

What's on November 2023

Date	Time	Activity
Wednesday November 1	10am-12noon	Emotional Freedom Technique (EFT) or 'Tapping' Workshop. Booking required
Thursday November 2	2-4pm	'Starting Out' session. Booking required
Thursday November 2	Appointment only	Bra Fitting Clinic with Julie from NicolaJane
Friday November 3	2-4pm	'Seascape with sunset' Acrylic Workshop 2 of 2. Booking required for both sessions
Tuesday November 7	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointment
Wednesday November 8	10am-12noon	Energies Workshop. Booking required
Wednesday November 8	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Wednesday November 8	6-8pm	'Look Good Feel Better' monthly session. Booking required
Thursday November 9	10-11.30am	Coffee Morning. All welcome, no booking required
Thursday November 9	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday November 10	2-4pm	Art Club meet and chat group. Drop-in
Monday November 13	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday November 14	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Thursday November 16	10am-3pm	Wig fitting clinic with Natural Image. Booking required
Thursday November 16	2-4pm	'Starting Out' session. Booking required
Friday November 17	2-4pm	Acrylic Workshop. Booking required
Tuesday November 21	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments

Wednesday November 22	2-4pm	'Stretch & Breathe' – gentle exercise With Paul Beard. Booking required
Thursday November 23	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Friday November 24	10am-12.30pm	Secondary Breast Cancer Group. Drop-in
Friday November 24	2-4pm	NEW! Craft Session – Felting Workshop. Booking required
Monday November 27	1.30pm and 2.45pm	Face to face Yoga Sessions. Booking required
Tuesday November 28	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Tuesday November 28	2-3.30pm	Haematology Support Group. Drop-in
Wednesday November 29	6-8pm	Singing Club – Love Songs. Drop-in
Thursday November 30	10am-12noon	'Starting Out' session. Booking required
Friday December 1	2-4pm	Acrylic Workshop. Booking required
Monday December 4	12noon-2pm	Gynaecological Support Group. Drop-in
Tuesday December 5	9am-12noon	Macmillan Citizens Advice welfare benefits advisor. Drop-in but booking required for longer appointments
Wednesday December 6	2-4pm	Monthly Fern Holsworthy Hub at Holsworthy Hospital. Drop-in
Wednesday December 6	6-8pm	'Look Good Feel Better' monthly session. Booking required
Wednesday December 6	11am-4pm	Fern Centre Christmas Fayre. All welcome
Thursday December 7	2-4pm	Strummin' and Hummin' afternoon with Ian Gracie and Russell Bave. Drop-in
Thursday December 7	6-8pm	Christmas table centrepiece workshop. £20 per ticket, booking required
Friday December 8	2-4pm	Art Club meet and chat 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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