



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)

# What's on...

Karen, is back and offering her Emotional Freedom Technique (tapping) & Boosting your energies workshops.

### Boosting your Energies:

Wednesday 22nd February 10am-12pm

### EFT:

Wednesday 8th March 10am-12pm

To book your space contact with us

**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 OR [RDUH.THEFERNCENTRE@NHS.NET](mailto:rduh.theferncentre@nhs.net)

Limited numbers due to Covid restrictions, early booking advised

## 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 or [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)  
Space are limited due to Covid restrictions

### Attendees feedback:

*"The EFT Workshop really will let me try to conquer the problems that I have, so I will keep trying to master this."*

*"I found this very helpful just from the brief time we were here.*

*I felt generally calmer walking out than when I arrived.*

*I will be putting tapping into my everyday life."*

Monthly  
**Singing Club**  
with Malcolm on the keyboard

**STARTING**  
**WEDNESDAY FEBRUARY 22ND**  
CONTINUING THE LAST WEDNESDAY OF EVERY MONTH

**6 pm - 8 pm**

**ALL WELCOME**

**Just bring your singing voice!!**  
(all voices accepted) 😊



Songs from the shows and  
mix & match



Refreshments provided  
No booking required

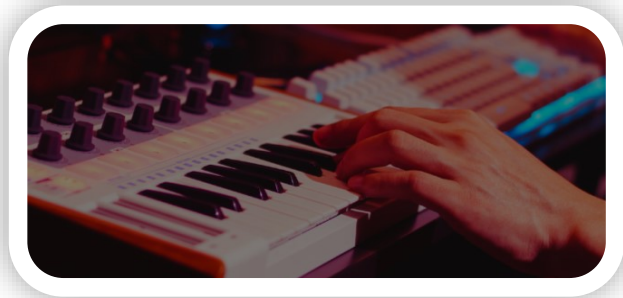
After, the great feedback received from the Christmas carols evening, the Fern Centre has decided to offer you a monthly singing club.

Come and join us for a fun evening singing the songs from the shows. Joined by Malcom Clarke on his keyboard.

We will be trying our voices out at things like Singing in the Rain, Over the Rainbow and many more.....

You don't need to be a professional, just the love for a good sing-along will do!

Feel free to bring along friends & family, all welcome.



## 'Me Time!' Workshops for your wellbeing in the Fern Centre



### Benefits of *Mindfulness*

- Decreased Depression
- Increased Emotional Regulation
- Reduced Anxiety and Stress
- Better Memory
- Cognitive Improvements
- Stronger Relationships
- Better Physical Health
- When to Use Caution

Want to learn how to practice Mindfulness,  
join Katia, in the Fern Centre

Friday 17th February  
Monday 13th March



**11.00am-1.00pm**

To book you space contact us on  
**01271 311855 or email**  
**[ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)**



### HAND REFLEXOLOGY WORKSHOP

WHAT IS IT AND  
HOW WILL IT HELP  
YOU?

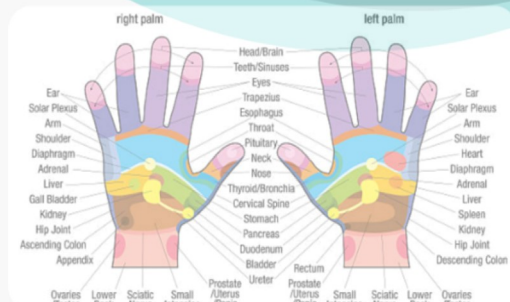
Hand reflexology is a complementary therapy which works by applying pressure to reflex points within the hands and can help to relieve stresses & anxieties, ease pain, help with tiredness and much more....

Want to give it a try?

Tuesday 21st February

2.45pm-3.45 pm

To book your space contact the  
Fern Centre on 01271 311855 or email  
[rdh.theferncentre@nhs.net](mailto:rdh.theferncentre@nhs.net)





# Arts & Crafts



The Fern Centre welcomes back Learn Devon, who are offering some more art classes in our group room

Colette, will be joining us on

Friday 24th February 2.00pm-4.30pm

for **Printmaking** and the

3rd March 2.00pm-4.00pm

for **Watercolours-Zen Stones**



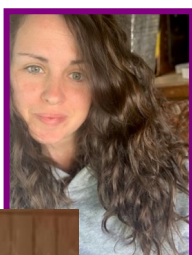
## Yoga with Lorna on Mondays

Lorna, will be taking some time off to go on her travels in March/April and Jennie, has kindly offered to cover her class at 1.30pm.

Unfortunately the 2.45pm class will be on hold until Lorna's return.

### **The dates for the 1.45pm class:**

- 20th March
- 27th March
- 3rd April
- 10th April
- 17th April
- 24th April



Please note there will be **NO YOGA** on **Monday 20th February**

BRAUNTON LIBRARY

Libraries Unlimited

## Chair Yoga with Louise Pounds

A logo for Chair Yoga featuring a black silhouette of a person in a yoga pose (Padmasana) with arms raised, set against a white lotus flower on a green background with two white stars.

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is great for seniors or beginners who are new to yoga as well as those who have been doing yoga for a while.

Join us in the library for chair yoga on  
Wednesday 8 February 2023  
1.30 - 2.30pm  
£2 per person, sign up in the library.

www.librariesunlimited.org.uk braunton.library@librariesunlimited.org.uk  
Libraries Unlimited is a registered charity 1170092. To donate, please visit librariesunlimited.org.uk 01271 812808

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## Barnstaple Library

### Films at the Barnstaple Library

February Film screenings at Barnstaple Library just £3, bookable in the **Library**, call **01271 318 782** or on **Eventbrite**. Refreshments & informal chat about the film available after.

Please share with anyone who may be interested. A lovely way to spend the afternoon with friendly company.

Saturday 11th February 2pm -  
**Edie**, starring Sheila Handcock  
[www.youtube.com/watch?v=97F2udNHdGk](https://www.youtube.com/watch?v=97F2udNHdGk)

Saturday 18th February 2pm -  
**Brian & Charles**  
<https://www.youtube.com/watch?v=WnXr4djsq9Q>

Saturday 25th February 2pm -  
**Good Luck To You, Leo Grande**  
starring Emma Thomson  
<https://www.youtube.com/watch?v=TJcbZoJFLTU>

Details & booking for the full range of February films available in other Devon

**FILMS AT THE LIBRARY**  
THIS FEBRUARY IN BARNSTAPLE LIBRARY

SAT FEBRUARY 11TH 2PM  
**EDIE**  
12A

SAT FEBRUARY 18TH 2PM  
**BRIAN & CHARLES**  
PG

SAT FEBRUARY 25TH 2PM  
**GOOD LUCK TO YOU, LEO GRANDE**  
15

TO BOOK, LIBRARIES UNLIMITED EVENTBRITE OR CALL 01271 318 782  
FULL DETAILS OF ALL DEVON LIBRARY SCREENINGS LIBRARIESEVOLVE.ORG.UK

Libraries Unlimited Arts Council England F.N. THE NATIONAL LOTTERY

### Activities for all at Barnstaple library

Barnstaple Library runs various of activities from Bounce and Rhyme for babies and toddlers to their Wednesday Wanderers walking group for 55s and over. Also, why not join them for their new Tea and Chat on Fridays from 1.30pm to 3.30pm? **It's free!**

You can also take your baby to use their [free weighing facilities](#) to chart your baby's growth, if you're a new parent or carer.

Their [free coat](#) rails have been running for several years and will again be offering a chance to both donate and take a warm winter coat. You can just help yourself, no questions asked.

[Job hunting?](#) then their Work Club will help you with one-to-one support in CV writing, developing your skills and applying for jobs online.

[Starting or developing a business?](#) Their Business and Intellectual Property Centre is right there with courses, webinars, one-to-one coaching and advice [bipc@librariesunlimited.org.uk](mailto:bipc@librariesunlimited.org.uk)



IF YOU'D LIKE TO JOIN US PLEASE CALL

COLORECTAL NURSES  ON **01271 322 464**

FOR MORE INFORMATION AND DETAILS OF OUR NEXT MEETING

[www.northdevon.nhs/colorectal/patient-led-support](http://www.northdevon.nhs/colorectal/patient-led-support)

### **NORTH DEVON COLORECTAL SUPPORT GROUP**

#### **Future Meetings 2023**

Thursday 16 March

Thursday 8 June

Thursday 7 September

Thursday 14 December

**All meetings held 2pm-4pm**

#### **To be held at:**

The Henry Williamson Room, Barnstaple Library, Tuly Street, Barnstaple,  
EX31 1EL

**Facebook : North Devon Bowel Cancer Support Group**





# CONNECT2 LIVEWELL



**EVENT**  
Saturday 11th February 2023  
10.00-14.00PM  
**BRAUNTON  
PARISH HALL**  
Chalenor's Rd, Braunton  
EX33 2ES  
Cost of Living Support!  
Find out what's available locally  
**Supported by Braunton Parish Council**

- \*How to keep food bills down
- \*Energy advice
- \*Things to do
- \*Connections & Wellbeing
- \*Health tips
- \*Dementia advice
- \*Cancer advice & support
- \*Activities & sports available locally
- \*Memory Cafe & Parkinson's Cafe

**FREE TEA, COFFEE & CAKE**  
**FREE ART ACTIVITIES**  
**FREE FUN ACTIVITIES**

### FREE TASTER SESSIONS

- 10.15-10.30am Energy 361**  
Tips, ideas and support to help reduce electric bills.
  - 10.40-10.55am - Mind over Matter!**  
With Marie Gould, How our mind works & how it can really work for us! Tips, tools & techniques
  - 11-11.30am Family Yoga with Awake Mind and Body**  
A taster to how Yoga can be fun and help to relax the mind.
  - 12.00-12.15pm Energy 361**  
Tips, ideas and support to help reduce electric bills.
  - 12.30-12.45pm Mind over Matter!**  
With Marie Gould, How our mind works & how it can really work for us! Tips, tools & Techniques
  - 13.00pm-13.30pm Family Yoga with Awake Mind and Body**  
A taster to how Yoga can be fun and help to relax the mind.
- Plus more!



## Cost of living help and advice



### Are you struggling with the cost of living?

Devon County Council have a dedicated webpage for people living in Devon who are struggling with the cost of living.

Click on the link below for information about benefits, money & debt, food, energy, fuel and much more.

<http://soc.devon.cc/zkPp2>

## Financial Advice Available

The Macmillan Welfare Benefits Case worker team are running regular outreach clinics at the Fern Centre currently on a Tuesday mornings.

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)

**WELLBEING CAFE**  
Barnstaple Alliance PRIMARY CARE  
A group for ALL  
Friendly, supportive drop in, signposting, have a chat, meet people & have a FREE tea or coffee

Would you like to meet new friends?

**DATES**  
Weds 21st Dec  
Weds 04th Jan  
Weds 11th Jan  
Weds 18th Jan  
Weds 25th Jan  
Weds 1st Feb  
Weds 8th Feb  
Weds 15th Feb  
Weds 22nd Feb

Do you need support?

**NEW LOCATION**  
In the foyer  
Barnstaple Library

**TIME**  
10-12pm

For more info:  
Phone 01271 866300

**NDVS** Run by North Devon Voluntary Services - Wellbeing Connector (in partnership with Barnstaple PCN)  
Funded by Contain Outbreak Management Fund by Devon County Council

**Devon County Council**  
All welcome

# Warm Spaces around North Devon

## Barnstaple

<u>The Freedom Centre. 1 Howard Ave, EX32 8QA</u>	Drop-in Day centre where people can get warm food, a shower and clean clothes free as well as agency referrals for services and additional help and support. Starting with immediate effect on Mondays to Thursdays from 11am until 1pm.
<u>North Devon Voluntary Service. Suite 206, Queens House, Queen St, EX32 8HJ</u>	Warmer Wednesdays in the library lobby from 10am until 12pm until the end of March.
<u>The Voice. Belle Meadow Court, Albert Lane, EX32 8RJ</u>	<ul style="list-style-type: none"> <li>• Pop-in sessions are being held at The Voice's community room every Thursday and Friday morning between 10am and 12pm. All are welcome with no registration necessary. A £1 fee includes hot drinks and biscuits, but no one will be turned away if they cannot pay.</li> <li>• Encompass South West hosts the women first drop-in every Tuesday at The Voice from 2pm until 4pm.</li> </ul>
<u>The Beechfield Centre. Beechfield Road, Fremington, EX31 3DD</u>	Fremington Parish Council: The Beechfield Centre is opening with immediate effect as a warm space every Wednesday evening (opening time yet to be confirmed, please keep checking for updates). Individuals and families can enjoy a free hot drink and have the opportunity to charge electrical items.
<u>Bratton Fleming Baptist Church. EX31 4TG</u>	Community coffee mornings are being held every second Monday of the month between 10am and 12.30pm. A men's breakfast for those living in and around the village is planned for the first and third Monday of each month from 7.15am until 9am.

## Braunton

<u>Braunton Library. Chaloners Rd, Braunton EX33 2ES</u>	Opening times: Monday 10am to 6pm, Tuesday 2pm to 5pm, Wednesday 10am to 1pm, Thursday 9am to 1pm, Friday 10am to 5pm and Saturday 10am to 1pm. They offer a warm space during these opening times and free tea and coffee.
<u>South Street Church, Braunton EX33 2AS</u>	Warm space café and food bank at South Street Church, Braunton, on a Wednesday 12pm -13:00 pm

## North Molton

<u>North Molton Village Hall. Victory Memorial Hall, Fore Street</u>	From January 2023, every Thursday, soup and rolls will be offered from 12.30pm through to 2pm and then it will follow on with a coffee afternoon until 4.30 pm. In addition, they offer board games and 4G internet access. No booking will be required.
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# Warm Spaces around North Devon

## South Molton

<u>South Molton Library. Amory House, 125 East St, EX36 3BU</u>	Pop in during their opening hours to enjoy a free tea, coffee, biscuits and (until they run out!) apples! You can relax in their warm and welcoming space with a newspaper, one of their books or a puzzle.
<u>YMCA Community Centre. Mill Street, EX36 4AS.</u>	Monday to Wednesday. 9am until 12pm. Thursday from 3:30pm until 5pm. Friday from 8am until 1pm.
<u>South Molton Methodist Church. North Street, EX36 3AW</u>	Saturday afternoons between 2pm and 5pm when there will be tea, coffee and biscuits and option to play table tennis or do some jigsaw puzzles, word puzzles and board games.
<u>South Molton Baptist Church. 9 New Road, EX36 4BH</u>	Wednesdays and Sundays 2pm to 5pm. Tea and coffee provided.

## Ilfracombe

<u>St Calixtus Church. West Down, EX34 8NH</u>	Coffee afternoon in the Church Hall (known as the Iron Room) every Thursday until the end of March. Sessions start at 12.30pm with soup, rolls, cakes and biscuits, and finish at 4.30pm. A collection and drop-off service is available and there is TV, games and internet access (subject to 4G signal).
<u>Ilfracombe Library. The Candar, Ilfracombe, EX34 9DS</u>	Their free coat rails have been running for several years and will again be offering a chance to both donate and take a warm winter coat. You can just help yourself, no questions asked.
<u>Belle's Place. Lee Place, Ilfracombe EX34 9BQ</u>	Mondays 12pm to 3pm Wednesdays 12pm to 3pm Thursdays 12pm to 3pm Fridays 12pm to 3pm Saturdays 9am to 10am
<u>Salvation Army. The Retreat, Torrs Park, Ilfracombe EX34 8AY</u>	Tuesdays 10am to 1pm Fridays 10am to 1pm
<u>Pip and Jim's Church. St James Pl, Ilfracombe EX34 9BJ</u>	Tuesday 12pm to 2pm
<u>The Haven, The Baptist Church. 119 High St, Ilfracombe EX34 9EY</u>	Wednesday 10:30am to 12pm
<u>The Lantern. High Street, Ilfracombe EX34 9QB</u>	Saturday 2pm to 4pm
<u>Holy Trinity Church. Church Hill, Ilfracombe EX34 8EE</u>	Sunday 11am to 1pm



# Warm Spaces around North Devon

## Lynton

Lynton Town Hall. The Jubilee Room, Lee Road, EX35 6BT

Lynton and Lynmouth Town Council: The Jubilee Room at Lynton Town Hall will be open as The Warm Welcome Club. Starting with immediate effect, the hall will be open each week on Mondays, Wednesdays and Thursdays from 10am until 1pm. Refreshments will be available and the opportunity to chat and play a game.

## Combe Martin

Combe Martin Community Centre. Church Street, EX34 0LQ

Combe Martin Parish Council: Combe Martin Community Centre will open each week, Monday to Friday from 9am until 3pm starting from Thursday 1 December until Easter 2023. Refreshments are available, free of charge.

## Other

Open School of Creative Art & Well-being

Lego & Pizza Nights  
Session through January, February and March  
Across from Instow to Barnstaple  
Locations yet to be confirmed. Please visit their [website](#) and [social media](#) for updates

Fern Centre, NDDH, Barnstaple

The Fern Centre doors are open to our patients, family members and carers Monday-Friday 9am-16.30pm, we offer a warm space, refreshments and a chat or quiet space.



# Want to get active? Book your FREE Cycle Session with Active Devon.



Whether you're a first-time rider or a regular cyclist looking to improve your skills, our free adult cycle confidence sessions can be tailored to suit your abilities and goals.

● **Barnstaple Cycle Confidence  
with Jo - Tues 21st Feb**

● **Barnstaple Cycle Confidence  
with Jo - Sat 25th Feb**

To book your space or to find out more info, go to

<https://calendly.com/activedevon>

For over 30 years, Wiltshire Farm Foods, have been cooking and delivering delicious frozen meals for you to enjoy whenever you like.

Their menus is bursting with over 330 brilliantly easy meals to brighten your day, delivered free to your door by our friendly local team who are always happy to go that extra mile.

*“Whatever your appetite and your dietary needs may be, you can trust us to get it right – we’ve been doing it long enough after all and over the years we’ve won awards for what we do.”*

Want to get started? Simply place your order - you can order as often or as little as you like, there's no contract, just good old-fashioned service to brighten your day.

Wiltshire Farm Foods, are kindly offering **£5 off** first order when you quote **‘Over & Above’**

To receive this offer call **017969 573135** or email [northdevon@wiltshirefarmfoods.co.uk](mailto:northdevon@wiltshirefarmfoods.co.uk)

**WILTSHIRE**

EST. **FARM** 1991

**FOODS**



Wiltshire Farm Food offers:

- Softer Food
- Various meal sizes
- Free From
- And more....



**Contact them to try one of there  
delicious meals**



## Have you ever heard of the *Everything Ellie?*

Everything Ellie was set up in memory of Ellie Easton who sadly lost her battle with Leukemia in 2015, aged 16.

Ellie's wish was to have a lasting legacy, a beach hut at Saunton Sands for families to be able to enjoy 'blue sky' beach days, making memories with their family, friends and dogs away from hospital treatments as she did with her family, thus 'Ellie's beach hut' was born, the 'Ellie's beach hut' is the very heart of our charity.

Ellie, during her illness stayed at a lodge in South Devon as she was unable to fly due to her hospital treatments, our aim in the beginning was to have a few BBQ's throughout the year to be able to sustain the annual rent of 'Ellie's beach hut' but the amazing and very kind North Devon community had other ideas, they raised so much money that we decided to buy 'Ellie's Lodge' in 2019, this is for families to be able to have a weekend or week's respite away from the hospitals and create forever memories, where 'Ellie's Lodge' is located you can be self-contained so siblings can go out and enjoy what the location has to offer if someone is feeling unwell from the effects of treatment.



Everything Ellie, want families to,

**'Make the best time of your worst time'**

Everything Ellie, are providing a simple day at the seaside and short breaks for South West Families in their lodge at Stowford Meadows, Combe Martin, meaning a well deserved break away from the hospital rooms for young people or Parents/ Guardians with young families undergoing treatment for long term, life threatening or terminal illnesses such as Cancers & Leukaemia's.

They support families from the South West under the following criteria:

- Child on long term treatment under the care of a specialist team
- Child with Terminal diagnosis
- Adult with a Terminal diagnosis and with Children of dependant age
- Bereaved family following the loss of a child
- Bereaved family with children of dependant age following the loss of a parent

For more details and referral forms, look on their website:

[www.everythingellie.co.uk](http://www.everythingellie.co.uk)





# Attention ALL crafters!!!



Over & Above Charity are looking for crafters who would like to have a table at one of their many events they have over the year.

This include [North Molton's Country Fair](#) which is hosted by Over & Above and many more stalls and craft events throughout the year

If you would like to register your interest in participating in one of our events please get in touch by emailing us at [rduh.charity@nhs.net](mailto:rduh.charity@nhs.net) or

call Katie on **01271 311772**

## Crafters day out!



The Craft4Crafters Show presents

### Stitching 4 All

Westpoint Arena, Exeter

Friday 31 March & Saturday 1 April 2023

Discover a huge range of craft and textile supplies, quilt displays, embroidery gallery, yarns, fabrics and beads, sewing machines, patterns, haberdashery and kits. Plus Makes & Takes – Workshops – Catwalk, Talks, Live Demos and much more.



Why not join us on these exciting days out!

Adults £19, Seniors £18, Children £17 - Includes Coach Travel and Entry to Event

Filers Travel Limited

Slade Lodge, Slade Road, Ilfracombe, EX34 8LB

T: 01271 863819 E: [info@filers.co.uk](mailto:info@filers.co.uk) W: [www.filers.co.uk](http://www.filers.co.uk)

Filers Travel, are running a trip to Westpoint Exeter, for 'The Craft4Crafters Show' on Friday 31 March and Saturday 1 April.

**'Stitching 4 All' will join the Craft4Crafters show at Westpoint!**

'Stitching 4 All' brings the worlds of sewing, fashion, knitting, and quilting to the largest exhibition and entertainment venue in the South-West of England, Westpoint Arena.

The cost is £19 for Adults, £18 for Seniors and £17 For Children which **includes return coach travel and entry** into the Stitching 4 All show at Exeter Westpoint.

There are multiple pick-up points:

#### Coach 1

- 08:10 – Combe Martin Pack O' Cards
- 08:30 – Ilfracombe Service Station
- 08:50 – Braunton opposite the George
- 09:05 – Barnstaple Old Town Station
- 09:15 – Landkey Bridge
- 09:20 – Swimbridge Church
- 09:30 – South Molton Square
- 09:55 – Tiverton Morrisons

#### Coach 2

- 08:20 – Northam War Memorial
- 08:30 – Bideford Kingsley Statue
- 08:40 – Yelland
- 08:45 – Fremington
- 08:50 – Bickington

They are aiming to arrive at Westpoint for approx. 10:30am and depart for 4:30pm.

**Contact Filers Travel to secure your place.**

# Testimonials

*Very caring staff and volunteers*

*"Wonderful experience by very caring staff and volunteers. Thank you all for your support."*

*New techniques to live better*

*Have enjoyed this morning learning new techniques to cope and live better*

*Welcoming atmosphere*

*"After cancer diagnosis and treatment, it is such a relief to be able to attend a centre where you can experience understanding and on-going care.*

*Thank you so much for your welcoming atmosphere and the care you gave me."*



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**

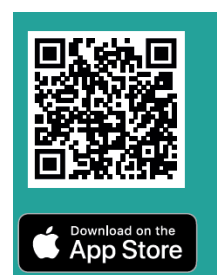
**<https://www.careopinion.org.uk/tellyourstory>**

**or you can complete a written form in the Fern Centre**



Support at the tips  
of your fingers

Scan the QR code to  
download the  
MySunrise App.





# Over and above

# Feeling Brave?

To sign up, contact the Over & Above charity for more details



**LET THIS BE YOUR YEAR**

**ORGANIZE YOUR ADVENTURES WITH US!**



### **Skydives**

15,000ft Tandem  
60 Seconds Freefall

Once in a lifetime experience? Ticking the bucket list?  
Jumping for charity?

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



### **Abseiling**

Abseil off the dramatic cliff face at Berry, near Hartland. It is an amazing location with stunning views across the North Atlantic sea. There is also a beautiful sandy beach with rockpools for you, your family and friends to explore when the tide is out after you have finished your abseil.



### **Fire and Glass walk**

Whether it's already on your bucket list or something you've never considered doing before, Fire and Glass walking is an exhilarating way to challenge yourself to do something different. If you can do this, you can do anything!

01271 311772

@ rduh.charity@nhs.net

Over and Above Office level 2  
North Devon District Hospital