

June 2022



# Over and above Fern Centre

Cancer Health and Wellbeing Centre

North Devon District Hospital Tel: 01271 311855

Open Monday— Friday 9am —4.30pm excluding Bank Holidays — Drop in and See Us!

## What's On...

### New Parking Payment System at NDDH

The new visitor parking system have been in operation for approximately a month and we just want to clarify the new process for Visitors Car Parking as there have been a few queries !



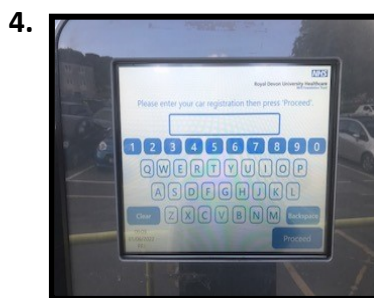
On entering the visitors carpark you will see a screen letting you know how many spaces are left in the car park. **You do not need a ticket to enter the car park** – it is a **Vehicle Registration Recognition system** that automatically clocks your vehicle



On your left you will also see a list of charges – **payable on leaving** the car park including multiple days



Please remember to **make a note of your vehicle registration number before you leave the car park** to visit the hospital as you will need this to pay at the machines situated at main Entrance or in the car park



**On leaving**, at the pay machine, enter your vehicle registration number and then press the **PROCEED button** and the next screen will ask if you want to purchase one day or multiple days

5. You can pay by card or use cash —**NO ticket is needed to leave the car park**. You can ask for a receipt—this is useful if you have purchased a 5 or 7 day ticket as it gives the date of expiry.

#### Season Tickets



You are still able to purchase season tickets —  
25 tickets for £20 (80p per day).  
The forms are available from the Seamoor Unit and the Fern Centre. Once processed by Sodexo, the orange slips should be taken on a day by day basis to the Main Hospital Reception Level 2 or to the Seamoor Unit Reception. At these designated desks you will be asked for your vehicle registration number and this will be **entered onto the carparking system to over-ride the need for payment for that day**. Each visit will follow the same process. If your appointments are frequent you may be entitled to a refund—Sodexo will contact you if this is the case.



# Complementary Therapies

The Fern Centre offers three types of complementary therapy to cancer patients, their relatives and carers.

The therapies available at the Fern Centre are Reiki, Massage and Reflexology.

If you would like to try any of these, you would be entitled to 6 sessions of 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 - 3-4 weeks**

**Reflexology - 8-12 weeks**

**Massage - 8-12 weeks**

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## What happens in therapy sessions?

### Reiki



The practitioner will move their hands around your body. They may touch you lightly or have their hands just above your body. You may experience sensations in the body such as heat or tingling. Some people report seeing visualisations such as colours or pictures, or having memories appear.

### Massage



Massage is a technique that applies pressure to parts of the body by stroking, kneading, tapping or pressing. It aims to relax you mentally and physically. Massage may concentrate on the muscles, the soft tissues, or on the acupuncture points. Massages at the centre are light and are not deep tissue/sports massages.

### Reflexology



Reflexology is the application of pressure to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body.

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## What to do if you cannot attend your appointment?

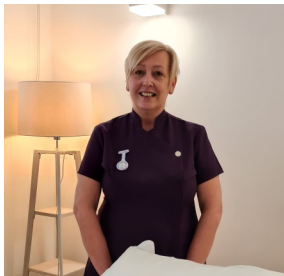
We have recently experienced a **high level of late cancellations** or **missed appointments** in the Fern Centre. Whilst we understand that cancellations are unavoidable in some circumstances, **late cancellations or missed appointments** have a **big impact on the number of visitors we are able to support**, resulting in longer waiting times.

We kindly ask that you provide **48 hours'** notice if you are unable to attend your appointment which will allow us time to fill the vacant slot. **In the event of a cancellation made in less than 24 hours or a missed appointment, this will unfortunately be classed as one of your allocated appointments.** Our cancellation policy also states that multiple late cancellation or missed appointments will result in your referral being closed. If you have any concerns or queries regarding your appointments please do not hesitate to contact us on **01271 311 855** or email **ndht.theferncentre@nhs.net**

**Thankyou for co-operation**

**We welcome to the Fern Centre Lyn  
who will be providing you with  
relaxing reflexology and massage  
and Craig offering reiki**

Lyn will be working with us in the Centre as an Over and Above complementary therapist, providing massage and reflexology to patients diagnosed with cancer their relatives and carers.



A few words from Lyn:

"I am passionate about health and wellbeing, and the benefits that complementary therapies can bring.

I have over 10-years' experience in complementary therapies, five of which are providing therapies for those with cancer and I feel privileged that I am able to provide these therapies at the Fern Centre to those who are in most need."



Craig has been volunteering as a reiki therapist with the Fern Centre for almost one year. Craig has now got a second day funded by the Harry Edwards Healing Sanctuary.

You may have met Craig in the Seamoor Unit as he has been up on a number of occasions to see patients who have needed support during their treatment. He has also spent some time on the wards seeing inpatients and their relatives.

## **Bra Fitting Clinic Dates Available**

Dates of our Bra clinic are:

**Appointments still available for all dates:**

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

# NICOLA JANE

Restoring confidence and femininity after breast cancer

**Do you need our support?**



## **Wig Fitting Clinic Dates Available**

Dates of our Wig clinic are:

**Appointments still available for all dates:**

- 23rd June
- 21st July
- 18th August



YOUR HAIR IS OUR SECRET

**To book any services the Fern Centre offers contact us on**

**01271 311855 or email [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)**



# Do you want to talk or have a cuppa?

## Men's Group



**North Devon Cancer Care Counselling Service  
invites you to join our new Men's Group on the  
15th June, 13th July  
2.00pm - 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

## 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**



## WELLBEING CAFE

Friendly, supportive drop in, signposting, have a chat, meet people, optional creative activities & a FREE tea or coffee

**DATES**

Would you like to meet new friends?

Weds 15th June  
Weds 22nd June  
Weds 13th July  
Weds 20th July  
Weds 27th July  
Weds 3rd Aug  
Weds 10th Aug  
Weds 17th Aug  
Weds 24th Aug

**TIME**

10-12pm

**LOCATION**

Shambles  
(High Street entrance of Market)  
Barnstaple Market  
Butchers Row,  
Barnstaple  
EX31 1SY

Do you need support?

For more info: email [andrea@community.connector.org.uk](mailto:andrea@community.connector.org.uk) or phone 01271 866300

**NDVS** Run by North Devon Voluntary Services - Wellbeing Connector (in partnership with Barnstaple PCN)

Funded by Contain Outbreak Management Fund by Devon County Council

**Devon County Council**

**All welcome**



## MEN'S CHILL & CHAT

A group for men

Friendly, supportive drop in, signposting, have a chat, meet people, optional creative activities & a FREE tea or coffee

**DATES**

Would you like to meet new friends?

Tues 7th June  
Tues 14th June  
Tues 21st June  
Tues 12th July  
Tues 19th July  
Tues 26th July  
Tues 2nd Aug  
Tues 9th Aug  
Tues 16th Aug

**TIME**

2-4pm

**LOCATION**

Shambles  
(High Street entrance of Market)  
Barnstaple Market  
Butchers Row,  
Barnstaple  
EX31 1SY

Do you need support?

For more info: email [andrea@community.connector.org.uk](mailto:andrea@community.connector.org.uk) or phone 01271 866300

**NDVS**

**Devon County Council**

**All welcome**



look good **feel better**

FACING CANCER WITH CONFIDENCE

LGFB dates : **Tuesday 14th June**

**Tuesday 12th July**

**Tuesday 13th September**

LGFB held in the Fern Centre

**Group Room 6pm -8pm**

If you haven't been before..... give it a try  
..... it will give you a lift and it's fun!

**Book online or via Fern Centre 01271 311855**

Sadly, we said goodbye to Sam Scott, our Friday Welfare Benefits Caseworker advisor as he has moved to another job within Macmillan, we wish him all the best for the future.....and we welcome his replacement Cara Humm....

#### **A few words from Cara:**

*"I have been working as a Generalist Adviser for Citizens Advice for the past 18 months and have recently been employed as a Macmillan Welfare Benefits Advice Caseworker, taking over from Sam Scott.*



*I will be attending the Fern Centre alternate Fridays and I am really looking forward to working out of the Fern Centre.*

There has been a an increased number of financial referrals over the past month which means that there is wait time for the financial services team, but they will advise you of this at the time of contact with them.

If you have a quick query for the finance team you are welcome to **pop in to the Fern Centre** on Tuesdays 9am-12pm or Fridays 1-4pm and speak to June or Cara. If your query is **more complex** then an **appointment will be made** for you to return to the Centre **at a later date**.

**You can contact** the local **Macmillan Welfare Benefits Caseworker** team directly to arrange an appointment using the information below:

**0845 894 9567**

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

**Email: [macmillan@ruraldevoncab.co.org](mailto:macmillan@ruraldevoncab.co.org)**

New address for Citizens Advice:

Citizens Advice/Macmillan, Bideford Medical Centre, Abbotsham Road, Bideford EX39 3AF

## **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. 8 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**

## **New! Laryngectomee meeting 'The whole story..'**

**Monday 13 June**

**11.00 -12.30**

**The Fern Centre Group Room**

**For people living with a laryngectomy in North Devon, to meet in person and chat about all things laryngectomy and all things not! An opportunity to connect with others; share tips, ideas, and your experiences of getting on with your lives.**



**MACMILLAN**  
CANCER SUPPORT

are proud to present

# Bude and Stratton Cancer Café

Starting  
June 13th  
2022

1.30 - 4.30pm

Every 2nd Monday of the  
month

at Neetside Community

Centre

EX23 8LB

E: [budestratton.csgroup@gmail.com](mailto:budestratton.csgroup@gmail.com)

We offer a mutually supportive group for anyone  
affected by cancer.

We provide a safe space for people to talk, if they wish  
to, with others in similar situations and a place to get  
information.

In affiliation with



**COAST&COUNTRY**  
PRIMARY CARE NETWORK



## Making your home safer from the risk of fire



Devon and Somerset Fire and Rescue Service offers a free home safety visit service to help make everyone safer from the risk of fire.

### **The visit is completely free of charge**

A home fire safety visit takes around 45 minutes. A specialist home fire safety adviser from Devon and Somerset Fire and Rescue Service will come into your home and identify and reduce any fire risks specific to you, your lifestyle, and your property. They will advise on escape routes and what to do in the event of a fire, as well as providing (free) fire safety equipment where needed.

### **Would you, or someone you know benefit from a home fire safety visit?**

Find out more and book: Call: **0800 05 02 999** You can also refer online at [dsfire.gov.uk/homesafety](https://dsfire.gov.uk/homesafety)

### **Free fire safety equipment**

A working smoke alarm is a vital start when it comes to alerting yourself and your loved ones to fire. During the home fire safety visit, the fire safety adviser will check and replace alarms.

For people with additional needs or disabilities, the fire service can provide more specialist kit, such as hard of hearing smoke alarms that come with a strobe light and vibrating pad. They can also supply other necessary fire safety equipment free of charge.

### **Understanding the fire risks of emollient creams**

Many common moisturising products pose a fire risk. Products such as creams, ointments, sprays, body wash and moisturisers are used by millions of people every day to manage dry skin conditions such as eczema and psoriasis. These products are sometimes called emollients.

Studies show that both paraffin-based and non-paraffin-based creams are highly flammable when dried onto fabric. There have been 56 fire deaths involving emollient creams in England since 2010.

### **Reduce the fire risk of emollient skin creams**

When using emollient creams on yourself, your child or someone you care for, it is important to think about your increased fire risk through flammable clothing and bedsheets.

Wash clothing belonging to the person who uses emollients separately to other people's clothing. Clothing worn by someone who uses emollients will be contaminated and washing it with other clothes will contaminate those too.

- ◆ Anyone with emollient creams on them should not sit too close to open fires or heaters, or candles.
- ◆ Avoid cooking whilst wearing contaminated clothing as being too close to a hob or grill will increase the fire risk.
- ◆ Avoid naked flames such as candles, smoking materials (cigarettes, lighters etc) and heaters.

If you need any further information, please contact Sallie McKay Roper  
Local Partnership and Community Engagement Lead

01237 876232 or 07787 266926 or email [smckayroper@dsfire.gov.uk](mailto:smckayroper@dsfire.gov.uk)

**Ensure you have working smoke alarms on each level of your home and they are tested at least once a month**



6-12 June 2022



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Visit <https://www.carersweek.org/> for more information about Carers Week.

This year we'd like you to join us in raising awareness of unpaid carers across the county; identify new unpaid carers and help us to ensure all carers receive the information and support they need.

**All events are free to carers and are being held all over Devon, as well as various sessions via Zoom**

#### Carers Week

Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> June 2022



When	Time	Event	Location
<b>Monday 6<sup>th</sup> June</b>	10.30am to 12.30pm	<b>Craft session:</b> Come and do your knitting, sewing, crocheting, mending, beading, macramé, decoupage etc whilst enjoying socialising with other carers over a cuppa or two	China Blue Café, Station Road, Totnes, TQ9 5JR
	2pm to 3pm	<b>Beware of Financial Scams:</b> join Alison from NatWest Bank who will be giving valuable advice on identifying and avoiding financial scams	Via Zoom
	2pm to 4pm	<b>Craft session:</b> Come and do your knitting, sewing, crocheting, mending, beading, macramé, decoupage etc whilst enjoying socialising with other carers over a cuppa or two	Tiverton Library, Phoenix Lane, Tiverton, EX16 6SA
	3pm to 4pm	<b>Tai Chi:</b> Qigong Shibashi – a gentle and easy set to follow, which is renowned for its ability to positively influence mental, physical and emotional wellbeing	Via Zoom
<b>Tuesday 7<sup>th</sup> June</b>	10.30am to 12.30pm	<b>The wonder of wildlife and wellbeing:</b> Explore the world of pollinators and how greenspace is so therapeutic for our health and wellbeing	Meeth Quarry Nature Reserve, Hatherleigh
	11am to 12pm	<b>The Collection of Kings &amp; Queens:</b> An Introduction to The Royal Collection.	Join these sessions with the following Zoom details: <a href="https://us06web.zoom.us/j/9044769010?pwd=ZmwwdVZkdjFMVnNjWlMvbXZOUpsdz09">https://us06web.zoom.us/j/9044769010?pwd=ZmwwdVZkdjFMVnNjWlMvbXZOUpsdz09</a> Meeting ID: 904 476 9010 Passcode: 624813 Tel: 0208 080 6591
	2.30pm to 3pm	<b>Successful Contingency Planning:</b> Explore our free plan and how to make it work for you	Via Zoom
	2pm to 2.45pm	<b>Chair Yoga:</b> A gentle armchair yoga session from the comfort of your own home, helping you to take some time for you and to help you to relax	Via Zoom
	2pm to 4pm	<b>National Trust Visit and Refreshments:</b> Enjoy the surroundings of some National Trust premises followed by a chat with other carers over tea and cake	Knightshayes, Bolham, Tiverton, EX16 7RQ
	2.30pm to 3.30pm	<b>Keeping Your Home Safe (Devon &amp; Somerset Fire &amp; Rescue Service):</b> Team members from Devon & Somerset Fire & Rescue Service will provide you with information to help keep you, and the person you care for, safe at home	Via Zoom
	4pm to 7.30pm	<b>Cheese Tasting:</b> Do you know a Cheddar from a Double Devonshire? Sample some cheeses and broaden your tastebuds	Via Zoom **
	7.30pm to 9pm	<b>Games night:</b> Light hearted and non-competitive games and laughter, with other carers	Via Zoom
<b>Saturday 11<sup>th</sup> June</b>	11am to 12pm	<b>First Aid workshop:</b> Learn first aid to help you in your every day caring role, to give you the confidence to act in a practical and safe way, in the event of an emergency	The Fern Centre, North Devon District Hospital, Raleigh Heights, Barnstaple, EX31 4JB
	2.30pm to 4.30pm	<b>Forest therapy walk:</b> Immerse yourself in nature for Mindfulness with a Forest Therapy Walk	North Woods, Dartington, totnes, TQ9 6NS
	2pm to 4pm	<b>National Trust Visit and Refreshments:</b> Enjoy the surroundings of some National Trust premises followed by a chat with other carers over tea and cake	Arlington Court, Barnstaple, EX31 4LP
<b>Sunday 12<sup>th</sup> June</b>	11am to 11.45am	<b>Tai Chi:</b> Qigong Shibashi – a gentle and easy set to follow, which is renowned for its ability to positively influence mental, physical and emotional wellbeing	Via Zoom





6-12 June 2022



<b>All week!</b>	<p><b>A mile with a smile:</b> walk, roll or stroll a mile to collectively achieve the total of 350 miles, which represents the perimeter of Devon. Send us your photo with your smile!</p> <p><b>Free entry for carers to Powderham Castle,</b> Powderham Castle, Kanton, Exeter, Devon, EX6 8JQ</p>	Send your photos to <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a> – by sending us your photos you consent to the images being used on our website.
<p>To book on any of these events (other than those marked with an * or with Zoom details given) please email <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a> with your name, date of birth, event(s) and date(s) you would like to attend.</p> <p>By booking a place for one of the online activities you consent to us sharing your name and email address with the activity facilitator, who will contact you directly with the Zoom access code.</p> <p>*Please contact Caring for Carers on 01752 201890 by 3pm on Monday 6<sup>th</sup> June to book a place</p> <p>**Please contact Caring for Carers on 01752 201890 by 4pm on Friday 27<sup>th</sup> May to book a place</p>		



## Arts for Health

### Spaces available

- Friday 10th June 2pm –4pm**  
Watercolors— using texture and special effects
- Friday 24th June 2pm-4pm**  
Continuous line drawing

### Acrylic Workshops

8th July & 15th July

With enthusiastic amateur painter Malcolm Clarke

**Fridays 2.00pm -4.00pm**

You will need to sign up for both dates for acrylic w/shop—please bring GSOH and any paintings you may want to share—no experience necessary



To book a place please contact us on 01271 311855 or email [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)

# Do you enjoy a sing a-long?



The VOICE Community Choir  
are looking for singers.

Men and women of all ages are welcome to come and sing with their fun-loving community choir.

From contemporary like Cold Play to harmonious African songs, uplifting Gospel to earthy Celtic.

If you love singing, come to  
**Barnstaple Rugby Club**  
**Wednesday evenings 7.15pm.**

[www.thevoicechoir.com](http://www.thevoicechoir.com)

## "Sound It Out"

Dates for April – June  
Christ Church, Bear St, Barnstaple  
(2<sup>nd</sup> & 4<sup>th</sup> Mondays 10am – 12 noon)  
11<sup>th</sup> & 25<sup>th</sup> April  
9<sup>th</sup> & 23<sup>rd</sup> May  
13<sup>th</sup> & 27<sup>th</sup> June

## Sing-a-Long-a-Library at Barnstaple Library

**FREE!**



Date: Next dates - June 14th - July 12th

Time: 14:00 - 15:30

Description: For anyone who wants to sing for fun, we're not a choir so don't worry about being a good singer, just come along for a good sing song and a cuppa. Second Tuesday of the month.

Audience: Adult

Cost: Free

Theme:



Each session starts with a gentle warm up for the body, breath and voice. You'll learn to control your breath, extend your vocal range and develop your singing technique. You'll learn short songs as well as exciting harmonic arrangements which we develop week on week. You'll learn songs by ear but lyric sheets and musical scores are available. We have a short break during the session where you can have a cup of tea and chat with fellow members. Choir members are invited to perform with the group at their earliest opportunity, but there is never any obligation to take part in public events.

Website: [wrenmusic.co.uk](http://wrenmusic.co.uk) E: [info@wrenmusic.co.uk](mailto:info@wrenmusic.co.uk) T: 01837 53754

Location: Quince Honey Farm, Aller Cross, South Molton, EX36 3RD

Time: Thursdays, 7.00-9.00pm.

Dates for June: 16<sup>th</sup> June, 23 June 30 June

Music Leader: Rebecka Lyons

Fee: Pay by the ½ or Full Term (5 or 10 weeks)

# 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**

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



# Testimonials

 Posted by **taltos5** (as the patient), 5 days ago

I attended the Fern Centre for a session of reflexology with the fabulous Lynn who put me at ease straight away with her friendly and professional approach. The reflexology was amazing, I felt like I was floating afterwards, soooo relaxing. Highly recommend!!! ★★★★★

 Posted by **hadaryf79** (as a staff member posting for a patient/service user), last wee

The energy exercise session was really interesting & very easy to put into daily practice. Karen was so knowledgeable & kind.

A refresher course in a few months time would be very useful.

LOVED IT!

 Posted by **SamR** (as a staff member posting for a patient/service user), 2 weeks ago

I find the Fern Centre a relaxing place to visit and gain information regarding my treatment, what to expect and what can be useful to know.

You always get a friendly welcome and receive a positive visit.

I have found the service to be very useful and no question asked is a silly question.

I have had a range of information which i have found helpful to me. The bra services, dietary booklets and the therapies.

I feel this is the place to go to help me through this journey I'm on.



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