

What's on August 2023

Date	Time	Activity
Thurs August 3	2-4pm	'Starting Out' session. Booking required
Friday August 4	2-4pm	Art Group drop-in
Monday August 7	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Monday August 7	11am - 12.30pm	Laryngectomy Support Group
Tuesday August 8	11am-1pm	Mindfulness for Life's Challenges
Thurs August 10	11am-1pm	Coffee morning. No booking required
Thurs August 10	2-4pm	'Starting Out' session. Booking required
Monday August 14	9am-12pm	Melanoma Wellbeing Group
Monday August 14	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Weds August 16	10-11.30am	Gynaecological Support Group
Thurs August 17	TBA	Wig fitting service. Booking required

What's on August 2023

Date	Time	Activity
Thurs August 17	2-4pm	'Starting Out' session. Booking required
Friday August 18	2-4pm	Acrylic Art Workshop week 1 of 3: Exploring landscapes with acrylic. Booking required
Monday August 21	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Tues August 22	11am-1pm	Mindfulness for Managing Emotions
Weds August 23	12noon-4pm	Cream Tea in aid of the Fern Centre all welcome
Thurs August 24	2-4pm	'Starting Out' session. Booking required
Friday August 25	10am-12.30pm	Secondary Breast Cancer Support Group drop-in
Friday August 25	2-4pm	Acrylic Art Workshop week 2 of 3: Basic line drawing and blocking. Booking required
Weds August 30	10am-12noon	Follow-up EFT Tapping Workshop
Weds August 30	6-8pm	Singing Club drop-in

Our cancer health and wellbeing centre at North Devon District Hospital is open Monday to Friday, 9am-4.30pm. For more information about the centre and the services available, call us on 01271 311 855, visit our website overandabove.org.uk/fern-centre or scan here



Follow us on social media

 Over and Above Fern Centre
 @TheFernCentre