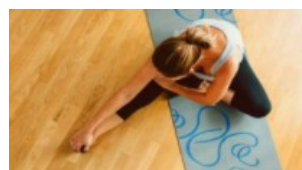
04 APRIL 2022  
10:00 AM - 11:30 AM

CANCER AND  
PSYCHOLOGICAL  
TRAUMA



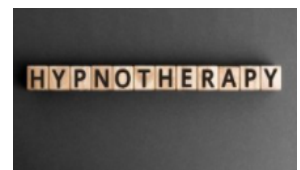
05 APRIL 2022  
2:00 PM - 2:45 PM

EXPLORING SELF-  
HEALING



07 APRIL 2022  
11:30 AM - 12:15 PM

RESTORATIVE  
PILATES FOR CANCER



11 APRIL 2022  
10:00 AM - 11:00 AM

EXPLORING  
HYPNOTHERAPY



## Monthly Bra Service at the Fern Centre

Due to unforeseen circumstances the dates for the Bra Service has change to Bi-monthly (see updated flyer below)

*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

- 5th May
- 7th July
- 1st September
- 3rd November

9.30 am-3.00 pm

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](mailto:ndht.breastcare@nhs.net)

The Fern Centre: 01271 311855 or  
[ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)

### NHS wig charges 2022

As from the 1st April 2022 the cost of NHS wigs will be:

- Modacrylic £75.70
- Partial Human hair £200.50
- Full bespoke human hair £293.20

Partial/Human hair wigs are only offered to patients in exceptional circumstances



Appointments still available for April 21st.

To book in please contact us or your CNS for a referral

Follow us on Twitter!

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

## Financial

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](mailto:macmillan@ruraldevoncab.co.org)

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



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

# Contact us now to book your place!

## EFT

### **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”.

## Emotional Freedom Technique

**Over and above  
Fern Centre**

**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** or **ndht.theferncentre@nhs.net**  
**Space are limited due to Covid restrictions**



## **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.

### 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**

(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 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** OR **NDHT.THEFERNCENTRE@NHS.NET**

**Over and above  
Fern Centre**

**Limited numbers due to Covid restrictions, early booking advised**

# Support

## Free of Charge Information Drop-In Surgeries

The Castle Centre, 25 Castle Street, Barnstaple EX31 1DR  
or Free Telephone Advice

The last Tuesday of each month between 11.30am to 1pm

Please call one of the numbers below to let us know you are coming for any one of the following services:

- **Veteran's Agency Claims:** for those who have served in the **Armed Forces** with past possible radiation or asbestos exposures and have a diagnosis cancer or asbestosis / pleural thickening. This is a straightforward free of charge application and it does not matter if you cannot remember your service number, or if you only served for a very short time, many decades ago.
- **Mesothelioma DWP claims:** lung or abdominal and from a clinical diagnosis or from a lung biopsy. For possible exposure to asbestos dust and most people do not know where or how they came into contact with asbestos dust, until they speak with an advisor (see below). You are entitled to an automatic DWP lump sum payment exceeding £14,000, plus possible weekly payments, Attendance Allowance, Blue Badge, or payments through the Mesothelioma Payment Scheme
- **Asbestos Lung Cancer:** this can be for *any* type of lung cancer and where there is a past history of working with asbestos for one year or more and DWP / other payments (lump sum and / or weekly amounts) may be available
- **Asbestosis / Pleural Thickening:** DWP / other payments may be available.

Co-ordinators: Carolyn Devine and Davina Penno who are former nurses from the North Devon District Hospital, or free telephone advice available, if you prefer see numbers below:

- Debbie Newing (Barnstaple) Tel. 0796 749 1777
- Davina Penno (South Molton) Tel. 01769 573 634
- June Travers-Wakeford or Sam Scott, Macmillan Caseworkers, Citizens Advice, 1-3 Bridge Buildings, The Strand, Barnstaple EX32 8LW  
[macmillan@ruraldevoncab.org.uk](mailto:macmillan@ruraldevoncab.org.uk)  
Tel. 0845 894 9567 calls cost 2p per minute plus your Telephone Company's Access Charge

## Gutless LIVE - is a FREE men only weight management programme

This is a Public Health England funded programme for Devon rolled out through the Devon County Council –**free to all men** who match the following criteria :

- live in Devon
- are at least 16 years old
- have a BMI of 25+  
(or 23.5 for BAME people or those with co-morbidities)

Gutless LIVE (online version) is a 10 - week programme of sessions that starts in April and you can join on any of the following dates:

- **Tuesday 12<sup>th</sup> April 7pm-8pm**
- **Wednesday 13<sup>th</sup> April 7pm-8pm**
- **Thursday 14<sup>th</sup> April 3pm-4pm**

There is no diet plan or strict regime, but the nutritionists and behaviour change experts will help people make small changes and turn them into

Please click on the link to find out more or self refer <https://beezeebodies.com/programs/gutless/> or call 01273 294589 or contact our local organiser Paul Rossiter [paulrossiter@beezeebodies.co.uk](mailto:paulrossiter@beezeebodies.co.uk)

## Men's Group



North Devon Cancer Care Counselling Service  
invites you to join our new Men's Group on the  
**18th May, 15th June, 13th July**  
**2pm - 3.30pm**

A safe space for authentic conversation, connection and gathering support.

To find out more and book your space please call the counselling service on 01271334472 or email us at [ndht.cancercarecounselling@nhs.net](mailto:ndht.cancercarecounselling@nhs.net)

Numbers will be limited due to the Trusts ongoing Covid restriction still in place  
**BOOKING IS ESSENTIAL!**



This is open to men who have cancer/having treatment or living with and beyond cancer

## Men's Group...What's it all about?

The overall aim will be to provide a supportive and open space for men who have been affected by a cancer diagnosis to express their thoughts and feelings with other men who are going through similar situations.

This will be a monthly informal group session for men affected by cancer to get together and share their experiences in an open, non-judgemental environment; we will chat about different topic and arrange activities

**Spaces are limited so please make sure you book early**

## FREE WEIGHT LOSS ONLINE COURSE FOR BLOKES IN DEVON

So often weight loss support is aimed at women, but we know men face their own unique challenges when it comes to managing their health and fitness. So lads, we've made this programme for you, and we've called it Gutless.

We work in partnership with Devon County Council to offer you **free** support to learn about nutrition and behaviour change, so that you can take charge of your health, without giving up the things you love!

SIGN UP FOR YOUR FREE PLACE:  
AT BEEZEEBODIES.COM  
OR CALL 01273 294589  
OR SCAN THE CODE



### WHAT CAN I EXPECT WHEN I BECOME A GUTLESS LOSER?

- 12 weeks of webinars, led by nutritionists and behavioural scientists.
- Get the tools you need to override unhealthy choices & get healthier, leaner and fitter!
- A casual, fun, laid-back atmosphere. Banter guaranteed!
- Support making small, practical lifestyle changes that will have a big, long-term impact on your health and wellbeing.

\*SIDE EFFECTS MAY INCLUDE, BUT ARE NOT LIMITED TO:  
Improved mental health, more confidence, higher self-esteem, better sleep, reduced fatigue, more energy, increased mobility, lower blood pressure, blood sugar control.





# Support



## What is the u3a?

The u3a movement (also known as University of 3<sup>rd</sup> Age) is a collection of groups (u3as) that run local and online member-led learning for those no longer in full time work across the UK. There are lots of

opportunities to get involved with learning remotely or in your area.

If you want to get an idea of what u3a members get up to then have a look at this link <https://sources.u3a.org.uk/>

## Join your Local u3a

Each u3a manages their own membership and sign-up process:

Taw u3a Barnstaple- 07719 819801 <http://U3asites.org.uk/taw>

Braunton & District – 01271 816481 <http://U3asites.org.uk/braunton>

South Molton u3a – 01598 760314 [www.southmoltonu3a.co.uk/](http://www.southmoltonu3a.co.uk/)

Torridge u3a – 01237 470067 <http://U3asites.org.uk/torridge>

North Devon Coast u3a Ilfracombe – 07789 403700

## Benefits of joining u3a

- Make a difference, stay active, keep learning and have fun
- Get out to meet face to face – learning together and making the most of life
- Access to online learning, training and resources to inspire you and
- Attend learning events and talks for free
- Meet other people with similar interests: learn new things and share your skills

Joining a u3a is a great way to find and develop new interests and make great friends in a relaxed environment. It doesn't cost much to join - on average it costs less than £15 to join a u3a near where you live.

Each of the 1000+ u3as across the UK host interest groups chosen and run by members, for members. Members help each other in their learning groups and form strong and meaningful relationships together with a sense of community, social wellbeing, fellowship and belonging.

The subjects are wide-ranging - from Architecture and Biology to Yoga and Zoology with every topic you can think of in between.

There are at least 10,000+ U3A interest groups taking place in the UK every week.

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If you require support in other areas please do not hesitate to get in contact with us at the Fern Centre and we will see if we can help.

Email [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net) or phone 01271 311855

# Get Active



## Get Active with photography and guided walks

Online photography meet up over six sessions.

Following on from the workshops we will be running guided walks from Barnstaple Library on Wednesday mornings for six sessions.

Bring your camera or phone!

This is a community funded project aimed at the 55+ age group and is restricted to North Devon residents. Funded by Connecting Actively with Nature

Photography meet ups:

**Dates: Wednesdays 13th, 20th, 27th April. 4th, 11th and 18th May.  
10.30 am-12 noon**

This will be a fun, informal group for those who may not have participated in something like this before and want to dip their toe in the water!

Get together in a small group online with active tasks to encourage you to get out and about between sessions.

All that is required is a keen interest in photography, any camera or phone and a desire to get a bit more active.

For more information and to signup go to:

[www.eventbrite.co.uk/e/get-active-with-photography-and-guided-walks-tickets-256281644297](http://www.eventbrite.co.uk/e/get-active-with-photography-and-guided-walks-tickets-256281644297)

## Want to stay active but can't get out for a walk?

Then pop over to the 'Active Against Cancer' web page.

They offer a wide range of online exercises classes you can follow in your own time.

Not being able to make the time of the class anymore? then just click when you are free and follow the ready-made videos.

There are various abilities and different content for you to chose from .....

[www.activeagainstcancer.org.uk/online-classes/](http://www.activeagainstcancer.org.uk/online-classes/)

## Love a bit of a boogie? Then try CHASAMBA!

Chasamba Fitness is a Partner-Free Dance Fitness Class using popular dances from the world of Ballroom and Latin American!

Classes are for any age, fitness level or ability, so come and join in the fun and dance the Cha Cha, Samba, Salsa, Quickstep, Charleston and more!

Classes are held at various locations, to find a suitable destination click the link below

<https://fit-as.online/classes>

Try one and see for £7.50, discounts apply if you purchase multiple classes





# Transport



## TAP provides for Cornwall

TAP (Transport Access People) arrange door-to-door transport for people in Cornwall including for our **North Cornwall patients** (Bude / Stratton area) who have difficulty accessing other forms of public transport. They specialise in non-emergency healthcare appointments, trips to the library, memory cafes, meeting friends for lunch and shopping excursions. TAP is part of Age UK Cornwall & Isles of Scilly.

### Who is it for?

TAP provides a service to get to non-emergency healthcare appointments for people who have difficulty accessing other forms of public transport. Appointments such as hospital, optician, dental, foot care or audiology.

They also offer transport for library trips, visiting friends, shopping and **out of county health care appointments**.

### What is the cost?

This is a chargeable service and prices are accurate at the time of publication

**£3.00 per booking fee and 42p per mile**

**Contact Telephone: 01872 223388**

## Cancer Care Car

### Door to Door Service in North Devon

Our fare structure is as follows:

**Journeys under 5 miles will increase to £6.00 (single or return journey)**

**Journeys over 5 miles will increase to £12.00 (single or return journey)**

### Bookings Number

**01271 328866**

**Please remember to book your seat by 12.30pm the working day**

**before you wish to travel**



### Age Concern Barnstaple & District

01271 324488 [ageconcernbarnstaple.org.uk](http://ageconcernbarnstaple.org.uk)

Barnstaple and an approximate 5-mile radius

Volunteer Car Service for older people to medical appointments, weekly shopping, to the bank and prescription collections. Some lifts to day care and social events. Other services available. Please see website or phone for details

### Holsworthy Rural Community Transport

**01409 259001**

[pickme-up.co.uk](http://pickme-up.co.uk)

Holsworthy and surrounding area

Cars for care to essential appts, health centres, hospitals, dentists, chiropodists etc.

*All services are subject to availability, have eligibility criteria and all services make a charge.*

### Ilfracombe Town Council Community Car Service

[ilfracombetowncouncil.gov.uk](http://ilfracombetowncouncil.gov.uk)

**01271 855300 07917 320956**

Ilfracombe

Volunteer Car Service to medical appointments.

### South Molton & District Volunteer Bureau

01769 573167 (leave a message with a contact phone number for a call back)

[smvb.org.uk](http://smvb.org.uk) South Molton and outlying villages  
Volunteer Car Service for medical appointments.

### Braunton Volunteers

**01271 815222**

Braunton, Croyde, Georgeham, Heanton, Chivenor, W Down  
Volunteer Car Service for hospital, dental appointments

### Torridge Volunteer Cars

01237 237200 [torridgevolunteercars.co.uk](http://torridgevolunteercars.co.uk)

Torridge and up to Barnstaple

Volunteer Car Service for medical, social, or domestic appointments.

**With thanks to Tim Lamerton from NDVS for travel information**

# Transport

## Financial help to get to hospital appointments

### Healthcare Travel Costs Scheme

Helping people on low incomes and eligible benefits may be able to reclaim travel costs to secondary care. You may be able to claim same day reimbursement at cashiers' offices at the receiving hospital or by post and will need evidence of:

- Benefit
- Appointment
- Receipt of expenses

### **Search online for - NHS help with travel costs (HTCS)**

Please ask at the Patient Advice and Liaison Service (PALS) office at hospitals for more information or **phone 01392 674806 or 0300 1231672**

### For financial help with a range of health care costs (including transport)

### NHS Low Income Scheme

Helping people on low incomes access a range of health care costs (e.g. prescriptions) via an NHS means-tested benefit.

### **Apply via Form HC1**

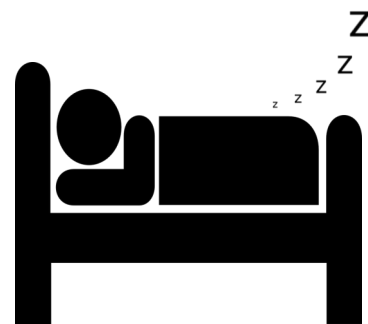
**0300 330 1343**

### **Search online for - NHS low income scheme (NHSBSA)**

Please ask at the Patient Advice and Liaison Service (PALS) office at hospitals for more information and a paper copy of Form HC1 or **phone 01392 674806 or 0300 1231672**

There are many Community Car Scheme that may also be able to help—see previous page for a selection

If you require further information on these, please get in touch and we will be happy to give you a list.



# Accommodation!

## **The Fern Centres Accommodation Facility**

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

These rooms available to offer emergency accommodation to relatives and carer 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**



# WIS£RMONEY

Wis£rmoney is a partnership between Navigate Charity and Encompass Southwest.

The partnership was formed in 2012 and currently delivers a number of projects across Devon and Somerset aiming to improve the quality of life, wellbeing and financial resilience of people living in rural settlements.

The partnership specialises in working with people who are living on low-incomes in communities across the counties of Devon and Somerset experiencing (or at risk of experiencing), poverty, financial hardship, and social and financial exclusion.

## WHO CAN WE HELP?

If you live in the districts of: West-Somerset, Mid-Devon, Torridge, West-Devon or North-Devon and are worried about your current or future financial situation, contact us to discuss how we may be able to assist you. Contacting us can help you if:

- You are struggling to meet the cost of your heating bills
- You are struggling with debt
- You are using credit/borrowing money to pay for essential expenditure
- You worry about meeting monthly repayments
- You would like to prepare a flexible, realistic budget
- Your well-being is affected by money worries
- Your well-being is affected by money worries
- Your benefits have recently changed or will be changing
- You are facing financial difficulties and need assistance

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

### Make a referral

If you or someone you know needs our help, please get in touch:



[www.navigatecharity.org.uk/make-a-referral](http://www.navigatecharity.org.uk/make-a-referral)



[wisermoney@navigatecharity.org.uk](mailto:wisermoney@navigatecharity.org.uk)



01823 299050

## Worried about energy price increases?



361 Energy are a local North Devon Voluntary Service that helps to provide support with a range of services to keep you warm and well in your home.

Some of the services they offer support/advice with are:

- Free energy efficiency measures
- Home visits can be arranged
- Heating repairs and upgrades
- Insulation
- Reducing energy costs
- Debt advice
- And much more....

If you require any further information see their website:

<https://361energy.org/>

Or contact Warmer Home Adviser on:

Email: [Home.energy.adviser@ndvs.org.uk](mailto:Home.energy.adviser@ndvs.org.uk)

To request an appointment call:

**01271 599361**

**There are grants available so take this opportunity to winter-proof your home – you don't have to be a home owner**

\*\*\*\*\*

**The Fern Centre also has forms that will also tell you what they offer if you would like to pick one up.**



# A MASSIVE THANK YOU

**Thank you again! to the amazing Therapists at Petroc for providing our carers/family members with the pampering they deserve.**

Group photo includes:  
Some of the 3rd year Beauty & Spa Therapies students with their tutor Jayne Elston (Programme Manager and lecturer for Level 2&3)



Everyone at the Fern Centre would like to say a big **THANK YOU!** to Karen for offering her amazing Reiki skills over the last 12 months. Karen has provided many with some relaxing time they deserve.

We will still be seeing Karen when she pops in to run her EFT and Energies workshops!

Wishing you all the best!



The Fern Centre has kindly been donated some mastectomy pillows from one of our visitors. This is very much appreciated — and what a thoughtful thing to do.

### ***What is a Mastectomy pillow?***

Mastectomy pillows are **used to relieve pressure, help position body parts, and provide comfort after breast surgery.**

These pillows can be placed under the breast, in the armpit, or used to prop up an arm or support the neck.

**Over and above**  
**Fern Centre**

Pillows can be purchased for a small donation to the Fern Centre.

# Testimonials

- The fern Centre has been invaluable to my emotional & physical recovery over the past 18 weeks.  
Its helped to come out of a dark hole and given me optimism again
- It was great to do something creative. It forces you to be mindful & in the present and it was good fun! Thank you very much
- The accommodation was clean, comfortable, close to hospital, nice shower, tea & biscuits. Difficult to improve as was all excellent.  
Thank you for being there. Was a godsend!
- The girls at the Fern Centre were very helpful and informative. Very friendly. I was offered refreshments on arrival.
- I was grateful to the FORCE team at RDGE for giving me the details of the Fern Centre.  
I was welcomed, shown around and given details of services offered.  
I enjoyed an evening at 'Look Good Feel Better' and still use the contents of the amazing goody bag.  
The six reiki sessions have been amazing- a real treat! I am convinced it has helped with stress/tension and improved my general well-being.  
Thank you to everyone at the Fern Centre- you have really helped me at a difficult time in my life.
- Wig Service- Lovely relaxed environment. Very helpful staff who treated me with kindness and support. Thank you for this service.



Please tell us about  
your care today  
What was good?  
What could be better?

Share your story at  
[careopinion.org.uk](https://www.careopinion.org.uk)

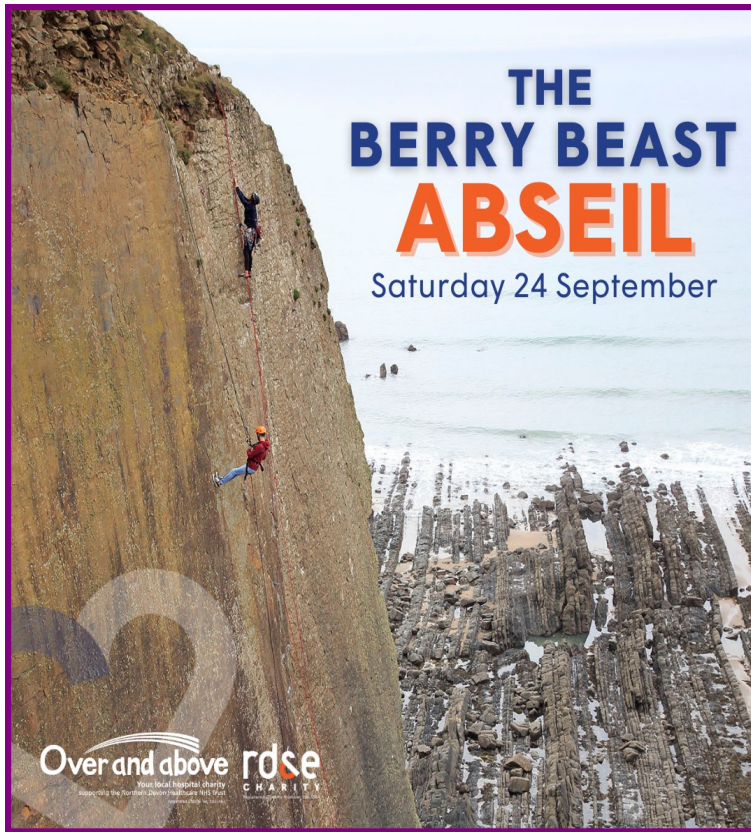
**If you would like to leave us any feedback on our services, this can be done at**

**<https://www.careopinion.org.uk/tellyourstory>**

**or you can complete a written form in the Fern Centre**



# Charity News!



## THE BERRY BEAST IS BACK!

Abseil 180ft down the cliffs of Berry, near Hartland, whilst raising funds for Over and Above. 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. We only have 24 spaces available!

### Event Information

**Date:** Saturday 24th September

**Price:** £25 registration plus £100 minimum sponsorship

**Time:** 10:00 - 16:00, please select your abseil time at checkout

**Where:** Berry Cliffs, Nr. Hartland, EX39 6DA

**Age:** Participants must be 13+ (under 18? s must provide consent from a parent/ guardian)

**Registration Link:** <https://overandabove.enthuse.com/cf/berry-beast-sept>

## HELP MAKE OUR GARDEN GROW!!

Over and Above are part of the Co-op Local Community Fund. Please become a Co-op member and choose us as your local cause and help raise funds for the Fern Centre Cancer and Wellbeing Centre. We are raising funds for a serenity garden which our patients and their relatives can enjoy, take gentle exercise and just be.

Together, we will make our garden grow.

<https://coop.uk/3qUwT4y>

