



TEARS

*Tears...well up
and spill forth from my eyes
rolling down my face
and dripping off my nose
I look in the mirror, my
eyelashes
gleaming with the wetness
from my tears*

*I remember the sadness
past, present and future
oh yes, there will be future
sadness
for that is one of the cycles of
life*

*Would we know exquisite
happiness
were it not that we
experience sadness
and feel pain like an arrow
piercing the
very depths of our soul*

*And yet like the morning
dew
tears do have a purpose...
for they cleanse and renew
after we taste out salty tears*

Do we not feel reborn?

Written 2003
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ADDITIONAL WAYS OF DONATING

Suggested by Kirsty Mabb

Give as you Live is a shopping and price comparison website which allows you to donate to your chosen charity (hopefully Cherry Lodge Cancer Care) and it won't cost you a penny! Once registered, every time you shop at any of the 4000 retailers who have signed up, they will make a donation, which varies from 1% – 5% of your total spend. For example, if you use Amazon this could soon mount up.

How is it done? Go to www.giveasyoulive.com Scroll across the top of the HOME page and click on REGISTER This will take you to a new page, where you can 'search' for your chosen charity. Type in Cherry Lodge Cancer Care, which is registered with GAYL and you will be asked to provide your basic details. Nothing too personal is asked for.

NOT SURE? Problems? Ring Freephone helpline 0800 883 8450 (free from both landline and mobile) or Google 'Give as you live-how does it work?'. This brings you to a page on which there is a short step-by-step video, clearly explaining the process.

There is another linked way to help raise valuable funds for CL, linked to GAYL. Once you are registered, return to the homepage, and click on the word SAINSBURYS. Here, you will be able to register for a 'Sainsburys Everyday Shopping Card' which you use like a gift card when you shop in Sainsburys. Every time you upload funds onto your card, Sainsbury's will donate 4% to CL and if you are someone doing most of their grocery shopping in that supermarket, just think how much that could raise for your all-time favourite charity: Cherry Lodge Cancer Care.

SOMETHING NEW FOR 2016

We are holding a 'positive health day' on Monday May 16th, at Barnet Multicultural Centre, in West Hendon. Included in the programme will be talks on health related matters, Yoga and Mindfulness sessions and other activities to be confirmed. There will also be a free vegetarian lunch.

The aim is to show the positive measures people can take to enhance their life, even if they are living with a chronic or life limiting condition.

Tickets for the event are available from Kirsty or Fiona at CL.

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.**
- * **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 Mondays 10.30 –12 noon, Anand Centre, Manor Drive Methodist Church, junction of Manor Drive and York Way, London N20 0DZ. No previous skills needed. Just come along.

Cherry Lodge Singers, Wednesday 4.15 – 5.30 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.**
- * **Welfare Benefits – The Barnet Macmillan CAB Benefits Advisor is available to contact by CL members, for details ring Fiona.**
- * **Younger women's group – This is a new group for 2016 which 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.**
- * **Lymphoma workshop – An invitation is issued for Tuesday 7th June. Venue to be confirmed but will be in Potters Bar. This event is under the combined auspices of the Lymphoma Association, the Nightingale Support Group from Enfield, and CL. Contact Fiona for details.**

FACING THE CHALLENGE OF CHANGE...

These courses are very popular so make sure to contact Fiona for more information and to book a place on the next, or subsequent, courses.

Cherry Lodge News

SPRING 2016

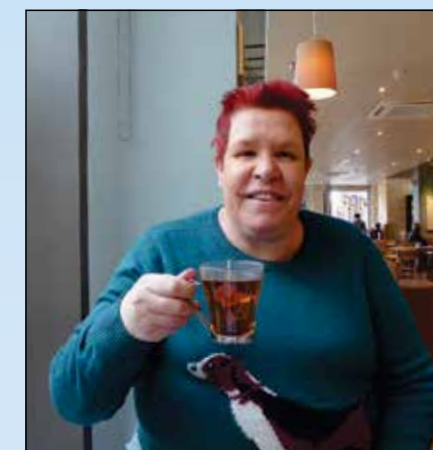
20 YEARS OF DROP-INS

Susan Underwood
(in conversation with the editor)

Susan (aka Sue) probably knows more about the drop-ins than most, having been a regular and loyal visitor since the last Century, when Cherry Lodge first started out in the Portakabin within the grounds of Barnet Hospital!

Susan explained that when she got breast cancer many moons ago it was suggested that, following radio- and chemo therapy, she go to CL and she did just that.

Over the years the drop-in has become very important; following devastating diagnosis and treatment the world is a very frightening place and, going to CL and meeting people in similar situations showed not only that there was light at the end of a very dark tunnel, but it provided encouragement, how to deal with problems and how to start living again and picking up where one left off. The



complementary therapies on offer have been hugely beneficial, leaving her feeling relaxed and better able to cope.

The drop-ins act, in many ways, as a shock absorber. To meet others in similar situations provides a lot of answers. Susan particularly remembered how she had numerous questions which either had not been dealt with by doctors and nurses or she had been unable to take in what was said. Having the nurses makes a huge difference. Susan

described how immensely supportive and informative the nurses are and how, over the years, she has come to rely on them, getting straight answers where straight answers are needed.

The purpose of the drop-ins is basically to share, with people who have been through similar experiences and have emerged at the other end, having collected en route valuable information. Susan readily agreed that the drop-ins are not for everybody; some people are unable to talk about their fears and experiences whereas others only want to talk about themselves. What is always an eye opener is that at times nobody talks about cancer as there are other topics which need airing, such as family or global issues, not to mention CALL THE MIDWIFE or WAR AND PEACE

episodes on television. Looking at one another's photographs on mobiles is also very important! In the last few years a lot more men have been coming to the drop-ins and this has been a very positive move – it has provided a better understanding of the problems each faces and, in addition, there is now an overall increased knowledge of football.

Over time Susan learned to trust people and talked about drop-ins being like a friendly club where, over a cup of tea or coffee, people chat, laugh and enjoy themselves, away from family and home where there are, for many, difficult and painful issues to be dealt with. It is this very interaction Susan has come to appreciate as her own life, apart from the cancer, has been very difficult and the comradeship of the drop-in groups has been invaluable on many occasions. The presence of the Nurses is a great comfort. They are there to advise as well as listen and if the issues under discussion need other expert guidance, referrals to outside agencies or sources of information are made. In addition (on Tuesday mornings) other members of staff can, and do, become involved.

The Tuesday sessions (10 – 12.30 weekly) have always been much busier than the Thursday sessions (first and third Thursday of the month from 6 pm – 9 pm) and the sheer number of



people and noise produced on a Tuesday are not to everyone's taste, although the weekly raffle is very popular indeed. Thursday evenings are much calmer and there is a more relaxed atmosphere. Especially in winter, numbers are often small as coming out on a dark, cold night is not very alluring. Equally, the Thursday evening gives those who have returned to work a chance to enjoy the

complementary therapies and even bring a partner.

To sum up: meeting people and learning to trust them provide different views and coping mechanisms which can, and do, open up new ways of looking at life. The complementary therapies on offer are wonderful and add to the general healing effect of the Cherry Lodge drop-ins. Long may they continue!🌸

Cherry Lodge has two shops and welcomes donations and volunteers. 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. Shop manager Patricia or assistant manager Annys.

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.

Cherry Lodge Art Group was started by Greg Steckelmacher in March 2015. Greg attended Edinburgh College of Art, specialising in Costume, Design and Fashion, before attending the Princes Drawing School. It occurred to him that he might like to be a volunteer at CL and, with his background and knowledge, provide a creative focus and outlet for those members of CL with a desire to express themselves artistically, to answer questions and give guidance and technical advice. I got involved following a talk Kirsty (Cherry Lodge's Outreach Nurse) gave at the Barnet Carers centre on the work of CL when I happened to mention I was an artist having trained at the Princes Drawing School (renamed Royal Arts School) and Kirsty suggested I might be interested in joining the group and possibly helping out when Greg has to be away. Initially one of CL members, Marie had expressed her interest in art and in starting an art group when funding of the art group at Barnet college was withdrawn. Kirsty knew Nila Patel at the Anand Day Centre at Manor Drive Methodist Church Hall, where there had been a previous art group and where there were still some of the materials in their cupboards. Marie, Nila and Kirsty started talking and this eventually spurred them into starting the group at Manor Drive in March

ART FOR ART's SAKE!

Françoise Lewis



2015. What a brilliant move that proved to be.

I am so pleased that I became involved after Kirsty's encouraging talk. Being a carer is never easy and there are times when it is difficult to be positive. I approached the group with some trepidation but soon found I got on very well indeed with Greg and when he was away for seven weeks I took over which proved hugely beneficial to me in that I had not had the confidence to put myself forward as a teacher in the past, even though this had been suggested to me. I love being part of this group and to be there to help and be there for people and encourage them the way Greg encouraged me. One of our roles is to assess where people are at and to see how much input they might need. The group varies in age from young to 70+ years old and the number of participants changes from week to week; anything up to 8–10. The art group runs every Monday morning from 10.30–12 noon. It is very flexible and each member of the group is self-directed and creative, doing whatever they wish to do. We provide materials, paper, paint and brushes, books, still lifes and other objects to draw and paint. Some bring their own materials and inspiration. Greg and I act as facilitators and advisers to encourage, give confidence and help where necessary. The group is very supportive of each



other and whatever others attempt and constructive criticism is our mantra. We cater for all abilities, from the beginner asking 'why there is no green and how to make green', to some very good painters. The group is always open to suggestions, new ideas, etc. and, most of all, the group will always welcome new members, so think about it and contact Cherry Lodge in the first instance or just come along to Anand Centre on a Monday! Painting smocks are optional!!🌸

We are hoping to stage exhibitions of members' work at the Cherry Lodge Arts and Crafts Fair in June and at the Arts Depot, N12, at the end of 2016, so make sure you are part of that.

Cherry Lodge is grateful to all those who volunteer for essential jobs around the charity, such as shop volunteers, drivers and assistants, home visitors, receptionists, therapists and fundraising helpers. If you are interested, and for more information, please contact Yvonne on 020 8441 7000 or email her at Yvonne@cherrylodgecancercare.org.uk

