

THE CHAIRMAN'S NEW YEAR APPEAL 2017

Twenty years of Cherry Lodge – celebration or survival?

What images does the word survival evoke? To some it might mean mountain climbing, running a marathon or finishing a PhD. For those with cancer it means surviving the shock of the initial diagnosis, undergoing, and waiting for the results, of numerous tests, followed, often, by extensive and exhausting treatment.

How does CL help people to survive – by providing access to specialist Macmillan information nurses, by offering complementary therapies which help combat stress and depression. Trained befrienders are on hand to visit members at home and to give carers a break by providing company to those who feel isolated. Additionally there is available a range of group activities, such as Chi Kung, yoga, a choir and an art class, all encouraging social interaction so



that members' lives are not totally dominated by hospital appointments and the word cancer.

The weekly morning and twice-monthly evening drop-ins are especially popular – it is quite uplifting to observe the positive communications during these sessions and to see people 'surviving' because they are all in it together, encouraging one another at all times.

Many of you already support CL with generous donations but, like every other charity, the money has to keep coming in. The drop ins, for example, cost around £9.500 a year to maintain. If you were able to make a donation, that would help CL and its members to continue to survive and would be very much appreciated.

With best wishes for 2017 and the hope that everyone will survive Brexit! Thank you so much for being a CL supporter.

Margaret M Clark (Dr)
Chairman Trustees Cherry Lodge
Cancer Care



Our Services & Approach

We believe that cancer support is not just about the time when you are in hospital – it is about your quality of life.

At Cherry Lodge we work in partnership with hospital and community healthcare providers, and offer the additional support that individuals living with cancer so badly need.

Our professional healthcare team works with the support of trained and experienced volunteers to provide a range of services. Services that our members want and need.

Our services include:

- * Consultations with Cancer Information Nurses and counselling.
- * Three site-specific evening groups taking place every six weeks. These are for people with lymphoma, ovarian cancer and one for men's cancers.
- * Healthy living advice sessions throughout the region.
- * A comprehensive Home Visiting Service (Befriending) – delivered across North London and South Hertfordshire. Contact Yvonne on 020 8441 7000.

* Group Activities – including open discussion and treatment sessions, and tailored exercise classes.

Tuesday morning weekly 'drop-ins' from 10 – 12.30 pm. Second Tuesday in the month Kathryn's knitting group 1 pm. First and third Thursdays in the month, evening 'drop ins' from 6 – 9 pm. There are two exercise classes, Yoga (Fridays 12.30 – 1.30 pm) and Chi Gung (Mondays 11.00 – 12.30 pm) at St Marks Church Hall, Potters Road, Barnet, EN5 5HY.

Art class now takes place at Howard House, 23 Union Street, Barnet EN5 4HY on Thursdays. For details contact Yvonne on 020 8441 7000. No previous skills needed. Just come along.

Cherry Lodge Singers, Wednesday 4.15 – 5.15 pm. No audition necessary. Just turn up, join in and have fun.

* Relaxation therapies delivered by qualified volunteers – from medical acupuncture to massage.

* Hair Care at Cherry Lodge – Advice on wigs and hair care is available by contacting Fiona. On Monday mornings appointments can be made with Lauren.

* Welfare Benefits – The Barnet Macmillan CAB Benefits Advisor is available to contact by CL members on 020 8440 4227.

* Younger women's group – This meets every six weeks on Friday afternoons at CL. It is for women up to the age of 45. If interested, please contact Fiona.

* Carers' Support Group – This group, facilitated by Kirsty Mabb, meets on the second Monday of each month, from 1.30 – 3 pm on the third floor Global House, 303 Ballards Lane, North Finchley, N12 8NP. All welcome.

Sunflower Support group, second Tuesday of every month, 7-9 pm. Parish Hall, 4 Thirlby Road, Burnt Oak, HA8 0HQ.

* Bowen Technique. Please contact Fiona on 020 8441 7000

* Seated Yoga at Cherry Lodge. First and third Tuesdays of the month at 12.45. No appointment necessary. Just turn up.

Cherry Lodge News

WINTER 2017

BEFRIENDING

YVONNE SHIELD (COORDINATOR)

INTERVIEW BY FREDDY KATER (PART 1)

Q1 Has befriending and home visiting changed since you took over the helm and, if so, what has changed. Do members now have different needs?

Basically, the service remains the same as it recognises the need to share problems and issues with people, other than family, so as not to burden and overwhelm them. Isolation was seen as an almost universal problem and to involve an independent, trained, volunteer is the core of the CL service. Each member, albeit with cancer as a common factor, is unique. Visiting which is normally once a week for one year, can, in exceptional circumstances, be extended to 18 months or longer. Sometimes two befrienders with different skills may become involved, so that the recipients can benefit from the variety, flexibility and availability of our volunteers.

Q2 Those requiring home visiting (befriendees) and

those visiting (befrienders), are they chosen by you, as coordinator, and do they present particular problems and issues which you feel CL is especially able to deal with.

Most are referred by the CL nurses; some by GP's, Community Nurses or other charities, self referral or relatives. The only real requirement is a diagnosis of cancer – having

Yvonne Shield with her assistant Ella (retired greyhound).**



treatment at the time is not a pre-requisite, rather living with the consequences of treatment and how to regain confidence at the end of treatment.

Q3 When choosing befrienders what do you look for? Do you have an instinct about who and how you choose.

I Look for warmth, kindness and, above all, the ability

to listen carefully. So far I have not made a mistake in choosing volunteers. After recruiting, volunteers attend an induction, followed by individual sessions with me, as well as in small groups. Altogether about seven hours training is given before the volunteer is allocated a particular member.

Q4 Do you try to mix and match from a gender point of view and is that important?

The member may request a volunteer of a particular gender for a number of reasons. Also taken into consideration is age, race, class in fact what sort of person is CL trying to help. There are additional factors, such as if there are young children in the house. Any kind of prejudice expressed will be against the ethos of CL and is, therefore, unacceptable.

If I get bad vibes from my assessment visit I will not allocate a volunteer so, very occasionally, I have to turn down a request for a befriender.

Q5 What difficulties do you encounter? Ethnicity? Standards of personal hygiene, cleanliness in the house or unrealistic expectations. How to make sure needs are met but volunteers are not used inappropriately or put at risk.

I need to be firm stating from the outset what can and cannot be provided and if there is a problem I

try and sort this out before allocating somebody. It is clearly explained that we are not 'hands-on' carers. The service will try, wherever possible, to make sure we meet members' needs, for example, accompanying the person on a GP or hospital visit is appropriate but hanging out the washing is not. Physical care is beyond the remit of the volunteers.

Q6 What if the match doesn't work out, despite everybody's best efforts.

Making a good match takes into consideration the volunteer's availability,

whether they drive, as well as their personal, family commitments. Either of the parties involved can decide they feel uncomfortable with the arrangements and can discontinue, following full and detailed discussion with me.

Q7 What is the most satisfying aspect of your job other than a link-up working out really well?

I love the work I do and count it as a privilege to share people's lives and to develop relationships with both members and volunteers. I have, over time, acquired



WINNERS OF THE CHERRY LODGE GRAND RAFFLE

- **First prize – 3 nights in Ghent for two (travel by Eurostar):** Mr & Mrs Long
- **Second prize – £100 M&S voucher:** Maria Katya
- **Third prize – Meal for two Tandoori Nights Cockfosters:** George Mason
- **Fourth prize – Christmas hamper:** Pamela Regis.

Cherry Lodge has two shops and welcomes donations and volunteers – who are especially needed on Saturdays. If you can gift-aid donated items the charity can claim an extra 25% on the sale price.

For information the Barnet shop address is:
 1A, Church Passage, Barnet, EN5 4QS
If you require assistance, please ring the shop on 020 8440 6287 and someone will come out to help you.

CL is grateful for all donated goods and if taxpayers can gift aid their donations, they will receive an annual, written, acknowledgement clearly stating how much has been raised by that particular donor.

The Borehamwood shop sells furniture and collection and delivery can be arranged. It is possible to drive up the rear entrance of the shop with donations.
 111 Shenley Road, Borehamwood, WD6 1AG.
For enquiries contact shop manager Daryl or assistant manager Terri on 020 8953 1094.

additional skills and become more sensitive and a better listener so reckon I, too, have benefited from the service.

Q8 How much support do your befrienders get and can you explain a bit about the procedure.

In addition to individual and group meetings, the latter attended by one of the CL counsellors, I have a (work) mobile to which the volunteers have ready access so they do not need to carry worries and anxieties for any length of time. Should volunteers identify and discuss their need for further training, this can be provided.

Should a death occur during the befriending contract, additional support is offered to the volunteer, together with an opportunity for them to take 'time out'. The volunteers' well-being is of the utmost importance.

The volunteers and I have a social meeting once a year and this helps their integration into the CL team and their bonding with each other.

Q9 befrienders have full contact details of those they visit but contact for those being visited, has to go through you at the Centre. Does that create problems or are both parties fully aware of the protocol from when you first make your assessment interview?

Members' communications about visits/cancellations must indeed go through the Centre, with my work mobile as a back-up so that no wasted journeys are made. This is made clear from the outset when it is explained that having a befriender is a professional arrangement with distinct boundaries. This is a befriending service, not a personal friendship. On occasions volunteers

have expressed a desire, once the CL contract has run its course, to form an ongoing friendship. When that decision has been made the volunteer is asked to resign from the befriending scheme.

Q10 Is there anything else you would like to add, like what forms part of the befriending role?

The volunteers often go out with their befrienders for coffee, or even lunch, a walk in the park or a special visit to the Cat in the Spires (see photograph)! As mentioned earlier, accompanying members on their visits to doctors' appointments; making 'phone calls on their behalf such as to the various Utilities or, in general, helping people get their lives back on a more even keel. Regarding the befriended, I keep in regular contact with them, including visiting from time to time.

****Ella (belonging to Yvonne's daughter Karla), is a retired greyhound of exceptionally gentle personality who makes an ideal PAT – (pets as therapy) animal. Ella, on request, will come with Yvonne to make a visit. She, too, is a good and committed listener!**

VACANCY

Freddy Kater, the editor of this newsletter, has decided it is time for early (or long overdue) retirement and she is consequently looking for somebody (or some bodies) to take over the reins!

If you are interested it would be lovely to hear from you!

THE SOUND OF MUSIC |

Renie Price

We know that singing is a valuable aerobic exercise, encouraging better posture and deeper breathing. It is also thought that singing releases endorphins in the body which can help to relieve pain and reduce stress. Singing can therefore be used as a therapy for relaxation and may help in overcoming depression and anxiety. Ella Fitzgerald once said 'The only thing better than singing is more singing!'

It was with this in mind that in late 2012 Fiona decided to start Cherry Lodge's very own singing group, inviting anyone connected with the charity to come along, have some fun and enjoy the feel-good factor that singing can produce. Our first choirmaster was Greg Monk, who led the group until September 2014, when he handed over to Liz Menezes. A new choir leader, Simon Wilsher, took over the baton at the start of 2016. Under his leadership, the Cherry Lodge Singers continue to sing old favourites, learn new songs, face new challenges and have a good time.

The Singers' most recent performance was at the annual Lights of Love Ceremony, held at the Band Stand in the Spires. The



enactment, organised by Barnet Museum, with tea in the courthouse park. A truly lovely event which drew a large crowd of very enthusiastic people.

The Singing Group is comprised of not just members but volunteers, staff and some friends of CL usually meets at the Cherry Lodge centre on Wednesdays from 4.15 to 5.15 pm.

It was stated at the beginning that this was always going to be about having fun so all voices are welcome! If you like the sound of us and would like to join in, just come along to a session and see for yourself or ring Fiona for more information on 020 8441 7000. 🌸

