

What's on offer...

Welcome to all our new visitors we have seen through our door recently and to any new ones we will get to meet soon.

Also, a big thank you to all the currently members using our services

The Fern Centre offers information and support to those affected by cancer as well as their families. We offer a friendly and welcoming environment providing comfort and care away from the clinical setting.

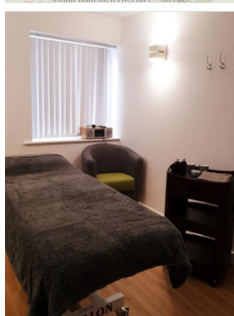
The Centre provides a drop-in facility where one of our cheerful volunteers or staff members will be happy to help you find the information or support you may need, or make you a great cuppa with a biscuit

The Fern Centre has information on various diagnoses and treatments as well as how to stay healthy and protect your wellbeing during your cancer care.

We also offer:

- Complementary therapies (reiki, reflexology & massage)
- Mindfulness Groups
- Art and Craft sessions
- Yoga sessions
- Counselling service
- Macmillan financial support drop ins
- Wig service
- Headwear to purchase including wigs
- Bra service
- Accommodation
- and more.....

If you would like to know more or would like to refer yourself, family member or carer to any of our services, please discuss this with your Clinical Nurse Specialist or contact the Fern Centre **01271 311855** or all us on or emailing ndht.theferncentre@nhs.net or





Northern Devon, have implement a new Electronic Patient Record system across our acute and community teams, this started on the 9 July 2022. Thank you! for all your patience to the teams within these settings.

MY CARE Northern Devon will connect people and information, so no matter where care is provided – in hospital, community clinics or at home – our clinical teams will have the information they need at their fingertips to provide you with the best care possible.

By supporting patients to be seen in the most suitable place and reducing unnecessary hospital visits or extended stays, the clinically-led transformation programme aims to improve the experience for patients, staff and carers.

Our new Electronic Patient Record will:

- Give patients more control of their own care.
- Store patient records in one place that can be updated immediately and accessed by staff in seconds.
- Removes paper records and duplicate forms.
- Help reduce hospital visits and extended stays.

Give patients easy and secure access to parts of

My Chart – The Patient Portal... coming soon!



Implementing Epic means that we will have a new Patient Portal – My Chart.

My Chart will give you easy and secure access to parts of your medical record (starting from the day you gain access) and more control of your health and wellbeing.

The portal can be accessed via a website (<https://www.mychart.com>) or mobile phone/tablet app.

My Chart will give patients greater control over their healthcare by providing them with online access to particular aspects of their health record, including;

- View upcoming appointments.
- View some test results.
- View NDHT prescribed medications.
- View allergies and medical history.
- View and complete relevant questionnaires, particularly before outpatient consultations.
- Update your medical information

For our members coming into the Centre for therapy appointments, we will be printing out a form with a unique code to register if you wanted to take part in downloading My Chart.

(This is an individual decision and not compulsory)



MINDFULNESS

What is mindfulness?

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings. The technique has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.

Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts be kinder towards yourself.

Many people find practising mindfulness helps them manage their day-to-day wellbeing.

"I have really enjoyed coming to this mindfulness session. Katia makes you feel very welcome & feel 'safe' to share with others in the group.

I would love to come on a monthly session if it became available."

feedback



Katia, will be joining us for more class for all to join, new, previous and past members are welcome to sign up.

NEW Dates

- Monday 19th September
- Monday 26th September
- Monday 3rd October
- Monday 10th October
- Monday 31st October
- Monday 7th November
- **Friday 18th November**
- Monday 21st November
- **Friday 2nd December**

ALL 11.00am-1.00pm

"I came here today feeling very low and alone. You have asked for a score I started at a ten. I did not think it would or could help me. How wrong I was, I am leaving here feeling much brighter in myself with a plan of how mindfulness can help me on my journey. I am leaving with a score of 4. Thank you for all your help. This is my second time coming to the Fern Centre. Thank you again!"

Arts & Crafts



Feeling Arty?

Want to try something new?

**Come and learn some new skills
whilst making some new friends**

No experience needed!

Our arts & crafts afternoons have proved very popular with the members that attended, so we have decided to add some extra dates for the up and coming months.

If you would like to book a place please get in contact on ndht.theferncentre@nhs.net or call 01271 311855. Numbers are still limited, but we do run a reserves list as well.

NEW DATES



- **Friday 23rd September**
Collage & Montage Landscapes 2pm - 4pm
- **Friday 30th September**
Acrylic Painting 2pm — 4pm
- **Friday 7th October**
Printmaking 2pm— 4.30 pm
- **Friday 14th October**
Flower Painting 2pm-4pm
- **Friday 11th November & 25th November**
Stained Glass Christmas Angels 2pm - 4.30pm
(must be available to attend both sessions)
- **Friday 18th November**
Handprinted Christmas Cards 2pm — 4pm



Acrylics with Malcolm

Malcolm's previous Acrylic class in July were so successful he has kindly offered to come back and run more sessions.

Tuesday 23rd August 2pm-4pm

Tuesday 30th August 2pm-4pm

**To take part you must commit to
both sessions**



Examples of what Penny Brohn UK offer online, to find out more info on booking go to:

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

Penny Brohn UK is a National charity providing free care and support to anyone affected by cancer, before, during and after treatment.

They know that cancer affects so much more than your body which is why they promote a whole person approach to cancer care and support. This approach aims to help you be more emotionally and physically resilient, for better quality of life and to help improve outcomes.


Based on over 40 years of working alongside people with cancer, they understand that being diagnosed with cancer can feel overwhelming. Their evidence-based approach will help you feel more informed, empowered, and in control.

Penny Brohn UK, offer care, support and understanding. A range of ways to learn how to make simple lifestyle changes. Find out about, and experience, complementary therapies that are safe for you. And, tips and tools to support your emotional and physical health and wellbeing throughout your cancer journey so that you feel more like yourself again. All of their services aim to complement, but not replace standard medical treatment, and are available free to anyone affected by cancer in the UK.



TUE 02 AUGUST 2022
10:00 AM - 11:00 AM

INTRODUCTION TO PENNY BROHN UK




TUE 02 AUGUST 2022
3:00 PM - 4:15 PM

EATING WELL WITH CANCER



TUE 02 AUGUST 2022
5:00 PM - 5:45 PM

TUESDAY RELAXATION ROOM



WED 03 AUGUST 2022
10:00 AM - 10:45 AM

EXPLORING MINDFULNESS




WED 03 AUGUST 2022
10:30 AM - 11:15 AM

BUILD BACK TO STRENGTH



WED 03 AUGUST 2022
11:30 AM - 12:30 PM

STRENGTH AND STAMINA



WED 03 AUGUST 2022
5:00 PM - 5:45 PM

FLEXIBILITY AND BALANCE




THU 04 AUGUST 2022
9:45 AM - 1:00 PM

TREATMENT SUPPORT PROGRAMME



THU 04 AUGUST 2022
10:00 AM - 11:00 AM

QI GONG



THU 04 AUGUST 2022
10:30 AM - 12:00 PM

THERAPEUTIC ART GROUP


Penny Brohn UK, also have a wide range of delicious recipes that could help with those days you do not feel like eating the same old food you have always eaten. <https://www.pennybrohn.org.uk/recipes/>



Beetroot and Coconut Soup



Fabulous Fish and Chips



Chocolate and Avocado Brownies



Immune boosting Chicken Soup

Sex, Cancer and the Menopause

Liz O'Riordan, an international speaker, broadcaster and award-winning co-author will be hosting a FREE online talk about the many issues that affect those with cancer around this area.

Thursday 18 August at 2pm - Online (via zoom)

To listen to this talk register free at:

<https://www.eventbrite.co.uk/e/sex-cancer-and-the-menopause-tickets-299410794747?aff=ebdssbonlinesearch>

To find out more about Liz and her journey go to Youtube link below:

https://www.youtube.com/channel/UC_t0jGeR8M4vCPSb68itjRQ



**Thursday 22 September 2022
12:30 – 13:30 BST**

<https://www.eventbrite.co.uk/e/supporting-carers-of-newly-diagnosed-patients-tickets-362909290457>

Supporting Carers of Newly Diagnosed Patients

Carers of newly diagnosed patients can come together for an online session and ask questions to hopefully reduce any initial anxiety.

What to expect

- Becoming a Carer; What does a carer do?
- Cancer professionals: who are they and how they can help you.
- What to expect from the first appointment, and future appointments with the clinical team
- Understanding the impact of Radiotherapy, Chemotherapy and other forms of cancer treatment.
- Complementary Therapies for carers
- Survivorship and long term caring

Eventbrite has more on offer....

- Supporting people across the cancer pathway
- Virtual breast cancer support group
- Eat This, Not That

To see a full list of events please go to www.eventbrite.co.uk

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

Secondary Breast Cancer Support Group

Want to join us for a support group for patients with a secondary breast cancer diagnosis. Patients under the care of Jackie Cockwill, Clinical Nurse Specialist will be eligible for this group.

We offer 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.

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

Due to space restrictions you will need to book your space

please call the Fern Centre to make your booking on 01271311855 or email ndht.theferncentre@nhs.net.

Emotional Freedom Technique



Learn new ways to cope with the worries and stresses of life with EFT (tapping)

The Fern Centre are offering a 2 hour interactive workshop for people diagnosed with or living with and beyond cancer

Wednesday 21st September
10 a.m. – 12 noon

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 those who have already attended a EFT workshops, there will be an update session!

Wednesday 23rd November
10 a.m. – 12 noon

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



“I was delighted to be invited to an alternative therapy session. It gave me something to look forward to which was not directly related to my treatment.”

“Something positive & uplifting to fit into my day.

“Just being here has focused and uplifted me.”

“Definitely something I will be investing my time and energy in”

“Keen to use the techniques in my daily life.”

“I found this very helpful just from the brief time we were here.

I felt generally calmer walking out than when I arrived.

I will be putting tapping into my everyday life”

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

Wednesday 28th September
10 a.m. - 12 p.m

For those who have already attended one of Karen's energy workshops, Karen will be hosting an update session on November 16th
10 a.m-12 p.m

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

Limited numbers due to Covid restrictions, early booking advised



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 Laurence ? 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

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

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:

- 18th August
- 15th September



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:

- 1st September
- 3rd November

NICOLA JANE
Restoring confidence and femininity after breast cancer

The benefits of exercise....

Exercise is good for everyone....

- Improves physical well-being
- Improves mental well-being
- Improves sleep
- Improves Fitness

... but also has lots of specific benefits for those living with and beyond cancer:

- Builds physical resilience
- Reduces the chance of surgical complication
- Reduces the impact of the side effects of treatment
- Supports recovery
- Reduces the chances of recurrence

www.activeagainstcancer.org.uk

Face to Face Yoga Classes every Monday 1.30pm & 2.45pm

Our wonderful volunteer, Lorna hosts weekly yoga classes in the Fern Centre.

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 with some health questions to be answered.

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.



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 511855 or
email ndht.theferncentre@nhs.net

Over and above
Fern Centre

Thank!
You!

To all that attended the first face 2 face coffee morning last month, it was very successful.

The diary is open if you want to put your name down for August 11th, to come and have a cuppa, biscuits and a chat.

Get in contact if you would like to add your name. Friends, family and carers welcome too!

WELLBEING CAFE

Barnstaple Alliance PRIMARY CARE

A group for ALL

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

Do you need support?

Would you like to meet new friends?

DATES

Weds 20th July
Weds 27th July
Weds 3rd Aug
Weds 10th Aug
Weds 17th Aug
Weds 24th Aug
Weds 21st Sept
Weds 28th Sept
Weds 5th Oct
Weds 12th Oct

TIME
10-12pm

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

For more info: email
andrea.community.connector@ndvs.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



Who are Barnstaple Alliance and what do they

The Barnstaple Alliance Primary Care Network (PCN) formed on 1st July 2019 and is a voluntary association of the four General Practitioner surgeries: Brannam, Fremington, Litchdon and Queens. Between us we provide care to 52,000 patients in the Barnstaple area.

What are Primary Care Networks?

Primary Care Networks form a key building block of the NHS long-term plan. Bringing general practices together to work at scale has been a policy priority for some years for a range of reasons including; to provide a wider range of services to patients and to more easily integrate with the wider health and care system, voluntary sector and other organisations, improving the ability of practices to recruit and retain staff and to manage financial and estates pressures.

For more information on Primary Care Networks and why they were formed, visit

www.england.nhs.uk/gp/gp/v/redesign/primary-care-networks/

Whilst retaining our independent surgeries, we are working together on collaborative projects to improve and develop the healthcare services we offer to patients.

The Barnstaple Alliance will:

- Put the needs of patients at the heart of its activities
- Show clinical leadership in the local health community
- Build effective relationships within the local health community
- Promote equality and fairness for patient

<http://www.barnstaplealliance.co.uk/>

Testimonials



look good **feel better**

FACING CANCER WITH CONFIDENCE

"I'd like to say a massive thank you for putting on such a great event.

It's the first time I've really laughed since my diagnosis and it really was helpful on so many levels, from boosting my confidence to the reassurance and support I received from everyone involved."

I've woken today with a spring in my step and the boost I needed.



The Fern Centre is very welcoming and the staff are very friendly and helpful and would recommend it to

REFLEXOLOGY

Attended reflexology - first session was enlightening and helped with on going pain which went after session.

Helped with anxiety and relaxation.

ACCOMMODATION

Thank you for your incredible supportive service.

We needed support and had no idea this was available.

Miraculously clean & comfortable, was wonderful.

Thank you!

I found this amazing.

Something positive & uplifting to fit into my day.

Just being here has focused and uplifted me.

Definitely something I will be investing my time and energy in.

Keen to use the techniques in my daily life.



How was your care?

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)

Care Opinion

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