



What's on...

Look what happened to us!

On Tuesday 16th August at 1pm as a result of the torrential downpour in Barnstaple our lovely Centre got flooded!

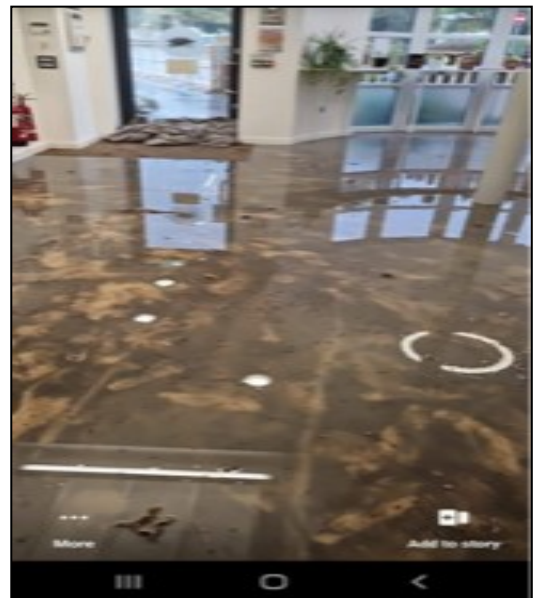
Blocked or overflowing drains, the volume of rain water coming down the hill coupled with an automatic door with a sensor that opened with every splash of water were the contributing factors.

Luckily a few of the team were in the building to start the clean up once they managed to secure the front door!

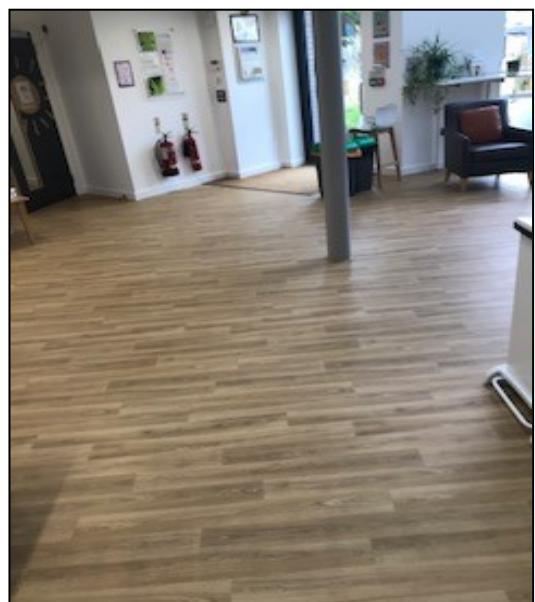
Shoes off, towels down and armed with a mop and broom to sweep all the water out of the french doors to the garden.

We would like to say a **'MASSIVE THANK YOU!'** to the Sodexo team who came to assist with their scrubber dryer machines and our lovely Adele, who came back to work in the middle of a ladies lunch date to help us out.

Without the help of them, the Centre might have been out of action for longer than just **ONE day!**



The Fern Centre at 1pm



The Fern Centre at 5pm

What is EFT?

Emotional Freedom Technique


Emotional freedom technique (EFT), is an alternative therapy for anxiety, post-traumatic stress disorder (PTSD), and some other conditions.

According to the developer of EFT, Gary Craig, tapping on different parts of the body helps balance energy and reduce physical and emotional pain.

EFT is Suitable for anyone who recognises and want to have other ways of coping with stress and manage times of heightened anxiety. EFT also helps anyone who wants to reduce negative chatter in their minds and increase self-esteem and mood levels.

Karen, will be offering a first time session on the 21st September 10am-12pm and a follow up to the first session on the 23rd November 10-12pm. For anyone that has attended a previous session

To book contact us to confirm you session



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](tel:01271311855) OR NDHT.THEFERNCENTRE@NHS.NET

Limited numbers due to Covid restrictions, early booking advised



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](tel:01271311855) or ndht.theferncentre@nhs.net
Space are limited due to Covid restrictions



Boosting your energies

Feeling tired & fatigue?

Want to boost you energy levels?

Join Karen, in helping to improve and learning different techniques to reset your daily energy levels.

Karen says,

“Managing and sustaining our health is crucial when we are dealing with illness or challenges in life. Through many different ways our energy levels can become depleted so how do we restore them?

This fun and informal workshop will show you different ways that will reset your energy for the day. The techniques shown will help rebalance your body and mind and enhance your resilience to stress”.

To book contact us to confirm you session

Both 2 hour interactive workshop are available for people diagnosed with or living with and beyond cancer

What's happening...



Mindfulness with Katia

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.

- 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

Arts & Crafts Workshop



Want to try something new?

Come and join the lovely Harry or Collette for some fun and crafty sessions, whether you're a beginner, a pro' or just want to have some fun and meet some new people!

BOOKING NOW!

- **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 ****FULL****
- **Friday 18th November**
Handprinted Christmas Cards 2pm-4pm

Are you a carer? Or know someone caring for someone? Then support is on offer!

You may not see yourself as a carer, you may just think you are just helping out. Recognising you are a carer can be an important step in getting the support you need.

CARER 'You are a carer if you give any unpaid help and support to someone with cancer who could not manage without your help. This includes a partner, family member, friend or neighbour.'

Being a carer for someone can mean:

- giving emotional support
- helping with everyday tasks
- driving them to appointments
- talking to other people on their behalf, such as health and social care professionals

Caring for someone can be extremely demanding physically and emotionally tiring.

In the long run it will help you both if you look after yourself as it may affect your own health and your ability to care.

Tips for looking after yourself:

- Eat well – try to eat healthily and have regular meals.
- Be active – this could be a short walk or more structured exercise, it is good for both your physical and emotional wellbeing.
- Get enough sleep – this can be difficult if you are worrying, talk to your doctor about it if it is a problem.
- Talk to other friends or family about how you're feeling, sharing your feelings can help you in the same way it can help the person with cancer.

Take breaks – when you're caring for someone especially someone you love it is extremely tiring, you will be able to cope better after a few breaks.



Carers Assessment

- work out whether you have needs which are eligible for specific social care support
- give reassurance to you and the person you care for

After the Carers Assessment, some people find that it helps them to prioritise their own needs and look after themselves better.

To ask for an assessment telephone Devon Carers on 03456 434 435

For further information for carers please go to the Devon County Council website

Devon Carers Alert Card

Have you ever worried what might happen if you suddenly became ill or had an accident whilst you were out?

How would you let people know that someone is dependent on you for care? The **Devon Carers Alert Card** gives you the peace of mind that steps are taken to ensure the safety of the person you care for.



Digital Resource for Carers



CarersUK, brings together a number of specially designed digital products and online resources, to provide comprehensive information and support for carers.

Carersuk, believe that technology has a vital role to play in supporting carers and digital solutions can prove both cost effective and highly beneficial.

What is the Digital Resource for Carers?

The core elements of the Digital Resource are:

- **About Me: building resilience for carers:** an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care.
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.
- **Looking after someone: Carers Rights Guide:** which helps carers understand their rights as a carer and where to go for financial or practical help.
- **Being Heard - a self-advocacy guide for carers:** which helps carers develop the skills to self-advocate.
- **Technology and care:** Information on how technology can support caring, what solutions are available and how to access relevant products and services.

For more information on the Digital Resources CarerUK offer, go to:

<https://www.carersuk.org/help-and-advice/107-products-and-technology/5219-digital-resource-for-carers>



**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

Bra Fitting Clinic Dates

Wig Fitting Clinic Dates Available

Appointments still available for all dates:

- 15th September
- 20th October
- 17th November

Appointments still available for all dates:

- 6th October
- 3rd November

Book on line or through the Fern Centre

Go to : <https://www.nicolajane.com/fitting-services/>

Scroll down to :

Our Clinics In South-West (Bristol, Barnstaple, Exeter, Swindon, Taunton, Yeovil And Cheltenham)

Click on the 'FIND OUT MORE' and follow instructions

**Just been diagnosed?
Have questions to ask?**

**Come to our
'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



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 than an appointment will be made for you to return to the Centre at a later date.

Our advisors June Travers-Wakeford and Laurence Atkinson, 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



Relaunch of the My Sunrise App

September 16th

Free to download from

Google Play or the App Store



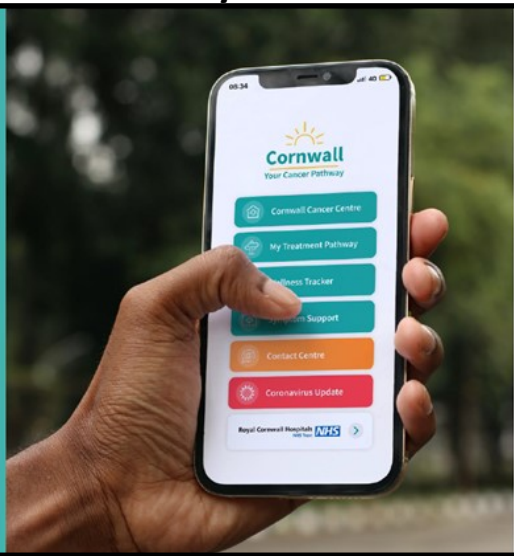
What is the My Sunrise Cancer Companion?

THE SOLUTION

A Digital 'Cancer Companion'

The MySunrise App is an award winning free information resource and sharing platform designed to support patients through their treatment pathway at NHS Hospitals.

- Free for Patients and their families
- Extensive information resource
- Locally designed and integrated
- Complete pathway design
- Personalised to cancer centre and diagnosis
- Patients can track wellness and get symptom support.
- Integrated with Pre-Assessment and Pre-Hab
- Aligned to regional Alliance and national NHS Cancer Pathway Priorities.



The **MySunrise app** has been launched to support cancer patients in North Devon with all the information they need, conveniently located on their smart device. The app has been developed to support cancer patients and their families from the moment of their diagnosis all the way through their treatment pathway, providing the right advice and support at the right time.

The **MySunrise app** includes features designed to improve the ability of cancer centres to communicate directly with patients and will help to give patients more control and information about their treatments and where to turn when they need help. You can change location to view all hospitals in the SW Peninsula.

MySunrise Features

MySunrise direct patients to both local and nationally trusted and reliable sources of information relevant to their stage of treatment and cancer diagnosis. This helps patients become better informed and engaged with their cancer treatment.

Wellness Tracker

Patients can track their mental and physical well being via the app relevant to their stage of treatment. This helps flag problems with side effects or mental health through their treatment and points them to the right local advice and support. Patients can then share their progress with their clinical team.

Contact Centre

A complete directory of who to contact during and after treatment at your cancer centre including 24 hr acute oncology helplines which patients can call direct through the app.



Your Cancer Centre

Local Cancer Centre info, including everything you need to know about local services, cancer centre resources, day case, support groups and where to park.

My Treatment Pathway

Complete pathway timeline with breakdown of the right info at the right stage of pathway. Features expert advice, including treatments, prehab, HNA, PIFU and follow up.

Symptom Support

Contains info on side effects and problems that may be experienced whilst on treatment. Also includes self help advice and importantly when to get in touch.

Coronavirus Update

Up-to-date advice on COVID for cancer patients including service information for patients as well as links to video consultations and vaccination advice.



Executive Summary | www.mysunrise.co.uk

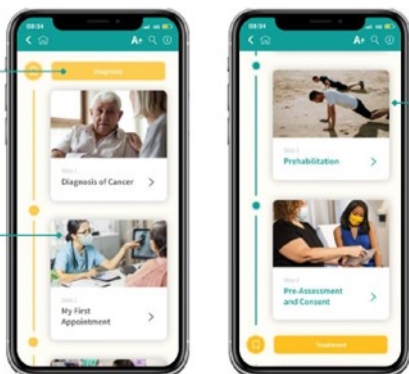
Our unique Cancer Pathway design

Timeline design

The pathway starts at diagnosis and allows the patient to scroll through the stages as their treatment progresses.

The right information at the right time

Aggregating content - including videos and leaflets - each section designed around the patients needs.



Designed to support key cancer priorities

The pathway includes key areas of support and digital tools, enabling self help and driving video and virtual resources.

Supports...

- Video Consults
- Virtual Pre-Assessment Pathway
- Digital pre-habilitation pathways and resources.
- Patient initiated follow up
- Links into Holistic needs Assessment
- Personalised follow up including remote monitoring and rapid access back into the team.
- Cancer Care reviews in the community.
- Links to EOL and Local Hospice.



Download on the App Store



GET IT ON Google Play

Download from 16th September

<https://www.mysunrise.co.uk/>

NHS Social Prescribing



WHAT IS SOCIAL PRESCRIBING?

Many things affect our health and wellbeing and often people are troubled by things that can't be cured by medication or medical treatments. Things such as loneliness, isolation, stress, debt, poor housing and the stress of managing long-term conditions all have an effect on our wellbeing.

Many people feel overwhelmed and can't reach out to make connections that could make a difference to their situation.

This is where Social Prescribing comes in... it can help you have more control over your own health and wellbeing and find ways to improve how you feel in a way that suits you.

It is designed to support people with a wide range of social, emotional and practical needs. A Social Prescriber can help people to identify what matters to them and work out how to connect with activities, community groups, organisations or agencies that can make a positive difference to their wellbeing.

Studies show that patients with social prescriptions get better and feel better faster than

- Bereavement
- Accessing legal advice
- Being a carer
- Long term health support
- Housing and benefit advice
- Volunteering
- Debt management
- Developing a healthy lifestyle
- Weight management
- Getting out and about
- Joining activity groups and clubs- exercise, arts, outdoor activities etc.

They might introduce you to a community group, a new activity, a local club or a befriender.

Or they might help you to find information, support and practical guidance on your situation, such as debt and benefits advice, advice on housing, on being a carer or on help around the house.

They may even support you to create something new such as a fishing group, a knit and natter group or a group for people in a similar situation to yourself.

SO HOW DOES SOCIAL PRESCRIBING WORK?

It starts with a conversation with your doctor or another member of staff in the surgery team, who

will then refer you to a Social Prescriber.

The Social Prescriber will contact you to arrange a time to meet with you in the surgery or to talk with you on the phone.

The Social Prescriber is there to listen to you and find out what matters to you.

At your first appointment, they will work with you

Social prescribers in your area

Barnstaple

Sam Ismael

Holsworthy

Anita Maidment

Jean-Paul Winter

Torrington

Nicola Morris

South Molton

Katie Blackman

Bideford

Justine Duhig

Verity Hookway

Braunton

Annie Delaney

WHAT CAN WE HELP WITH?

Social Prescribers can help you with a range of issues, including:

- Social isolation and loneliness
- Emotional wellbeing
- Mental health support help around the house
- Those treated with medication alone

Community Connectors in your area

Ilfracombe

Miriam Fraser

Barnstaple

Andrea Mules

Donna Kerr

Ask At Your GP Surgery for a Referral



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

Patients will receive an email or text message regarding sign up with a unique code to register if you wanted to take part in downloading My Chart.

(This is an individual decision and not compulsory)



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.



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

2022 dates for LGFB evenings



- 8th February
- 8th March
- 12th April
- 10th May
- 14th June
- 12th July
- 13th ~~August~~ **September**
- 11th October
- 8th November



For more information or to book a place,
email ndht.theferncentre@nhs.net or call
01271 311855

Take time for you!



WELLBEING CAFE

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



All welcome

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

Testimonials

“Our Mum was taken ill, while on holiday. Our holiday accommodation had expired. We had the task of trying to find alternative accommodation, preferably close to the hospital. It is such a stressful time and not knowing the area, along with the added financial pressure, only exacerbated the stress. Getting sign posted to the Fern Centre alleviated all of the above. So grateful.”

“The Fern Centre Service and Staff have been a life line for me as a patient going through cancer treatment, and my Mum who has spent a lot of time there waiting for me. All the staff and volunteers are so warm and welcoming, they have become like a second family. Knowing my mum was being looked after and had people to talk to, while I was having treatment was/is a huge comfort for me. Without the Fern Centre, I wouldn't have been able to get support and vital information and wonderful massages, and reassurance for mum, who would have had to sit in random cafe with no one to talk to about what I was going through and support for her.”

“I have insufficient words to express how grateful I am to be able to access the services at the Fern Centre. The complementary services are a joy ~ a time for us to focus on our own well-being and gain confidence for the coming days. The staff and the volunteers are all so welcoming. The Centre is a refuge, a place of nurture. Thank you so much for 'being there'.”



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