

Cherry Lodge Members' Yoga

Kathryn Jackman

Yoga is so much more than placing yourself in various poses. It is a practice that brings together the body, mind and breath. Too often in today's society we become disconnected from how our body feels and we become distracted by the monkey chatter of our mind, drawing us far away from the present. Yoga is a way to empower the individual to create harmony through all aspects of their being.



Some of the benefits of practicing yoga are:

- * A reduction in tiredness and fatigue
- * Better sleep
- * Reducing stress
- * Feelings of deep peace and calm
- * Increased awareness of the physical body and the state of the mind
- * Enhanced flexibility and strength
- * More focus and concentration, as the mind becomes more tranquil
- * A connection with your own inner strength, improving confidence and self reliance

In our Cherry Lodge yoga class, we approach ourselves with compassion, to develop a loving relationship with how we are in this present moment, and to explore all of our potential. The class

is very gentle; many of the movements can be done from a chair. You don't need to be flexible, but you may notice this improves as you continue. We focus on a lot of very simple joint-freeing exercises and gentle movement of the spine in all directions. We explore different yoga poses to see what is possible, all of which are completely adaptable to your present needs.

We follow the postures with savasana, deep relaxation. This allows the body to fully integrate the benefits of the poses. It also instils feelings of tranquillity and peace, lowering levels of anxiety.

Next we have pranayama, yogic breathing techniques. The body is prepared through our posture practice, so we are able to breathe easily and fully. I feel the breathing is one of the most important parts of the class. It helps us to breathe deeper, longer. Our

breath becomes regulated, smooth and even.

Finally we sit in meditation to finish the class, drawing our focus inwards, so that we can really appreciate how yoga makes us feel. Meditation alters brain waves, deepens relaxation and slows the heartbeat, all ways to ease the negative effects of stress on the body.

The following are some valuable and helpful comments from the members participating in the Yoga classes:

- * 'very relaxing'
- * 'helps me to reconnect with the body I had before all the treatment – very enjoyable'
- * 'lovely introduction to yoga!'
- * 'it has helped me focus on the moment and relax'
- * 'it's a lovely way to keep the joints mobile and the relaxation keeps me calm, sets me up for the week'
- * 'I find the breathing really helps me'
- * 'when I have yoga I get relaxation, and my pain is less'

Yoga has so many deep and profound effects on your well-being, and I am very blessed to be able to share these with you.

Thank you
Om Shanthi

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 4.30 – 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...

These courses are very popular indeed so make sure to contact Fiona for more information and to book a place on the next course (the course started on June 1st was fully booked).

Enclosed is a book of 10 Grand Annual Raffle tickets, cost £1 per ticket. If all tickets were to be sold, the proceeds would fund the Nursing Information and Support Service at Howard House. Please forego a few cappuccinos and buy some raffle tickets instead!

Cherry Lodge News

SUMMER 2015

A VERY PERSONAL STORY

Laurel Lee

I noticed a change in my body shape at the start of 2012. My waist had thickened and my breasts increased in size. Although I had gained weight over the years, this felt different. My thoughts were it must be the menopause as I had a hysterectomy a decade earlier. My migraines had increased so I thought it must be hormonal as I still had my ovaries. I started to check my breasts for lumps. What started off as a random self-examination in 2012, by 2013, I was doing it on a much more regular basis. In August I remember, feeling a small lump in my left breast and thinking, if it's still there in couple of weeks' time, I will go to the doctor's. However, other events took priority, as I was experiencing excruciating pain in my right knee, so in September I went to the doctor's for my knee and as he was referring me for blood tests and x-rays, I



mentioned the lump in my breast thinking that it all could be tackled as a "job lot"!

He thought I had arthritis and should make another appointment regarding the lump. He was right, as arthritis was diagnosed, and for a short time I felt the lump could not be sinister, or the GP would have dealt with it immediately. Soon after I began having pain in the lump, which would wake me up during the night. My only daughter was studying for her

Masters in the Netherlands, and I had booked to travel to Maastricht to help her bring back her belongings, as she was to complete her internship in the UK. The day after bringing her back home, I again went to the GP. This time I saw a different doctor. It was an odd situation, the appointment was in the evening and he was clearly tired and was getting my name wrong. I remember asking him whether he was ok and he said yes. I explained about the lump and what the other GP had said. He only looked at the lump and did not compare it with the other breast. Nevertheless, he said he would make a referral but said that there was unlikely to be an issue. I had gone to the appointment on my own and did not tell anyone as I did not want to cause needless stress. It became apparent that something was wrong when I went for my

Editor: Freddy Kater



Needle phobia? What needle phobia?

mammogram. I had biopsies done on both breasts and was asked to return to the consultant. The nurse was invited in so I knew the news was not going to be good and I was not surprised when told the lump was cancerous. However, I was surprised there was also cancer in my right breast, as I could feel no lump. Despite this terrible news, I still was not tearful, it was only the thought of having to tell my only child which brought the tears down.

It has been just the two of us for so many years since my divorce, and we are very close. The thought of informing my mother who had just turned 80 and who I visit and help on a regular basis was not appealing. These are the people I help and I felt that I was now burdening them. The cancer nurse was very helpful and during one of our many

discussions she mentioned Cherry Lodge. I have not looked back since. I met Fiona, who was informative in a down to earth way and we discussed all the available support at Cherry Lodge. What was so good was how Fiona was able to reach me at my point of need. One can be tempted to try everything at once, when bit by bit might be more beneficial. For me, it has been acupuncture (for my nausea). I have always been afraid of needles so

anyone seeing me attend these sessions will be surprised. This is down to Margaret taking her time getting to know me and being the professional she is, discussing exactly what is happening and why. I have found the whole experience at Cherry Lodge to be positive. I did not know what to expect but I did not want to feel a victim. At Cherry Lodge you meet all kinds of people talking about all sorts of things and sharing their everyday experiences. A place I would definitely recommend.

I am an active member of my Christian congregation, and my faith is helping me through this journey. My daughter is also a Christian and our shared faith has helped us as a family unit. It is strange how our roles have reversed. My daughter checks that I am eating well and makes me health juices and ensures I have enough rest. I am also blessed in that I have an older sister and a younger brother who have been tremendous supports. I have now completed my chemotherapy and await my operation date. 🌸

If you have enjoyed reading this newsletter you can find out more about the progress of Cherry Lodge by visiting our website:

www.cherrylodgecancercare.org.uk

or checking us out on:



Never a dull moment in the Borehamwood shop

(Well, hardly ever)

Daryl Forster, Shop Manager

QUESTION: How long have you been here and how does working in the CL charity shop compare with your previous job in the commercial sector?

ANSWER: *I can hardly believe it but it is 3 years. In my previous job with WH Smith, each day would have a set plan and I would arrive at work prepared and focussed. This is completely different: I might arrive amidst hundreds of bags left to be sorted through, which is one issue, but several volunteers ringing in sick might throw the entire day out. My first week in the job was especially daunting and overwhelming, even though I had done a good few weeks as a volunteer observing what was going on. I had simply not realised the sheer volume of stuff to be sorted on one day so the next day can bring another load! I am not complaining – I love it.*

Q: What are the particular issues running a charity shop.

A: *the sheer unpredictability of the job. No two days are ever the same. It has been a struggle getting good shop volunteers and van drivers/helpers on board. A considerable number of people come into the shop, take the forms to be filled in but never return with them!*

Once volunteers join, however, they tend to stay which is very encouraging. The interesting thing is that having recently acquired the A board outside, asking for volunteers, has proved very successful – much better than I had expected.

Q: What are the biggest problems? Is it people leaving stuff outside the shop

A: *very difficult to say, possibly having adequate helpers at any one time. There are only two paid staff in the shop – I am full time and Terri, my mother works 2½ days a week. In general people do not leave bags outside the shop. I sometimes*

come in and find furniture left at the back door. This can present “big problems” but, fortunately, doesn’t happen too often.

Q: What makes the work specially worthwhile for you.

A: *I love the work and I am very comfortable meeting customers, both new ones and the regular ones who visit, sometimes to bring something to sell, or to buy something or to just pop in to say hello. All of us have very good interactions with the customers. I try and look ahead and focus on things to be done. I never feel unhappy coming to work. I enjoy it specially when*

Cherry Lodge is grateful to all those who volunteer for the various jobs around the charity, such as shop volunteers; drivers and assistants; home visitors; receptionists; therapists; fundraising and event helpers. Volunteers are always needed to contribute to the smooth running of the charity. If you are interested please contact any of the following.

BARNET SHOP:

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

BOREHAMWOOD SHOP:

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

For all other aspects of volunteering, please contact Yvonne on 020 8441 7000.

I get unexpected calls from the BBC or the film studios offering good items to this particular charity. I don’t forget what CL is about and hand out leaflets whenever appropriate.

Q: What would you do to improve/change things

A: *That always comes back to the same thing – if I had more volunteers a lot more jobs could be done, cleaning specific areas, sorting out the upstairs storage space etc. Having an adequate supply of van drivers and helpers is hugely important as without them large items do not get brought in and cannot be delivered and furniture selling is a very important part of our income.*

Q: How do you go about recruiting volunteers.

A: *The A Board outside the shop, visible from top of buses or from passing cars, as well as to pedestrians, has attracted a number of potential volunteers. I would say that word of mouth is probably the main source of helpers. Friends of friends who know this is a friendly environment in which to work. There are posters up in the shop advertising for helpers and I know that the newsletter regularly draws readers’ attention to the need for more shop volunteers.*

Q: What are the most popular items

A: *interestingly, this varies from week to week, depending on what has come in. If a lot of good stock is available it will be clearly advertised in the window and we may even hold a promotion – these are usually very popular.*

I hold regular book sales which are very well liked and



Daryl and some of his team

bring a fair number into the shop. At one point we had a lot of scarves and obviously during the cold spell this proved a good selling point. I always keep an eye open for special items, be they paintings or gramophone records. I recently held an enjoyable coffee morning and have regular, and very popular, tombolas.

Q: What are the highlights of your week and please don’t say the weekend.

A: *I cant say: each day is different, but if we get good quality stuff in and manage to have a very successful week, that’s brilliant as that’s what we are here for. The friendliness of our customers makes coming to work good and, as I said before, we all get on very well with each other. Busy weeks are always the best- nobody wants the hours to drag by. Making the shop window stand out is a very important task and Diana, Carol and Terri take*

responsibility for it looking inviting.

Q: Although you are based in Borehamwood, do you feel part of the overall CL family.

A: *Yes I do. It took a while for things to gel but I now have very good contact with the Barnet shop and Nik and I speak regularly on the ‘phone, mainly about those items she places on eBay; the proceeds of which are added to this shop’s takings. The Barnet shop Assistant in this shop and that “exchange” has proved very positive. Barnet –based people regularly pop in and there is frequent telephone contact with Tina at “HQ”!*

Q: How do you deal with unwanted items?

A: *Most of the time people provide us with decent things to sell but at times we are very grateful for the RagMan even though £4 for a 10kg bag is hardly overwhelming! 🌸*