

Bits & Pieces

What Do You Want?

The purpose of this Newsletter is to provide a mixture of information, news and entertainment about Cherry Lodge and the people that are part of it.

We spend a lot of time thinking about content, what appeals and what doesn't. We are open to ideas and feedback of all kinds. If you have any thoughts or comments please email me or leave a note at Howard House. Many thanks, Grant W.
Email: whitakerge@aol.com

Give As You Live

If you get a moment, please take a look at the "Give as you live" website.
www.giveasyoulive.com

It is a way of donating money to Cherry Lodge at no extra cost to yourself as you go about purchasing goods. The website is easy to use and self explanatory.
Thanks for looking.

Thank You For Your Kind Donations

As you may know, we do not receive ANY Government or Local Authority funding and are totally dependent on the donations from individuals and businesses.

Without these and the proceeds from our fundraising events we would not survive.

Donations can be made directly or through "justgiving". However this does incur a 5% fee but we recognise it is often the most convenient way for people to give.

WANTED!

Good Quality Gifts etc. we can use for prizes in raffles and tombola. Gold, Diamonds and World cruises accepted, we're not proud!

Counsellors

Cherry Lodge provides a counselling service to members. Demand is high and we sometimes struggle to accommodate everyone. If you are or know someone who is a qualified counsellor who is interested in helping please contact Yvonne at Howard House on: **020 8441 7000**

Our Shops

Cherry Lodge has two shops which urgently need donations and volunteers:
❁ **1A, Church Passage, Barnet, EN5 4QS**
Tel: **020 8440 6287**

❁ **111, Shenley Road Borehamwood, WD6 1AG**
Tel: **020 8953 1094**

Assistance, collection and delivery of items, including furniture, can be arranged. Please call the Borehamwood shop.

Remember

Gift Aided donations on items enable us to claim an extra 25% on the sale price.

Matched Funding

Do you/did you work in a Bank or an organisation that offers Matched Fund Raising for Charities? Know someone else who does? A great way to raise money for CL.

Please contact Tina for details:
020 8441 7000

Event Sponsorship

Cherry Lodge need **local sponsors** for our high quality events. We can produce tailored promotional packages that can feature your logo on advertising and social media!

Don't Forget!

The latest information and news are available on the CL website which is regularly updated! Please make it one of your Favourites and visit often.
Web address: cherrylodgecancercare.org.uk

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.
- ❁ 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.
 - Alexander Technique, please contact Lorraine on 020 8441 7000 for more information.
 - Tuesday morning weekly 'drop-ins' from 10 – 12.30pm. 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 – 1.30pm) and Chi Gung (Mondays 11.00 – 12.30 pm) at St Marks Church Hall, Potters Road, Barnet, EN5 5HY.
 - Arts and Crafts Group takes place at Howard House on the last Friday of each month from 10.30 to 12 noon. Just turn up and be creative! Please sign up on the noticeboard in CL.
 - Cherry Lodge Singers, Wednesday 4.00 – 5.00pm. No audition necessary Just turn up, join in and have fun.
- ❁ Healthy living advice sessions throughout the region.
- ❁ Relaxation therapies delivered by qualified volunteers – from medical acupuncture to massage.
- ❁ Hair Care at Cherry Lodge – Advice on wigs and hair care provided by Lauren on Monday mornings. Please contact Lorraine to book an appointment
- ❁ Welfare Benefits – The Barnet Macmillan CAB Benefits Advisor is available to contact by CL members on 020 8440 4227.
- ❁ Carers' Support Group – This group, facilitated by Kirsty Mabb, meets on the second Monday of each month, from 1.30 – 3pm 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.
- ❁ Seated Yoga at Cherry Lodge. First and third Tuesdays of the month at 12.45. No appointment necessary. Just turn up.
- ❁ Mindfulness Courses - Please contact Fiona or Kirsty for more information



www.facebook.com/CherryLodgeCancerCare/

News

June 2018

We Beat the Heat!

by Freddy K

Cherry Lodge Cancer Care had six heroic and successful runners in the 2018 London Marathon: **Dee Churchill; Emily Cole; Mandy Gould; Dominic Holmes; Agnes McGarvey and Mike Todd.**

As you probably know this year's marathon was particularly challenging due to the unseasonal heat. However that didn't deter our intrepid team.

The, by now, almost statutory, post-marathon massage evening, small welcome event and photoshoot for Cherry Lodge London Marathon runners took place on Monday 23rd April at Howard House. All this year's runners apart from Dominic were able to attend.

Many thanks to the three therapists – Andi, Loretta and Prasanna – who gave their services to the still-aching runners.

“the huge and hugely enthusiastic crowds were just amazing.”

Some of the runners had already met two days before the run, at Prezzo Restaurant as Cherry Lodge's guests. Dee, Emily and Mandy greeted each other like long lost friends who were clearly delighted that they had all completed the gruelling hot London Marathon. Agnes and Mike had not met ahead of the event day, nor had they seen each other before, during or after the run, which was perhaps surprising as all our runners had consecutive running numbers.

Several comments were made, and agreed with, by all present: too many people; far too hot and humid; not enough shade; the showers (hand-held ones!) were heaven sent; you don't want to see my toes; the huge and hugely enthusiastic crowds were just amazing.



Our triumphant London Marathon warriors returned. From left: Mike, Agnes, Dee, Emily and Mandy.

Mandy, who had a very distressing 2017 marathon attempt, completed the course this year in 4hr 13min and was very happy indeed with her strategy for success in 2018. She walked from mile 20-21 as her legs were hurting badly and she had blisters on her toe. By good fortune, Mandy was the winner of the two Grandstand seats raffled at last week's Prezzo meal and her family really enjoyed watching the action from their elevated position.

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Emily (whose mother Sally is one of Cherry Lodge's much valued receptionists) found her first marathon an amazing experience and, once the pain had subsided, a truly inspiring and wonderful event. Miles 18-20 felt almost impossible but 'the crowd virtually carried me'. She completed in 3hr 59min.



The hard earned Prize

This was Agnes McGarvey's sixth marathon and she described it as 'tough, very tough'! Agnes' 3hr 48min was helped, she thought, by the newly organised 'Wave Start' at Greenwich, which reduced the starting time at the infamous bottle neck at the start of the race. Agnes, a keen spinner and worker with weights in the gym, was very disappointed that an App on her husband's mobile let them both down and he failed to see her on the course. She put that down to a misadventure!

“all in all this was a fantastic effort from all our runners, who put themselves, for all sorts of reasons, through this ordeal to raise much needed money for Cherry Lodge.”

“Miles 18-20 felt almost impossible but the crowd virtually carried me.”

Dee ran a most respectable 4hr 39 min. She was well supported by husband John (a CL member) who had run the Brighton Marathon two weeks earlier and gave this one a miss. Dee admitted that 'me and hot weather don't go together' and it was a struggle for her. She most definitely wants to run another marathon as 'I know I can do better'. Dee's advice to runners had been: avoid getting cold water on your legs as it will give you cramp! She certainly observed many people succumbing to cramp during the run.

Mike, who had only just returned from a holiday in South Africa celebrating his 50th birthday, finished in 5hr 40min and found it exceedingly hard going: 'a huge effort but well worth doing'. He saw his wife at Bermondsey at 11 miles and found the crowd immensely encouraging when, at Tower Bridge, he felt he could not go on. But he dug in and was thrilled with the experience. On reflection, Mike thought that the long flight back from South Africa the day before had not been such a good idea!

We did not see Dominic at our post-race event, but the official results page tells us he completed the run in 4hr 45sec.

All in all this was a fantastic effort from all our runners, who put themselves, for all sorts of reasons, through this ordeal to raise much needed money for Cherry Lodge. Please sponsor them, if you haven't done so already. Three cheers, three very loud ones!

Once again, we send a huge thank you to everybody involved with this, the 38th London Marathon.



United colours of Marathon.



Data Protection & Privacy at Cherry Lodge

Privacy and Data protection have been in the news recently and it is probably true to say that all of us, as individuals, are becoming more aware and more concerned about who knows what about us and who has access to it.

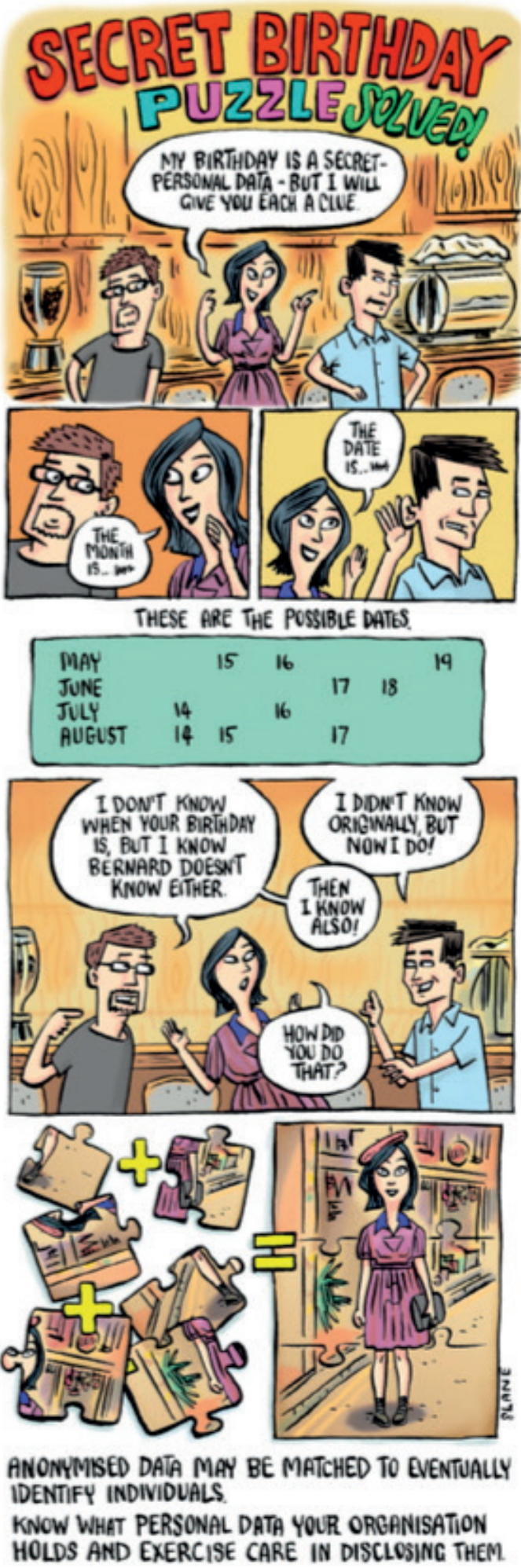
In the modern world it seems impossible to live and conduct one's life without one's personal details being stored on a computer.

We would like everyone to be assured their personal data is safeguarded and those entrusted with access to this information do so with respect and comply with the Law, at Cherry Lodge we take our responsibilities extremely seriously and recognise that we have a duty to care for our members' privacy in all our actions. We undertake to meet the following standards:

- 1 We will only ask for and record information needed to operate the services and support of Cherry Lodge on behalf of our members.
- 2 All recorded data will be protected by password and security systems to minimise the risk of unauthorised access.
- 3 Access to members' data will be restricted to people who need that information as part of their job or role WITHIN THE CHERRY LODGE STRUCTURE.
- 4 We will ensure we are fully conversant with the new GDPR (General data protection legislation May 2018) and compliant with it.
- 5 We will not share data with any other third party company or organisation.

We do maintain a mailing list of members and people associated with Cherry Lodge for the purpose of sending out the Newsletter, raffle tickets and various announcements about our activities. If you NO LONGER wish to be on our mailing list please let us know and we will ensure your details are deleted.

Grant W



Letter to the Editor



Dear Katie

Complementary therapies are used alongside conventional medical treatment. They can help people with cancer to feel better and may improve the quality of life. They may help them to cope better with symptoms caused by the cancer or side effects caused by cancer treatment. They will not 'cure' cancer.

Examples include, acupuncture (administered at Cherry Lodge by medical practitioners), massage, reflexology, yoga.

An alternative therapy is generally used instead of conventional medical treatment. These therapies are not tested in the same way as conventional medical treatments.

All conventional cancer treatments, such as chemotherapy and radiotherapy, must go through rigorous testing by law in order to prove that they work. Many alternative therapies have only been through limited testing with not enough or no scientific evidence to support them. Some types of alternative therapy may not be completely safe and could cause harmful side effects. They can often sound promising and can give some people false hope.

We often use the words integrated health care and this involves bringing conventional and complementary approaches together in a coordinated way.

At Cherry Lodge Cancer Care we offer complementary therapies from our fully qualified and insured therapists either at drop in or through booked courses. To access these therapies an initial assessment is done by our Cancer Information nurses to help the member choose the most appropriate therapy to support them through their cancer treatments or recovery phase.

Fiona Kiddle | Macmillan Cancer Information Nurse

Donations & Gift Aid

Many people are aware that when they kindly donate goods or items to Cherry Lodge or any charity they can increase the value of that donation by "Gift Aid" This only applies to UK tax payers and sometimes the process may seem daunting. Below we have tried to de-mystify Gift Aid and help you to help us even more.

If you are a UK taxpayer, please consider donating your goods to us through the Gift Aid system. By making your gift this way, you can increase it's value to us. Donating through Gift Aid means we can claim an extra 25p for every £1 we receive from sale of your goods. We claim the extra 25p from HM Revenue & Customs.

To claim Gift Aid, our shops will act as your 'agent' to sell goods on your behalf. You can choose to donate all or part of the proceeds. We can claim Gift Aid on the agreed amount.

In order for us to claim Gift Aid, all you have to do is make a Gift Aid declaration by completing a form which you can download from our website. Complete this form when you bring your goods to our shops. We mark your goods so that we can link the sale proceeds back to you when the goods are sold. After the goods are sold, we will write to you to advise you of the net sale proceeds. If we do not hear from you within 21 days of the date of our letter, we will assume that you wish to donate the agreed amount to us through Gift Aid.

“Increase the value of your donations to Cherry Lodge by using Gift Aid”

You may make a Gift Aid declaration so long as 25% of the agreed amount is not a greater amount than what you have paid in income tax and/or capital gains tax in the tax year (6 April to 5 April) in which you make the gift. The declaration is effective for all future donations you make to us, and for all donations you have made to us in the last four years. Once you have made the dec-laration, you must tell us if you stop paying enough tax.

You will need to keep a record of your Gift Aid donations for tax purposes. If you pay tax at the higher or additional rate, you can claim the difference between the rate you pay and the basic rate on your donation. For example, if you donate £100 to us, you can personally claim back higher-rate tax relief of £25 (£125 x 20%). You make your claim through your self-assessment tax return or by asking HM Revenue & Customs to amend your PAYE tax code.

Andrew Geary | CL Auditor

To ask any questions about donating goods to Cherry Lodge Cancer Care through Gift Aid, please call us or ask in our shops. We're happy to help. Please be assured that CHERRY LODGE WILL NOT USE your details for any purpose other than the gift aid claim.