



## 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...

So, March is the month that spring will be upon us, the days will be becoming a little warmer and lighter evenings, which we are all looking forward to.

Perfect timing for the planting of the trees in the Fern Centre garden which we are excited to announce happened a few weeks ago.

**The Fern Centre would like to THANK! everyone that has helped this happen**



March is Ovarian Cancer Awareness Month and this March we want you to know your body and the symptoms of ovarian cancer.

The Gynae-oncology nurses will be doing the following things in March to help raise awareness: sharing information on Facebook, Twitter, Linked In and Instagram; turning social media teal; a stand will be present in the NDDH Canteen with information available for you to take away and there will be information posters around the hospital.

You can help raise awareness too by sharing information with your friends and family regarding the symptoms of ovarian cancer.

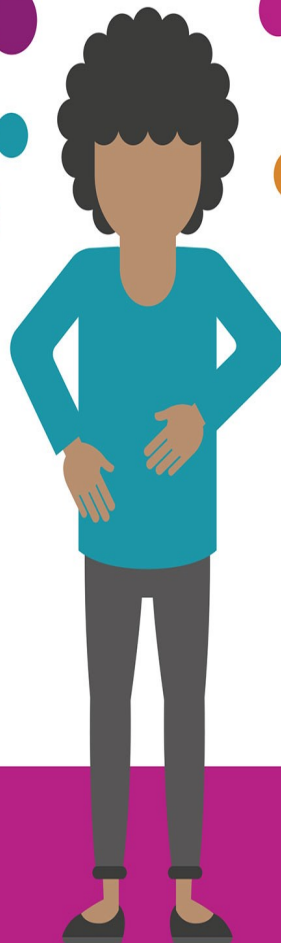
# Do you know the symptoms of ovarian cancer?

BLOATED  
TUMMY

ALWAYS  
FEELING  
FULL

NEEDING  
TO WEE  
MORE

TUMMY  
PAIN



Early diagnosis saves lives



TARGET  
OVARIAN  
CANCER

# WORKSHOP

Over and above  
Fern Centre



## In March

### Arts & Crafts

learndevon

**SPACES AVAILABLE**

3rd March 2.00pm-4.00pm

for **Watercolours-Zen Stones**

## Mindfulness with Katia

Katia, will be joining us again on:

**Monday 13th March**

to help you learn to use **mindfulness as a coping strategy** in day to day life.

Mindfulness has many benefits, like:

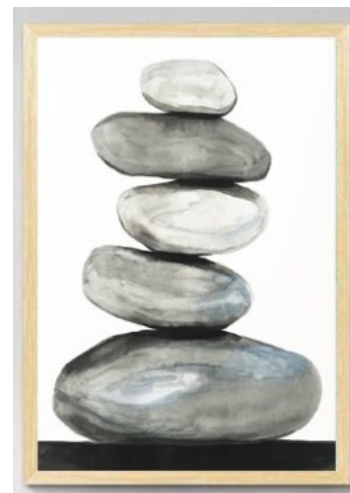
- ◆ Better sleep
- ◆ Decrease depression
- ◆ Reduces anxiety
- ◆ And much more....

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

**Tel: 01271 311855**

or

**Email: [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**



**Are there any workshops you would like to see in the Fern Centre? If so, please get in touch and let us know your suggestion and we will see what we can do.**

**Contact us on 01271 311855 or email  
any ideas to  
[rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**

# Nicola Jane

THE MASTECTOMY & POST BRA FITTING SERVICE

*"Shopping for bras and swimwear after a mastectomy or breast surgery can seem like a daunting experience - but it doesn't need to be. Our collection of pocketed bras are supportive, comfortable and feminine. If you are new to Nicola Jane, our expert guides will help you to choose your first mastectomy or post-surgery bra."*

Katrina, the South-West Bra Fitting Specialist for Nicola Jane attends the Fern Centre to run the bra fitting clinic on the 1st Thursday of every month (with exception of April's meeting, which will run on the 13th April)



**NICOLA JANE are offering 20% off your first order and FREE P&P when having an appointment with Katrina**

**To book, book on line or through the Fern Centre**  
Go to : <https://www.nicolajane.com/south-west-fittings/> or  
contact the Fern Centre: 01271 311855  
or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)

# Bude Cancer Support



bude.cs@outlook.com  
www.budecancersupport.org

## What Do We Do?

We hold 3 support cafes and two forms of art therapy every month with restorative yoga and meditation held weekly. All of our classes, workshops and cafes are free of charge to attend, including refreshments.

## Who Are We?

Bude Cancer Support is a non-profit community organisation made up of 10 committee members and 3 trustees. Everyone here at Bude Cancer Support is a volunteer. In March 2021 following a listening event held in Bude, Macmillan Cancer Support awarded us a one time start up grant to start providing support services to those affected by cancer and living in the area.

## Why?

Geographically, Bude is one of the furthest places from a hospital, in any direction across the UK with support groups over an hours drive away.

## Who Can Attend?

Anyone affected by cancer and living in the area, whether that is you or someone you love. We support anyone affected by this vicious illness and do not ask for evidence. We named ourselves Bude Cancer Support as the area we cover is so vast but all of our events take place within the town of Bude, Cornwall. We welcome attendees from a multitude of local villages and towns from Camelford and Launceston, up to Bideford and across to Okehampton. There are no border restrictions here (although we do have a firm stance on jam going first...)

## How Can You Help?

We are always on the lookout for volunteers, fundraisers or those interested in joining the committee. We accept donations to help sustain the future of Bude Cancer Support once the Macmillan grant comes to a close at the end of May 2023.

# Bude Cancer Support



bude.cs@outlook.com  
www.budecancersupport.org

## What's On for 2023?

### Look Good, Feel Better

Selected dates  
4- 6pm  
at Blush Bude,  
See  
www.lookgoodfeelbetter.co.uk for more details

### Daytime Cancer Café

Every 2nd & 4th  
Monday  
1.30-3.30pm at The  
Parkhouse Centre,  
Bude

### BeZen Yoga - Restorative Yoga and Meditation

Every Friday  
11.30-1pm at The  
Yoga Studio, Bude

### Evening Cancer Café

Every 4th Thursday  
6 - 8.30pm  
at The Parkhouse  
Centre, Bude

### The Kitchen Front - Mindfulness in the Arts

Every 3rd Saturday  
10am - 1pm  
at The Kitchen Front,  
Bude

# Mindfulness in the Arts with The Kitchen Front

Every 3rd Saturday of the  
month  
10am - 1pm



The Kitchen Front  
Bark House  
Lower Wharf  
Bude  
EX23 8LG

FREE of charge to anyone  
affected by cancer.  
To book your place contact  
bude.cs@outlook.com  
www.budecancersupport.org



Bude  
Cancer  
Support



# Cancer Café

1.30 - 3.30pm  
Every 2nd and 4th  
Monday of the month  
at  
The Parkhouse Centre  
Ergue-Gaberic Way  
EX23 8LD

E: bude.cs@outlook.com  
www.budecancersupport.org



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.

# Cancer Café

6 - 8.30pm  
Every 4th Thursday  
of the month  
at  
The Parkhouse Centre  
Ergue-Gaberic Way  
EX23 8LD

E: bude.cs@outlook.com  
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information.



Bude  
Cancer  
Support



Royal Surrey  
NHS Foundation Trust

# Ever had any question about your diet when going through your cancer treatment?

The Royal Surrey NHS Foundation Trust, have made some short YouTube videos that may give you some helpful tips and advice when going through your treatment.

**\*\*Please note that the videos are for general information and do not replace professional advice\*\***

<https://www.youtube.com/watch?v=dy8x22exHqY>

## What should I eat if... I just don't feel like eating?



Tips to support you when you have lost your appetite with cancer



<https://www.youtube.com/watch?v=FUKxoE6Lzlw>

## What should I eat if... I find it difficult to swallow?



Tips to support you during cancer treatment



[https://www.youtube.com/watch?v=TShLLC\\_3jKM](https://www.youtube.com/watch?v=TShLLC_3jKM)

## What should I eat if... I am constipated?



Tips to help you when you have constipation with cancer



<https://www.youtube.com/watch?v=ZFl8u-z5rHc>

## What should I eat if I am losing muscle and strength?



Tips to support yourself when you have muscle loss with cancer

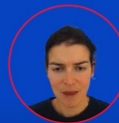


<https://www.youtube.com/watch?v=fXwhWqqnP6s>

## What should I eat if... I feel sick?



Tips to support you when you feel nauseated (sick) with cancer



<https://www.youtube.com/watch?v=Tn4OTllrCzs>

## What should I eat if ... I have diarrhoea?



Tips to help you when you have diarrhoea with cancer



<https://www.youtube.com/watch?v=DSi1MzuSk00>

## What should I eat if... I have a sore mouth?



Tips to help you when you have a sore mouth with cancer



<https://www.youtube.com/watch?v=LAr8vFWmInI>

## What should I eat if... food & drink do not taste right?



Tips to support you when you have taste changes with cancer



# Recipes

## INGREDIENTS

- 2 tbsp Olive Oil
- 1 Large Onion
- 500 g Carrots, peeled and chopped
- 2 tsp Curry Powder
- 1 Cooking Apple, chopped
- 600 ml Vegetable stock
- 160 ml Coconut Cream
- 1 Dessert Spoon Nori Flakes
- 2 tbsp Ground Almonds
- Handful of Haricot Beans (optional)

## CARROT & APPLE SOUP



## INSTRUCTIONS

1. Heat the oil and slowly cook the onions to release the flavour – about 10 minutes
2. Add the curry powder and heat through
3. Stir in the carrot and apple to be coated with the curry powder and cook gently for a few minutes
4. Add the stock and simmer until the carrot is soft – about 15 minutes
5. Blend the soup with the ground almonds
6. Return to the soup to the pan. Stir in the Nori flakes, coconut cream, and optional haricot beans and heat through.



## Banana and peanut butter flapjacks

### INGREDIENTS

- 3 ripe bananas
- 200g oats
- 50g dried fruit, chopped into small pieces if necessary
- 60g seeds
- 2 tablespoons smooth peanut butter (ideally with no added salt and sugar)
- 2 tablespoons sunflower spread
- 1 tablespoon honey
- 1 teaspoon cinnamon

### INSTRUCTIONS

1. Preheat the oven to 180°C/Fan 160°C. Line a baking tray with baking parchment.
2. In a large bowl, mash the bananas into a smooth paste. Add the oats, dried fruit and seeds; and mix thoroughly.
3. Warm the peanut butter, sunflower spread, honey and cinnamon in a saucepan over a low-heat for about 2 minutes or until the spread has melted, stirring continuously.
4. Pour the melted spread mixture over the banana and oats; and mix thoroughly.
5. Transfer the mixture into the lined baking tray and spread to an even thickness.
6. Bake in the oven for 35–40 minutes until cooked through and golden brown.
7. Carefully turn out onto a cooling rack and allow to cool before cutting into 12 equal-sized squares. Serve or store in a sealed container – eat within 5 days. Alternatively, freeze and use within 3 months.



## The immediate needs support charity for Veterans who find themselves battling hardship and distress

The Veterans Charity was founded in March 2008 to support UK Veterans of all generations. They provide fast, direct support to Veterans across the entire UK who find themselves facing hardship and distress.

They can supply essential items including food shopping, clothing, household items like kitchenware and single appliances, utilities support and even smartphones and tablets to aid vital communication.

Despite being a small charity, operating on a small budget with few overheads, since 2011, they have provided essential items to more than 5000 Veterans and given guidance and advice to hundreds more.

They are called upon by dozens of other charities and organisations who refer to them regularly to help support our armed forces veterans.

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- Food Orders: usually delivered within 24 hours of the assessment
- Clothing & Footwear: in most cases delivered within 48-72 hours
- Household – incl. single appliances
- Smartphones/Tablets: can provide 'Pay-as-you-go' smartphones
- Utilities Support: Top-ups available up to £25

The Barnstaple branch are based at:

### The Veterans Charity

Registered Charity No1123149

Unit 7 Severn Brethren Bank,  
Barnstaple  
Devon  
EX31 2AS

Tel: 01271 371001

Email: [contact@veteranscharity.org.uk](mailto:contact@veteranscharity.org.uk)

Website: <https://www.veteranscharity.org.uk/>



## Would you like a call companion?



“The calls are such a comfort”

If you're over 75, living on your own and feeling lonely, we may be able to help.

As you get older it's not unusual to spend more time on your own, particularly if you've lost loved ones or your health isn't what it used to be.

We want you to know that Re-engage is here for you.

If you'd like a bit of extra company, we can match you with one of our friendly call companions. They love a good chat and they're great listeners too.

Bringing generations together

## How it works

One of our call companions will phone you at a time that suits both of you, most likely once a week or twice a month.

The calls last for half an hour or so and you can chat about anything that interests you.

What's great is that the same volunteer phones you each time, so you can get to know each other and share stories and laughter - for as long as you both want.

The service is completely free and you don't have to continue with it if you decide it's not for you.

To be eligible for a call companion, you need to be:

- aged 75 or older
- living alone or in sheltered housing with little contact with family or friends
- at a stage in your life when you struggle to leave the house.

“A good chat means the world”

To find out more, call us on 0800 716543,  
email us on [info@reengage.org.uk](mailto:info@reengage.org.uk)  
or visit [www.reengage.org](http://www.reengage.org)

Re-engage (formerly Contact the Elderly) is a registered charity in England and Wales (1146149) and in Scotland (SCO39377)



# 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**

[macmillan@ruraldevoncab.co.org](mailto:macmillan@ruraldevoncab.co.org)



**Worried about energy price increases?**

To request an appointment call Warmer Home Adviser on: 01271 599361 or  
Email: [Home.energy.adviser@ndvs.org.uk](mailto:Home.energy.adviser@ndvs.org.uk)  
Or visit <https://361energy.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](mailto:rduh.theferncentre@nhs.net)

## Kay Kendall Leukaemia Fund (KKLF)

### Why we exist

Kay Kendall Leukaemia Fund (KKLF) is one of the Sainsbury Family's Charitable Trusts. In addition to the awarding grants for research on aspects of leukaemia and for relevant studies on related haematological malignancies the KKLF has supported to regional areas providing funding for advise services for patients and carers of patients whom have a haematological malignancies or recognised blood disorder

### How we work

KKLF caseworkers support people, their carers or anyone in the family affected by Leukaemia and blood related cancers with casework on any issues they need support with. This could be around benefits, checking what support is available for travel costs, debt and other money advice, housing and family advice amongst other things. We can also apply to the KKLF grant service for things to assist people. Traditionally we would be working from hospitals, cancer centres and homes within the southwest but primarily on phones currently due to the pandemic. To access the service you can:

- Pop in and see Mitch in the Fern Centre every other Thursday 9am-12pm (w/c 6th March)

- Email on

[KKLF@citizensadviceplymouth.org.uk](mailto:KKLF@citizensadviceplymouth.org.uk)

- Call **01752 507711**

or complete the [referral form](#)

## FACEBOOK PAGE



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

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

# Over and above Fern Centre

## 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.**



# Testimonials



"It really has made a difference to my well being!"

My time at the Fern Centre has been a godsend. I always come away feeling relaxed and renewed -ready to face the challenges of day to day life.

.....

"Look Good Feel Better session"

What a brilliant night - it was a real tonic!! Sam was our lovely, insightful hostess and gave so many useful make up tips, I'd not heard of before (and I'm a make-up phile)! There was a natural, easy -going camaraderie amongst her audience and we giggled throughout. Review - 10/10 !

.....

"Thank you!"

I would like to thank the Fern Centre for all the care and support that everybody here have given to my wife and myself throughout her cancer treatment. You have been so caring and understanding throughout. My personal thanks to all the volunteers, particularly Roger who has been an inspiration to me. Many thanks.

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](http://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!




**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.

**Over and above**  
Supporting Northern Devon's NHS  
Registered Charity No. 1061384

NORTH DEVON DISTRICT HOSPITAL, RALEIGH PARK,  
BARNSTAPLE, EX31 4JB  
OFFICE: 01271 311772  
EMAIL : [RDVH.CHARITY@NHS.NET](mailto:RDVH.CHARITY@NHS.NET)

**Watch this space for some exciting celebrations the Fern Centre will be providing on the 5th July 2023 for supporting the 75 years of the NHS!**

# Feeling Fit?

Who fancies running the London Marathon your way?

Run 26.2 miles for your local hospital charity on the 23rd April 2023, the best bit is you can run wherever you wish, no big crowds, your run, your way.

It's only £30 to register and then £150 sponsorship.

For more information email us at [rduh.charity@nhs.net](mailto:rduh.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



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.

# Feeling Fit?



Andrew Hood, will be running an ultra marathon in Green Lanes shopping centre on April 1st. Our Tara, has said she will go as support for a few miles on the treadmill beside, so if you're in Barnstaple on the 1st April, PLEASE go and support Andrew in his challenge!!

A few words from Andrew Hood;

**“Yes** you read that right! I am running a 50K (31.07 miles) on a treadmill in the middle of a busy shopping centre.

**Why** am I doing it? Now there's a great question, perhaps I should ask myself that one. Treadmill running is tough and this kind of distance will be incredibly tough. Having recovered from cancer in 2021 I am taking on these tough challenges and using my legs to benefit others.”

Andrew, is kindly donating the money raised to **Over and Above Fern Centre** and **The Oddballs Charity**.

## Fundraise for the Fern Centre

Want to raise money for the Fern Centre, and don't know what to do or how to go about it. Then get in contact with **Over & Above** and they will be able to give you some ideas and resources to help you.

Tel: 01271 311772

Email: [ndht.charity@nhs.net](mailto:ndht.charity@nhs.net)