



What's on...

Weekly Yoga Classes!

The Fern Centre is very lucky to have a wonderful volunteer, Lorna, running weekly yoga classes in the Centre. These classes are a great opportunity to have some gentle exercise and are available to all ability types, with movements being adjusted to best suit you. To join the class please contact the Fern Centre where we will complete a referral and a short medical questionnaire with you. If you are a patient currently having treatment, we will obtain confirmation from your clinical team that it is safe for you to participate before booking you on the class. For more information please contact us on 01271 311 855 or pop in to see us!



Monthly Wig Service

Did you know the Fern Centre hosts a wig service every month? The service is provided by professional wig fitters from Natural Image from Exeter who can offer specialist advice to find the best fit for you. There is no obligation to buy a wig at your appointment but if you found a wig you liked, you can leave with it at your appointment!

Our next wig clinic is on 20th October and there are still spaces available. Please contact us if you would like to book an appointment!



Pictured: Lorna our volunteer Yoga Instructor



Fern Centre 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.

For more information or to self-refer, please contact the counselling team on 01271 334472 or email the team at rduh.cancercarecounselling@nhs.net

Meet the Team!

Jessica French – Lead Cancer Care Counsellor- full time

My name is Jess my background is in charity work, private practice and project coordinating, specialist child bereavement and family systems support.

I initially set up the Cancer Care Counselling Service in October 2016.

I provide 1-1 counselling for people living with, and beyond, cancer and their partners but I mostly work with children and young people now. I also run support groups based at the Fern Centre.

I am also responsible for completing initial assessments for those referred to our service before assigning clients to a counsellor which means I speak to every client referred to our service.



Linda Banting—Cancer Care Counsellor—part time

My name is Linda and I am very excited to have joined the wonderful team at the Fern Centre as a Cancer Care Counsellor. There is so much on offer at the centre and everyone is amazing and bring as much as is possible together to provide an encompassing and holistic service. I feel very lucky to be here.

Paul Butler—ChemoHero Cancer Care Counsellor—part time

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.

My name is Paul and I am delighted to have the opportunity to join the team at the Fern Centre as a ChemoHero Cancer Care Counsellor. It has been wonderful 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.




Chemottero
Kindness in a box

Let's Talk Intimacy

Is your cancer treatment making intimacy with your partner difficult?

Please talk to us. We can offer tips and advice to help you get back to intimacy



**Talk to us today!
Speak to your clinical team
Or contact the Cancer Care
Counselling Service on 01271 334472**

Thank you! to the YES® company who have provided us with some certified organic, water & plant-oil based lubricants, moisturisers and intimate washes to support ladies effected by cancer.

If you would like to try any of these samples please contact the Fern Centre or pop in and collect some or they can be prescribe on a prescription from you GP or Consultant.

<https://www.yesyesyes.org/>





NEW Breast Cancer Support Group



BREAST CANCER Support Group

Our support group will be a safe, informal and confidential space to come together with others to share thoughts and feelings around living with a diagnosis of breast cancer.

You are invited to receive support and support others in an open forum over a cuppa and a piece of cake.

There will be opportunities to find out about additional support and services available and make new links in your local area.

The group will run the last Wednesday of every month 10.30-12.00pm.

Due to space restrictions you will need to book your space, please contact the Fern Centre to make your booking on

**01271 311855 or email
ndht.therferncentre@nhs.net.**

If you have any questions or would like to know more please contact Jess French, Lead Cancer Care Psychotherapist **on 01271334472 or email
jess.french@nhs.net**

Booking is essential due to limited spaces. Please contact the Fern Centre to book on to this group.

Complementary Therapies Available

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!

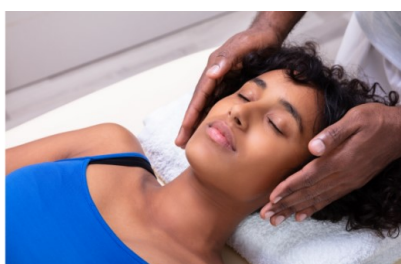
Current waiting times for therapies are:

Reiki - 6-8 weeks

Reflexology - 3-4 months

Massage - 3-4 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.

Welcome Erica!

The Fern Centre is delighted to welcome Erica to the team who started with us in September! Erica will be volunteering as a massage therapist in the centre on Wednesday mornings!

As a charity funded building the Fern Centre is dependent on volunteers to help continue our therapy services. Without the generosity of volunteers, we wouldn't be able to help so many patients. Welcome Erica!



New Dates! Emotional Freedom Technique (EFT) and Boosting Energies Workshop

We have new dates available for EFT and Boosting your Energies workshops in December!

- 7th December—EFT
- 14th December—Boosting your Energies

For those who have attended an EFT or Energies workshop before, we are hosting refresher sessions on

- 16th November—Boosting your Energies
- 23rd November—EFT

Please contact us if you would like to book a place!

What is EFT?

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.

To book contact us to confirm you session

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

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

NEW DATE!

**Wednesday 7th December
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 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



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

NEW DATE!

Wednesday 14th December

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

**Over and above
Fern Centre**



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.



Dates available are:

- Monday 10th October
- Monday 31st October
- Monday 7th November
- Thursday 17th November
- Thursday 24th 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 7th October**
Printmaking 2pm-4.30 pm
- **Friday 14th October**
Flower Painting 2pm-4pm
- **Friday 18th November**
Handprinted Christmas Cards 2pm-4pm

Art Meet & Chat Group

Card making workshop organised by Christine Stride – this was part of the art group meet and chat group which met one afternoon in September at the Fern Centre. Inbetween chatting and having a hot drink or two the group produced some lovely cards for occasions specific to them and for them it meant a lot to be able to give a handmade card to their loved ones. Thank you Christine !

Other dates for our informal meet ups are
Friday 21st October 2-4pm
and
Friday 2nd December 2-4pm

Fern Centre Group Room — book a place



Monthly Bra Fitting Clinic Dates

The Fern Centre is now hosting monthly bra fitting clinics!

These clinics are run by professional fitters from Nicola Jane who specialising in post-surgery bra fittings.

Available to ladies looking for a more comfortable fit following breast surgery. These appointments are available whether you have recently had surgery or are a number of years post-treatment.

These appointments are also great for ladies looking for a bra before they are fitted for their prosthetics.

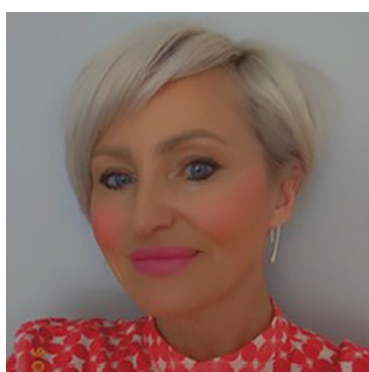
Appointments still available for all dates:

- 6th October
- 3rd November
- 1st December
- 5th January

Book on line or through the Fern Centre

Go to : <https://www.nicolajane.com/south-west-fittings/>

Scroll down to : Barnstaple clinic and click **BOOK NOW**



Pictures: Katrina, Nicola Jane's South West Fitter

NICOLA JANE

Restoring confidence and femininity after breast cancer

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.

Due to social distancing measures we are limited on space and booking is essential.

Email: ndht.theferncentre@nhs.net

Telephone: 012171 311855

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

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. .

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

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.

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 cancer, 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



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 September **FULL**
- 11th October **FULL**
- 8th November
- 6th December

Over and above
Fern Centre

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

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?

DATES

Would you like to
meet new friends?

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



Relaunch of the My Sunrise App

September 16th

Free to download from

Google Play or the App Store



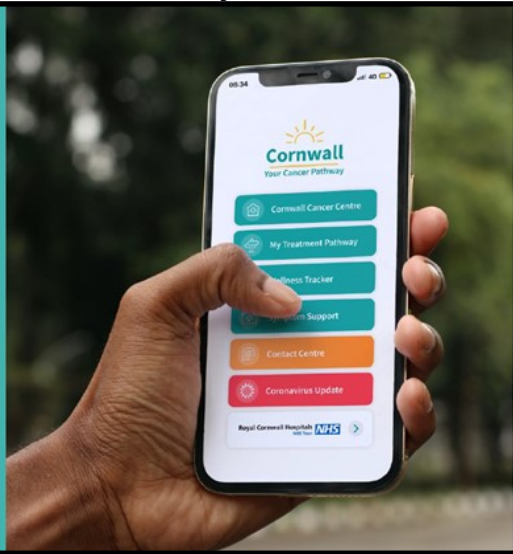
What is the My Sunrise Cancer Companion?

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

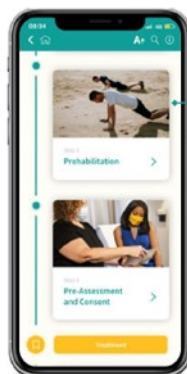
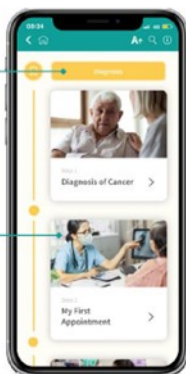
Our unique Cancer Pathway design

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

MACMILLAN
CANCER SUPPORT

are proud to present

Bude and Stratton Cancer Café

Starting
June 13th
2022

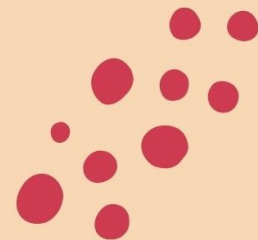
1.30 - 4.30pm

Every 2nd Monday of the
month

at Neetside Community
Centre

EX23 8LB

E: budestratton.csgroup@gmail.com



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



Cornwall &
The Isles of Scilly



COAST&COUNTRY
PRIMARY CARE NETWORK

Monthly Classes held by Bude Botanical

Free monthly classes held at Neetside Community Centre on every 2nd Wednesday 3-5 p.m.

To book in please either email

BUDESTRATTON.CSGROUP@GMAIL.COM

OR text/call 07769202411

- 12th October—Make beautiful hand tied bouquet
- 9th November—Make Japanese inspired arrangements
- 14th December—make Christmas wreath
- 11th January—plant a winter patio planter
- 8th February—spring gardens



October



Make a beautiful hand tied bouquet

November



Make a Japanese inspired arrangement

December



Make a Christmas wreath

January



Plant a winter patio planter

February



Spring gardens

Find a renewed sense of pleasure
being in your body.

Move Together Bude

Dance sessions for
women affected
by cancer

Gentle, creative, supportive and playful

"Joyful and energising, I feel so much better!"

Free

Mondays 10:30 - 12:30
27th September - 29th November
excluding a 2 week half term

Further info and to book
www.dancecentred.co.uk
info@dancecentred.co.uk
07939 167526



Room 2/3, The Parkhouse Centre
Bude EX23 8LD





BUDE AND STRATTON CANCER
SUPPORT PRESENTS

BUDE YOGA

RESTORATIVE YOGA AND MEDITATION

Free sessions to anyone affected by cancer
Every other Friday 11.30am - 1pm
STARTING FRIDAY 23RD SEPTEMBER

NEETSIDE COMMUNITY CENTRE, EX23 8LB
BUDE.STRATTON.CSGROUP@GMAIL.COM
07769202411

Testimonials

The counselling session helped me to explore lots of feelings since my breast cancer diagnosis. I felt safe, accepted as my authentic self. I appreciate the service was free but this was a professional service which I valued very much. I felt a growth of understanding and improvement throughout the sessions which I will be able to work on going forward.

I didn't want the sessions to end.

Thank you very much

Accessing the Fern Centre has been a life saver for me! Before I came here I felt that life, work, my elderly mother being ill and trying to just cope with juggling everything was becoming overwhelming. I felt as though I was having a breakdown.

I asked if I could have Reiki Healing, and from the very first session I had it felt as though something heavy was released from me. I felt much more at ease, comfortable with what was happening and going on around me, so felt better able to deal with all the mayhem.

Every time I've received Reiki, I've felt a growing sense of calm, despite the awful things going on in my everyday life. I cannot express my gratitude enough for having the opportunity to experience this growing inner peace.

Thank you immensely Wendy for the Reiki, and all the team and volunteers for all the work that is done to help myself and others to deal with the terrible problems caused by having cancer!

I was at a very low point when I first attended the Fern Centre. I was very newly widowed - a total shock - then isolated through Covid restrictions - then diagnosed with cancer. My family live away. I don't think I could have felt worse. The Fern Centre and its staff gave me value back to my life. Warmth and hope. The care shown to me by everyone was exceptional and the services offered have been amazing and made a big difference to me.

The Fern Centre has been a really safe and reassuring place to stay while we stay with my father who was taken ill whilst on holiday. The room is comfortable, clean, and has a great shower. We had a choice of rooms, but decided to go for the green one, as it's a lovely happy colour. The staff here are all lovely. It's made a difficult time much more bearable. Thank you.



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**

Over and above Charity News!

Christmas Ball!



Over and Above are hosting the Jingle Bell Ball at the Barnstaple Hotel on the 18/11/22. Join us for a fun-filled festive soirée of glitz, glamour and giving in aid of Over and Above Hospital Charity. There will be a three-course dinner as well as entertainment, a live band and dancing. The night will also include raffles, auctions and lots of Christmas Cheer!

Book tickets here: <https://register.enthuse.com/ps/event/JingleBellBall2022>

Over and above
Fern Centre

Open Day

SATURDAY 29 OCTOBER 2022

Fern Centre Open Day!

We're delighted to be hosting our first Fern Centre open day on Saturday 29 October 2022!

The Fern Centre opened its doors to patients in 2020, but sadly due to government guidelines we have been unable to welcome visitors who would like to see how the Centre is supporting local cancer patients and their loved ones.

The open day will be an opportunity to see all of the Centre at a time when no services are running so we don't interrupt patient care. It will also be an opportune time to meet some of the staff and therapists, ask questions and hear about our plans for the future.

Tours will begin at 9:30 and will last about 30 minutes, but please allow extra time to join us for a cup of tea or coffee afterwards! We can accommodate up to 10 people on each tour.

To book a tour please phone us on 01271 311 772 or email rduh.charity@nhs.net

Over and above

Thank you!

Thank you Ilfracombe Ladies Bingo Club

Ilfracombe Ladies Bingo popped into the Over and Above Fern Centre today and donated a phenomenal £1,500. They raised the money from their bingo sessions in Ilfracombe. Over the years Ilfracombe Ladies Bingo sessions have raised thousands for cancer services and SCBU for which we cannot thank them enough.



Thank you Devon & Cornwall Police!

We were delighted to be visited by Inspector Zoe Smith from Devon & Cornwall Police to present our Over and Above Fern Centre with an incredible cheque for £960 raised from the proceeds of crime fund. Thank you!



In memory of Sally Grills

Sally Grills was a wonderful lady who, with her family, supported Over and Above for many years. Her family and friends donated £640 at her memorial service to support our Cancer and Wellbeing Over and Above Fern Centre at North Devon District Hospital. Her warmth, her energy and smile will always be felt by us all.

