

The Other Way Round

Mark Stevenson

In my last ramblings I talked about volunteering and what you or I can do for Cherry Lodge, so this time I thought I would turn that round to what Cherry Lodge can and does do for you or I.

I realise for many of you reading this I will be preaching to the converted, you are possibly a member, a therapist, a member of staff or a volunteer; you possibly attend Drop In on Tuesday mornings or the twice monthly Thursday evening Drop Ins, attend at other times for a therapy session or advice on health, finances or just for a chat, so have a pretty good idea of just what services Cherry lodge provides. However, there may be others reading this who have not yet discovered Cherry Lodge, well read on you may want to drop in and see for yourself!

Your fellow members; just talking to someone with the same condition as you, comparing notes, treatments and in many cases unpleasant side effects; something we all know about I am sure; how much easier is it to talk things over with someone who 'has been there', is going, is about to go or has gone through what you are going through.

Our partners, families and friends care about us, support us and are there for us



Being a volunteer involves doing all sorts of jobs! Come rain or shine.

but you don't always feel able or want to talk about nasty medical issues, unpleasant bodily reactions (I won't go into detail but I am sure many of you could list a few), these can be very much part of our daily lives but not things we want to discuss in detail with our nearest and dearest.

Many of my anxieties have been talked out at a Tuesday morning Drop In; advice has been given ie take your own bottled water to radiotherapy treatment, so when you are asked to drink a litre of fluid prior to the treatment you don't have to try to swallow the freezing cold water from the water dispenser provided, this is not something you are told at your planning appointment but something I found out at a Drop In session prior to starting my treatment. Subsequently I was able

to provide this and similar information and help to others just starting on their treatment journey.

Members come from so many backgrounds with many different life experiences so there is always something new to learn. Whereas talking about specific health issues is very important, at Drop-in numerous topics of conversation, far more than I could list, are covered and these meetings are uplifting, enjoyable and, almost always, funny and positive. I have learnt so much in my time as a member all this is thanks to what Cherry Lodge has done for me.

If someone had asked me back in the early part of 2010 was there anything positive I had discovered since my prostate cancer diagnosis I would have said no, if I had been asked the same question a few months later I would have said yes there is, I have discovered Cherry Lodge and if you have not already done so why don't you do the same. 🌸

BOREHAMWOOD SHOP:

111 Shenley Road,
Borehamwood, WD6 1AG.
Telephone: 020 8953 1094

BARNET SHOP:

1A, Church Passage,
Barnet, EN5 4QS
Telephone: 020 8440 6287

Tina Papasavva: Charity Administrator

Most people are familiar with the wonderful aria from the Barber of Seville, Largo at Factotum, where Figaro, the all-round handyman (aka Tina Papasavva) sings about how everybody constantly needs him, for this and that, how he is ready to do anything and is always on the move. A thousand jobs, all to be done at once and now, but preferably sooner.

The above just about sums up my role as Charity Administrator. I have been with Cherry Lodge since 2005 and the job has kept me so busy that I can hardly believe that I had my daughter Leila four years ago. The job description states the clear and definable parts of the job, like accounts administration, managing receptionists and admin volunteers, being the signatory on cheques, setting up and maintaining filing systems, inputting data onto the computer, updating social media, keeping statistical and financial information as required. Administrative support to the Chairman and Trustees, such as preparing agendas for Trustees meetings, taking notes at the AGM, being responsible for all banking transactions, ordering stationery and about 100 other definitive tasks.

All that is easy peasy, total piece of cake, as they say.

The real Charity Administrator job involves important things such as making sure there is enough loo paper and hand towels. "We are out of liquid soap and the downstairs disabled loo won't flush" – ask Tina.. "Somebody is parked in one of our spaces at the back and nobody knows who it is". Tina will deal with it. "The backdoor bell keeps ringing and there's no-one there"... Tina will know the answer. "The laundry delivery is late", check with Tina.

"One of the therapists' couches electrical system is not functioning and this needs to be sorted NOW". Where IS Tina? "The computer system is down and nobody can do any work". Ask Tina. What do you

mean she is on the 'phone? She hasn't gone to the bank, has she?

"A real disaster has occurred in the kitchen – the microwave has stopped working". Where is Tina?" No milk: you know who to ask". "During the drop-in the large table has collapsed, throwing all the contents on the floor". Call Tina please, she will sort it out.

In short, this is a very easy, manageable job for anybody working 12 hours a day. Next time something goes wrong or simply doesn't work, PLEASE CALL TINA. Or if you just want me to do anything, anything at all!!!!!!

I may of course have gone home.....

PS Please don't misunderstand – I actually love my job! 🌸

(Factotum extraordinaire) Tina Papasavva



Cherry Lodge News

AUTUMN 2013

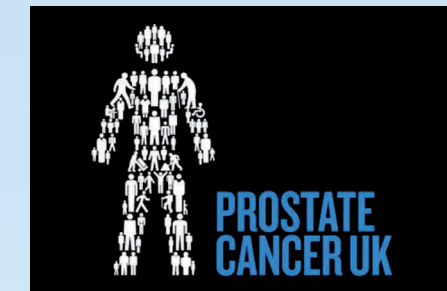
"FATHERS' DAY" MOVIE

Bob Turner, Roger Hurren and Mark Stevenson

At the end of last year Fiona Kiddle was asked by Prostate Cancer UK if they could attend one of the group meetings of 'Men Down Under', a group founded by Steve Stasos and Fiona several years ago. They had decided that they would like to make a prostate cancer awareness film and their writer and producer Martin Sadofski and Charlie Druce felt that they could benefit from sitting in on one of the meetings.

The next 'Men Down Under meeting', therefore, made room for Martin and his colleague. They were not allowed to just be 'flies on the wall' but were quickly immersed in the conversations, discussions and general banter. Martin later said that it all had a profound effect on him and changed his approach to the project, considerably.

Little was heard for several months and then, suddenly, "Men Down Under" and



Cherry Lodge were propelled into the limelight. Firstly the Group was invited to attend the premier of the movie and a press reception after. This all came as a considerable surprise as we had not even heard

that they had decided to go ahead with the project.

But there we all were, rubbing shoulders with such stars as Neil Stuke, Tamzin Outhwaite, Cyril Nri and others, in the intimate setting of the 20th Century Fox private premier cinema in Soho Square. However, earlier that morning an ITV crew interviewed William, Roger and Bob at Cherry Lodge in order to set the scene for the movie. Transport was provided and we all went 'up town'. Fiona struggled to keep control of this excitable group of 'lads' but managed it with her usual aplomb!

After the showing of the film which starred Ray Winston, Charles Dance, Neil Stuke, John Simm, Cyril Nri, Tamzin Outhwaite and Stuart Laing, we were all whisked off to the famous Groucho Club to meet the Press and partake in a few drinks and delicious canapés.

Editor: Freddy Kater

The film, which was screened on ITV 4 late on the evening of Father's Day (and can still be seen on prostate-cancer.org/standbyyourman), was dramatic and dark and aimed at all those macho men who avoid and even shun any form of medical screening especially the one given for prostate cancer which seems to compromise and challenge some men's modesty and masculinity.

We all agreed that the movie did a good job and we hope that it will get further screenings, perhaps even become a Father's Day favourite!!

Prostate Cancer UK have not forgotten us since and only recently interviewed Fiona in order that they can do a follow up article for their own publications. They are also making available some of the many photos that were taken at the Premier and Press Reception.

There is only one regret in all this and that is that Steve Stasos could not be involved as during the entire period he was busy with treatments, surgeons, doctors and hospitals. Without him the spotlight would not have shined upon us. 🌻

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

A NEW INITIATIVE

Kirsty Mabb

Cancer Information Outreach Nurse

At Cherry Lodge, we like to provide support to the family, carers and friends of people who are going through their cancer journey. We recognise that family and friends have their own concerns and stresses and that these often go unrecognised or unacknowledged.

Therefore, in May 2013, I started a new group. It is called Cancer Carers' Support Group, and is held on the 2nd Monday of every month, from 1.30pm-3.30pm, at Barnet Carers Centre, 303 Ballards Lane, North Finchley, N12 8NP. Some months we will be offering gentle, relaxing com-

plementary therapies; other months we will have guest speakers. It will also offer an opportunity for people to meet other carers, and share thoughts and ideas, in a confidential environment. Everyone is welcome-just turn up! It will be lovely to see you.

For more information, please contact Kirsty at Cherry Lodge (020 8441 7000)

I would like to thank Barnet Carers' Centre for generously funding the room in which we hold our monthly meeting, and for all their invaluable help and advice to our members. 🌻

Julia, Maxine and Kirsty all enjoying a good read!



DR KULSUM WINSHIP RIP

We were very sad to learn of the recent death of Dr Kulsum Winship, one of our "original" patrons who always supported CI whenever she could. She was missed at this year's AGM because of increased frailty and her absence was noted by many people. She will live on in our memory and her delightful children's book (The naughty squirrel and other stories, of which she donated many copies to CL) will continue to give pleasure. Our best wishes go to her family and many friends.

FACING THE CHALLENGE OF CHANGE

Fiona Kiddle & Caroline Teehan

FACING THE CHALLENGE OF CHANGE is a joint initiative between Cherry Lodge (CL) and Barnet and Chase Farm Hospitals Trust, (BCF), designed and facilitated by Fiona Kiddle (Macmillan Information Nurse Specialist) and Caroline Teehan (Macmillan Information Specialist). As the adjacent poster indicates, the aim of the course is to provide participants with additional skills to cope better with "life after treatment" and future self management.

Those taking part in the course must have attended BCF during their treatment and/or be a member of CL. They must have completed their radical treatment in the last six months. This also includes those who have completed their primary treatment and are now receiving longer-term adjuvant therapy (this is cancer treatment given following the primary treatment to lower the risk of the cancer coming back).

Referrals are taken from BCF's Clinical Nurse specialists or CL's nurses but self-referrals are accepted. The group has a maximum of 10 members, meeting weekly for six sessions, each lasting for two hours. These sessions take place at either CL or Barnet Hospital between 10am and 5 pm with facilitators (with special expertise) from both organisations.

The course, Facing the Challenge of Change, covers psychological skills, mindfulness, employment issues, activity/exercise levels, diet and nutrition advice and complementary therapies to enhance wellbeing, welfare benefits and employment issues. Before the start of the actual course a personal assessment is completed by the participant and this is re-addressed at the end. At the end of each session all members of the group complete an evaluation of that event.

The pilot study was held in June 2013 and 7 people

were recruited. Although it is early days to provide a statistically significant analysis of this study, the feedback given was predominantly positive with participants having noted changes (albeit small ones) in their mindset and life style. Because of this encouraging feedback we will be starting the course again in October 2013, aiming to run it 3 times a year.

We thank all of those who took part and hope that some of you reading this may feel that FACING THE CHALLENGE OF CHANGE is for you! 🌻

Cherry Lodge Cancer Care
Barnet and Chase Farm Hospitals NHS Trust

A joint initiative between Barnet Hospital and Cherry Lodge Cancer Care

Facing the Challenge of Change

A support course to help you adjust to life after treatment

Our six sessions support course offers you the chance to learn new skills and increase your knowledge in areas that can help with your future wellbeing.

- Coping with your emotions
- Stress management skills
- Employment & Welfare benefits
- Diet & nutrition
- Exercise
- Complementary therapies

Here's what previous attendees said they enjoyed about the course...

'Meeting others, knowing you're not alone'

'Great way to support patients'

'Helps us with positive thoughts'

'Course was informative'

If you are interested in applying for a place please contact

Macmillan Cancer Information Centre, (Level 1, Barnet hospital, by the main entrance)
0208 216 4142

or Fiona Kiddle at Cherry Lodge Cancer Care, 23 Union Street, Barnet
0208 441 7000

Autumn song

Now is the time of silhouettes and silences,
of clouds copying sun's rays.
But in the falling of the leaves,
autumn turns to winter.

A time of mist,
of leaves that persist.
Then with the falling of the leaves,
autumn turns to winter.

Trees in autumn tell me
why I'm alive!

But with the falling of the leaves,
autumn turns to winter.

The childhood taste
of blackberries picked in haste.
The smell of sun on dusty footpaths
and dung on country lanes.
With colour raining from the trees,
I still smell autumn in November.

Crow and caw, rook and crow,
autumn light before the snow.
Then, with the falling of the leaves,
autumn turns to winter.

Copyright Dennis Evans

EXERCISE GROUPS

Many of you will already know that both Qigong (11.00 am - 12.30) on Mondays and Yoga (12.30 - 13.30) on Fridays, are now being held at St. Mark's Church Hall, Potters Road, Barnet, EN5 5HY.

The venue is on bus routes 184 and 383, with limited onsite parking.



**DRIVERS/
HELPERS
WANTED**

**for our
White
(Cherry Lodge)
Van**



We urgently need more people (male and female) to drive our Cherry Lodge van, to collect and/or deliver furniture or other large items donated to us. Cherry Lodge will cover the insurance but obviously you need to have a licence, preferably clean! Not everybody can or wants to drive and we are also looking for strong and capable helpers. Even one morning or afternoon a week would be a great help, as there is quite a demand for our services.

If you can help, please contact Yvonne at Cherry Lodge Cancer Care, on 020 8441 7000

or email her at: Yvonne@cherrylodgecancercare.org.uk.