

What to do after retirement!

Joyce Lee

In 2004 I was due to retire after 25 years at Guinness World Records and one day in a conversation with a colleague, who happened to be a CL member, I remarked "Goodness knows what I will do to fill my time". I need not have worried!!! She suggested I go along with her to CL to see what happens there.



A few weeks later we set off together to the Portakabin where CL was based at the time. On arrival I immediately felt at home. My friend was having a therapy and suggested that I take a look around and familiarise myself with the surroundings.

I had not been there very long when there was a knock on the door and it was a woman with her car boot full of books, asking if someone could assist her with unloading them. As I had plenty of time to spare I offered my services and we carried the books into the large library CL had at the time. There was a volunteer in the library and with her guidance I was able to put the books on the shelves in the correct categories.

I soon realised how much I was enjoying myself and

decided there and then that CL would be just right for me.

In December 2004 I finally retired and subsequently went for an interview at CL (by then they had moved to Union Street) and I eventually started as a receptionist in the spring of 2005.

In 2009 the Barnet shop opened and I immediately thought I would like to volunteer there as well but as I did not want to give up volunteering at the Centre, I decided to take on another "shift" and do both.

Volunteering in the shop is entirely different and can be quite challenging (Is this an understatement the Editor wonders).

Some days there are very few donations and other days the shop is inundated with bag after bag which all

have to be sorted, steamed and priced. Sometimes when I walk into the back of the shop, I mutter to myself "Oh my goodness what a mess" but as anyone who knows me will agree, I love a good "tidy up" so waste no time in getting stuck in. (This is very true. Ed)

On leaving the shop in the evening and looking around, I get a feeling of immense satisfaction knowing I have made a difference.

As volunteers we all love to know how well sales have gone on our shift and are, understandably, disappointed if some days are not so good.

We laugh, drink lots of tea and eat far too many biscuits but despite everything, I look forward to going there every week.

Here we are 12 years down the line and I still enjoy every minute of my time at CL. I have made lots of friends and love chatting to members about all manner of things.

I can highly recommend it should anyone consider becoming a volunteer and as I can say from my own experience "Volunteering is a therapy in itself".

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

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

SUMMER 2016

20th ANNIVERSARY EDITION

Dr Margaret M Clark
Chairman Trustees of CL

Cherry Lodge Cancer Care (CL) first opened its doors (as Barnet Cancer Care) in a Portakabin on the site of the then Barnet General Hospital opposite the Arkley pub, the inside of the latter soon becoming very familiar. This momentous event took place at the end of May 1996. From small beginnings – one information nurse, two therapists and a handful of volunteers, the charity has grown. There are now six staff associated with the services and two in each of the CL shops. On the back of this newsletter there is a list of the current services provided by CL, which now includes an extensive Outreach Programme. Although much more comprehensive, the ethos is still the same, namely a warm welcome (now even warmer with the secondary double glazing). Please come and have a good look

Editor: Freddy Kater



at the newly refurbished building and it is hoped everyone approves. The first Tuesday morning drop-in in the newly refurbished building was characterised by members queuing up to obtain the builders' telephone numbers, probably with their eyes on the rather smart built in cupboards. To summarise the mission statement, CL exists to provide information and support to people with cancer, their family and friends and to give them what they want, not what any of us might think they need.

If there is anything in particular you would like to see covered in this newsletter, please let the Editor know and every effort will be made to address any requests/suggestions.

20 YEARS WITH CHERRY LODGE

Ruth Midgley

Trustee and Volunteer Web Editor

I have been asked to contribute to this issue of the newsletter because I have been involved with Cherry Lodge Cancer Care in various voluntary capacities since the charity's early days. I was CL's very first volunteer – unless, of course, we count our founder and chairman, Dr Margaret Clark, who over the years has done a huge amount for the charity without ever expecting any reward other than to see CL providing, free of charge, a first-rate, professional information and support service to people affected by cancer.

At the time that it was set up, CL was one of only a handful of centres providing this type of care anywhere in the country. Most people who received a diagnosis of cancer had to find their own way through their cancer journey, with little or no additional information or support to help them through their medical treatment and beyond. Thankfully, this is no longer the case and people have become accustomed to seeing a Macmillan cancer information and support centre inside their local



hospital. CL is no longer the only information and support option for local people affected by cancer but our specialist cancer nurses, other members of staff, therapists, volunteers, trustees and, most importantly, our members (the people who use our services) believe that CL provides something that is very special indeed.

When I first became a volunteer at Cherry Lodge, in 1996, I had recently given up a full-time job as a managing editor in non-fiction book publishing to become a freelance editor and writer. I soon found that working from home was a rather lonely occupation and was keen to

find something useful to do that would get me out of the house on one day a week. Someone I knew through my job in publishing was doing some consultancy work at Barnet Cancer Care (as CL was then called) and told me that Margaret Clark and Mina West (cancer nurse specialist and the charity's first employee) needed a volunteer to help with secretarial and administrative tasks. I was invited to join them and accepted without hesitation.

In 1996, Barnet's embryonic cancer and information centre was located in a Portakabin – already called Cherry Lodge – belonging to the hospital and accessed via Wood Street. Over the next couple of years additional nursing and administrative staff (including a CEO) were taken on, as well as other volunteers (including Freddy Kater, the editor of this Newsletter). The Centre was formally opened on 13th May 1998, by Sir Sydney Chapman, MP. I do not live in the Chipping Barnet constituency and so, not surprisingly, did not recognise him. He was, however, absolutely

charming when, before the opening ceremony, I asked him why he was there (or, probably more politely, what was his connection with the charity).

In the year 2000 the new name of Cherry Lodge Cancer Care was adopted to indicate that the charity's services were available to people who did not live in Barnet. My involvement was to ask a former publishing colleague of mine, Anne Renel, to design the CL logo, which is still used today. (The decision to include a cornflower, a symbol of healing, had already been made by the CEO and trustees.)

I continued to volunteer at CL on a regular basis for another couple of years, during which time I saw a steady rise in the number of members and an increase in service provision. However, after that, from about 2002 to 2005, I was only marginally involved with CL – mostly as someone who could be called upon to make up a quiz team.

During this time I was no longer working mainly from home as I had embarked on a second career, teaching English to adults (basic skills and English as a foreign or second language, specialising in teaching foreign, mainly refugee medical professionals).

My commitment to CL entered a new phase in 2005 after Margaret Clark asked me if I would consider becoming a trustee. I agreed and have been on the board

ever since. At the time when I became a trustee, CL had fairly recently moved into its current premises in Union Street, having been required by Barnet Hospital to leave the Portakabin. These were very difficult times financially for CL and one major economy made by the trustees was to make the CEO redundant. This obviously added to the workload of the trustees but also made our roles more interesting.

The financial situation improved considerably in 2009, when we were able to buy our premises thanks to a legacy from two members, Beryl and Kirk Howard, in whose memory the centre is named. A more recent legacy, from Linda Bagaini, who was a CL therapist for many years, enabled us to pay for the programme of building works carried out at the centre in Spring 2016.

As a member of the board of trustees, I attend meetings held on Tuesday evenings 10 times a year, as well as additional meetings called to address particular issues, and the AGM which is held each year in May. The responsibilities of a trustee are set out in guidance documents published by the UK government. In brief, we must ensure: that CL is carrying out its purposes for the public benefit; that we comply with CL's governing document and the law; that we act in CL's best interests; that we manage CL's resources responsibly; that we act with reasonable care

and skill; and that we ensure that CL is accountable.

As CL does not have a CEO, the trustees also take on, individually or jointly, specific responsibility for managing particular aspects of CL's work. Our board currently includes individuals with expertise in medical matters, finance, business, insurance, HR, fundraising and communications. We also have a network of individuals and companies that we can call on to give us additional professional advice.

My own particular responsibility is the CL website, which was redesigned and built for us, free of charge, by Daniel Orchard, during his presidency of Barnet Rotary Club in 2013-14. If you still haven't seen it, or haven't looked at it for a while, I would urge you to check it out at www.cherrylodgescancer.org.uk. News items are kept meticulously up to date. Finally, I can also sometimes be seen in my smart, blue CL polo shirt helping out at fundraising events. 🌸

CELEBRATING THE MEMBERS

It is planned, as part of the 20th anniversary celebrations, to hold a social evening, sometime in the autumn for members, by members. There is plenty of talent around so if any of our members reading this can sing, play an instrument, perform magic, read a poem or tell jokes, please get in touch with Margaret at the Centre. No auditions or references necessary. Let's just try and show the fun side of Cherry Lodge.

I have seen the light

Dr Ann W.

As a GP I felt sceptical, even suspicious, about the use of complementary therapies. Unless there was a tablet I could throw at the situation, I wasn't interested, that is, until I found myself in the unfortunate (though enlightening) position of being the patient, when I was diagnosed with breast cancer.

I started seeing Renie, hypnotherapist, at my local cancer support centre, on the suggestion of a Macmillan nurse. I was highly anxious and felt very bleak at the time. When I started hypnotherapy with her I was surprised the effect was not only dramatic and immediate, but also cumulative. I found the experience positive and calming and left each time with a sense of well being. I continue the visualisation techniques at home even now.

Each session was tailored to my evolving needs and concerns. For example, I had mentioned that I had a particular fear of general anaesthetic and this was making the lead up to my mastectomy even worse. She suggested some BWRT** in the week before my operation. As I left that session I felt grateful that the issue had been addressed but I was not convinced that it would actually help. To my amazement I lay on

the operating table five days later completely calm!

I am now waxing lyrical to my medical colleagues about the enormous advantages of this holistic therapy. I could not have hoped for a better, more professional, sensitive and rewarding experience.

A calming voice of hope during a very tough time indeed allowed me to return to work.

****BrainWorking Recursive Therapy®** was created in 2011 by Terence Watts, a therapist. Like many great ideas it was born out of a moment of inspiration while reading about some experiments carried out in 1983 which appeared to show that we don't actually

have free will in the way we usually think of it. More than that, it showed that decisions were made and acted upon by our mental processes before we become consciously aware of them.

It was immediately evident that this process accounted for a huge number of the psychological difficulties which so many people have to put up with, and obvious, too, that with some research it could provide the basis for a profound therapeutic intervention, something more powerful and effective than anything that existed to date.



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.

CL is grateful for all donated goods and if taxpayers can gift aid their donations, they will receive an annual, written, acknowledgement clearly stating how much has been raised by that particular donor.

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.