

# From Sunflower to Cornflower

Kirsty Mabb

On Saturday 1st April, Sunflower Cancer Support Group was officially welcomed into the Cherry Lodge "fold". The Sunflower Trustees met with Dr Margaret Clark and Kirsty Mabb (outreach nurse for CL) for a "signing over ceremony".

This Burnt Oak based monthly support group, for people with cancer and their families was founded

in 2011. It has always been self-sufficient, with volunteer Trustees, and has offered a programme of speakers and events since its inception. Doreen Smith, a CL member, who lived in Edgware, became the head of Trustees, and worked tirelessly in promoting and fundraising for the group. Kirsty (from CL) was also a founder member of the group. However, in late 2015, Doreen and



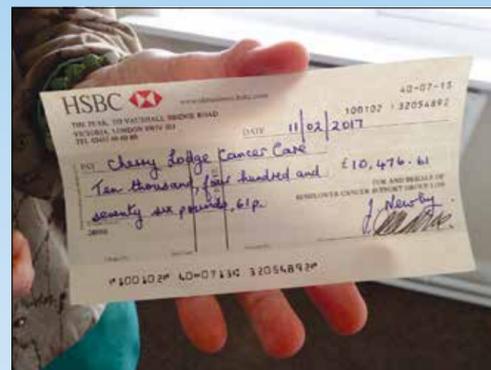
the Trustees stepped down from their positions. All monies raised by the group (an amazing £10,476) were

to be transferred to CL, and ring fenced for the continued running of the group, and its provision of services for people in the Burnt Oak and surrounding areas. Kirsty will continue to attend the monthly group, and will facilitate its running, with CL/Sunflower member

her husband Bede (also a Sunflower member) decided to retire to Ireland. Although Sunflower has continued to run, thanks to the time and energy of its amazing Trustees, at an extraordinary meeting in January 2017, it was decided by the group members and Trustees that the future of Sunflower would be best protected if it were to become "a part of Cherry Lodge Cancer Care" and subsequently

Julia Carroll as very close support.

All existing members of Sunflower have been informed by email or letter of the "changes". At the Sunflower meeting on April 11th, group members decided that the name of the group should be changed to "Cornflower" because this flower, chosen for having healing powers, is part of the logo of CL and easily recognised.



**CORNFLOWER** offers a warm welcome to anybody whose life has been touched by cancer. It is always held on the 2nd Tuesday each month, from 7 – 9pm at the Parish Hall (adjacent to Annunciation Church), 4 Thirleby Rd, Burnt Oak, HA8 OHQ. There is free, on-site parking and the venue is a few minutes walk from Burnt Oak tube station, on the Northern line. For further information, please speak to Kirsty at CL on 020 8441 7000.

#### SUMMER PROGRAMME:

May 9th: Spring flowers arranging (session kindly led by Julia Carroll)

June 13th: Pamper Evening (therapies on offer include reiki, acupuncture and reflexology, kindly provided by CL volunteers).

July 11th: Seated fun-exercise with Allison Noreiga-Clark.

## 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.

Cornflower Support group, second Tuesday of every month, 7 – 9 pm. Parish Hall, 4 Thirleby Road, Burnt Oak, HA8 OHQ.

\* 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

SUMMER 2017

## GETTING THE NEEDLE [OR, ACUPUNCTURE AT CHERRY LODGE]

MARGARET CLARK

Traditional Chinese acupuncture has been practised for several thousand years and has mapped out 361 points where needles can be inserted. These points are on imaginary lines in the body, called meridians, through which energy flows. In the West acupuncture is explained using applied neurophysiology and has become incorporated into mainstream medicine since the discovery that opiate peptides are released into the body during stimulation by acupuncture needles (published in The Lancet in 1979).

Generally speaking acupuncture works very well in 25% of people, not at all in 25% and, to a variable degree in the other 50%. Fine needles are inserted into the body at various points and gently manipulated. The meridians link these points and use the name of the organ with which they



Needles get ordered in bulk.

are associated, e.g. liver or spleen. Meridians do not actually exist; they are not anatomical but behave like radio transmitters. Acupuncture is derived from a Latin word meaning pierce with sharp instrument, the needles are 0.3 mm thick and 30 mm long and insertion is for a short distance only, never up to the handle of the needle in case of

breakage.

Safety is extremely important, needles are pre-packed, sterile and disposable. For people with needle phobia it is not worth trying; for people with a bleeding tendency it is possible to give a treatment without piercing the skin. There are a few forbidden areas, for example, the lower leg in pregnant patients or anywhere on the arm on the site of someone's breast surgery.

The main use of acupuncture at CL is to reduce nausea and vomiting associated with chemotherapy and to control hot flushes in people receiving hormone treatment or who have hormonal imbalance. Acupuncture can be used to reduce pain as well as help with relaxation and sleep disturbance.

Only medically qualified practitioners are allowed to provide this therapy at CL.

Editor: Freddy Kater

# Glimpses of Roger Hurren

Roger sadly died on April 3rd 2017. Here are a few illustrations of the kind of man he was.

In May 2007 Roger walked into CL, newly diagnosed with cancer and in a state of shock and depression. "There was music playing, a candle flickering and a smiling Mary on reception." He said that he already began to feel better. This first encounter Roger marked every year, with a bouquet of flowers for the reception area.

Roger was not only a member of the charity but a most helpful and valuable volunteer. One day the Borehamwood shop had virtually no staff, a frantic Terry (assistant manager)



Roger supporting Summer Soulstice supporting Cherry Lodge.

rang to see if he could help. "I'll be along in half an hour, I am hopeless on the till but can make a cup of tea."

He stayed till closing time

and then drove Terry home.

The Tuesday morning drop in raffle was started by him and a few weeks ago he said to Mark and Malcolm " can you manage to take over for a week or two as I don't feel very well". This raffle is now known as the Roger Raffle.

Roger was everybody's friend and volunteered for just about every activity at CL. My compost heap already misses the peelings from the fruit he regularly brought in for the drop-in. I enjoy using the chair he made for me, showing he was a very good carpenter who helped set up fittings for the Barnet CL shop. You deserve to rest in peace Roger, we will all try and follow your good example.

## THE MAGIC OF MOTOWN CHARITY BALL

**Congratulations to Tina and her team on a very successful Ball which raised £10K for CL.**

**Thanks to everyone who contributed to and participated in this splendid evening.**



**Lesley B. the proud winner of the Easter egg, which was kindly donated by Rose W. and raised £230 for CL.**

**Congratulations and thanks to Steven Bradley, Danny Hart, Anita Patel, Giles Pratt, Danny Tate and Joe Whistler for running and raising money for CL.**

**Getting this is hardly easy but it is worth it.**



**G**rant Whitaker is 65 years old and lives in Cockfosters with his wife Rose who has been a member of CL for over 10 years. They have four grown up children between them and six grandchildren. Grant retired last year after a career in IT, business management and, latterly, as bursar at a Barnet school. He has a wide range of interests including reading, anything car related, the theatre, cooking and DIY. He is a keen supporter of Barnet football club. Grant has had a connection with CL through Rose and is looking forward to playing a more active role as Editor of the Cherry Lodge News.

### Grant adds:

I would like to thank Freddy for the excellent support she has given me during the handover process and which I will be depending on in the future. I am sure everyone would also like to give Freddy a big thank you for her sterling work over the years that has kept the newsletter alive, vibrant and relevant. It will be a hard act to follow but I will be aiming at maintaining the high standards and integrity but perhaps introduce some new ideas and content. The newsletter is only as good

# New Editor (as from the next issue) to the CL Newsletter

as the contributors so please let me have your thoughts, comments and suggestions. I am as interested as much in what you don't like as what you do. Thank you in advance.

This is my email address: whitakerge@aol.com

Grant

### Freddy writes:

I am delighted that Grant expressed such a positive interest in taking over from me as editor of the newsletter. I have truly enjoyed the many years I have been doing this and seeing through, from beginning to end, the many articles written by

Editor and Editor in waiting!



members and learning from their personal and varied experiences. Insights into different therapies have been illuminating, but a change is needed and following the discussions Grant and I have had, I feel he is the right person to take the newsletter forward. The aim is for shorter items and it seems appropriate again to ask for suggestions and comments so that the newsletter will, hopefully, appeal to, and be read by, a wider audience. I shall continue to be around and give whatever support I can to Grant, as well as being on the fundraising team and providing admin support to two important people at CL!

# A letter to the editor

From Jean T. Barnet

### WHAT'S IN A NAME...

Although I have known Cherry Lodge Cancer Care for a long time I have never known the derivation of the name. Cherry Lodge sounds so idyllic and tranquil that I cant help feeling there must be some lovely building or interesting story behind it. I would really like to hear about it and I am sure most of the members would, too.

Dear Jean,

An interesting question. In 1996 when the, then, Barnet Cancer Care was first discussed with the powers that were in charge of the, then, Barnet General Hospital, we were offered a

Portakabin in the grounds of the hospital, next to the, then, nurses' home and opposite the Arkley pub. The Portakabin was called Cherry Lodge because of the number of, you guessed it, cherry trees in that part of the extensive hospital grounds. In fact taking a short cut from the, no longer in existence Portakabin to the main hospital, there

were several signs showing to Cherry Lodge.

It had been part of the Human Resources department and people sometimes commented that there were bad vibes in the building (apart from the fact that the entire structure shook when heavy lorries drove past) as this was the place where hospital staff would be disciplined or, worse still, sacked.

Staff, volunteers and members were delighted to be given the use (at minimal rent)of this building which was rather Tardis-like in that it was much roomier inside than one would have guessed from the outside. In 2000 the name was changed from Barnet Cancer Care so that we could extend our fundraising beyond the Borough of Barnet and also to get away from people always having to be reminded of why they were there because of the word cancer. Cherry Lodge Cancer Care is almost always referred to as just Cherry Lodge, or simply CL.☼

Freddy K.

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Keep up with all the latest news and events on our Facebook Page

**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 to 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.**

**SOMEBODY MUST WIN THE PRIZES**

**SO PLEASE BUY OR SELL THE ENCLOSED RAFFLE TICKETS.**

**IF WE SELL THEM ALL IT WOULD RAISE £40K FOR CL.**