

QUESTION: what if I am looking forward to being there and something happens at home to prevent me. Am I letting people down if I can't make it?

KIRSTY: *Of course not. We understand that the person you care for comes first-inevitably, you probably will not be able to attend the group every month. Just come along whenever you can!*

QUESTION: I have frequent problems with some of the agencies involved in my husband's affairs and treatment. Will help be available?

KIRSTY: *I will try to help you in whatever way possible, with whatever issues arise. The staff at BCC can also help you in a variety of ways. They can offer you a Carers' Assessment, and they also have an advocacy service.*

QUESTION: do you give financial assistance or guidance with applying for benefits?

KIRSTY: *I can help you with certain forms etc; and I can also link you to Barnet Macmillan CAB service, who can assist with more complicated applications for benefits etc.*

So my main message is: anyone is welcome – come along and see for yourself!!

EDITOR'S NOTE:

The group takes place every second Monday in the month, from 1.30 – 3.00 pm at Barnet Carers' Centre, 303 Ballards Lane, London N12 8NP.

For any further information about the group please contact Kirsty on: 020 8441 7000



Thank you so much to the children and teachers from different schools who were kind and brave enough to come out, in what was often horrible and damp weather, to sing lots and lots of carols. Your singing was much enjoyed by those visiting the Spires Shopping Centre and people showed their appreciation by donating generously to the Cherry Lodge collecting tins. Once again, thank you all.

giftaid it explained

George Georgiou
Auditor to Cherry Lodge Cancer Care

The governments Gift Aid scheme is a way for charities to increase the value of monetary gifts, as well as your donations to both charity shops, from UK taxpayers by claiming back the basic rate tax paid by the donor on the donation.

It can increase the value of donations by a quarter at no extra cost to the donor. Gift Aid is worth nearly £1 billion a year to charities and their donors.

The way Gift Aid works is that it increases the amount of your donation to a UK registered charity.

This means that the charity can benefit even more from your donation, **at no extra cost to you!**

If you are a UK taxpayer, allow Gift Aid by ticking the box on your donation form, or saying 'yes' whenever asked, and give at least your postcode whenever you make a donation.

The charity can then reclaim the basic rate of tax on your gift. This will be an additional 25p for every £1 you give.

If you are a higher rate tax payer, you can claim additional tax benefits for a donation to a charity. Simply indicate how much you have donated when completing your tax self-assessment form!

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 and the 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.
 - Cherry Lodge Singers, Wednesday 4.30 – 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.
- * Education classes, and a well stocked resource library.
- * Hair Care at Cherry Lodge – This service continues to be available, mainly for members having chemotherapy, which of course means rather more privacy and understanding than can be made available in the average salon.
- * Welfare Benefits – The Barnet Macmillan CAB Benefits Advisor is available at Cherry Lodge on Monday mornings by appointment.
- * 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.

FACING THE CHALLENGE OF CHANGE...

... is a post-treatment course, of six half-days, jointly run three times a year by Fiona Kiddle and Caroline Teehan, a collaboration between Cherry Lodge and Barnet Hospital.

Next course February 23rd 2015.

Contact Fiona if you require more information.

Cherry Lodge News

SPRING 2015

JOINT ACCOUNT

Tim Yonel & Imre Yonel

My name is Tim and I am 29 years old. I have been a member of CL for five years. Cherry Lodge was the first place my family and I turned to when I was told I had cancer. They have supported us as a family ever since. The people at CL have always been caring and positive. They initially helped me establish a routine which has proved so important. CL is there always to guide and advise. Everyone is friendly and make the people they deal with feel special.

There is always something going on and that's because the CL team are constantly fundraising and planning events. It's not a sad place but a busy, friendly and positive environment.

My family and I know that CL will always be there to help us if we need it. It's a local charity for local people. It's there when help is most needed. (Editor's comment: Tim looked especially fetching in his pink wig at our October Pink Tombola

and he and his mother Imre were very good at parting the public from their money!).

Tim Yonel

My wonderful son was travelling around Australia when he called to say he had been hospitalised. In the next few days it became clear that he was seriously ill. After frantic phone calls to the hospital in Sydney,

it was finally organised that he would be sent home to London. He was accompanied by a doctor and a nurse. He was taken by ambulance from the aeroplane directly to the Royal Free. We knew we were to be given horrific news. Tim was diagnosed in the next few days with terminal brain cancer.

As his parents and his carers we have found the whole experience heart

Tim selling pink tombola tickets!



Editor: Freddy Kater

breaking and tortuous. Our lives changed in that moment and I would never be the same again.

But what can you do given this situation?

You have to deal with it. There is no choice nor an alternative.

Five and a half years later we are still struggling as each new day is a challenge.

Along the start of this cancer journey I found CL on the Internet. I called and spoke to Fiona and cried like a baby on the phone for ages while she listened. We arranged a meeting and the rest, as they say, is history.

Since those early days, all through the radiotherapy and the long, horrid, aggressive, chemotherapy CL supported us.

The hospital had a job to do and it did it but CL was and still is our crutch. It was a part of our routine. It helped us go back out into society, when we had wanted to cocoon ourselves away. CL gave us information, support, friendship and people sharing similar situations and experiences. CL is made up of people who share many similar problems and cancer is the common bond.

CL is a busy place. There is always lots of activity and something for everyone. The group is very active and creative. While there is lots of fundraising going on, there are also the therapies. My son loves the massage, the human touch, the chat, the relationship he has formed with the therapist



Imre, Tim and Fiona enjoying the 2014 Christmas Fair.

who treats him for an hour in a warm comforting environment. This gives me the opportunity to chat to Fiona and those people I have made friends with.

We have been donating regularly to CL but recently I wanted to help with fund raising events (*editor's note: and she has!*). I have always been a people's person and it's about meeting

people, chatting and most importantly raising much needed funds for CL. I have encouraged people on Facebook to support CL too and friends and family have certainly done so.

It is rewarding to volunteer and I really do wish I could do more but, as the advert says, every little helps. ❁

Imre Yonel

OUR SHOPS CONTINUE TO NEED HELP

Can you, or someone you know, spare a couple of hours to volunteer in either the Barnet or the Borehamwood shop? Saturdays are especially important as that is when people are prepared to spend their money!

BARNET SHOP:

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

BOREHAMWOOD SHOP:

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

There is a continuing need for van drivers and assistants with strong backs to carry the goods

The Cherry Lodge Volunteer co-ordinator, Yvonne, would be pleased for you to contact her on any aspect of volunteering, on 020 8441 7000.

“It is good to talk”

Counselling at Cherry Lodge

Rosie Benaim

For the last two years I have been part of the group of volunteer counsellors which provides counselling to people who have cancer, and the families and friends affected by it. My previous work experience has been as a social worker and counsellor supporting patients and families in both hospital and hospice settings.

A diagnosis of cancer threatens so much we hold dear – our health, our life, our relationships, our children, our job, career, financial security. Everything is thrown up in the air and nothing seems certain any longer.

Many of the people who come to me at CL have never been to a counsellor before and possibly had not considered themselves ever needing this form of “talking therapy”. But then, most people who come to CL for support couldn't have imagined how a diagnosis of cancer would have made them feel so fearful and vulnerable.

It is not uncommon for a person to say to me, “I can't talk to my husband, I don't want to worry him”, or “I can't keep boring friends with my troubles”. People don't want to be a burden, but they do,



the effects of cancer may feel they can't openly express anger about “*Why has this happened to me?*” They may feel they are expected to appear courageous and accepting. Equally, just as it is very hard to talk to loved ones about sadness and despair, so it is tough to express the anger felt at this random, unfair disease. It can be helpful to express these understandable emotions within the counselling relationship without feeling guilty.

Counselling is not for everyone, but it has an important and vital place in the range of support services CL offers its members.

Fortunately nowadays cancer is often treated successfully and a healthy, fulfilling life resumes. Life after cancer is very different from life before. One of the greatest privileges and pleasures for me is to counsel people

nevertheless, need to express their fears and anxieties. Coping with cancer, the diagnosis, the treatment and beyond demand so much of the person. Counselling offers a private space where the person can talk about their fears and vulnerability without having to protect other peoples' feelings. It's somewhere they don't have to wear ‘a brave face’. The counsellor will never say, ‘*keep your chin up*’ or ‘*look on the bright side*’, when we know that is much easier said than done, but helps by exploring ways of coping better with the effects of the illness on individuals and those around them.

Having a serious illness can cause a tremendous sense of anger and fury that can be as hard to bear as sadness and depression and a person trying to cope with

who have come through cancer and are able to think about what the whole process has meant to them. Despite the fears, the medical treatments, the disruption in personal and family life and being dependent on others, so many people

find that it has given them a whole new view on life. It is clearer to them what is (and what is not) important. They appreciate their real friends and their families: somehow life has a new and a better focus.

There are rarely any

fairytale endings but the work never fails to remind me of the strength and resilience of the human spirit. It is a privilege that as a counsellor I can make some contribution towards the crucial support CL offers people living with cancer. ❁

CHERRY LODGE CANCER CARERS' SUPPORT GROUP

INTERVIEW WITH KIRSTY MABB

(Macmillan Outreach Cancer Information Nurse)

QUESTION: Do I have to be a member of Cherry Lodge?

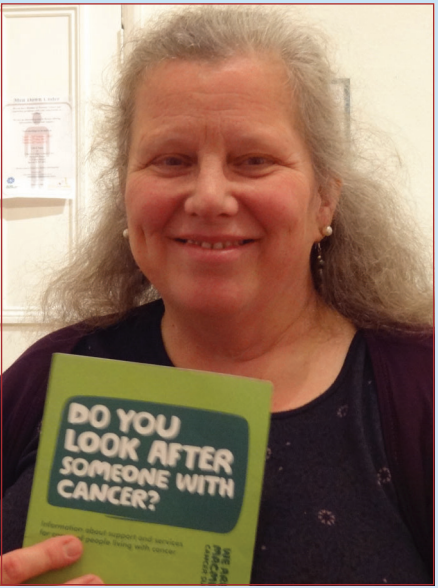
KIRSTY: No, anybody who is a carer to/supports somebody close to them who has cancer, is welcome to come along. You do not have to live with the person; neither do you have to live in the Borough of Barnet.

QUESTION: what would the group offer me if I joined and how much does it cost.

KIRSTY: It would offer you time away from the caring role, in a safe and confidential environment, away from the stressful situation in which you find yourself. You will be given support and any information you require and meet others in a similar position and, in addition, there are light refreshments. There is no cost involved. The service is free.

QUESTION: What would I be able to offer the group?

KIRSTY: There are no expectations of you to offer anything. This group is for YOU – although it is very informal, you are not expected to make any commitments.



Kirsty says “Come and Join us”.

QUESTION: Is the group only for cancer carers? My husband has Motor Neurone Disease.

KIRSTY: The group is specifically designed for cancer carers but as it is held in Barnet Carers' Centre, there will be the possibility of obtaining some help/advice/support for you from the staff in the building. The Centre also runs several other support groups for carers.

QUESTION: How does it feel to be in the group? I am

worried it will be sad.
KIRSTY: Anything goes in the group. People may feel low or sad – it is absolutely OK to cry but, quite frequently, there is laughter and fun.

QUESTION: Do I have to talk about cancer all the time?

KIRSTY: The focus is on you, the carer; whatever you feel you need to talk about is important. We certainly don't talk about cancer the whole time!

QUESTION: What happens in the group?

KIRSTY: There is no strict format: at the beginning of the session is a settling-in period, cups of tea and nibbles and introductions. There is usually a therapy available, such as a gentle massage, Reiki healing or a relaxation and visualisation exercise. It is important that you know that what we discuss in the group stays in the group- confidentiality is essential.

QUESTION: Can I keep coming?

KIRSTY: As often as you like, there are no restrictions.

JOIN US ON

facebook

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