

What's on

September 2023

Date	Time	Activity
Friday September 1	2-4pm	Acrylic Art Workshop week 3 of 3, Finishing landscape scene. Booking required
Monday September 4	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Tuesday September 5	2-4pm	Haematology Support Group
Weds September 6	10am-12noon	Energies Workshop. Booking required
Thursday September 7	2-4pm	'Starting Out' session. Booking required
Monday September 11	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Weds September 13	9am-4pm	Breast Moving Forward Day. All bookings through Breast Team on 01271 349115
Weds September 13	6-8pm	Look Good Feel Better – FULLY BOOKED
Thursday September 14	10-11.30am	Coffee Morning, All welcome, no booking required
Thursday September 14	2-4pm	Strummin' and Hummin' Afternoon with Ian Gracie. Drop-in
Monday September 18	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)

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Date	Time	Activity
Monday September 18	11am-12.30pm	Laryngectomy Support Group
Weds September 20	9am-4pm	Follow-up Breast Moving Forward Day. All bookings through Breast Team on 01271 349115
Thursday September 21	10am-2pm	Wig Clinic - FULLY BOOKED
Thursday September 21	2-4pm	'Starting Out' session. Booking required
Monday September 25	1.30pm and 2.45pm	Yoga. Booking required (limited 8 per session)
Weds September 27	6-8pm	Singing Club drop-in
Thursday September 28	2-4pm	'Starting Out' session. Booking required
Friday September 29	10am-12.30pm	Secondary Breast Support Group. Booking required

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



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