

Cancer Care Counselling Service



Fern Centre

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What the service offers

A diagnosis of cancer is life-changing for you and your family. How you feel can affect you both physically and emotionally. If your feelings are very strong, it can be difficult to think and act normally. These feelings could only last a short time, but if your feelings are stopping you from living normally for a long period of time, you may need extra help.

- Maybe you feel anxious about cancer coming back. Uncertainty about the future can leave you feeling unable to move forward.
- Maybe cancer has affected your relationships and family life.
- Maybe you feel stuck in a loop of depression and fatigue.
- Maybe you are experiencing challenges in balancing illness and the physical effects of treatment alongside the demands of life.
- Maybe you are struggling with body image after treatment.
- Maybe cancer has felt like a threat to your identity.
- Maybe you're left feeling lost after treatment has ended.
- Maybe cancer has challenged your philosophical/spiritual beliefs.
- Maybe cancer has caused sexual/intimacy issues in your relationship.

We can help


We provide 6 sessions of one-to-one counselling for individuals in North Devon living with and beyond cancer, their partners and children. There is the flexibility to extend the number of sessions offered if both you and your counsellor agree this would be of benefit. Counselling offers a safe and confidential space, free of judgment to explore emotional issues. The style of counselling we offer is integrative. This means that you are seen in terms of your whole experience, and that we work with you in a way that best fits your individual needs. Working together, we aim to find coping strategies that best enable people to empower themselves in the future.

All our sessions are confidential and your session notes are kept separate from the main hospital health record system. Our counsellors and psychotherapists work in accordance with the ethical guidelines of either the BACP (British Association for Counselling and Psychotherapy) or the NCS (National Counselling Society).


Counselling is available on an appointment only basis between 9am and 5pm.

Other supportive services we offer:

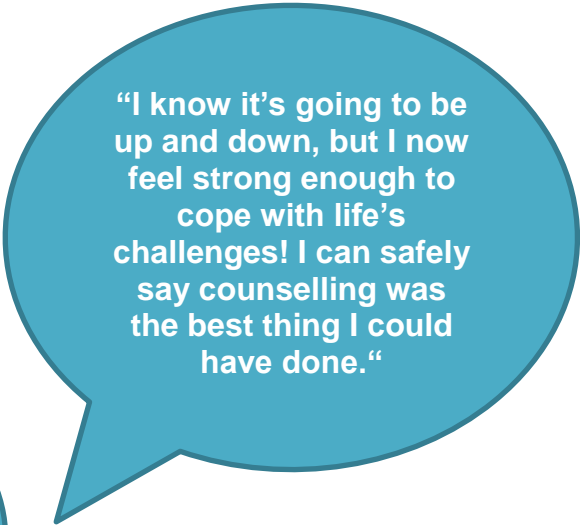
- Generic Cancer Patient Support Group – this is for anybody who has been diagnosed with cancer and who is living with and beyond cancer.
- Carers Support Group – this is a group for anybody who is providing care and support to a loved one with cancer.
- Breast Ladies Support Group and Mindfulness – this is for breast cancer patients who are living with and beyond cancer.
- The HOPE course (Help to Overcome Problems Effectively) – this is a 6-week group self-management course to help individuals to move forward after cancer.



“The counseling I have received has been invaluable in helping me to manage my emotions relating to my cancer diagnosis and treatment. It has helped me to develop strategies for managing thoughts and feelings, and for moving on with my life“



“My counsellor helped me by stopping me worrying that my mum would get cancer again.”



“I know it’s going to be up and down, but I now feel strong enough to cope with life’s challenges! I can safely say counselling was the best thing I could have done.“

Where the service is provided

Fern Centre, North Devon District Hospital, Raleigh Park, Barnstaple.

How to be referred

Referrals to the service can be made through your clinical team (including your Clinical Nurse Specialist), or through your GP or another relevant practitioner providing you have given consent for this.

Alternatively, you can self-refer for any of our support services on the Fern Centre:

Website: <https://overandabove.org.uk/fern-centre/>

Call: 01271 334472

Email: ndht.cancercarecounselling@nhs.net

What will happen at your first appointment

Once your referral has been processed you will be called to arrange an initial assessment. Please note: the time between your referral and initial assessment will depend on the waiting list at the time.

Further information

Cancer Care Counselling Service: 01271 334472

The Macmillan Support Line: **0808 808 00 00** (Monday – Friday, 9am – 8pm)
Staffed by trained experts, offers people with cancer and their loved ones practical, clinical, financial and emotional support.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

© Northern Devon Healthcare NHS Trust
This leaflet was designed by the Communications Department.
Tel: 01271 313970 / email: ndht.contactus@nhs.net