



Over and above  
Fern Centre



**Cancer Health and Wellbeing Centre**  
North Devon District Hospital Tel: 01271 311855  
Open 9.00am—4.30pm Monday — Fridays  
(excl. Bank Holidays)

**Drop in and See Us!**

# What's on...

## Need a bra? or some information from our bra service

You can now book your own appointment with our fitter Katrina, online, as well as contacting us at the Fern Centre.

To book online use the web address below

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

The scroll down to :Barnstaple and click **BOOK NOW**

## Monthly Bra Fitting Clinic Dates

**Appointments still available for all dates:**

- Thursday 3rd November
- Thursday 1st December
- Thursday 5th January

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

These appointments are available whether you have recently had surgery or are a number of years post-treatment.

# NICOLA JANE

Restoring confidence and femininity after breast cancer



## Spaces available!

## 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 7th November**
- **Thursday 17th November**
- **Thursday 24th November**
- **Friday 2nd December**

**ALL 11.00am-1.00pm**

# Breast Cancer Support groups for Breast & Secondary Breast



Jess French, our lovely Lead Cancer Care Counsellor and the Breast Clinical Nurses, Pippa Clifton & Jackie Cockwill, are running monthly support groups to have the opportunity to have an informal area to discuss your feelings and to find out about any additional support and services within the area.

**We also make an amazing cuppa joined with some cake!**

For more information contact your Clinical Nurse Specialist or Jess French on 01271 3344 or email [jess.french@nhs.net](mailto:jess.french@nhs.net)

For booking contact the Fern Centre on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)



## 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.**



**Pippa Clifton**

Breast Oncology Clinical Nurse Specialist

## 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**



**Jackie Cockwill**

Secondary Breast Clinical Nurse Specialist

## We welcome Sarah, who has joined the Fern Centre therapist team



Sarah, has kindly offered her time to volunteer for the Fern Centre on a Wednesday afternoon to provide massage and reflexology to cancer patients, their relative and cares.

A few words from Sarah *"I have been a therapists in North Devin for 19 years and have always been passionate about the holistic aspect of my work. I really enjoy using my skillset to help people with their stress levels and improve their general wellbeing.*

*I am so pleased to now be branching out and building on my experience at the Fern Centre, using massage and reflexology techniques to support and care for patients and their loved ones, whilst navigating their way through a difficult time."*

If you would like to try any of our complementary therapies, you would be entitled to 6 free of charge session, which will be provided to you by one of our friendly therapist team

**Current waiting times for therapies are approximately:**

**Reiki - 4-6 weeks**

**Reflexology - 3-4 months**

**Massage - 3-4 months**

**To be referred or ask any questions please drop in and see us or contact us on 01271 311855 or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net).**

**Your clinical nurse specialist can also help.**

# Workshops

Spaces still 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 the Energies workshop before, we are hosting refresher sessions on

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

## 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

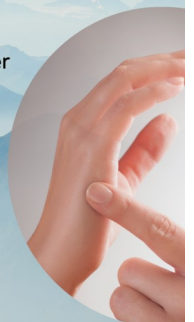
### NEW DATE!

**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](tel:01271311855) or [ndht.theferncentre@nhs.net](mailto: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](mailto:NDHT.THEFERNCENTRE@NHS.NET)

Limited numbers due to Covid restrictions, early booking advised



# Entertainment



Upper GI  
Quiz Night

IN AID OF THE UPPER GI  
CANCER SUPPORT GROUP

St John's Garden Centre, Barnstaple

November 23rd 2022 at 7pm

Raffle £6.50 per ticket

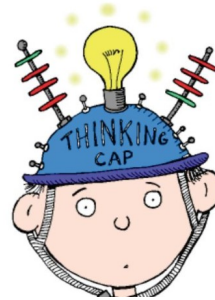
Teams of 4 or 6

Nibbles included  
Soft drinks and  
wine available

Tickets/Contact  
Charlie or Jackie 01271 314747  
Holly Conway @ Fern Centre  
01271 311855  
Owen Pryor 07808 058715

Get your thinking caps on!

Take part in the quiz night, which is  
supporting of  
The Upper GI Support Group



## Party time!!



Jingle  
Bell Ball

Friday 18th November 7pm Barnstaple hotel

Over and Above, are excited to announce that tickets are now on sale for their Jingle Bell Ball. On **Friday 18<sup>th</sup> November 2022**, join us at The Barnstaple Hotel 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, live music from Soulcraft, so wear dancing shoes.

The night will also include raffles, auctions and lots of Christmas Cheer! **Dress code - Black Tie**  
Tickets are just £40 per person or a table of 10 for £400, for larger bookings or queries please contact **Katie on 01271 311772**.



25.11.22 | 7 PM | CLAYTONS

Over and Above Charity

# WHITE GOLD Party

Special Performance  
**BUNNYNOTBONNIE**  
BOTTOMLESS PROSECCO  
BREAK OUT YOUR BEST WHITE & GOLD OUTFIT  
ENJOY PREMIUM DRINKS & NIBBLES  
DANCE THE NIGHT AWAY  
COME AND PARTY FOR A GOOD CAUSE!

TICKETS CLAYTONSBARNSTAPLE.CO.UK/WHITEGOLDPARTY

Over and above

# NORTH DEVON PROSTATE CANCER SUPPORT GROUP

The North Devon Prostate Cancer Support Group is a closed group on Facebook which supports men with Prostate Cancer at all stages of treatment. Whether you are newly diagnosed, you're in the middle of treatment or you are moving on with life post-treatment, there is friendly support available.

The group offers:

- A great network of men who are happy to speak with you to share their experiences and offer support with managing treatment and side-effects
- Regular 'Walk and Coffee' events where you can meet with others in a relaxed social environment whilst enjoying some gentle exercise (partners are very welcome)
- Webinars from approved speakers from Prostate Cancer UK
- Monthly 'Virtual Pub Nights' which are a great opportunity to meet other members for a chat from the comfort of your own home
- Access to information on health and wellbeing services offered by the Trust including counselling, yoga, Tai Chi and Reiki
- Online copies of the Fern Centre Newsletter
- Access to support for partners/carers/ family members



**Find us in Facebook Groups under North Devon Prostate Cancer Support Group or contact Helen Gough (Urology Cancer Support Worker) on 01271 311877 or email: [helen.gough5@nhs.net](mailto:helen.gough5@nhs.net) for further information.**

**\*\*If you do not have access to Facebook you are still very welcome to join us on these events.**

**Please use the contact Helen Gough for more information\*\***

**Devon Recovery Learning Community**

# **Mental Health Recovery Library and Drop-in**

**Wednesdays 10:00am - 1:00pm**  
 The Burton at Bideford Art Gallery and Museum  
 Victoria Park, Kingsley Road,  
 Bideford, EX39 2QQ

- Relaxed and friendly weekly drop-in sessions for adults over 18
- No need to book, just turn up, sit quietly, read, get creative or simply chat with folks over a cuppa and a biscuit
- Specialist library of books, resources, creative activities and information that can help you keep well and have hope.
- Recovery library membership open to all, including students, carers, practitioners and anyone interested to learn more about mental health and wellbeing

**You are not alone! Everyone welcome**

For further information please visit  
 website: <https://devonrlc.co.uk> email: [dpn-tr.drlc@nhs.net](mailto:dpn-tr.drlc@nhs.net)  
 phone: 01392 677067 Mon - Thurs, 10am - 2pm

**DRLC**  
 Devon Recovery Learning Community

**NHS**  
 Devon Partnership  
 NHS Trust

## **Welcome from Devon Recovery Learning Community (DRLC) – a small selection of what is on offer**

Our students are people with lived experience of mental health difficulties, their family, friends, and the professionals who support them. The Devon Recovery Learning Community (DRLC) is a service provided by Devon Partnership NHS Trust that offers opportunities to learn about mental health and recovery by providing a unique curriculum designed to increase your knowledge, understanding and skills to equip you with the tools to live a meaningful, productive and fulfilling life.

It is open to people from all walks of life to be able to access at a time right for you.

Our aim is to promote hope, opportunity and choice. We want to help you take control and become an expert in your own wellbeing and recovery in order that you can get on with your life despite any mental health challenges you might face.

**Our recovery courses are not an alternative to therapy or treatment.**

**Our students are not required to attend our courses prior to accessing mental health services.**

**Our courses are free because our students want to learn, not because they have to**

**Welcome from Devon Recovery Learning Community (DRLC) –  
a small selection of what is on offer**

<b>Wild Things!</b>				
<b>Course Title</b>	<b>Tutors</b>	<b>Dates</b>	<b>Times</b>	<b>Location</b>
<b>Walks from the Tarka Line</b> Beautiful leisurely walks inspired by the book “Tarka Line Walks” by Peter Craske. Get out in nature, walking along the footpaths, fields and country lanes with like-minded individuals and develop confidence in your communication skills,	Ali Holdstock and Kayla Dickensen	First Wednesday of the Month	10:30am – 4pm	Various Stops along the Tarka Line Train between Exeter and Barnstaple
<b>Wellbeing Walk at Moreton Park Woods</b> Get out and get connected to the landscape! Easy to moderate guided walk through urban fringe green spaces.	Pete Yeo and Julian Vayne	Wednesday, 2nd November	11am – 1pm	Moreton Park Woods, Bideford
<b>Getting Involved</b>				
<b>Focus on Nature Late Autumn</b> This is a six-week online photography course. It is designed to be a relaxed and informal get together online which is fun and engaging and will encourage people to be creative whilst getting out and about with their camera or phone.	Vanessa Miles and Helen Sims	<b>6 Sessions:</b> October 27 <sup>th</sup> , November 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 25 <sup>th</sup> and December 1 <sup>st</sup>	10am - 11:30am	Online
<b>Digital Archaeology Detectives</b> Students will gain knowledge and experience over the 6 Sessions: by using digital archaeological exploration to engage with regional heritage to benefit our wellbeing. If we know about the history and heritage that surrounds us, we will understand that regardless of where we come from or where we are going, we share a common past.  Each one of us has a part to play and we all belong to the story that is our shared past – and our shared future	Chris Smart and Vicky Jimenez	<b>6 Sessions:</b> November 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> and December 6 <sup>th</sup> ,13 <sup>th</sup>	1pm – 3pm	Online

**Continued overleaf**

**Welcome from Devon Recovery Learning Community (DRLC) –  
a small selection of what is on offer**

<p><b>Creative Upcycling for Wellbeing</b></p> <p>Understanding the Five Ways to Wellbeing whilst decoupage. Each week students will upcycle household waste in the comfort of their home and transform them into beautiful empowering creative too which will support their recovery journey.</p>	<p>Fleur Barr and Vicky Jimenez</p>	<p><b>6 Sessions:</b></p> <p>December 2<sup>nd</sup>, 5<sup>th</sup> 9<sup>th</sup> 12<sup>th</sup> 16<sup>th</sup> and 19<sup>th</sup></p>	<p>10.00 -12pm</p>	
		<p><b>6 sessions:</b></p> <p>January 2023 6<sup>th</sup> 9<sup>th</sup> 13<sup>th</sup> 16<sup>th</sup> 20<sup>th</sup></p>		
<p><b>Whittling to Recovery</b></p> <p>These sessions will give students the opportunity to experience the enjoyment, relaxation and satisfaction that can be gained from carrying out simple whittling projects.</p> <p>There is also a spoon whittling group- please see below for contact details.</p>		<p><b>3 Sessions</b></p> <p>November 30<sup>th</sup> December 7<sup>th</sup> and 14<sup>th</sup></p>	<p>11am -3:30pm</p>	
		<p><b>3 Sessions</b></p> <p>January 2023 25<sup>th</sup>, February 1<sup>st</sup> and 8<sup>th</sup></p>		
		<p><b>3 Sessions</b></p> <p>March 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup></p>		

To book please register on our website: [www.devonrlc.co.uk](http://www.devonrlc.co.uk)

Or contact us in one of the following ways:

[dpn-tr.drlc@nhs.net](mailto:dpn-tr.drlc@nhs.net)    **01392 677067**    <https://www.facebook.com/DevonRLC>



**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](mailto:ndht.theferncentre@nhs.net)  
Telephone: 012171 311855  
Every Thursday Afternoon**

**Face to Face Coffee Morning!**

**\*Spaces still available for November\***



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](mailto:ndht.theferncentre@nhs.net).



**Festive Songs  
& Carols**

FERN CENTRE GET TOGETHER 

**WEDNESDAY 21st DECEMBER  
6PM-8PM**

**Mince pies & festives mocktails**

"The best way to spread  
Christmas cheer is to sing loud  
for all to hear"



**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.

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](mailto:macmillan@ruraldevoncab.org.uk)

**MACMILLAN  
CANCER SUPPORT**



# Relaunch of the My Sunrise App

September 16th

Free to download from

Google Play or the App Store



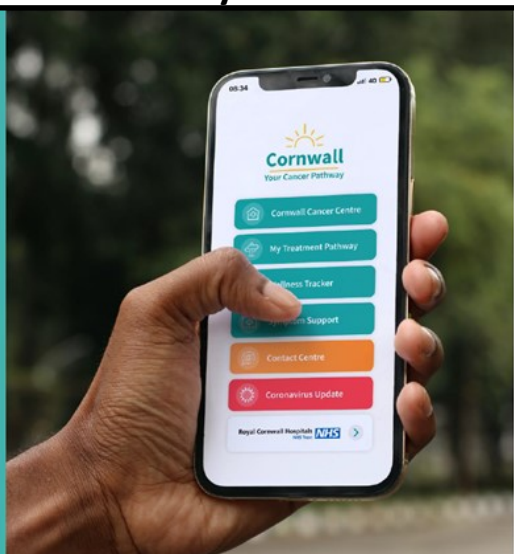
## What is the My Sunrise Cancer Companion?

### 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](http://www.mysunrise.co.uk)

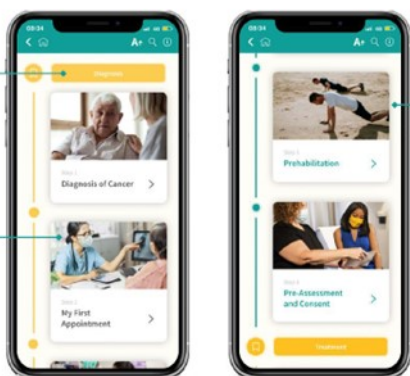
## Our unique Cancer Pathway design

### 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/>

## Can you help the Fern Centre and the Over and Above Charity?

The South West Cancer Alliance have hired two interns from Bath Spa University to complete a selection of films to help showcase the cancer support centres across the various South West hospitals.

The **Over and Above** charity would like to use the help of the interns to record a series of videos showing how the Fern Centre was able to support patients and their families. These videos will be incredibly helpful to raise awareness around our centre and will also support the charity when fundraising to help continue the services.

**If you are a patient, relative or carer who has accessed support at the Fern Centre and were able to help us by sharing your story, please contact Josh Allan from Over and Above on 01271 311 772 or email him at [josh.allan@nhs.net](mailto:josh.allan@nhs.net)**



NO GOODBYES, BUT  
**SEE YOU SOON!**

Our lovely Taz, the Fern Centre Manager will be leaving us at the beginning of December on maternity leave, to have a baby boy!

**Don't worry she will be returning in 2024!**

We all wish her the best for the future!

P.s. remember to come and visit us.



## A reminder from the counselling service

If you are interested in accessing support from the North Devon Cancer Care Counselling Service or you are already known to us and wish to make a cancellation or speak to a member of the team please ensure that you are calling the specific telephone number for the counselling team **01271334472**.

We are aware that many of the calls that are counselling related are being made to the Fern Centre's direct number. Although the counselling service operates within the Fern Centre we are two separate teams. While the Fern centre team are able to take initial counselling referrals over the phone and are always happy to help you, it is important that any contact made with the counselling service comes via the correct telephone number. As, the counselling service doesn't have any admin support and staff are usually in sessions this number will often go to answerphone.

Please rest assured that the answerphone service is checked regularly throughout the day and we will receive your message and respond to you as soon as possible.

The answerphone service for the counselling team will only ever be answered by a member of the counselling team ensuring that your privacy is respectfully maintained.

**You may also wish to make contact via email with the service with can be made via emailing [ndht.cancercarecounselling@nhs.net](mailto:ndht.cancercarecounselling@nhs.net)**

# Testimonials

***“ A very interesting and informative session which I look forward to putting into practice”***

*Fern Centre member feeding back on their EFT session*

***“Having my husband taken ill on holiday and rushed by enough without having to think about accommodation in a place we had no knowledge of. Fortunately for us, we saw a poster in the ward corridor and PALs at the hospital gave us information about the Fern Centre.***

***Everyone here was very kind and helpful and booked us into Sage. The room was lovely, bright and clean, and with en-suite bathroom was ideal. It meant we could stay 'on-site' and our daughters knew it was a safe haven for me.***

***We really cannot thank the staff enough for their kindness and the fact that the Fern Centre exists for people like us in a crisis. Thank you so much!”*** *Accommodation stay feedback*

***“I visited here as I needed measuring for a new bra and I just want to say how wonderful the staff are. They sat down with people and really listened them. Listened to their stories, answered their questions and gave them advice. I was so impressed by the way they dealt with everybody.***

***What would be helpful is a visible donations box, maybe this could be securely attached somewhere so that people can clearly see it”*** *Bra service*



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

# Thank you!

**Thank you!**

## **Mortehoe Woolacombe Golf Club**

A big thank you! to Mortehoe Woolacombe Golf Club for raising an incredible £1,500 from their charity golf day in September. Club Captain Neil Lucas chose **Over and Above** as his charity of the year and the club has generously been raising money to support our **Over and Above Fern Centre**.



give! event @ Escape Down The Rabbit Hole



## **Thank you Kim and Simon!**

Thank you so much to Kim and Simon from give! who raised a whopping £2,200 from their two fundraising nights at Escape Down The Rabbit Hole.

The nights were crammed full of live music and dancing, along with lots of generous people supporting the Over and Above Fern Centre!

# Charity News!

It's exciting times in our Barnstaple charity shop at Tesco Rose Lane, as we are expanding next door!

We can't wait to reopen soon to show all of our lovely customers the updated shop.

Keep up to date with our progress on the [Over and Above Charity Shops](#) page. 🥳 🛠️ 🏠

