



Cancer Health and Wellbeing Centre

North Devon District Hospital

Tel: 01271 311855 Open 9.00am—4.30pm

Monday — Fridays (excl. Bank Holidays)



What's On...

NEW DATES!

Tuesday 18th April - Colour Theory

Friday 12th May - Continuous Line Drawing and Wireheads

Friday 26th May - Abstract Acrylics

Friday 9th June - Still Life Drawing

Friday 23rd June - Collage

Friday 7th July - Drawing Imaginary Streets

Friday 21st July - Charcoal Drawing

You are able to book for 3 classes and be on the reserve list for 2 others — Call us on 01271 311855

Can't make the above dates!

Why not come to the art friendship group which meets in the Fern Centre Group Room on the following dates:

Friday 14th April 2-4pm

Friday 19th May 2-4pm

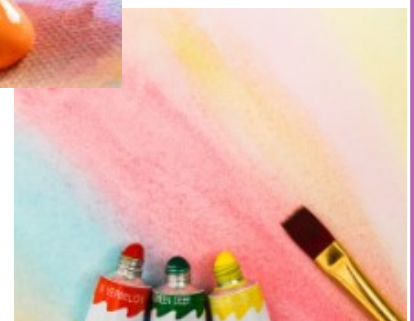
Friday 16th June 2-4pm

Friday 4th August 2-4pm

No set format just come along for a chat and bring in anything you are working on to share. **You can also connect to the What's App group**

ARTS & CRAFTS

ALL CLASSES 2PM-4PM



**Like art but can't attend
classes, then this could be
for you!**

**SOUTHBANK
CENTRE**



Wellbeing benefits

Art by Post: Poems for Our Planet aims to give participants a sense of purpose, spark their imagination, keep their minds active and help them stay connected to others. Connection and having a sense of purpose are fundamental components in supporting our health and wellbeing, including mental health.

(Good Things Foundation, Digital Nation UK 2022 report).

Art by Post: Poems for Our Planet

Southbank Centre's project Art by Post: Poems for Our Planet is a free creative arts project, delivered in partnership with the National Academy for Social Prescribing. Participants receive six booklets through their letterbox every few weeks, which guide them through activities using poetry, creativity and nature to inspire and support their wellbeing, whilst also connecting with the living world around us.

Art by Post: Poems for Our Planet is free to take part and is for anyone needing support with their wellbeing, especially those feeling lonely or isolated, or long-term health conditions. People can self-refer to the project or be referred by someone else, including link workers, other health and social care professionals, charities and community organisations. Referrers are also invited to a free monthly creative workshop to find out more about the project and to support their own wellbeing through creativity.

In the summer of 2023 Southbank Centre will produce a season of performance, concerts, exhibitions and talks about the climate and the health of our planet, focusing on hope, empathy and care to galvanize individual and collective action. As part of this season Southbank Centre will commission a new public art installation which will feature some of the poetry from Poems for Our Planet and platform the voices of people from all over the country.

What happens once I have made a referral?

Participants receive a letter in the post welcoming them to the project and including the first booklet. They also receive a Freepost envelope so send their creative responses back to the Southbank Centre if they choose to. They will then receive the further five booklets every three to four weeks. Participants receive everything through the post unless they have chosen to receive it digitally via email.

Contact details

If you have any questions about Art by Post: Poems for Our Planet or the Arts & Wellbeing programme at the Southbank Centre please get in touch!

Email artbypost@southbankcentre.co.uk

Phone 020 7960 4206

WORKSHOP

NEW DATES!

Mindfulness

**Mindfulness
with Katia**

Katia, will be joining us again
on:

Tuesday 11th April 11am-1pm

Introduction to mindfulness

Tuesday 2nd May 11am-1pm

Introduction to mindfulness

Tuesday 11th July 11am-1pm

mindfulness as a coping strategy

NEW WORKSHOPS!!

Fun with Crystals for Wellbeing

Crystals are not only beautiful to look at and hold but have their own specific uses for wellbeing.

This workshop will explore how we can use and wear crystals not only for our own personal health but also for our environment. We will learn how to cleanse and look after crystals and how to pick the right ones for us.

You will experience using crystals for chakras and to relax within a crystal "bath"!



Thursday 4th May

11am-1pm

Tuesday 16th May

10am-12pm

For more information or to
book your space on any
workshop contact us on
01271 311855 or email

rduh.theferncentre@nhs.net



Mind Full, or Mindful?

Mindfulness has many benefits, like:

- ◆ Better sleep
- ◆ Decrease depression
- ◆ Reduces anxiety
- ◆ And much more....



Creative Writing

Ever wanted to develop your
writing skills?

Learn Devon are providing some short
workshops to give you extra advice and
tips on brushing up your writing skills.

Tuesday 9th May 1pm-3pm

Tuesday 23rd May 1pm-3pm

Tuesday 6th June 1pm-3pm

Fancy a brew!!

Who doesn't like a good cuppa and a chat!

(Cake also provided)

Come and join us in the Fern Centre for our monthly coffee / tea morning

Thursday 13th April

All welcome.. bring a friend or partner

Face 2 Face Coffee morning at the Fern Centre



Drop in for a cuppa and a chat
Thursday 13th April
10.00 am - 11.30 am

Over and above
Fern Centre

Then every 2nd Thursday of the month
NO BOOKING REQUIRED

Any questions contact us on 01271 311855 or email rduh.theferncentre@nhs.net.

SEWING GROUP!

Over and above
Fern Centre

To help make PICC line covers

Equipment will be provided just bring some good cutting and sewing skills

(Wanting to make approx 200 covers)

Friday 5th May

10am-2pm

Don't need to attend for the whole session, get in contact if you can help!

Contact us on 01271 311855 or email

rduh.theferncentre@nhs.net



Seamoor Unit needs our help!

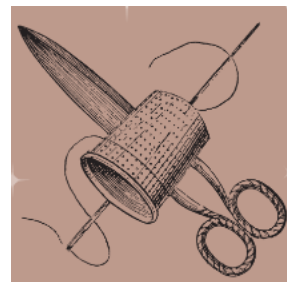
Are you any good at sewing or cutting?

Then this may be of interest to you

We are running a sewing group to make PICC line covers for the Seamoor patients. If you could give us some of your time to help, let us know.

You don't have to commit to the whole session, just what you can give

Material and machines will be provided



Site Specific Support Groups

<u>SITE</u>	<u>GROUP</u>	<u>CONTACT</u>	<u>VENUE</u>	<u>TIMES/DTAES</u>	<u>FREQUENCY</u>
Head & Neck	Laryngectomy	Claire Hakin Speech & Language Therapy Team Please email for further information: rduh.speechandlanguagetherapy@nhs.net	Fern Centre Group Room	Monday From 11-12.30 15th May 26th June 7th August 18th September	Approx' 6 weekly
Breast	Metastatic Breast	Jackie Cockwill j.cockwill@nhs.net	Fern Centre Group Room	Last Friday of Month Drop- In 10.30 – 12.00	Monthly
Breast	Bosom Buddies	<u>M: 0777 601 1091</u> <u>H: 01805 623808</u> Bude branch bosombuddiesnorthdevon@gmail.com Website : www.facebook.com	Barnstaple Rugby Club Pottington Road Barnstaple EX31 1JH	First Tuesday of Month (Except January) From 7.00pm	Monthly
Colorectal	Bowel Cancer	<u>01271 322464</u> www.northdevon.nhs.uk/colorectal/patient-led-support FB North Devon Bowel Cancer Support Group	Henry Williamson Room, Barnstaple Library Tuly Street Barnstaple EX31 1EL	Thursday From 2.00- 4.00pm 8th June 7th September 14th December	Quarterly
Gynae	General	Anna Watts/ Rhea Crighton rduh.gynaecology@nhs.net nsnorthern@nhs.net Tel: <u>01271 370210</u>	Fern Centre Group Room	Wednesday From 10.00- 11.30 19th April 21st June	Approx' 6 weekly
Lung	Lung and Mesothelioma	For more details: Debbie Newing <u>M:07967 491 777</u> Caroline Devine and Davina Penno	The Castle Centre 25 Castle Street Barnstaple	Last Tuesday each month 11.30- 1.00pm	Monthly

Site Specific Support Groups

SITE	GROUP	CONTACT	VENUE	TIMES/DTAES	FREQUENCY
Upper GI	General	Jackie Morris/ Charlie Raymont UGI CNS <u>01271 314147</u> Owen Pryor - <u>07808 058 715</u> Karen Trigger – <u>07974 924 956</u>	The Castle Centre 25 Castle Street The Strand Barnstaple EX31 1DR	Monday Afternoon 2.00- 4.00pm Every other month (See right for 2023 dates)	20th March 15th May 17th July 18th September 20th November
Urology	Prostate/Bladder	Helen Gough Tel: <u>01271 311877</u> FB Group North Devon Prostate Group FB Group North Devon Bladder Group	Walk and Talk – Various locations	Thursday From 10.00am	Twice per month
Urology	Prostate/Bladder	For more information please contact Helen Gough on the above number	Coffee meet up – dates and locations TBC	Friday From 10.00am	Monthly



Just for carers

If you look after an adult, Devon Carers are there to look after you. Devon Carers provide information, advice and support to you in your caring role.

Peer Support

This service is about giving carers the chance to meet and make friends with other carers, providing each other with mutual support and understanding. We appreciate how difficult it can be to meet new people and make new friends; our staff are experts at keeping gatherings informal and relaxed and will support you in getting to know some of the other carers in your area.

How can it help me?

- Making friends and acquaintances with other carers has been shown to improve the wellbeing of carers
- We understand that carers can feel isolated and having links to other carers for mutual support can help to alleviate this
- It is often easier to cope when you know others who are in a similar situation
- Friends with caring responsibilities understand better than most the restrictions that being a carer can place on you and your ability to keep a social schedule

New friendships with carers can increase your sense of connection to the local community as you get to know people locally

Click the link for more information <https://devoncarers.org.uk/support/peer-support/>

Apply for the Priority Services Register

If you care for someone elderly, very ill, physical or mentally disabled or relies on power for their medical equipment - they could be eligible for the Priority Service Register.

For water contact South West Water: 0344 346 1010 or Minicom: 0800 169 9965

For electricity contact Western Power Distribution: 105 or 0800 6783 105 or Minicom: 0845 601 2318.

Devon
Carers

Do you know you may be entitled to a benefit called Carer's Allowance

If you spend a lot of time looking after someone with an illness or disability, you may be entitled to extra money in the form of a benefit called Carer's Allowance.

What is Carer's Allowance?

If you spend at least 35 hours a week caring for someone with an illness or disability, you may be eligible for extra money called Carer's Allowance.

It is paid at a rate of £69.70 per week (2022/23).

Who can claim Carer's Allowance?

You may be able to claim Carer's Allowance if all the following apply:

- You look after someone for at least 35 hours a week.
 - You don't earn more than £132 per week (after deductions including tax, national insurance and certain expenses). Find out more about the earnings limit.
 - The person you care for receives a disability benefit (see below).
 - You're aged 16 or over.
 - You're not in full-time education.

How to claim Carer's Allowance

Step 1: You can apply online at [gov.uk](https://www.gov.uk) or you can apply by post by completing a form called DS700 or *DS700(SP)* if you're getting a state pension.

It is worth including your mobile number so that they can contact you easily. Or call the Carer's Allowance Unit to ask for a claim form on 0800 731 0297. If you have speech or hearing difficulties, you can contact them by textphone on 0800 731 0317.

Step 2: You can follow the guidance on the [gov.uk](https://www.gov.uk) website to help, or ask for assistance if needed from a local advice agency. Local carer organisations can also offer support

Trouble sleeping??



NHS

Peninsula Cancer Alliance



**HAS YOUR CANCER DIAGNOSIS
AFFECTED YOUR SLEEP
PATTERN?**

**DO YOU LIVE IN DEVON OR
CORNWALL?**

**IF SO, WE WOULD LIKE TO HEAR FROM
YOU.**

The National Cancer Quality of Life Survey has shown that sleeping patterns have changed for many people with cancer. The Peninsula Cancer Alliance would like to find out more and listen to how we can develop services to support people. We are looking for people to share their experience of how their sleep has been affected by a cancer diagnosis. Refreshments provided during the small group session.

Sleep Focus Group

Tuesday 25th
April

1pm – 4pm

Exeter Library

Your views can
help shape
future services

Travel
expenses paid

Please join us!

If you are interested and
want to find out more,
please email:

[Peninsula.ca](mailto:Peninsula.ca@nhs.net)

[@nhs.net](mailto:Peninsula.ca@nhs.net)



Construction Industry Helpline
UK 0345 605 1956
ROI 1800 939 122



Our mission is that no construction worker or their family should feel alone in a crisis.
We are the only charity that is 100% dedicated to our construction community in the UK and Ireland and a crucial element of our strategy is to provide free and easy access to a wide range of pro-active resources to support the wellbeing of our workforce.

How we 'Help Inside the Hard Hat'
RESOURCES FOR YOU AND YOUR COMPANY

24/7 CONFIDENTIAL HELPLINE

Our helpline is available to everyone on site including subcontractors, agency workers and allied trades and offers emotional, physical and financial wellbeing support.

Whether you need advice on something specific or simply need to speak with someone about what is troubling you then we are here to help.

EMOTIONAL WELLBEING COVERING

- STRESS
- ANXIETY
- DEPRESSION
- ANGER
- SLEEP
- SUICIDAL THOUGHTS

PHYSICAL WELLBEING COVERING

- OCCUPATIONAL HEALTH
- ACHES AND PAINS
- NUTRITION
- WEIGHT MANAGEMENT
- CANCER SUPPORT
- ALCOHOL AND DRUG ADDICTION

FINANCIAL WELLBEING COVERING

- EMERGENCY FINANCIAL AID
- STATE BENEFIT ENTITLEMENT
- BUDGETING
- DEBT MANAGEMENT
- TAX, CIC AND LEGAL ADVICE
- RETIREMENT PLANNING

Text HARDHAT service

For those who aren't comfortable talking our 24/7 text service gives immediate access to text back counselling.

FEELING LOW? STRESSED? NEED TO TALK? START A CONVERSATION WITH US

Free and confidential support 24/7

Text HARDHAT to 85258 (UK)
Text HARDHAT to 50808 (ROI)

FREE WELLBEING MASTERCLASSES

These one hour wellbeing education sessions are CPD accredited and cover topics such as:

- Managing Stress
- Building Resilience
- Work Life Balance
- Mindfulness
- Meditation
- Financial Management
- Taking control - Alcohol and Drugs
- Crossing the line - Banter vs Bullying
- Promoting Happiness

SELF-SUPPORT APP

THE ULTIMATE SELF-HELP TOOL IN THE PALM OF YOUR HAND

POWERED BY **COMS**

Our 'Construction Industry Helpline' app covers all aspects of wellbeing and is packed with information about different conditions, coping strategies and signposting to over 3000 accredited organisations providing expert support.

DOWNLOAD FOR FREE from the Apple and Google Play app stores.



Ever worked in the construction industry?

The Lighthouse Construction Industry Charity is the only charity that provides emotional, physical and financial wellbeing support to construction workers and their families. We receive no public funding and rely on the generosity of those within in the industry to help us continue our vital work. (words from their webpage)

The Lighthouse Construction Industry Charity offers:

- 24/7 Construction Industry Helpline
- Construction Industry Helpline App
- Construction Focused Wellbeing and Mental Health Training

Find out more information at:

www.lighthouseclub.org

LIGHTHOUSE BEACONS

We have identified over 160 volunteer centres where workers can drop in to meet like-minded people and socialise and talk in a confidential environment. The Beacons are facilitated by individuals with lived experiences and are able to encourage those struggling with life problems to share their issues and if needed, seek further help.

FIND OUT MORE ABOUT OUR SUPPORT



Construction Industry Helpline
UK 0345 605 1956
ROI 1800 939 122



HOW YOU AND YOUR COMPANY CAN 'Help Inside the Hard' Hat



Get your Helpline Pack

Ensure your employees and subcontracted workforce know how to reach out for help by sharing our helpline posters and cards across your sites or workplace.

ORDER PACK

Join our Help Inside the Hard Hat Campaign

Help us spread the word about our services and support by displaying our Help Inside the Hard Hat posters around your site. You can even share them on site hoardings, buildings and vehicles! The posters can be downloaded free of charge and we can send you the artwork if you'd like to go large with your support.

FIND OUT MORE

Become a Company Supporter

Become a Company Supporter by pledging an annual donation and access our dedicated Company Supporter Hub. We've got lots of resources to help you develop your Road to Wellbeing strategy including free scheduled MHFA training and campaign assets for you to share. You'll also get a special shout out on social media and your logo on our website.



START YOUR JOURNEY

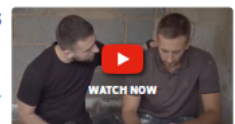
Hold a Lighthouse Day

Get your team together for a fundraising Lighthouse Day. It can be anything you want and we've got loads of ideas and resources in our fundraising pack to help you make your day a success.

START FUNDRAISING

How your support helps

We took a call from a family suffering the worst possible tragedy. Learn how your support can make a difference and ensure that no construction worker or their family is alone in a crisis.



Follow us for all the latest news about our campaigns and charitable services and subscribe to our monthly newsletter

Subscribe to our regular e-zine



Summers coming!!

Time to learn something new

CARERS SURF SESSIONS



Are you a carer over the age of 18?
If so...we are offering 6 fully funded
(free) surf sessions to you!

EVERY TUESDAY
11 A.M - 13:00 P.M

18TH APRIL
25TH APRIL
2ND MAY
09TH MAY
16TH MAY
23RD MAY



T'S AND C'S APPLY
PLEASE CALL US ON
01237 474663
FOR MORE INFORMATION OR TO
BOOK



✉ INFO@NORTHDEVONSURFSCHOOL.CO.UK



01237 474663

Recipes

Overnight Oats

Great for those late risers

Ingredients

- ⅓ cup rolled oats
- ½ cup low-fat milk
- ⅓ cup non-fat plain yogurt (Greek or regular)
- ½ cup unsweetened applesauce
- 1 teaspoon cinnamon
- 1 teaspoon brown sugar



Instructions

1. Combine all ingredients in a bowl and let soak overnight in refrigerator. Stir well before serving.

Overnight oats make for an energizing, iron- and protein-rich breakfast. Top with peanut butter or sliced almonds for additional protein.

Thai Turkey Meatballs with Coconut Rice



Ingredients

- Cooking spray or oil
- 1 egg
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon Thai chili paste
- 1 tablespoon Thai curry paste
- 1 teaspoon finely grated ginger
- 1 teaspoon minced garlic
- Cayenne pepper
- 1 450g lean (93%) ground turkey
- 170g panko bread crumbs
- 1 scallion, finely chopped
- 1 cup jasmine rice
- 118ml full-fat coconut milk
- 1 cup water
- Salt
- 1 cup chopped mango
- Juice of 1 lime
- ¼ cup chopped fresh cilantro

This low-fiber dish includes mango and coconut milk, both excellent sources of potassium. Potassium can help you rehydrate if you're having diarrhea.

1. Preheat oven to 350 degrees. Grease a baking sheet with cooking spray.
2. In a large bowl, combine egg, soy sauce, chili paste, curry paste, ginger, garlic, and a pinch of cayenne. Add turkey, bread crumbs, and scallion; stir well to combine. Roll mixture into 1-inch balls, packing firmly. The mixture should yield about 30 meatballs. Transfer to prepared baking sheet.
3. Prepare the rice. In a saucepan, combine rice, coconut milk, water, and salt. Bring to a boil over medium heat. Cover, reduce heat, and simmer for 20 minutes, until rice is tender.
4. Bake meatballs, turning once halfway through, until firm and cooked through, about 15 to 20 minutes. Meatballs should register 165 degrees Fahrenheit using an instant-read thermometer inserted into the centre of a meatball.
5. Serve meatballs alongside rice, mango, lime juice, and cilantro.



Here are the opening times and locations for North Devon foodbank centres. Everyone who comes to the foodbank for emergency food **needs** to have a valid foodbank voucher.

FOODBANK VOUCHERS

The foodbank works using a voucher referral system. Anyone can find themselves at crisis point for a number of different reasons.

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. The local agency can provide long term support to help address some of the issues behind the reasons for your crisis. If they feel you are struggling to put food on the table, they may issue you with a foodbank voucher.

The foodbank works with more than 100 different agencies, such as Citizens Advice, children's centres, welfare officers and health visitors. To find out more about the agencies and how you can get help, please [Call our local helpline on 01271 377077](tel:01271377077) to speak to North Devon Citizens Advice.

When you contact a referral agency they will take some basic details from you. This will help them to identify the cause of your crisis and offer practical guidance. If they issue you with a voucher it also means we are able to prepare suitable emergency food for the right number of people.

Once you have been issued with a voucher (or been given a voucher number), you can exchange this for a minimum of three days of [emergency food](#) at your nearest [foodbank centre](#).

Help Through Hardship – sponsored by National CA 0808 208 2138 Monday -Friday
9.00am – 5.00pm

Town	Address	Opening Days	Opening Times	Contact No.
Barnstaple	St John's Community Centre Rose Lane EX32 8PG	Monday Wednesday Friday	10.30am - 1.30pm	Tel: 01271 329902 M:07422 651 251 https://northerndevon.foodbank.org.uk/
Barnstaple	Outside 26 Osborne Gardens EX31 3SU	All week	24 hours Food, please contact if needing pet food or school uniform	M:07514 689 327 Email: barnstaplepunkparty@gmail.com

LOCAL



Bideford	Supreme House, Pitt Lane EX39 3JA	Monday Wednesday Friday	10.30am - 1.30pm	Tel: 01237 422243 M:07422 651 252
Braunton Food Bank	South Street Church Hall	Wednesday	12.00 - 1.30pm	northerndevon.foodbank.org.uk Help through Hardship Tel: 0808 2082138
Braunton Food Bank	Shed in the South Street Church Car Park EX33 2AS	Thursday	5.30 – 6.30pm	01237 422243
Holsworthy	Manor Suite Memorial Hall North Road Holsworthy EX22 6DJ	Wednesday	2.00 - 4.00pm	M: 07726 461 816
Ilfracombe	Salvation Army Community Hall Torrs Park Ilfracombe EX34 8AY			Tel: 01271 865745/ M: 07422 651 254
Lynnton & Lynmouth	Community Hub, Town Hall, Lynnton EX35 6HT	All food parcels are delivered to customer' home		01598 752384
South Molton	YMCA Centre Mill Street, EX36 4AS	Thursday	10.00am – 12.30pm	M:07422 651 253
Torrington-short term support for unaddressed needs in official systems	Baptist Church, New Street Torrington	Tuesday & Saturday	10.00am – 12.00pm	Shirley Beer – 01805 623887 Dave Martin – 01805 623175 Gt Torrington residents and surrounding parishes

Financial Support



**WE ARE
MACMILLAN
CANCER SUPPORT**

Local Team :

0845 894 9567

Pictured above: June Travers-Wakeford Macmillan
Citizens Advice



The Macmillan Welfare Benefits Caseworker team are running regular **outreach clinics** at the Fern Centre on **Tuesday mornings**.

You are welcome to **pop in to the Fern Centre** and **have a chat** with June Travers-Wakeford our welfare benefits advisor.

If your query is **more complex** then an **appointment will be made** for you to return to the centre **at a later date**.

Our advisor June Travers-Wakeford is only too happy to help you but you can also **contact** the **Macmillan Welfare Benefits Caseworker** team directly to arrange your appointment.

Please call the local MacmillanCA team on:

0845 894 9567

macmillan@ruraldevoncab.co.org

JOIN OUR NEWSLETTER MAILING LIST

To keep up to date with everything we are doing in the Fern Centre you can request to join our newsletter mailing list by contacting us at rduh.theferncentre@nhs.net

361 Community Energy

Are a not for profit community organisation operating across Northern Devon helping the community save energy, money and carbon.

- **Fuel Poverty:** We offer a free service to anyone who might be struggling to pay fuel bills or suffering from a cold or damp home. Our advice includes help with energy debt, energy supplier switching to a cheaper tariff, help with meters, benefit applications for reduced energy and water bills and access to funding for energy efficiency improvements.
- **Community Renewables:** We offer technical and community engagement services to develop and facilitate community renewables in our local community.
- **Climate Change Awareness:** We run events and activities to highlight the issues of climate change and promote individual and community behaviour change.

To book a FREE energy review or to get some more energy advice

Contact:

01271 599361

info@361energy.org

FACEBOOK PAGE



Join our Facebook page for all our up to date information.
Search for "Over and Above Fern Centre" to follow us online

Testimonials



Above all expectations

Since visiting my family in Barnstaple the centre has been excellent. The service, volunteers, staff and facilities are superb, what a wonderful place to chat and the information available is way above all expectations, thank you.



Will really miss our Friday mornings

Had 6 sessions of reflexology with Sheila. I looked forward to every visit and felt amazing after each one-will really miss our Friday



It gave me time out for myself

I am a carer for my husband so this treatment has been much benefit for me. It gives me time out for myself and helps me switch off from everything else. I am sure like all carers the tendency is to neglect ourselves whilst caring for others.

The massage gave me some self-care that I would have otherwise not given myself. Thank you very much for giving me the opportunity to have a bit of pampering which has helped relieve tension in my body and my mind!



Please tell us about your care today
What was good?
What could be better?

Share your story at
careopinion.org.uk

What do we mean by feedback?

1. **helpful information or criticism that is given to someone to say what can be done to improve a performance, product, etc, or to show appreciation of a service received.**

The Fern Centre appreciates all the feedback you kindly leave us, it helps us to improve on what we can offer our visitors.

Thank you!

Charity News!

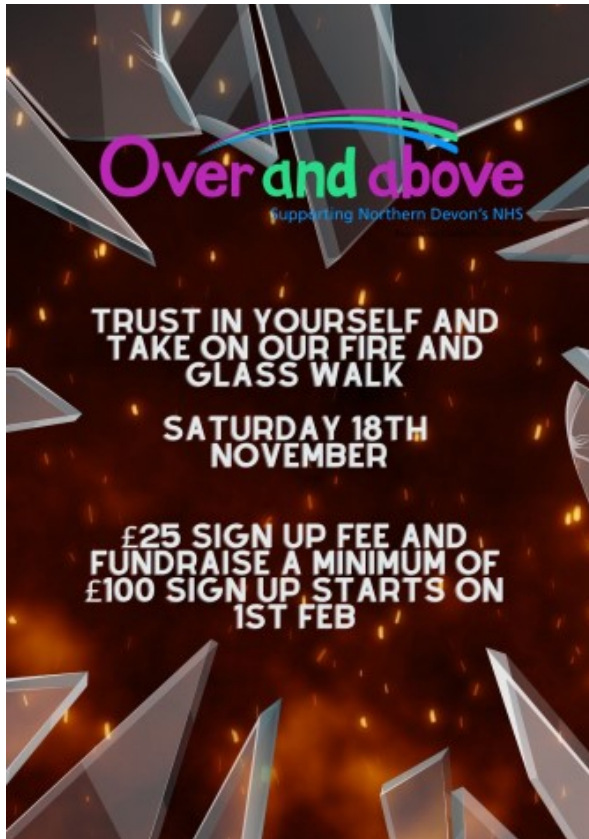


Big Thank you! to Lesley for going the extra mile and running the London Marathon in memory of Rachel Clarke. Your dedication to raising funds for Over and Above Fern Centre is truly inspiring, and we are so grateful for your efforts. Thanks to your hard work and managing to raise an **impressive £845** towards a cause that is close to yours and your very good friend Shirley's hearts. Your passion and commitment to your friend is commendable.

Lesley you're an inspiration to us all!



Charity News!



Over and above
Supporting Northern Devon's NHS

**TRUST IN YOURSELF AND
TAKE ON OUR FIRE AND
GLASS WALK**

**SATURDAY 18TH
NOVEMBER**

**£25 SIGN UP FEE AND
FUNDRAISE A MINIMUM OF
£100 SIGN UP STARTS ON
1ST FEB**



**Happy Birthday
NHS|75**

ON 5 JULY 2023, THE NHS WILL MARK 75 YEARS OF SERVICE. OVER AND ABOVE WILL BE CELEBRATING THIS MILESTONE BY SHOWCASING THE BEST OF THE NHS AND ENCOURAGING OUR INCREDIBLE COMMUNITY TO JOIN US BY HOSTING A BIRTHDAY TEA PARTY. IT COULD BE CHILDREN'S TEA PARTY OR EVEN A VERY ELEGANT AFTERNOON TEA, WE DON'T MIND!!

OVER THE NEXT FEW MONTHS, WE WILL BE RAISING AWARENESS AND SHOWING OUR APPRECIATION FOR THE YEARS OF CARE AND COMMITMENT OUR NHS HAS GIVEN US - FROM THE MOMENT WE ARE BORN THROUGH TO END-OF-LIFE CARE. BUT WE CAN'T DO IT WITHOUT YOUR HELP! PLEASE SUPPORT YOUR LOCAL NHS CHARITY TO IMPROVE AND ENHANCE HEALTHCARE FOR EVERYONE IN YOUR COMMUNITY NOW AND FOR ANOTHER 75 YEARS.

WE WOULD BE SO GRATEFUL IF YOU WOULD CONSIDER HOSTING AN AFTERNOON TEA, A PAR-TEA OR A GATHERING WITH FRIENDS, FAMILY, COLLEAGUES, SCHOOL OR COMMUNITY GROUP. TAKE PART ON 5 JULY OR A DATE THAT SUITS YOU. RAISE MONEY THROUGH BAKE SALES, SERVING CUPS OF TEA, 'GUESS THE WEIGHT OF THE CAKE' AND OTHER FUN ACTIVITIES.

WE WILL BE WITH YOU EVERY STEP OF THE WAY AND CAN PROVIDE ANY FUNDRAISING SUPPORT YOU MAY NEED SUCH AS POSTERS, PLANNING, COLLECTION TINS, AND ADVERTISING. THANK YOU IN ADVANCE FOR SUPPORTING OUR EFFORTS. WE COULDN'T PROVIDE LIFE CHANGING SUPPORT WITH THE GENEROSITY OF OUR COMMUNITY.

NORTH DEVON DISTRICT HOSPITAL, RALEIGH PARK,
BARNSTAPLE, EX31 4TB
OFFICE: 01271 311772
EMAIL: RDH.CHARITY@NHS.NET



**WINGWALK
FOR FREE***

Minimum Fundraise from £599

Contact us for
more information
on 01271 311772

*Wingwalk for Free Minimum Sponsorship from £599
Terms & Conditions apply

wingwalk.buzz

**5th August
2023**

**THROUGH OUR CHALLENGE EVENTS WE
WANT TO DO SOMETHING SPECIAL**

We have the opportunity to use the most incredible activities to raise money! We want people who are so passionate about the work we do to be able to stand on a plane or even jump from one. It's a brilliant way to show how supportive our communities can be! From the donations to your event or the supporters that watch. We want everyone to be involved.