



Over and above  
Fern Centre



**Cancer Health and Wellbeing Centre**  
North Devon District Hospital Tel: 01271 311855  
Open 9.00am—4.30pm

December

Monday — Fridays (excl. Bank Holidays)

# What's on...

Join us for an evening of  
festive Christmas songs and  
Carols

## Festive Songs & Carols

FERN CENTRE GET TOGETHER



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

Mince pies & festive mocktails

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



Peter Rodway will be tinkling the  
ivories at the Fern Centre on the  
**21st December 6pm-8pm**  
helping us all get in the Christmas  
spirit!

Come and enjoy a get together for a  
sing-a-long with a mince pie and a  
glass of mulled wine or a hot drink

The evening will be open to all our  
lovely visitors and their families.  
No need to book, just drop in on the  
evening.

Look forward to seeing you all!

Face 2 Face  
Coffee morning at  
the Fern Centre



Join us on 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)

**SPACE AVAILABLE**  
**8th December**

# Welcome!



The Fern Centre is delighted to welcome Tara Jones who will be with us over the next year as Centre Manager whilst Taz is away on maternity leave. Tara will be starting with us in January and we are so excited to have her joining our team!

"I'm really excited to be joining the team at the Fern Centre. I've worked in the trust for 22 years in various departments. I'm so happy to be working alongside the Over and Above charity as it helps so many people living with cancer but it also helps relatives that need support and overnight accommodation too.

There's lots of new projects that I have the privilege to work on with everyone and cannot wait!"

## New arts & crafts dates and info

### **NEW! Art and Craft Course for January and February 2023**

We are offering a 5- week course for 10 people on Friday afternoons at 2-4pm  
You must be available for **ALL dates** and these are as follows:

- Friday 6th January
- Friday 13th January
- Friday 20th January
- Friday 27th January
- Friday 3rd February

**Please do not book if you are unable to attend all dates!**

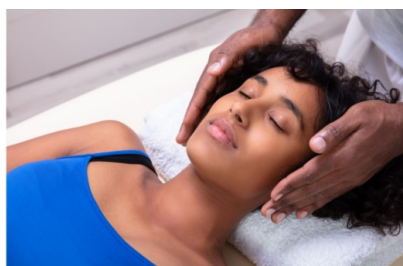
### **Look at the exciting things that happen on the Arts & Crafts afternoons!**

A lucky group of Fern Centre members got the opportunity to attend 2 Friday afternoons arts & craft sessions with the lovely instructor Harry, from Learn Devon to make some amazing!  
**Stained glass angels.**



# Want some 'ME TIME?'

Our therapies are on offer for all cancer patients, their family and carers



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

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

**Reiki - 2-4 weeks**

**Reflexology - 2-3 months**

**Massage - 2-3 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 refer you to the service**

## Cancellations for Complementary Therapy

We are now delighted to be offering our complementary therapy clients weekly appointments with our therapists instead of appointments every 3 weeks. This decision has been made to ensure our clients get the best possible results from their sessions.

Unfortunately, since changing to weekly appointments, we have seen an increase in cancellations resulting in multiple therapy slots being lost and putting continued strain on our already oversubscribed waiting lists.

**Due to this, we will be amending our booking and cancellation policies for complementary therapies. Details of which are below:**

- At the time of booking your appointment, you will be advised that you will either have 6 weeks' worth of sessions or 3 weeks' worth of sessions (depending on your referral) and a commitment is required from you that you will be able to attend these sessions.
- If you agree to your therapy but are later unable to make an appointment, this will still count as one of your appointments in order to reduce delay for other clients waiting to be booked an appointment.
- If at the time of being offered an appointment, you are aware you will not be able to make some of your appointments, we would be happy to place you back on our waiting list to book you in at a time you are able to attend all of your appointments consecutively.

We apologise for any inconvenience this change in our cancellation policy may cause, however, we feel this is necessary in order to be fair to other clients waiting to be booked a therapy session with us.



# Breast Cancer Support groups for Breast & Secondary Breast

Call now! To book your space!



## 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.**

**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.

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 2.00pm—4.00pm**

## 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 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**



## 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 advisor, June Travers-Wakeford, is only too happy to help you. The Macmillan Welfare Benefits Caseworker team can also be contacted directly to arrange an appointment using the information below:

**Local Macmillan Team**

**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 in next couple of working days

**Email: [macmillan@ruraldevoncab.org.uk](mailto:macmillan@ruraldevoncab.org.uk)**



## Cancer Support UK Cancer Coach

Have you finished your cancer treatment?

Are you experiencing low mood, anxiety and worry?

Are you struggling to know how to move forward in your recovery?

Cancer Support UK run a 6 week Cancer Coach Course over the phone or online

### What is Cancer Coach?

Our Cancer Coach support groups are available to anyone who has completed their physical cancer treatment and is experiencing low mood, anxiety and worry, and doesn't know how to move forward in their recovery.

The groups are suitable for people who have previously had a stage 1-3 diagnosis.

The course takes participants through a series of weekly facilitated group sessions, run for a six-week period over the telephone or online video.

The sessions take participants through a series of strategies, techniques and exercises that aim to furnish them with the tools, support and coping strategies that can help them on their recovery journey.

Our trained group facilitators talk participants through the negative thought patterns that can linger after treatment ends, how to challenge them, as well as how to manage worries.

There is also a chance to talk to others in the group, all of whom are recovering following the end of treatment. This ensures everyone can receive and give valuable peer support and encouragement.

**The course is free and completely confidential, accessible via the telephone or online video, from the comfort and privacy of home.**

The programme helps people who have experienced cancer to:

- better understand and manage their own challenging emotions
- build resilience
- begin to reduce feelings of isolation and low mood
- improve their confidence and self-esteem, both during the programme and beyond



Shine Cancer Support provides various talks and workshops for people diagnosed with cancer in their 20s, 30s and 40s, covering topics such as dating, fertility, work, parenting, sex, menopause, managing anxiety and loss and much more....

<https://shinecancersupport.org/>



**World  
Cancer  
Research  
Fund**

## **WCRF cook-along class for people living with cancer and carers**

**Classes are 100% FREE and each attendee will  
receive a voucher to cover the cost of ingredients - no catch!**

**People living with cancer or undergoing cancer treatment can experience side-effects that make it harder to eat well.**

**These include:**

weight loss and low appetite, making it hard to find food you fancy eating.

diarrhoea, constipation, wind and nausea, which can make mealtimes off putting.

mouth problems and taste changes, so the food you used to like is less appealing.

fatigue, meaning you may lack the energy to cook.

You'll receive a free e-pack – which can also be posted to UK addresses upon request.

The pack contains everything needed to prepare for your online cooking class and further support for anyone living with and beyond cancer.

### **Each pack contains:**

- £15 Sainsbury's food shopping e-voucher to cover the cost of ingredients.
- World Cancer Research Fund recipe booklets – the recipes for your cook-a-long class will be in this.
- WCRF 'Eat well during cancer' booklet – this booklet has tips and advice to help you manage the side-effects associated with cancer and cancer treatment.

### **New techniques, new flavours**

In the class, you'll explore cooking techniques and flavour combinations that can help make food palatable to people living with cancer and experiencing taste changes.

During each 90-minute class, a trained chef will show you how to cook easy, delicious dishes that are specifically created to help with taste and flavour loss due to cancer and cancer treatment.

You'll also be supported throughout by our oncology specialist dietitian. You'll have the opportunity to ask for expert dietary advice and be guided in ways to tweak the recipes to suit your individual needs.

### **Follow the link and book your class NOW!**

<https://www.eventbrite.co.uk/e/wcrf-cook-along-class-for-people-living-with-cancer-and-carers-tickets-164150609893>

#### **DEC 7th**

**Wed, 15:00 - 16:30 GMT**

WCRF cook-along class for people living with cancer and carers

#### **DEC 14th**

**Wed, 15:00 - 16:30 GMT**

WCRF cook-along class for people living with cancer and carers

#### **DEC 21st**

**Wed, 15:00 - 16:30 GMT**

WCRF cook-along class for people living with cancer and carers

#### **DEC 28th**

**Wed, 15:00 - 16:30 GMT**

WCRF cook-along class for people living with cancer and carers



## Fish and potato Chowder

### Ingredients



- 1 teaspoon olive oil
- 1 onion, finely chopped
- 2 sticks of celery, finely chopped
- 500mls reduces-salt fish or vegetable stock
- 300mls skimmed milk
- 200g baby new potatoes, halved
- 100g skinless smoked haddock, diced
- 200g skinless white fish e.g. cod or pollack, diced
- 198g sweetcorn
- 2 tablespoon low-fat crème fraiche
- 2 tablespoons fresh chives, finally chopped
- Pinch of ground black pepper

### Instructions of cooking:

1. Heat the oil in a large pan over a medium heat. Gently cook the onion and celery for 10 minutes, or until soft.
2. Add the stock, milk and potatoes, and bring to the boil.
3. Simmer for 10 minutes or until they're cooked through.
4. Stir in the fish, sweetcorn and black pepper. Simmer for about 5 minutes or until the fish is just cooked.
5. Remove from the heat and carefully stir through the creme fraiche and most of the chives. Season with black pepper.
6. Divide between four bowls, garnish with remaining chives and serve.

## Filling fruit smoothie

### Ingredients

- 100ml Whole milk
- 1 level teaspoon skimmed milk powder
- 1 tablespoon natural yoghurt
- Ice cubes (optional)
- 1 heaped teaspoon peanut butter (ideally a brand that contains no added salt and sugar)
- 1 medium banana
- 160g frozen berries
- 40g oats
- 15g seeds



### Instructions

- Place all the ingredients in a blender, and blend until smooth.
- Pour into a glass and serve.



## Emotional Freedom Technique



Learn new ways to cope with the worries and stresses of life with EFT (tapping)

The Fern Centre are offering a 2 hour interactive workshop for people diagnosed with or living with and beyond cancer

### NEW DATE!

Wednesday 7th December  
10 a.m.–12 noon

#### Aims:-

- Understand how tapping works
- Learn where the major tapping points are located
- Practise the sequence of tapping
- Discuss how to apply tapping in your life

For more information or to book a place, contact the Fern centre on 01271 311855 or [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)  
Space are limited due to Covid restrictions



Join the lovely Karen to help with coping techniques in stressful times and, ways to boost your energies and re-balance your minds.

New dates for the New Year coming soon!!

## 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 OR [NDHT.THEFERNCENTRE@NHS.NET](mailto:NDHT.THEFERNCENTRE@NHS.NET)

Limited numbers due to Covid restrictions, early booking advised



# NICOLA JANE

Restoring confidence and femininity after breast cancer

## Monthly Bra Fitting Clinic Dates

### Appointments still available for all dates:

- Thursday 5th January
- Thursday 2nd February

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.

### 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**

## Wig Fitting Clinic Dates Available

The Fern Centre hosts a monthly wig fitting service. Available to anyone experiencing hair loss from cancer treatment or alopecia.

Wig appointments are completely free and there is no obligation to buy a wig at your appointment.

These clinics can help you to decide if a wig is the right choice for you as well as getting advice on styles of wigs from our expert fitters from Natural Image!

### Appointments dates:

Thursday 19th January

Thursday 16th February

Thursday 16th March

Our appointments do get booked up quickly so please book asap if requiring Barnstaple. Also, if the above dates are inconvenient, you can make an appointment to see Maria, at John Lewis in Exeter





Do you need help ?

**BARNSTAPLE TOWN COUNCIL**

*Events*

In association with

**jobcentreplus**

**COST OF LIVING**  
SUPPORT & ADVICE

Devon & Cornwall Police

THE VETERANS CHARITY

northdevon

**One**  
BARNSTAPLE

Libraries Unlimited

361  
COMMUNITY ENERGY

**PETROC™**

CLASSIC STREET

Devon County Council

CAMERADIS

Northern Devon foodbank

DEVON & SOMERSET  
Fostering Devon

Lifeboats

Vista WELLBEING

Coffee & Chat

NDVS

**NHS**

go  
north devon™

sodexo

WayMakers

& MUCH MORE !

**GET THE HELP, SUPPORT AND ADVICE THAT YOU NEED**

The **HELP 4 ALL** event will be a beneficial day for all those attending, offering help & advice to those who need it the most.

Whether people are in need advice on the cost of living crisis, looking for work or need someone to talk to about their individual needs, we aim to have the right people on the ground and ready to help where they can.

The day will have representatives from local councils, the NHS and the Police, along with voluntary groups such as Barnstaple Food Bank, NDVS and local charities who help people on a daily basis.

There will be local employers at the event offering on the spot interviews for active roles in the Barnstaple area and work coaches from the Job Centre throughout the whole day.

There will be a place to sit and have a hot drink and a piece of cake. So whether you need help / advice or just a chat with a friendly face, pop down and see what's on offer!

**[The Fern Centre will be there too so pop by and say hello!](#)**

# Cost of living HELP!

With prices rising and the economy crashing more of us are going to need some extra help and support this winter.

Here are some companies that might be able to offer you some!

**Help with NHS charges**, NHS low income scheme helps you pay for prescriptions, dental, eye care and a range of other NHS costs: call the helpline-0300 330 1343

<https://www.nhsbsa.nhs.uk/nhs-help-health-costs>

**Community Money Advice**, a national charity committed to supporting churches and community groups who have a passion to help people overcome their money problems. [www.communitymoneyadvice.com](http://www.communitymoneyadvice.com)

**Citizens Advice North Devon**, free advice line tel: **08082 787999**, Universal Credit helpline: **0800 144 8 444** or through Facebook [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk)

**Wisermoney**, free, impartial, confidential and effective money and debt management advice for people in North Devon Tel: **01823 299050** email: [wisermoney@navigatecharity.org.uk](mailto:wisermoney@navigatecharity.org.uk) web: [wisermoney.org.uk](http://wisermoney.org.uk)

**Help for Households**, The Cabinet Office has recently launched the 'Help for Households' campaign which explains the 41 different government schemes available to help with the cost of living, including one-off payments as well as existing benefits and schemes.

<https://helpforhouseholds.campaign.gov.uk/>

**Warm home discount scheme**, The warm home discount scheme opened again in November. If you qualify, you will receive £150 of your electricity bill. You may be able to get the discount off you gas bill instead if your supplier provides you with both gas and electricity. [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

**Winter fuel payment**, if you were born on or before 25th September 1956 you could get between £250 and £600 to help you pay your heating bills.

[www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)

**Healthy Start**, Help with buying healthy food and milk if you are pregnant or have a child under the age of 4. Apply at [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)

North Devon Foodbanks, hosting various of destinations across North Devon. A valid food voucher is required to attend and foodbank. For more info visit:

[www.northerndevon.foodbank.org.uk/](http://www.northerndevon.foodbank.org.uk/) or call **01271 377077** or **0808 208 21238**

**Barnstaple Library**, If you, your child, or someone you know, needs a warm coat, please help yourself from the rail situated on the second floor lobby area of our library. Also, if you have any you would like to donate, feel free to add to the rack!

(restricted to 1 per person)

IF YOU ARE COLD AND  
NEED A COAT, PLEASE  
HELP YOURSELF.



 **Julian House**  
The home of opportunity

Restricted to 1 item per person

 WILLMOTT DIXON

 In collaboration with  
**IKEA**

 Libraries  
Unlimited



# 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)

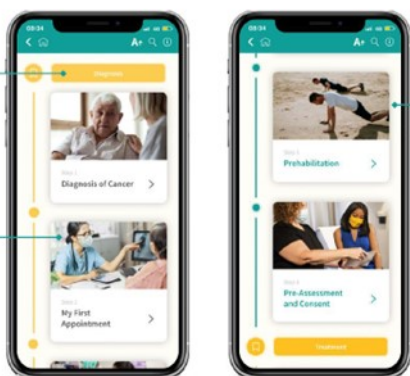
## Our unique Cancer Pathway design

### 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/>



# Testimonials

## Arts & Craft afternoons

"I attended a handprinted Christmas card workshop last week. The tutor shared clearly through demonstration the process we needed to go through in order to create our prints. All materials were readily available and accessible. She was encouraging and helpful throughout the session, and attentive to individual's needs. It was also lovely to be able to experiment with our own ideas rather than everyone creating a carbon copy of her demonstration. Uniqueness was definitely celebrated!

I am so thankful that The Fern Centre are able to facilitate such workshops. We received a warm welcome and drinks on arrival before going through to the large, well-lit and comfortable group room. The afternoon meant so much to me and was particularly beneficial for my mental health and wellbeing.

I loved being able to sit alongside others going through similar journeys, but not having to talk about cancer. We chatted about our crafting instead. I loved every

## Feeling calm - Working with your Energies

"Really helpful and encouraging session. Karen explained everything very well and we practised the exercise.  
I felt much calmer at the end of the session."

## Reflexology

"A very useful service, the staff at the Fern Centre are wonderful, very caring and helpful.

I certainly benefit from my Reflexology with Sheila who was just class.  
Thank you everyone."



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!

## The Fern Centre wants to say a MASSIVE Thank You! to NDCCCT

North Devon's Cancer and Wellbeing Fern Centre has received a cheque for £117,300 from North Devon Cancer Care Centre Trust to support complementary therapies and counselling for people living with and beyond cancer, as well as their families and carers in North Devon.

Fern Centre manager Tas Andrew said: "I cannot express my gratitude enough to NDCCCT for their incredibly generous donation to the Fern Centre. Our complementary therapies (massage, reflexology and reiki) have been extremely popular, helping to promote relaxation and reduce stress. Due to the popularity of the complementary therapy services our waiting lists were in the region of 6-8 months but thanks to the NDCCCT donation we have reduced the time clients wait for therapy to three months.

**Full article can be found at:**

[www.devonlive.com/news/devon-news/thousands-donated-help-north-devon-7831392](http://www.devonlive.com/news/devon-news/thousands-donated-help-north-devon-7831392)



A **BIG THANK YOU!** to Alison and Graham from Co-op for always being amazing supporters of our Over and Above Fern Centre and for raising £2,323.06. Thank you so much for your continued hard work, and your fundraising past and present, we really are grateful for all you do for our charity.



We are so appreciative of all the monies raised for the Fern Centre!

If you are interested in raising money for our services to carry on, please get in touch with Over And Above on **01271 311772** or email: [rduh.charity@nhs.net](mailto:rduh.charity@nhs.net)

# Over and above

## Charity News!

Over and Above have now opened their doors to the 'NEW' homeware section of the BARNSTAPLE Over & Above Charity Shop, at Rose Lane.

They have plenty to look at including a 'kiddie corner', come and see what bargains you can find!



Over and Above managed to host their Christmas Ball this year, after missing out for the last couple of years, due to Covid.

There was lots of drinking, eating, dancing and raising money for the Fern Centre. The evening raised an amazing amount of £3500 going straight to the services that are provided in the Fern Centre.

**THANK YOU!** To all the companies that provide sponsorship for the evening or raffle and auction prizes.





Over and above

# Charity News!



Doors open at 7pm  
Eyes down at 7.30pm

JOIN US FOR  
NORTH MOLTON  
YFC'S  
**Christmas BINGO**

NORTH MOLTON VILLAGE HALL  
FIDAY 16TH DEC 2022  
CHICKEN DINNERS  
CASH PRIZE  
£10 FOR 10 GAME BOOK  
RAISING MONEY FOR

Over and above  
Supporting Northern Devon's NHS

Chemotherapy

The poster features a dark blue background with festive illustrations: a red Christmas sweater, a cow wearing a Santa hat, a green tractor with a driver, a turkey, a Christmas tree, and a red and white striped Christmas stocking. A yellow circle highlights the event times.



CHULMLEIGH TOWN HALL  
**Christmas Coffee Morning**

Enjoy Cakes,  
Goodies & Raffle

Please come along for a laugh and a chat  
all donations greatly received!

9 am - 11 am on Sat 17th Dec 2022

supporting  
Over and above  
Supporting Northern Devon's NHS  
**See you there!**

The poster has a dark blue background with white snowflakes and festive illustrations of a Christmas tree, a red sweater, a turkey, and various Christmas decorations. The text is in a mix of white and red fonts.



# TESCO

Tesco has kindly donated 5 Christmas hampers that need to be **WON** before the big day!

The draw will take place on

**Wednesday 21st December at 12pm.**

Tickets available in Fern Centre and the NDDH Foyer  
please pop into the centre

**CASH ONLY please!**

