

July 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!

NEW

What's On...

Face to Face Coffee Mornings!

Face to face coffee mornings will be starting in the Fern Centre from July!

Running on the second Thursday of the month 10 a.m-11.30 a.m.

Our first coffee morning will be on 14th July.

These are a great opportunity to meet new people for a friendly chat and a cuppa! Available for patients diagnosed with cancer, living with and beyond cancer, their relatives and carers.

As we are still maintaining 1 metre social distancing in our group room, our spaces are limited and **booking is essential!**

Please contact us if you would like to join us!



Face 2 Face
Coffee morning at
the Fern Centre

Join us the second
Thursday of each month
10.00 am - 11.30 am

Booking is required.

To book your space contact us on 01271 311855 or
email ndht.theferncentre@nhs.net

Contact us on **01271 311855** or email
ndht.theferncentre@nhs.net

Counselling Service

About our Counselling Service

The North Devon Cancer Care Counselling Service provides support for anyone who is living with and beyond cancer, their partners, children and close relations/ carers. The Counselling Service also works closely with the Oncology Paediatrics teams in North Devon to provide support to families with a child or young person who has been diagnosed with cancer.

The North Devon Cancer Care Counselling Service offers support via a range of 1-1 counselling and psychotherapy sessions which are held face to face, via telephone or video, family advice sessions, workshops and support groups.

This month brings with it some exciting news for the Cancer Care Counselling Service, who are based in the Fern Centre.

The Cancer Care Counselling service have teamed up with the fabulous local charity ChemoHero, who have kindly funded an additional counsellor for the North Devon Cancer Care Counselling Service.

We are over the moon to welcome Paul Butler to the team. Paul will be working three days a week Wednesday-Friday for the next 12 months.

By funding this much needed post, ChemoHero have enabled the Cancer Care Counselling Service to address their waiting list times and see clients much faster than they were able to before.

Thank you! ChemoHero



Paul Says: *I am delighted to have the opportunity to join the team at the Fern Centre in addition to having the opportunity to meet Rob and the rest of the ChemoHero team. I look forward to settling in and working more closely with clients*

Jess French, the lead of the North Devon Cancer Care Counselling Service had this to say:

*"I would like to take this opportunity to give my whole hearted thanks to the ChemoHero team for choosing to support our service in this way. I am beyond excited to welcome Paul Butler, our new ChemoHero funded counsellor, into our small team and into the wider Fern Centre Team. The extra hours this role brings to the service will enable us to offer an extra 48 counselling sessions a month. This will have a hugely positive impact on shortening our waiting list times. Making sure that clients get timely and relevant support when they need it most. It will also enable us to dedicate time to creating unique workshops for patients in the not too distant future as another way of offering quick and accessible support. ChemoHero we would not be in this position without you, **THANK YOU!**"*

Counselling Service

The Cancer Care Counselling Team were also invited to visit ChemoHero HQ where they were shown how ChemoHero's Boxes of Kindness are made possible! The team also helped pack a few boxes which will be delivered to the Seamoor Unit for patients starting their first chemotherapy treatment!



Pictured: Rob from ChemoHero, Linda Banting, Cancer Care Counsellor, Jess French, Lead Cancer Care Counsellor, Paul Butler, ChemoHero Cancer Care Counsellor



Pictured: Rob from ChemoHero and Jess French, Lead Cancer Care Counsellor

ChemoHero, have also been exceptionally generous in providing the Counselling Service with some fantastic interactive Fruitfly boxes which are all about helping children of various ages to understand cancer and serious illness by means of creativity and play.

If you would like to know more about these boxes or can afford to buy one for your child please get in touch with Jess the Lead of the Counselling Service and she will be happy to help.


ChemoHero
Kindness in a box

Mental Health Support in the Community

As well as our Cancer Care Counselling service, there is also lots of support available to you in the community. **Please note you will not be able to access our counselling service at the same time as receiving another therapy.**

Talk Works, North Devon

TALKWORKS (previously the Depression and Anxiety Service (DAS)) is a psychological therapy service, provided by Devon Partnership NHS Trust, for people who are over 18 years of age and who are feeling stressed, anxious, low in mood or depressed, dealing with an overwhelming life event, feeling like you're stuck in a rut that you can't get out of, having sleepless nights or living with a long term health condition that leaves you struggling to cope.

You can self-refer to Talk Works via their website, telephone or your GP can refer direct to them for you.

There is approximately 4-6 weeks wait to access support from Talk Works. Once your referral is received you will be booked for an initial assessment where the Talk Works team will then discuss therapeutic options with you based around Cognitive Behavioural Therapy (CBT)

North Devon's Talk Works can be contacted via phone on **01271 335 041**

Address: 109 Boutport Street, Barnstaple, EX31 1TA

Or visit their website www.talkworks.dpt.nhs.uk

TALKWORKS
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

Clarity Counselling Service, North Devon

Clarity is a charity run organisation providing therapeutic counselling and group support. Clarity can support you if you are having difficulties functioning in your life due to unresolved issues, experiencing emotional issues that affect your life, finding it difficult to cope due to feelings depressed, anxious and sad.

Clarity offers:

- Therapeutic support groups for a range of mental health and emotional issues
- 1-1 counselling

You can self-refer to Clarity who can be contacted on **01271 267 474**. Clarity is open Monday to Thursday with a confidential out of hours answerphone service.

Address: 104A Boutport Street, Barnstaple, EX31 1SY

You can also contact them via email on contactus@claritynorthdevon.org.uk

Or visit their website www.claritynorthdevon.org.uk/



Private Counselling

There is a wide range of qualified private counsellors able to offer 1:1 therapy. These can be face to face, by telephone or via Zoom. The best place to find a private counsellor is via the Counselling Directory www.counselling-directory.org.uk

Prices for private counselling vary on the individual therapist but are in the region of £50 per session.

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!

Current waiting times for therapies are:

Reiki - 6-8 weeks

Reflexology - 5 months

Massage - 5 months

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.

Reiki—waiting list approximately 6-8 weeks

What is reiki?

Reiki is a simple, gentle, hands-on energy technique that is used for stress reduction and relaxation. During the treatment the client remains fully clothed and it can be carried out either laying on a massage couch or sat in a chair, so can be adapted to meet everyone's needs. The therapist will gently place their hands on or near the body and stay in that position for a few minutes before moving to another part. There is no massage or manipulation throughout.

Everyone's experience of the treatment is unique to them as we are all different and have different ailments and emotions. However, there are some common sensations that can occur; heat can be felt from the therapist's hands, people can sometimes see colours and often the client will experience a deep sense of relaxation, calmness and clarity. As a result, clients can leave feeling a great sense of peace and harmony.

Face to Face Yoga Classes

Our wonderful volunteer, Lorna is hosting weekly yoga classes in the Fern Centre. These classes run every Monday with a session at 1.30 p.m. and 2.45 p.m. These classes are available to patients diagnosed with cancer, living with and beyond cancer, their relatives and carers. The classes are suitable for beginners and can be adapted to suit all physical abilities. If you would like to attend our class a referral form will be required. Please contact the Fern Centre or your Clinical Nurse Specialist who can complete the referral for you. If you are undergoing active cancer treatment we will need to seek consent from your clinical team to confirm it is safe for you to attend the class.



Secondary Breast Cancer Support Group

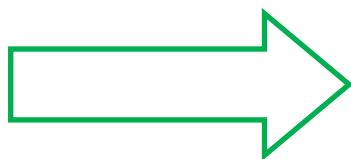
A new support group for patients with a secondary breast cancer diagnosis will be starting from July. Patients under the care of Jackie Cockwill Nurse Specialist will be eligible for this group.


This is a safe, informal and confidential space for coming together with others to share thoughts and feelings around living with secondary breast cancer. You are invited to receive support and support each other in an open forum over a cuppa and cake. There will be opportunities to find out about additional support and services available and make new links in your local area.

Due to space restrictions you will need to book your space on this group, please call the Fern Centre to make your booking on 01271311855.


If you have any questions or would like to know more please call either Jess French, Lead Cancer Care Psychotherapist on 01271334472 , email jess.french@nhs.net or Jackie Cockwill Secondary breast cancer CNS on 01271 322483

Take a look at what we got up to in May!







297 contacts to the Centre.



12 financial advice appointments




77 counselling sessions




1 Look Good Feel Better sessions

What happened in May?


Fern Centre




4 accommodation bookings




5 wig fitting appointments




50 complementary therapy appointments



8 yoga classes



2 Mindfulness Groups



23 new users of our centre

SECONDARY BREAST CANCER SUPPORT GROUP



Are you feeling like you
need support or want to
support others?

Join us for an open forum support group over
a cuppa and piece a of cake

This will be a safe, informal and
confidential space for coming together
with others to share thoughts and
feelings around living with secondary
breast, with opportunities to find out
about additional support and services
available and make new links in your
local area

LAST FRIDAY OF EVERY MONTH

10.30 AM - 12 PM

IN THE FERN CENTRE

BOOKING ESSENTIAL
DUE TO RESTRICTIONS



If you have any questions or would like to know more please call either Jess French
Lead Cancer Care Psychotherapist on 01271334472 , email jess.french@nhs.net or
Jackie Cockwill Secondary breast cancer CNS on 01271 322483

To book call the Fern Centre on 01271 311855

Changes to our Complementary Therapy Cancellation Policy

Due to the high level of late cancellations we have received for our complementary therapy services, we will be making some changes to our cancellation policy. We are now asking for a minimum of 48 hours' notice if you need to cancel your appointment with us. If an appointment is cancelled in less than 48 hours this will result in a missed appointment and will count towards one of your allotted therapy sessions.

If you know you cannot make your future appointment we would very much appreciate as much notice as possible, this allows us the opportunity to offer your slot to another client, helping us reduce the number of lost sessions and work through our waiting list as quickly as we can.

Our complementary therapy services are extremely popular and are made possible thanks to the generosity of volunteers. Due to the popularity of the services and the limited availability of our volunteers, some of our therapies have approximately 6 months waiting list. We thank you for your cooperation in helping us provide the best possible service to our clients.

Wig Fitting Clinic Dates Available

The Fern Centre hosts a monthly wig fitting service. Available to anyone experiencing hair loss from cancer treatment or alopecia.

Wig appointments are completely free and there is no obligation to buy a wig at your appointment.

These clinics can help you to decide if a wig is the right choice for you as well as getting advice on styles of wigs from our expert fitters from Natural Image!

Appointments still available for all dates:

- 21st July
- 18th August



Bra Fitting Clinic Dates Available

The Fern Centre hosts a bespoke bra service for post surgery breast cancer ladies. These are a great opportunity to meet with an expert post-surgery/mastectomy fitter from Nicola Jane to find the perfect fit for you! please contact us if you would like to book an appointment!

Appointments still available for all dates:

- 14th July
- 1st September
- 3rd November



NICOLA JANE
Restoring confidence and femininity after breast cancer

Physical Activity and Cancer, Anita Griggs, June 2022 —Vista Wellbeing!

Cancer survivorship has doubled in the last 40 years and the good news is that it is estimated that over 50% of people diagnosed with cancer will survive cancer for ten years or more. The problem is that for many cancer survivors, the side effects of treatment can be debilitating and include, but are not limited to fatigue, osteoporosis, lymphoedema, neuropathies, metabolic syndrome, muscle and cardiorespiratory weakness.

One way to manage these side effects is to stay active and there is convincing evidence that being active at all stages of the cancer journey is beneficial (pre-surgery, during cancer treatments, in the survivorship phase, with advanced cancer and during palliative care). Evidence suggests that higher levels of physical activity are associated with increased survival rates amongst, breast, prostate and colon cancer patients and more recently, studies have suggested that being active may directly improve the effectiveness of chemotherapy treatments.

Exercise guidelines for cancer patients are to remain as active as you can at all stages of your journey, and to return to pre-treatment activity levels as soon as possible and build up to a minimum of 150 minutes of moderate exercise each week.

For people undergoing chemotherapy or radiotherapy, or those who have chronic or late-occurring side effects of treatment, is important that they understand what exercises should be avoided or adapted. For example, a prostate cancer patient who is undergoing hormone treatment will need to incorporate specific weight bearing exercises to reduce the risk of bone thinning. A person with colon cancer and a colostomy bag, is likely to need help to build their core stability and gain confidence and if a woman has developed lymphoedema following breast cancer treatment, there will be specific strength exercises that need to be excluded.

Many patients struggle with a reduction in their ability to balance following treatments, either due to problems with changing sensations in their feet or loss of muscle mass and will benefit from specific exercises to reduce the risk of falling. Managing fatigue, is also important for quality of life, and although it may seem contradictory, there is strong evidence that engaging in appropriate activity will lead to reduced tiredness over time.

Patients who wish to be supported by a qualified Cancer Rehabilitation Exercise Specialist, can contact Anita Griggs at Vista Wellbeing on 07979475579, anita@vistawellbeing.org.uk. Anita has almost ten years' experience in this field and is a chartered member of CIMSPA. She will talk with you about your personal goals and challenges, take a health history and complete a wellbeing profile which will help you to take control of your own wellbeing. Exercise prescribed is tailored to your unique body and mind and are fully supervised during sessions that you attend. Vista Wellbeing has a wide range of activity options, which include wellbeing walks, Nordic walking, balance and circuit-based classes. The full timetable can be viewed at www.vistawellbeing.org.uk. There is a small charge for this service, but patients in financial need can apply to the Vista Wellbeing Community Fund by email to info@vistawellbeing.org.uk for help with costs. Of course, if you are in any doubt as to whether increasing your activity levels is the right thing for you, it is a good idea to speak to your specialist nurse or consultant first.



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 advisor June Travers-Wakeford 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 Macmillan 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.org.uk

Bideford Medical Centre, Abbotsham

Our Gutless Guru



Pictured - **Paul Rossiter**

For further info please email —
paulrossiter@beezeebodies.co.uk

The GUTLESS Programme— introducing Paul Rossiter

I'm the Men's Health Lead at BeeZee Bodies and have over 15 years experience working on projects that aim to increase understanding of how to reach, engage and support men to improve their health and wellbeing, focussing on weight loss, smoking cessation, stress management and getting more active.

What is Gutless?

A men's only weight loss & behaviour change programme

Free access to our online course for men in Devon with a BMI of 25+

Weekly sessions led by expert nutritionists & behavioural scientists

Tips, tools & support to get healthier, leaner & fitter

Why Join Gutless

It's not a diet - you don't have to eat rabbit food for the rest of your life

You'll learn how to lose weight without giving up the things you love

Build healthy habits that will last forever

Banter and camaraderie

Lose the beer belly!

Sessions starting in September 2022

To see what its all about visit the website :

<https://beezeebodies.com/programs/gutless/>

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

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**

cancer charity
force

Registered Charity Number: 1141819

New dates! Emotional Freedom Technique and Energies workshops!

Our wonderful volunteer, Karen has kindly agreed to run another EFT and Energies workshop in the Centre in September!

- Wednesday 21st September EFT workshop 10 a.m.—12 noon
- Wednesday 28th September Energies workshop 10 a.m.—12 noon

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.

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.

Update sessions for EFT and Tapping Workshops

For those who have already attended one of our EFT or energy workshops, Karen will be hosting an update session in November!

- Wednesday 16th November—Energies 10 a.m.—12 noon
- Wednesday 23rd November—EFT 10 a.m.—12 noon

EFT (Tapping) Workshop (update course)

If you already know about tapping or have previously done the workshop with Karen but maybe you have forgotten how to use it then come along to this refresher session. Become familiar again with the tapping technique and explore in a bit more depth how to use it for managing pain and lowering stress and anxiety. A great opportunity to implement this highly effective technique to support your wellbeing.

Energy workshop (update course)

If you came along to an energy session and were amazed by what you discovered then this session has more wonderful exercises for you!

Learn specific energy ways to aid digestion, find out about neuro-vascular points to ease stress and strengthen your energy field. As usual interactive, hands-on and fun!



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. 8 people) due to social distancing measures so please contact us if you would like to book a space.

Email: ndht.theferncentre@nhs.net

Telephone: 012171 311855

Every Thursday Afternoon

2.00pm—4.00pm

Confidence Boosting Look Good, Feel Better Evening!

The Fern Centre hosts monthly Look Good, Feel Better workshops. Available to ladies undergoing cancer treatment. These confidence boosting workshops offer skincare and makeup advice from expert beauticians! It is also a great opportunity to meet new people and to have some well deserved "me time".

You will also be given a cosmetic goody bag worth £300 to take away with you.

Dates of our next LGFB workshops are:

- **12th July 6 p.m.—8 p.m.**
- **13th September 6 p.m.—8 p.m.**



WELLBEING CAFE

Barnstaple Alliance PRIMARY CARE

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

Do you need support?

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

For more info: email andrea@community.connector.org.uk or phone 01271 866300

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

Barnstaple Alliance PRIMARY CARE

A group for men

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

All welcome

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

For more info: email andrea@community.connector.org.uk or phone 01271 866300

Devon County Council



look good **feel better**
FACING CANCER WITH CONFIDENCE

Testimonials

Fern Centre accommodation

About: Royal Devon & Exeter Hospital (Wonford) / Paediatrics, Cancer Services / Living With & Beyond Cancer (Fern Centre)

Posted by ProudParent. *(as a parent/guardian)* at

Our daughter was transferred here from Exeter RD&E because it was felt her care here would be better, due to over-crowding and staffing constraints at RD&E (her care has been brilliant).

That meant me wife and I had to alternate visits because we have an elder daughter at home who requires our care.

We live 1.5 hours away and both work.

It simply could not have been possible to provide our daughter with parental support when she most needed it- early mornings, late afternoons, and before bedtime without this facility, allowing us to sleep over.

It has been an absolute god send. We would not have coped without it!

Thank you very much!!

Reflexology

About: Cancer Services / Living With & Beyond Cancer (Fern Centre)

Posted by Thatch. *(as a staff member posting for a patient/service user)* at

I hadn't tried reflexology before but I would highly recommend it.

It's so relaxing and it's time for me which is lovely.

EFT workshop

About: Cancer Services / Living With & Beyond Cancer (Fern Centre)

Posted by chelles *(as a staff member posting for a patient/service user)* at

Very interesting and helpful positive workshop.

Karen makes it all understandable, and was happy to go over things you don't understand.

It was a lovely workshop and came away positive knowing I had something to help in a lot of bad situations.

A refresher course would be great! :)



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!

Award for Keith Regan

The family of the late Keith Regan accepted The Voice Local Hero Legacy Award in June for his outstanding contributions to local people and charities. He took on amazing challenges whilst battling terminal cancer to raise money for our hospital charity Over and Above, North Devon Hospice and the 9/11 memorial fund for the victims and families in America. He also worked in three emergency services including the fire service and working as a paramedic at North Devon District Hospital, putting his life on the line to save others.



Pictured: Keith's daughter Chloe Ackland and his wife Janet Regan

Owen Pryor Nominated for Extraordinary Peoples Award

Volunteer and Fundraiser, Owen Pryor was nominated for an Extraordinary Peoples Award for his tireless work supporting the patients of North Devon Hospital and the Over and Above Charity. Owen was also an integral member of the project group which helped to make the Fern Centre a reality, working closely with staff members and patients to build a centre that the patients of North Devon needed. Out of 100 nominees, Owen was shortlisted as a finalist for this award. Although Owen did not win the award a lot of fun was had celebrating at the award ceremony with other members of the North Devon Cancer Services Team. We would like to take this opportunity again to thank Owen for his support of Over and Above and North Devon Hospital.



Pictured: Keith presenting cheque outside Over and Above Fern Centre build



Pictured: Owen Pryor with Acute Oncology Team at the Extraordinary Peoples Award Ceremony

Thank you!

Thank You Bideford Men's Skittles League!

This month, we were extremely grateful to receive a cheque for £300 as a donation to the North Devon Prostate Cancer Support Group from **Bideford Men's Skittles League**. Helen Gough (Support worker) and Chris Pedlar (a member of the group) attended their AGM in Bideford to accept the cheque from their President, Chris Bulled.

The league makes an annual donation to a local charity and were keen to support a prostate cancer organisation as a number of past and present members have received treatment for prostate cancer. We were delighted that they chose our support group. The money will be used to support men in North Devon diagnosed with prostate cancer and to continue to raise awareness.

Chris, who has done a lot of work to raise awareness of prostate cancer on behalf of Prostate Cancer UK, was invited to give a talk to the group. Chris spoke about his experiences of prostate cancer, the importance of getting symptoms checked out and PSA testing. This was very well received by the attendees.

If you have been diagnosed with prostate cancer and would like to know more about the North Devon Prostate Cancer Support Group, please contact Helen Gough on helen.gough5@nhs.net or tel. 01271 311877



Pictured: Helen Gough , Urology Cancer Support Worker and Chris Bulled, President of Bideford Men's Skittles League