

May 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...

### Face to Face Yoga Classes!

**Starting Monday 9th  
May!**

We will be running 2 face to face yoga classes on Monday afternoons starting at 1p.m. and 2 p.m. These classes are available to people diagnosed with or living with and beyond cancer, their relatives and carers. The class is suitable for beginners and those looking for some gentle exercise incorporating breathing techniques and mindfulness.

If you would like to join our class please contact the Fern Centre or your clinical team to complete a referral. A short health questionnaire will need to be completed prior to attending classes.

**Please note:** Due to covid-19 restrictions still in place in the hospital, the class is limited to 5 attendees and **booking is essential.**



### 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**



## Welcome Lorna our new Yoga Instructor!

We are delighted to welcome Lorna to the Fern Centre team who will be volunteering with us on Monday afternoons providing face to face yoga classes!



"My name is Lorna and I am thrilled to be starting classes at the Fern Centre. Yoga has brought me so much peace, kindness and understanding to my mind and body. As a teacher, it is a gift to be able to share Yoga with others. Whether you are a long time cancer survivor, currently in treatment or caring for someone affect by cancer, these yoga classes will focus on making you feel more grounded and comfortable".

### Keep up to date!

Did you know you can join our Facebook group of follow us on Twitter? The best place to keep u p to date with all of the new exciting things planned for the Centre!

Facebook Group Name: Over and Above Fern Centre



Twitter: @TheFernCentre



## Headwear available to buy at the Fern Centre

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!



## Wig Suppliers Local to You!

Owing to the popularity of our wig service our May wig clinic has one space left! Our next wig fitting clinic is scheduled for Thursday 16th June. These clinics are hosted by specialist wig fitters from Natural Image. They are a great opportunity to try on a variety of wigs with expert knowledge and support!

If you are in need of a wig sooner than 16th June, NHS wigs are available at Hair Boutique in Barnstaple. You will need to be referred to Hair Boutique by a member of your clinical team and our surgical appliance team will be able to support you with any information you need prior to your appointment.

Hair Boutique's contact information is

Tel: 01271 269740

E-mail: [info@hairboutique.info](mailto:info@hairboutique.info)

4 Market Street

Barnstaple

Devon

EX31 1BX

The Fern Centre also stocks a range of donated wigs that can be purchased for a small contribution towards the Over and Above charity!



## Bra Fitting Clinic Dates Available

Nicola Jane, specialists mastectomy bra fitters, are running a number of bra fitting clinics in the Fern Centre. These clinics are available to anyone who has recently undergone surgery or who are living with and beyond their cancer diagnosis who would like some specialist fitting advice. The appointments are free of charge and there is no obligation to purchase a bra at your appointment. If you wanted to purchase an item, payment details will need to be provided to the Nicola Jane team. Nicola Jane also stock a range of swimwear and can provide expert advice for fittings!

# NICOLA JANE

Restoring confidence and femininity after breast cancer

Dates of our Bra clinic are:

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

Please contact the Fern Centre if you would like to book an appointment.





## Welcome Claire to the Cancer Care Counselling Team!



This month the Cancer Care Counselling Service has welcomed a new student into the team. Claire Shambrook has joined us on Fridays for her counselling placement. We are so excited to work with Claire and wish her luck in her placement in the Centre!

## Share Your Story!

The Over and Above charity are looking for people who would be able to share their story of their cancer experience and how the Fern Centre has helped support them during this time. Hearing first hand from our visitors is so helpful to spread the word about the support available as well as help our fundraising team continue to raise money for the running costs of the centre! If you would like to share your story please contact us on 01271 311 855 or email us at [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)

## Look Good Feel Better Workshops!

We host monthly Look Good Feel Better workshops for ladies undergoing cancer treatment. These confidence boosting workshops are a great opportunity to meet new people and learn makeup techniques from an expert beautician. You will also get a goody bag worth £300 of cosmetics to take away! To book a place on our workshop please contact the us!



## 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 topics and arrange activities

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

## 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](tel: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

# 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.**

- ♦ **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 30<sup>th</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)**



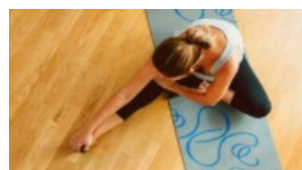
04 APRIL 2022  
10:00 AM - 11:30 AM

CANCER AND  
PSYCHOLOGICAL  
TRAUMA



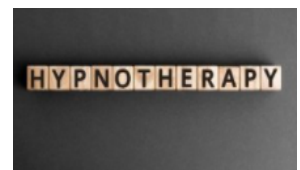
05 APRIL 2022  
2:00 PM - 2:45 PM

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

# Workshops—New Dates Available!

Due to the popularity of our workshops, our wonderful volunteer, Karen has agreed to host some extra Emotional Freedom Technique and boosting your energies workshops! Places are booking fast so please contact us if you would like to take part to avoid disappointment.

- Wednesday 8th June 10 a.m. – 12 noon – EFT workshop
- Wednesday 22<sup>nd</sup> June 10 a.m. – 12 noon – Boosting Energies workshop

## About Tapping (Emotional Freedom Technique) workshop

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 wellbeing.

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 8th June 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](mailto:ndht.theferncentre@nhs.net)**  
**Space are limited due to Covid restrictions**

## About Boosting your Energies

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.



**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 22nd June 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](mailto:NDHT.THEFERNCENTRE@NHS.NET)**

*Over and above  
Fern Centre*

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



## Oncology physiotherapy available at FORCE— Virtual appointments also available!

The FORCE Centre in Exeter is offering oncology physiotherapy consultations and advice which is also available to patients of North Devon. These consultations can be face to face, via Zoom or over the telephone. For more information please feel free to contact the FORCE team on 01392 403 094. You can also self-refer to the physio team via email at [physio@forcecancercharity.co.uk](mailto:physio@forcecancercharity.co.uk)

## Financial Advice Available

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)



**EXERCISE  
AND CANCER**

**“the under-rated  
wonder drug”**

Being active during and after cancer treatment has fewer risks than being inactive!

Evidence shows that simple physical activity can:

- Reduce fatigue, stress and anxiety
- Improve mood
- Help keep weight healthy and look after heart and bone health
- Reduce the risk of recurrence in many cancers

If you are a cancer patient and interested in either individual advice or an exercise programme, please contact Louise, our FORCE Oncology Physiotherapist, on **01392 403094**

**force**  
cancer charity

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



# What is a Men's Shed?

Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Sheds are whatever the members (or Sheddies as they are fondly referred to) want them to be. Although labelled sheds, they often aren't sheds at all. They can be empty offices, portable cabin's, warehouses, garages, and in at least one case, a disused mortuary. Some Sheds are purpose built workshops, but they rarely start out that way.

Many don't have premises at all in the beginning and instead form a group that meets regularly for the social connection, company and camaraderie until they can find somewhere to kit out with tools.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members.

**If you fancy coming along you can find a Shed at:  
South Molton**

<https://en-gb.facebook.com/TheMensshedSM/>

Monday, Wednesday and Friday 10am - 12pm, at the Cemetery Workshop, Mill Street, South Molton, EX36 4AR. For coffee and a biscuit and a chat.

**Bideford**

<https://www.facebook.com/1706224962978913/posts/whos-shedwestward-ho-mens-shed-gathering-in-the-old-school-room-at-kingsley-hall/2316919491909454/>

Friday mornings from 10.00am. Next to the signal Box at Bideford Station, East the Water

Want to know more? Contact Gordon 01237 478327

**Westward Ho!**

<https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fpages%2Fcategory%2FCommunity-Service%2FWestward-Ho-Mens-Shed-101078928539850%2F>

Mondays and Thursdays 10.00am—1.00pm

Old School Room Kingsley Hall Westward Ho! EX39 1JR

Contact Dave de Burton M:07763 467489

Email: ddeburton@yahoo.co.uk

**Holsworthy**

Thursday 10.00am– 2.00pm

Next to Holsworthy Ambulance Station

Contact: Tim Stokes or John Allen - 01409 253663

stokes-tim@hotmail.com  
johnallen08@btinternet.com

**Ilfracombe**

Under development in High Street Ilfracombe.  
For more information please contact

Charmaine Lovett 01271 855337

Email: charmain.lovett@northdevon.gov.uk

For more information please visit

Website: [www.menssheds.org.uk](http://www.menssheds.org.uk)

Email: [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)



## 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 range of topics** including, treatment **side effects** and **symptoms management**. There is also information on health and wellbeing and the Fern Centre.

You can attend 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](mailto:ndht.theferncentre@nhs.net)

Telephone: 012171 311855

**Every Thursday Afternoon**  
**2.00pm—4.00pm**



# 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**

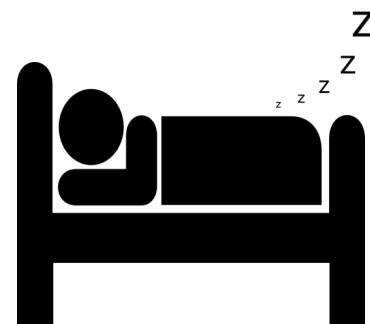
**0300 330 1343**

### **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.**



# Testimonials

*These massages have been incredible and really beneficial to my well-being. They have helped with sleep and relaxation. It is an absolute pleasure to have met Sarah who puts you at ease on your first meeting. She is very kind and confident and always checks on how you are feeling with the massages.*

*For me it has been so helpful with my sleep and general well-being. Having some time for myself has been fantastic. I will so miss these now my sessions have finished at the Fern Centre.*

*I am extremely grateful for time given by Sarah and the opportunity provided by the Fern Centre. Thanks so much, I am really grateful for the experience of some 'self care' in a safe environment. Always made so welcome and comfortable by everyone.*

*I was grateful to the FORCE team at RD&E 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.*

*To have support available is priceless.*

*People who care and make a difference to peoples lives.*

*The help provided compares to someone holding your hand when you are going through a tough time.*



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

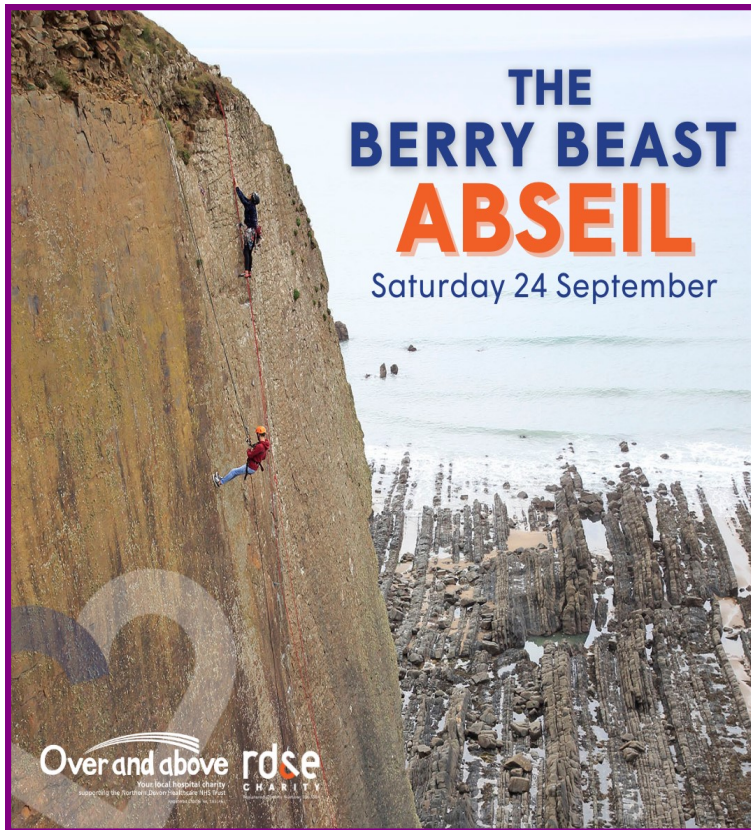
Share your story at  
[careopinion.org.uk](https://www.careopinion.org.uk)

**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>

