

What's on

October 2023

Date	Time	Activity
Monday October 2	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday October 3	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Thursday October 5	2-4pm	'Starting Out' session. Booking required
Thursday October 5	Appointment only	Bra Fitting Clinic with Julie from NicolaJane
Monday October 9	11am-1pm	Bladder Support Group. Drop-in
Monday October 9	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday October 10	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Tuesday October 10	6-8pm	'Look Good Feel Better' monthly session. Booking required
Tuesday October 10	11am-1pm	Mindfulness for Managing Emotions With Paul Beard. Booking required
Thursday October 12	10-11.30am	Coffee Morning. All welcome, no booking required
Thursday October 12	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Monday October 16	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday October 17	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Tuesday October 17	2-3.30pm	Bach Flower Remedies Talk with Liliias Drummond LCCH.BFRP. Booking required
Wednesday October 18	10-11.30am	Gynaecological Support Group. Drop-in
Thursday October 19	10am-12noon	'Stretch & Breathe' – gentle exercise With Paul Beard. Booking required
Thursday October 19	2-4pm	'Starting Out' session. Booking required
Friday October 20	10.30am-12.30pm	Secondary Breast Cancer Group. Drop-in

Monday October 23	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday October 24	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Wednesday October 25	11am-1pm	Mindfulness for Pain Management. Booking required
Wednesday October 25	6-8pm	Singing Club – People & Place II. Drop-in
Thursday October 26	10am-12noon	'Starting Out' session. Booking required
Thursday October 26	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday October 26	10am-3pm	Wig fitting clinic with Natural Image. Booking required
Friday October 27	10.30am-12.30pm	Secondary Breast Cancer Group. Drop-in
Friday October 27	2-4pm	'Seascape with sunset' Acrylic Workshop 1 of 2. Booking required for both sessions
Monday October 30	11am-12.30pm	Laryngectomy Support Group. Drop-in
Monday October 30	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday October 31	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Wednesday November 1	10am-12noon	Emotional Freedom Technique (EFT) or 'Tapping' Workshop. Booking required
Thursday November 2	2-4pm	'Starting Out' session. Booking required
Friday November 3	2-4pm	'Seascape with sunset' Acrylic Workshop 2 of 2. Booking required for both sessions
Wednesday November 8	10am-12noon	Energies Workshop. Booking required
Wednesday November 8	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Thursday November 9	10-11.30am	Coffee Morning. All welcome, no booking required
Monday November 13	9.30-11.30am	Melanoma Wellbeing Group. 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



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