



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)

January

2023



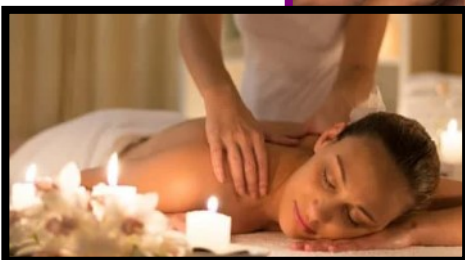
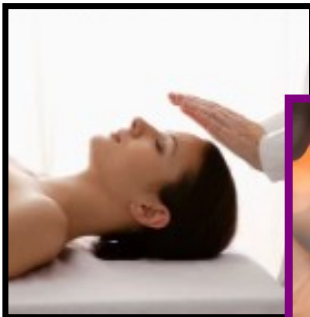
What's On...

All at the Fern Centre would like to
wish you a very happy 2023!!

Fancy some 'ME TIME' in 2023?

Come and join us for some relaxing therapeutic massage, reflexology or reiki. Cancer patients (living with & beyond), their relatives & carers can have 6 free weekly sessions of one of the three therapies—waiting lists approx. 4-6 weeks

For a referral contact your Clinical Nurse Specialist or the Fern Centre on **01271 311855** or email rduh.theferncentre@nhs.net



Over and Above Fern Centre offered support to the nurses on both of the strike days in December by providing a toilet stop, teas, coffees and other refreshments.

Pictured with Tuesday Volunteer Roger Pullen

Mindfulness with Katia

The Fern Centre has linked up with Learn Devon who have very kindly agreed to host some more **general mindfulness sessions**

These sessions will run on.....

Monday 30th January

- **Mindfulness as a coping strategy**

Friday 17th February

- **Introduction to Mindfulness**

Monday 13th March

- **Mindfulness as a coping strategy**

Due to the restrictions in our Group Room as a result of Covid, spaces for these groups are limited.....so book early to avoid disappointment!

For more information or to book please contact the Fern Centre :

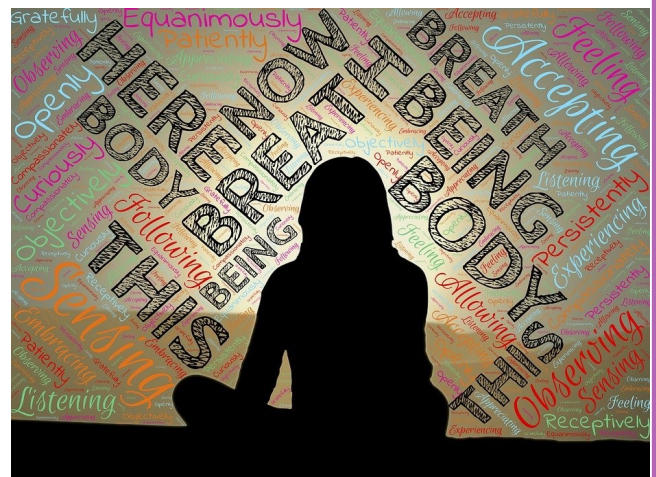
Tel: 01271 311855

or

Email: rduh.theferncentre@nhs.net

**Feedback received from
previous attendees**

“It was great to do something creative. It forces you to be mindful & in the present and it was good fun!”



BOOK NOW!

SPACES AVAILABLE!

“I came here today feeling very low and alone.

You have asked for a score I started at a ten.

I did not think it would or could help me.

How wrong I was, I am leaving here feeling much brighter in myself with a plan of how mindfulness can help me on my journey.

I am leaving with a score of 4.

Thank you for all your help.”

Wig Service- 2023 dates!

We have arranged another year of wig fitting clinics with the wonderful ladies from Natural Image! We will be hosting a wig clinic **every month of 2023**. If you are facing hair loss and would like to see what wig options there are, please book an appointment to see Maria! The **appointments are completely free** and there is **no obligation to buy** a wig at your appointment, it's a great chance to see what is available and get **one to one advice** on the best look for you.

The wig service is available to patients facing **hair loss due to cancer treatment** and also those affected by **alopecia**. Please contact us at the Fern Centre if you would like more information.



Thursdays

Appointments 10.15 am

19th January 2023

16th February 2023

16th March 2023

20th April 2023

18th May 2023

15th June 2023

20th July 2023

17th August 2023

21st September 2023

19th October 2023

16th November 2023

December TBC

6 appointments available —please book through the Fern Centre....

01271 311855

Look Good, Feel Better! Dates For 2023

We are so excited to announce that we have booked another year's worth of Look Good, Feel Better workshops in the Fern Centre. Available to women going through cancer treatment. Perfect for confidence boosting, getting tips on makeup, skincare, eyebrows and much more! Attendees will also receive a goody bag of cosmetics worth £300! Contact the Fern Centre if you would like to book your place or you can do this yourself by going to the LGFB website:

<https://lookgoodfeelbetter.co.uk/>

Wednesdays

6.00pm—8.00pm

15th February 2023

15th March 2023

19th April 2023

10th May 2023

14th June 2023

12th July 2023

No August Date

13th September 2023

11th October 2023

8th November 2023

6th December 2023



look good **feel better**

FACING CANCER WITH CONFIDENCE

Bra and Prosthetics Clinic 2023

Our Bra fitting clinic will be running on the 1st Thursday of every month in 2023! We have linked up with the Breast Care Nurses to provide regular bra fitting clinics to ensure patients can find the right fitting bra before they see the nurses for a new prosthetic. The bra and prosthetics clinics are available to any post-surgery breast cancer patient **no matter how long ago their surgery was.**

Please get in touch with the Fern Centre if you would like any more information.

NICOLA JANE

Restoring confidence and femininity after breast cancer

To book an appointment for the bra service, you can **Book on line or through the Fern Centre**

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

Scroll down to : Barnstaple clinic and click
BOOK NOW

*We are here to
support!*

The Breast Care Team
run their prosthesis clinic
every 2nd and 4th
Wednesday of the month
(appointments will be made prior
to surgery)



NICOLA JANE

THE MASTECTOMY & POST BRA FITTING SERVICE

will attend the Fern Centre to
run their bra fitting clinic on:

5th January 2023

2nd February 2023

then every 1st Thursday
of the month

This clinic will work alongside the Breast Care
Team's prosthesis clinic

Contact details for more information or a referral:

The Breast Care Team: ndht.breastcare@nhs.net

The Fern Centre: 01271 311855 or

rduh.theferncentre@nhs.net

WORKSHOP

Karen, our lovely volunteer will kindly be hosting some more workshops in January, February and March. These workshops are available to patients diagnosed with or living with and beyond cancer.

The workshops are:

Boosting Your Energies

11th January 2023

22nd February 2023

10am-12pm

Boosting energies exercises are ideal to do first thing in the morning to get your energy flowing, they will restore tiredness, boost the immune system, increase vitality and help ground you.

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?

Join Karen for a fun and informal workshop, where she will show you different ways that will reset your energy for the day.

The aims of the workshop:

- Experience testing own energy levels
- Understand how energy moves through our body and how it gets stuck
- Practice fun and simple techniques that you can bring into your daily life
- Discuss how you can apply these exercises in all areas of your life.

EFT 'Tapping' Workshop Emotional Freedom Technique a new way of coping with worry and stress

8th March 2023

10am-12pm

The techniques shown will help rebalance your body and mind and enhance your resilience to stress.

This fun and informal workshop offers a highly effective technique to manage and reduce our stress levels as we go through our day and manage the challenges of an illness or a long term condition.

Stress, worry, frustration and anger is a normal part of our lives but when it becomes prolonged and the demands exceed our expectations of how we will cope, then these emotions can have a major negative impact upon our well being.

There are many ways to manage stresses of our daily lives and in this workshop you will learn how and why tapping works. By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities.

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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 DATES!

Wednesday 11th January

Wednesday 22nd February

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 RDUH.THEFERNCENTRE@NHS.NET

Limited numbers due to Covid restrictions, early booking advised



Over and above
Fern Centre

The logo for the Fern Centre, featuring the text "Over and above" in a purple font above "Fern Centre" in a green font, with a stylized green fern leaf graphic.

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 8th March
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 rduh.theferncentre@nhs.net

Space are limited due to Covid restrictions



ARTS for Well-being

Art for Wellbeing

Join us for a 5-week course with Harry Roberts from Learn Devon

Friday afternoons 2.00-4.00pm

January 6th, 13th, 20th, 27th

and 3rd February

There are 10 places and **you will need to attend all 5 sessions**

Please book by calling 01271 311855
or emailing

rduh.theferncentre@nhs.net



ACRYLIC WORKSHOP

Two Day Acrylic Workshop with Malcolm Clark

Wednesday 25th January and Wednesday 1st February

2.00-4.00pm

To book your place contact us.



FACEBOOK PAGE

Join our Facebook page for all our up to date information.

Search for "Over and Above Fern Centre" to follow us online

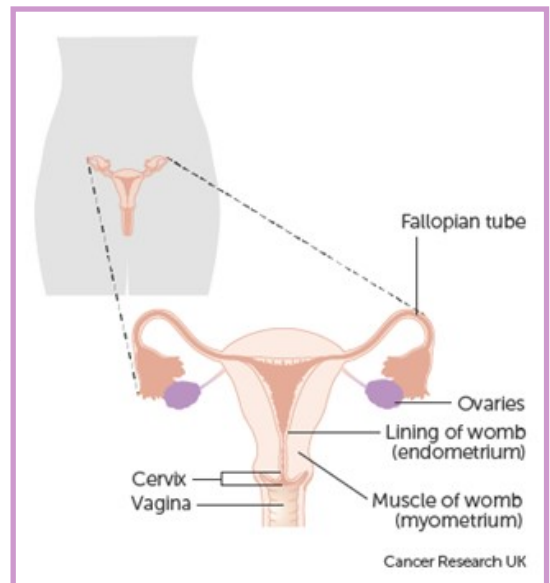
JOIN OUR NEWSLETTER MAILING LIST

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

Each month we will be featuring a **national cancer campaign** and for **January** the **GynaeOncology Team** have chosen **Cervical Cancer Prevention Week 23rd— 29th January 2023**

What is a cervix and what is cervical cancer?

The cervix is part of the female reproductive system and is located at the lower part of the womb and is the opening from the womb to the vagina. The outer surface of the cervix is covered in skin like cells whereas inside the cervix are glandular cells. If any of these cells become damaged, for example due to high risk HPV, they can change and grow and eventually form a tumour. Squamous cell is the most common cervical cancer and forms from the skin like cells and adenocarcinoma is a less common cervical cancer and forms from the glandular cells.



What are the symptoms of cervical cancer?

The most common symptoms of cervical cancer are:

- **Unusual vaginal bleeding e.g. bleeding after sex, bleeding after the menopause, heavier periods or bleeding in between periods;**
- **pain or discomfort during sex;**
- **vaginal discharge;**
- **pelvic pain.**

Many of these symptoms can also be caused by other conditions and you may be thinking it is probably nothing however it is always best to get it checked by a health professional. Early stage cervical cancer often has no symptoms and that is why screening is so important, as this will be able to pick up pre-cancerous changes and may then detect early stage cancer whilst treating severe changes.

What is the treatment for cervical cancer?

Treatment depends on many factors such as:

- **the type of cancer**
- **how big it is**
- **how far it has spread**
- **your general health**

In general treatment for cervical cancer involves:

- **surgery such as a hysterectomy (removing the womb and cervix) +/- removal of lymph nodes (small kidney shaped organs that are connected together and form part of your immune system that sometime cancer can spread to)**
- **and/or chemotherapy and radiotherapy.**
- **Very early cervical cancer may be treated by a procedure called a LLETZ which is also used to treat severe pre-cancerous cell changes or in small early stage cervical cancers, if the individual wants to save their fertility, a specialist surgery called a trachelectomy may be considered but is only performed in some specialist hospitals.**

There are a few ways you can help to reduce your risk of developing cervical cancer and these include:

1. Attending cervical screening

Why is cervical screening important?

Cervical screening can detect signs of change in the cervix before cancer develops. Approximately 3200 people are diagnosed with cervical cancer every year in the UK and there are approximately 800 UK deaths a year from this disease. It is estimated 83% of cervical cancer cases could be prevented if everyone with a cervix was screened regularly.

Who is eligible for cervical screening?

Anyone with a cervix who is aged 25-64, and for those aged 65 or older if 1 of their 3 previous tests were abnormal.

What is cervical screening?

The current screening in England involves looking for high risk Human Papilloma virus (HPV), which is associated with the development of cervical cancer. This is done by taking a sample of cells from the cervix. The doctor or nurse will do this by inserting a speculum into the vagina and then using a soft brush to sweep the cervix and collect the cells.

What happens next?

The cells taken will be looked at in a lab for any signs of high risk HPV. If there are signs of high risk HPV your cells will then be checked for any changes. If you have no signs of high risk HPV you will be invited back again for routine screening, if you have high risk HPV with no cell changes you will be invited back for screening again in 1 year and if you have high risk HPV with cell changes you will be invited back for further investigations and/or treatment depending on the severity of changes seen.

TIPS FOR A CERVICAL SCREENING APPOINTMENT



Ask questions about what will happen

You can have an appointment before your screening to talk to a nurse or doctor about what to expect.



Get more time

Ask for a double appointment to have more time with the nurse/doctor.



You can ask for a woman

You can ask for a female nurse or doctor if you would feel more comfortable.



Ask to bring someone you trust

A friend, family member or carer can come along with you for support.



Practice the body position at home

This will help you get used to the position – lying on your back, legs bent and knees apart.



Listen to music or a podcast

Listening to something during your screening test might help you relax.



Practice saying the words you need

You will hear words like cervix, speculum, vagina during your appointment, so you might want to practice saying these words before your appointment.



You are in control

You can ask the doctor or nurse to stop at any time for any reason. It is okay if you can't go through with the screening the first time.



Wearing comfortable clothes

Wearing a long dress or skirt (if you wear them) can help you feel more comfortable.



Get more help

You can contact The Eve Appeal for free help on nurse@eveappeal.org.uk or 0808 802 0019. Mencap has information and advice on mencap.org.uk/treatmentwell.

Are you due for your cervical screening (smear test)?

Book an appointment with your GP or pop along to our new drop-in service at North Devon District Hospital



Location: Petter Ward, Ladywell Unit, North Devon District Hospital

Time: Tuesday evenings, 5.30pm – 7.30pm

"Come on ladies, you owe it to yourselves to put you and your health first."

Smear tests save lives

Minimise the risk of fertility problems from cervical cancer treatment

Early detection of pre-cancerous changes

Avoid the development of cervical cancer

Reduce the need for extensive treatment of the cervix

Drop In Service at NDDH

As experts in gynaecological health, we are very aware of the barriers that can prevent people from attending their cervical screening. One of these barriers can be difficulties accessing a GP appointment for those who are unable to attend during opening hours. With this in mind a drop-in screening service is available at North Devon District Hospital for all who are eligible.

**The clinic runs every Tuesday evening
17:30- 19:30 (last arrival time 19:00)
on Petter Day Treatment Unit**

Feedback from patients has been really positive and we are pleased to receive feedback regarding how "professional, kind and caring" we are and how beneficial this service has been for many women.

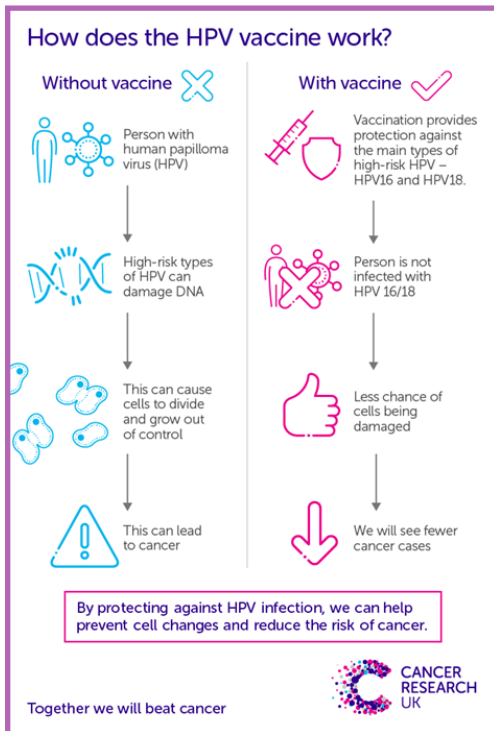
References:

Cancer Research UK - <https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about>

The Eve Appeal - <https://eveappeal.org.uk/gynaecological-cancers/cervical-cancer/facts-and-tips-for-cervical-screening/>

Jo's Cervical Cancer Trust - <https://www.jostrust.org.uk/information/cervical-screening>

2. Vaccinating against HPV — What is the HPV vaccine and why is it important?



Who is eligible for the HPV vaccine? The HPV vaccine is available for all boys and girls aged 12-13 through school, usually with one dose offered in year 8 and the second 6 months later but it can be available through your GP surgery as well as privately and can be given up to your 25th birthday in some circumstances.

Why is it given to boys and girls and at such a young age? HPV can be spread through any skin to skin contact but most commonly via fingers, hands, mouths and genitals. In order to protect against HPV it is best if the vaccine is given before people come into contact with the virus. Most people will come into contact with some type of HPV at some time in their life and generally the virus does not usually do any harm because the person's immune system clears the infection. However, sometimes the infection stays in the body for many years, and it may start to cause damage to cells. It is this damage that can lead to cancer and it is this that the vaccine aims to protect against.

3. Maintaining a healthy lifestyle

Are there other ways I can reduce my risk of developing cervical cancer? Maintaining a healthy lifestyle and a strong immune system by having a well-balanced diet, keeping active and limiting your exposure to cigarette smoke can help your body to clear the HPV infection. Practising safe sex using barrier contraception can also reduce your exposure to HPV.



Rhea Crighton



Anna Watts

Gynaecology Clinical Nurse Specialists

Rhea will be posting on Facebook, Instagram and Twitter throughout January, follow her on:

Twitter @RheaCrighton1
Instagram @RheaCrighton

Listen to Rhea Crighton and Anna Watts on the Laura James Show The Voice Radio Monday 23rd January at 11.20am Cervical Cancer Awareness Week

Do you know the symptoms of cervical cancer?

The most common symptoms include:



Vaginal bleeding that is unusual for you – after menopause, between regular periods or after sex



Unexplained pain in your lower back or between your hip bones (pelvis)



Pain or discomfort during sex



Changes to vaginal discharge

These symptoms are not usually cervical cancer, but it's important to contact your GP and get them checked out. Don't wait for cervical screening (a smear test).

If your GP asks you to go into the surgery, don't worry – they have measures in place to keep you safe from coronavirus.

For more information or support, call our Helpline on 0808 802 8000 or visit [jostrust.org.uk/symptoms](https://www.jostrust.org.uk/symptoms)



References:

Cancer Research UK - <https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about>

The Eve Appeal - <https://eveappeal.org.uk/gynaecological-cancers/cervical-cancer/facts-and-tips-for-cervical-screening/>

Jo's Cervical Cancer Trust - <https://www.jostrust.org.uk/information/cervical-screening>



Annual Big Bird Watch 2023



This year's event takes place
27th — 29th January
- Every Birdwatch Matters -

Go to <https://rspb.org.uk> to get your free guide which helps you make sure your Birdwatch counts.

The fact that we've lost 38 million birds from UK skies in the last 50 years underlines that nature is in crisis. We see it in our own back gardens with house sparrows struggling and starlings undergoing a severe decline. As a conservation charity, your Birdwatch results help us monitor how our UK birds are faring in the face of the nature and climate emergency. But we can't do it without your support. By taking part in Big Garden Birdwatch you, and hundreds of thousands of other like-minded nature lovers, will be taking action to protect our birds for generations to come.



How to take part in Big Garden Birdwatch

- It is as easy as 1..2..3..

1. Watch the birds around you for 1 hour
2. **Count** how many of each species of bird **lands** on your patch
3. Go online and **tell us** what you saw!

Attracting birds to your patch

With birds facing greater challenges due to the nature and climate emergency, every Birdwatch matters. So it's time to get your patch ready for Birdwatch. Top up your bird table and fill the bird bath to the brim. Make sure to remove old food and clean your feeders weekly, as disease can be a serious issue for some species.

Greenfinch numbers have massively dropped due to a disease that spreads around contaminated feeders and water bowls, and chaffinches are now struggling.

[Check here for guidance on cleaning feeders](#) to keep you and your garden birds safe.

No garden? No problem! Even a small window feeder will attract more birds to your Birdwatch. The more of you that take part, the more it will help us to protect our birds for generations to come.

If you're new to Birdwatch, we've got lots of top tips and expert advice on what to feed and how to bring birds on to your patch all year round. Sign up to receive the emails from the Royal Society for the Protection of Birds and get some top tips now.



Recipes



Cream Cheese Pesto Pasta

Ingredients (serves 4)

- 2 cups fusilli
- 6 tablespoons cream cheese, softened
- 3 to 4 tablespoons pesto sauce
- ¼ cup grated Parmesan
- Fresh parsley, chopped

Instructions

- Cook pasta according to package directions. Reserve about ½ cup cooking liquid, then drain.
- Whisk cream cheese with pesto and about 6 tablespoons reserved cooking liquid until creamy. Adding more water will produce thinner sauce and less water will produce thicker sauce. Pour sauce over pasta and toss to combine.
- Top with Parmesan. Add parsley and sunflower seeds to taste, and serve immediately. Pasta should register 145 degrees Fahrenheit or higher using an instant-read thermometer placed in the middle of the dish.

Sweet Potato and Leek Soup

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons chopped garlic
- ⅓ cup thinly sliced onion
- 3 tablespoons chopped leeks, white and light green parts only
- 5 cups water
- ½ cup vegetable stock
- 1 medium sweet potato, steamed



Instructions

- Heat oil in large pot over medium heat. Add garlic and sauté until fragrant, about 30 seconds. Add onion and leeks, and sauté until translucent. Add water and stock, and bring to a boil. Reduce heat and simmer, about 5 to 10 minutes.
- Remove from heat and let cool. Puree onion mixture in blender until smooth. Return to pot.
- Add sweet potato to blender and pulse until smooth. Add potato puree to pot and stir to combine.
- Bring to a boil, then reduce heat and simmer 5 minutes.

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** and in the spring **Friday afternoons**.

You are welcome to **pop in to the Fern Centre** on these days and **have a chat** with 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



Worried about energy price increases?

To request an appointment call Warmer Home Adviser on: 01271 599361 or
Email: Home.energy.adviser@ndvs.org.uk
Or visit <https://361energy.org/>

R.A.B.I

Royal Agricultural Benevolent Institution

Helping Farming People

A national charity in England and Wales that gives **financial ,emotional and practical support** to the farming community.

For general enquiries, please contact us on

01865 724 931 or info@rabi.org.uk

What do we do?

We give grants and support to farming people of all ages

We help farmers, farmworkers and their dependants

Call for in-person counselling on our 24/7 confidential helpline:

0800 188 4444
help@rabi.org.uk



Registered Charity Number 208858

DONATE A COAT

Homelessness is an issue 365 days a year but as the coldest months are approaching these will be the hardest. That's why we are calling on the community to donate coats, hats, scarves or any other warm item which may be useful for the most vulnerable around the region.

If you would like to take or donate a coat, please look at the libraries and locations listed on the website below. We would like to encourage the community to reutilise their clothes to promote a more sustainable world while helping others

Please ensure that the items are clean and in good condition as they will be immediately hung up for other people to take and use. Items can be dropped off at anytime during opening hours. We accept adults and children's coats with a high demand for men's coats.



Please join the Donate a Coat Campaign by donating your coats or by raising funds here:

www.justgiving.com/campaign/JulianHouseRailCoats



The Devon libraries where you can **donate clean and in good condition coats , hats, scarves and gloves this winter are:**

- **Barnstaple**
- **Ilfracombe**
- **Bideford**

Items can be dropped in at any time during opening hours and will displayed that same day.

Over and above Fern Centre

Accommodation!

Accommodation Facility

Did you know the Fern Centre has 3 ensuite accommodation rooms?

These rooms available to offer emergency accommodation to relatives and carers of patients admitted to North Devon District Hospital. You can access the accommodation if you are a relative or carer of a patient who:

- Patient brought in under emergency conditions
- Patient in the ICU and is in a critical condition
- Patient is a baby/child and the parent/guardian is unable to stay on the ward
- Patient is near end of life and relatives wish to remain close

The accommodation is also available to **pre-book** if you live more than 20 miles away from the hospital and:

- Have consecutive appointments on the Seamoor Unit
- Have a planned procedure and wish to stay the night beforehand

A small fee of £25 per night is payable to the Over and Above charity for cleaning costs.



Do you have treatment planned in Plymouth?

Hearts together Hospital Hotel is located near Derriford Hospital, Plymouth and is available to:

- **Patients receiving treatments**, either attending multiple appointments or wishing to stay close by the night before an early appointment, operation or procedure
- **Friends, carers and relatives** of someone who is undergoing treatment or having a procedure. This enables friends or relatives to be close by.
- **Healthcare professionals** and trainees working at the local hospitals and healthcare centres

There is a fee payable for the use of the accommodation. Bookings are flexible and you will only be charged for the time you stay if plans change.

Facilities include:

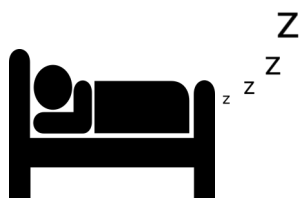
- Complementary continental breakfast
- Free tea, coffee, biscuits and soft drinks
- Self catering facilities (microwave, fridge, freezer, kettle toaster etc.)
- Free parking
- Direct telephone access to main hospital
- Hairdryer
- Laundry facility
- Complementary shuttle service between Hearts together Hotel and Derriford Hospital

You can book online via:
www.heartstogether.org.uk

Email the team at:

bookingenquiries@heartstogether.org.uk

Or phone them on: **01752 315 900**



Radiotherapy in Exeter?

RD&E offer accommodation at their Accommodation Village.

All bookings are made through their Oncology department

The accommodation is self-catering with stairs leading up to the flats. There are two flats, one female and one male, and each include:

- One single bedroom
- One double bedroom
- One twin bedroom

All flats are fully equipped with a kettle, toaster, microwave, cooker, cutlery, fridge & freezer. The lounge area contains a TV & DVD, books for keeping you occupied.

You will need to walk about 1/4 mile to the Oncology department for your treatment, which includes a short hill.

Accommodation staff are available Monday-Friday within working hours, the office will be closed at weekends.

This accommodation is **FREE OF CHARGE FOR PATIENTS**, but if you would like a partner or family member to stay with you this can be arranged at a charge of **£28 per person per night**.

Whilst you are having your radiotherapy the flats will be provided with bread and milk for breakfast time (butter & cereal not provided)

You will be issued with patients meal vouchers for the days you are staying and having treatment. These are only to be used by the patient.

Whilst staying in the radiotherapy flats you will be issued with a parking permit, if traveling by a vehicle.

For more information contact the RD&E ACCOMMODATION STAFF on:

Claire Bissett 01392 403281

Accommodation manager

Christine Orchard 01392 403294

Testimonials



Recommending Reflexology

"Didn't know what to expect, but very please with the reflexology.

It has benefited me in a number of ways,

I would recommend it to anyone to try and hope to be able to access the service again next year."



Grateful for my complementary therapies!

"I am very grateful for the complementary therapies that I was offered (massage/reiki). They helped me relax and improved my well-being during my cancer treatment, which is so important.

The Fern Centre is a lovely place to go, with welcoming and friendly staff- they have teas, coffee and there is always someone to talk to if you have any questions. They also offer free workshops like 'Look Good Feel Better' which I attended and I found it very helpful. It helped me feel more confident about my appearance as it showed me how to draw my eyebrows/ apply make-up products when I lost my eyebrows due to chemo. Also you get to meet other people in the same situation."



valuable service

Wonderful Emotional Freedom Technique refresher course, this has given me tools to help manage my anxiety & stress around my cancer diagnosis. I can use it subtly in public without awkward questions.

Thank you so much for providing such a valuable service.



How was your care?



Care Opinion

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

Share your story at careopinion.org.uk

Charity News!

Over and Above said **THANK YOU!** to the lovely volunteers who help out across the hospital by inviting them for an early Christmas Lunch. All your help is very appreciated!!



DONATION!

On the same day the generous people from the **Outside Events Team** presented a cheque to the Over & Above charity for a whopping **£1000**

Thank you for your donation!



Charity News!

We are so grateful to all that came to the White & Gold party to support the Fern Centre

What an amazing way to raise some money for the Centre, by having a good old boogie and a few drinks!

Keep your eyes peeled for another one in 2023!!



Congratulations!!

Congratulations to Wendy, a regular Fern Centre visitor and Kim, who works in the Fern Centre office, for winning 2 of the 5 hampers in the Over & Above Charity Christmas Hamper Raffle!

A big thanks goes to Tesco for ongoing support and for providing the hampers for the annual Christmas raffle.

TESCO
Every little helps

