

Bits & Pieces

Christmas Cards

Christmas cards are available to buy in our shops and at the Centre for only £1 for a pack of 10. **Get in early before they are gone!**

Save the date!

To Soulstice with Love Ball

16th February 2019

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 as you go about your life purchasing goods, at no extra cost to you. 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" this does incur a 5% fee but we recognise it is often the most convenient way for people to give.

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

What Do You Want?

The purpose of this Newsletter is to provide a mix 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 pass a message on through someone at Howard House. Many thanks, Grant W.

Email: whitakerge@aol.com

Cherry Lodge Wizard of Oz

London Pantomimers are supporting **Cherry Lodge. The Wizard of Oz** is appearing at the Intimate Theatre in Palmers Green. **Why not take the Children and Grandchildren!**

Don't Forget!

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

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.

WANTED!

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

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. Contact Fiona for more info.
- 🌸 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 – 12.30pm. 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. 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.
- 🌸 Mindfulness Courses - Please contact Fiona or Kirsty for more information.



www.facebook.com/CherryLodgeCancerCare/

If you have any news, thoughts or comments please email me or pass a message on through someone at Howard House - many thanks.

Grant Whitaker
Editor, CL Newsletter

Email: whitakerge@aol.com

News

October 2018

Moving on Up!

by Kirsty Mabb



Frances K. and Isaac O.

Hardly a day goes by when we do not read about or hear about the positive impact on our health that moving more and keeping active can have. This also applies at all stages over the cancer care journey.

Tottenham Hotspur Foundation **Move4You** programme is delivered in partnership with Macmillan Cancer Support and The Big Lottery Fund. Move4You offers 12 free sessions of guided physical activity, led by specialist

instructors, followed by ongoing support for 12 months.

The programme is uniquely tailored to the individual, and supports people of all ages and ability to engage with a wide variety of activities to help them "MOVE MORE" during and after cancer treatment. The sessions are delivered at a variety of venues including the Leisure Centres at Copthall, Southbury and Tottenham Green. Group sessions are also held at Barnet and Whittington Hospitals. The majority of Barnet residents chose to be seen at either Copthall or Barnet Hospital

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“I feel much stronger physically and my pain has improved. I can walk better now. I feel so much more positive about myself. ”



Yemi A.

“My confidence has increased. Isaac has a way of helping you to do things that you never thought you could do...”



Meedia L.

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where the instructor is the amazing Isaac Oppong.

Many Cherry Lodge members have been referred to this wonderful scheme by the CL nurses Fiona and Kirsty, and the feedback has been amazing and unbelievably positive. Here are just a few of the things that have been said. Member Arthur Harris “Mentally, I was having problems with my cancer treatment. Once I did the Move4You classes I noticed the change in me. Isaac never stretches you too far, and the class is so enjoyable. I would recommend it to other people”

Member Yemi Akiwumi “I feel much stronger physically and my pain has improved. I can walk better now. I feel so much more positive about myself. Isaac is such a lovely, friendly, helpful person – even if he DOES give me homework! I am so happy to have had the opportunity to do this course and meet Isaac.”

Member Frances Kantorowicz, “I feel more motivated, energised and confident. Following my 1:1 sessions I now attend a weekly group class where I engage with people with a similar story to mine. The classes are suitable for people of all ages and conditions. Isaac is always so interested in us – he is engaging, friendly and attentive”.

Member Meedia Laurence, “these classes have improved my mobility so much. I can now stand more easily (I was struggling before). My confidence has increased. Isaac has a way of helping you to do things that you never thought you could do, and you don’t even realise you are doing them! He LISTENS. It is NOT just about exercise and you don’t HAVE to use machines. However, Isaac managed to get me on a bike which is a huge achievement for me! Isaac can take you out of a down-feeling. He is so kind and makes the classes such fun. He is a really lovely person. This is truly a wonderful programme and I honestly look forward to it.”

For more information about the project please contact either Fiona or Kirsty at Cherry Lodge.



Arthur H. and Yemi A.

Letter to the Editor



Hi Ananya

The Carers Support Group is open to anyone who is supporting a family member/partner/friend through their cancer journey. It is a safe, confidential space where you can share thoughts and ideas with others in a similar situation. It is very informal and there will never be an obligation for you to “speak out” in front of others, if you prefer not to. There is no expectation that you must attend every month – we know how stressful being a Carer can be, and recognise that there are numerous demands on your time.

I am pleased to know that you can get a lift to the venue, and hope that we can welcome you to the group in the near future. As you correctly point out, the group is held on the 2nd Monday of every month (please see the poster).

Wishing you and your mother all the best...

Kirsty Mabb | Macmillan Outreach Nurse



What an honour!

On 16th July 2018 at the Guildhall in London, Freddy Kater (previous editor of this newsletter) was awarded the medal of the Order of Mercy. This honour is awarded to only 25 UK wide charities annually to volunteers who have given long and dedicated service. The award is clearly prestigious not just to the recipient but also to the charity.

In the above photograph Freddy is escorted by Margaret Clark (Chairman) and Kirsty Mabb (CL outreach nurse).



A lasting memory
Judith Veal

Judith was diagnosed in 2014 with ovarian cancer and she became a member of Cherry Lodge utilising many of the services here.

Judith graduated from Maidstone Art College with a first class degree and started her own company as a graphic designer however her love for sculpting soon shone through.

After many months of chemotherapy Judy sadly died in 2016. This beautiful sculpture by Judith called Demi: determined – serene, won 1st prize at Barnet Arts Depot in 2015. It was casted in bronze and after she died the sculpture was donated to the Macmillan Centre at UCLH.

A month before she was diagnosed she and her partner Sebnem married in Cornwall. A copy of the sculpture remains in their garden. In Sheb’s own words Judy was a very innovative person, kind, humorous, always able to put people at their ease. You always had a good time when Judy was around. She was loyal, honest and fair; she worked hard and played hard’.

Big Payback - £35,000 from Summer Soulstice



The customary handing over of a big cheque from Summer Soulstice to Cherry Lodge Cancer Care took place on Bank Holiday Sunday, 26th August 2018 during the Big Payback soul music event at the Black Horse pub in Barnet.

Summer Soulstice 2018, held on Saturday 23rd June, was generally regarded as one of the best ever Soulstice events, finding out 36 hours later, that the entire day’s takings had been stolen was a horrible shock to the whole crew, who had worked so incredibly hard to raise money for CL.

Word of the robbery spread quickly, with ITV news items and a mention in Parliament by Barnet MP and CL patron, Theresa Villiers. People who had previously never heard of Summer Soulstice joined regular followers to show their support. The Soulstice crowd funding page raised an incredible £27,000+. As a result, on Big Payback Day 2018,

“As a result, on Big Payback Day 2018, Summer Soulstice were able to give CL a big cheque for an amazing £35,000.”

Summer Soulstice were able to give CL a big cheque for an amazing £35,000, and in the presence of the Mayor of Barnet, Councillor Reuben Thompstone and a large gathering of Soulstice and CL supporters, the cheque was formally presented by Dave James, Chairman of Summer Soulstice, to Dr Margaret Clark, Chairman of CL Trustees.

The incessant rain meant that this year’s payback celebrations had to take place indoors. Despite this, the atmosphere was one of happiness and enjoyment, with all present clearly delighting in the fact that such a mean and despicable crime had, somehow, resulted in a tremendous outpouring of generosity. Once again Summer Soulstice has given CL a fantastic sum, enabling us to do what we do best, namely looking after people, no matter where they are on their cancer journey.

A huge thank you to everyone who made this possible.

