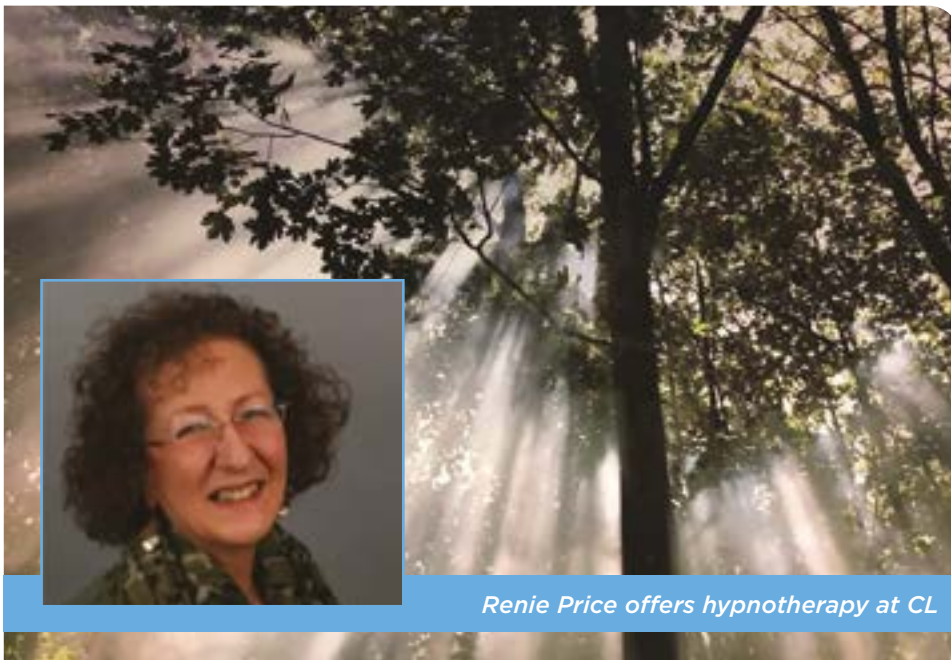


# News

Winter 2023

## Hypnotherapy at Cherry Lodge by Grant Whitaker



*Renie Price offers hypnotherapy at CL*

**“I won’t make you bark like a dog, cluck like a chicken or sing like a canary”**

Those are some of the first words Renie Price says to her new clients at the start of a Hypnotherapy session.

Many people’s perception and perhaps reservations about Hypnotherapy come from TV variety acts and a lack of understanding. Hypnotherapy is in fact

a way of relaxing someone to promote communication between the conscious and sub conscious mind so as to achieve a specific goal or objective.

Renie provides a free service at Cherry Lodge, private treatment can cost between £75 - £150 a session, to help Members with problems or issues related to their cancer, cancer treatment or indeed to support relatives. The issues to be addressed are wide ranging and include dealing with the fear of a diagnosis, concerns about treatments, general anxiety and feeling of depression.

Renie grew up in Blackpool and wanted to be a nurse when she was young,

she always felt a desire to help people and wanted to work in an ethical and caring environment. In her early career she worked for Tupperware during the craze of the 1970’s, she spent 4 years working with children in Israel and later trained as and became a financial adviser. This led to a role as a financial administrator but she hated working in an office environment.

She stuck with this until she had an opportunity to leave and with some money left to her by her father she trained as a Hypnotherapist.

She also trained in other psychological techniques including BWRT (Brain work recursive therapy) and NLP (Neuro linguistic programming therapy) these therapies may be used alongside or complementary to Hypnotherapy.

Renie set up and operates her own private practice [www.therapy4stress.co.uk](http://www.therapy4stress.co.uk) and she works out of Watford face to face or via Zoom.

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If you would like to donate or pay by BAC’s/credit card, please email [tina@cherrylodgecancercare.org.uk](mailto:tina@cherrylodgecancercare.org.uk) for details.



## Christmas Fair



The Cherry Lodge Christmas Fair was held in November 2022 and raised over £3,000 thanks to donations, volunteers and matched fund raising from Barclays.

The fair included its traditional mix of enticing stalls, children's entertainments (lucky dip and Olaf the Snowman) and CL's festive café serving a range of refreshments

Thank you to BNI for new volunteers and to all the Fundraising Team who put the event together.

Thank you to St. John's Primary School Friern Barnet, who came and sang Carols.

One lucky entrant won a luxury hamper, kindly donated by One and Only Events.

Guess the weight of the cake, baked by Bobbi, was a roaring success.

It was great to be back after the long break caused by the Pandemic and we were delighted to raise valuable funds for Cherry Lodge and to put on a joyful event for the local community.



Renie met Cherry Lodge following her own diagnosis and treatment for cancer in 2012, she was referred to Cherry Lodge and benefited from their services and support during her programme of treatment. When this was complete she was eager to give something back and provide her services to Cherry Lodge, she was frustratingly advised to wait at least 18 months before starting this and in hindsight appreciated the wisdom of this as she had to find her way back into life after her physical treatment. Renie has now been providing her services to Cherry Lodge for about 8 years. Access to Renie at Cherry Lodge is by referral from Fiona or Kirsty, the Cherry Lodge nurses.

**So, what is a Hypnotherapy session like? Conditions suitable for treatment include Phobias: be they of needles, hair loss, chemotherapy, anxiety, stress, lack of confidence. Anything where the mind or state of mind is impacting on physical life.**

Renie believes that the immune system is vital in preventing and dealing with cancer, it is known that stress and anxiety deplete the effectiveness of the immune system so treating or controlling the stress levels will help to improve the function of the immune system, as well as making the patient feel better able to cope and more positive.

The fundamental of a Hypnotherapy session is getting the patient into a state of total calm and relaxation, once in this state different techniques can be employed to help deal with the issues specific to that patient. On average a patient will need 8 sessions but this is variable.

Renie has many success stories including a sceptical doctor who had a fear of her cancer treatment and the anaesthetic

but became relaxed and calm about it and is now a convert. Her website has many testimonials, here is a selection:

**Paula**  
 I wanted to write and thank you, for changing my life. I don't think you will ever completely understand what you have done for me. I have suffered from a needle phobia all my life and simple blood test would reduce me to panic and tears. I came to see Renie and she talked me through the technique, but I wasn't convinced that one session would be so life changing. After one session, I went to the hospital no tears, no panic. After the blood test was done I cried with tears of joy.

**SilverTelevision91-2**  
 I came to see Renie at possibly one of the hardest times of my life. I had a lot of fear and stress over a recent diagnosis. Renie's approach was both down to earth and practical. It helped me put everything into perspective and in turn made it all manageable. It felt like a weight had been lifted off me. So much so that some of my physical symptoms abated a little also. With a more positive outlook I was able to face my challenges and that in turn made me feel much more in control of my situation. The skills I learnt with Renie were life skills that I will now be able to use going forwards if I come across any more challenges.

# Letter to the Editor



## Dear Elsie

Thank you for your letter to the Editor, in which you express concern about the possibility of developing lymphoedema in your arm, following breast surgery. Firstly, anxiety about this is completely understandable, especially at the moment, when you do not yet have a diagnosis. I hope I can reassure you somewhat by saying that the majority (eg around 80%) of people do NOT go on to develop lymphoedema after breast surgery or radiotherapy. Modern breast surgery now favours “breast-sparing” techniques, so that the surgery is often much more minimal. Lymphoedema CAN occur when a person has had lymph nodes removed from under the arm; however these days most surgeons will biopsy the “sentinel node” which is NOT under the arm, and in many cases, removal of axillary nodes is then NOT necessary.

There are many simple things that you can do to “prevent” lymphoedema from developing, which include:

- keeping the arm moving after your surgery, and ensuring you have full range of movement
- Not having your blood pressure checked/give blood from the affected side

- Avoid lifting/carrying anything even moderately heavy with the affected arm
- Using hospital-recommended moisturisers on your skin to keep it supple
- Avoiding constricting/tight clothing on your arm
- Contacting your breast care nurse immediately, should you notice swelling or tingling of your fingers, wrist or arm

Once you know what surgery you will be having, your breast-care nurse and surgeon at the hospital will run through all of this with you, and will most likely give you a list of “do’s and don’ts”. Most hospitals also have a Lymphoedema Service, should problems ever develop, and your breast care nurse can refer you to them in a timely manner.

Please do not hesitate to call me if I can be of further help to you.

Kindest Regards

*Kirsty Mabb*

MacMillan Cancer Information and Outreach Nurse

## Party Night with Dean!

MAR

18

**Saturday 18th March 7.30pm to 11pm**

Tickets £25 includes canapes. Come and dance the night away to tunes of the Ratpack and 80s/90's music with the lovely Dean Goodman.

**Venue:** Old Fold Manor Golf Club  
Old Fold Lane Hadley Green  
Barnet Herts EN5 4QN



## Spring Quiz

APR

1

**Saturday 1st April 7pm to 10.30pm**

Come along and test your knowledge and have fun.

Tickets £18 to include supper meal/vegetarian option available. Teams of eight. Licensed bar and raffle.

**Venue:** Arkley Village Hall Brickfield Ln, EN5 3LD

**For tickets please contact Tina 020 8441 7000.**

## Easter Sponsored Walk

APR

2

**Sunday 2nd April 10.30am to 1pm**

Join us for some Easter Fun. Be part of our Sponsored Walk around Oakhill Park raising vital funds. Bring the family and don't forget the dog!

Our lovely volunteers will be selling Easter Cakes and merchandise.

**Location:** Parkside Gardens, Barnet EN4 8JP

## London Marathon

APR

23

**Sunday 23rd April**

Please see Bits & Pieces on pages 5 for details of how to sponsor our Cherry Lodge runners!

## May Sponsored Swim

DATE

TBC

**Details to follow!**

## Summer Soulstice

JUNE

24

**Saturday 24th June 11am to 11pm**

A Decade of Soul Family Fun - 30 DJ's in three music arenas. Raising money with a smile for Cherry Lodge Cancer Care in memory of Andy Weekes.

**Ticket Event Only** - For tickets please contact [www.summersoulstice.co.uk/tickets/](http://www.summersoulstice.co.uk/tickets/)

**Location:** Old Elizabethans Memorial Playing Fields, Mays Lane, Barnet EN5 2AG

# Fundraising EVENTS



Cherry Lodge fundraising team

For further information on any of these events, please contact:

**Tina on 020 8441 7000 or**

**Tina@cherrylodgecancercare.org.uk**

**Find us on Instagram: cherrylodgecc**

# Bits & Pieces



## 2023 TCS London Marathon Runners

**Sunday 23rd April 2023**

The following people have kindly agreed to endure sweat, blood and blisters to raise money for us, please support them if you are able to.

- > Samuel Abrahams
- > Josh Hockney
- > Gary Withers
- > Kieran Papasavva
- > Christopher Travis
- > Vass Mandeville
- > Bobby Pratt
- > Maja Zor
- > Daniel Lenihan

Sponsorship will be via "enthuse.com" - details are being finalised. **Please contact Tina at Cherry Lodge for details.**

## Grand Raffle Winners

**1st prize: Edna B**

3 night break for two people on the Isle of Wight  
Includes Ferry crossing and 4-Star Hotel

**2nd prize: Jill H**

£150 Restaurant Gift Card

**3rd prize: PB**

£100 M&S Vouchers

**4th prize: Maggs B**

Luxury Christmas Hamper

## Congratulations everyone!



We want to welcome to the CL team:

**Olivia Banno** who has already joined our nurses Kirsty and Fiona, for two days a week, on 9th February.

Also, joining the staff, on 3rd April for one day a week, is **Alessia Biciocchi** as an additional CL counsellor.

## Sponsored Swim

We are planning a sponsored swim in May, at a local school in Barnet.

**Look out for further details shortly!**



# Our Services & Approach



Please check the **Cherry Lodge website** for up-to-date information and news

Due to the covid-19 pandemic, The services provided by Cherry Lodge have had to be modified. Our need to ensure a covid-safe environment for our members, therapists, volunteers and staff has meant that we are currently providing a reduced range of services.

## Our current services include:

**Consultations:** by appointment, with cancer information nurses (Fiona Kiddle and Kirsty Mabb) These can be face to face in CL; via zoom or by phone. The nurses also provide ongoing support to existing members by meeting up for walks and talks!

**Counselling and hypnotherapy:** anyone enquiring will be offered the choice of face to face, Zoom or phone appointments with one of our counsellors.

**Medical acupuncture:** provided by our doctors - by appointment only

**Reflexology, reiki, head and neck massage:** these appointments are limited, and therefore priority is given to members currently going through chemotherapy or other cancer treatments.

On three Tuesday evenings per month either Fiona or Kirsty host 'booked sessions' of Reflexology, Reiki and Head and Neck Massage.

🕯 **Befriending Service:** our volunteer befrienders offer a choice between a telephone service or a Walk and Talk meeting in the fresh air.

🕯 **Support Groups:** there are three for people with lymphoma, ovarian cancer or men with prostate/bladder cancer. These EVENING groups are now either face-to face or via Zoom, facilitated by Fiona Kiddle. For more information, please email: [fiona@cherrylodgecancer.org.uk](mailto:fiona@cherrylodgecancer.org.uk) or call CL on 020 8441 7000

🕯 **Sound Healing:** (Soundbath) Sessions - these monthly sessions are provided by music teacher Alistair Smith, via Zoom, on the 2nd Friday of every month from 2pm-3pm. For more information, please contact Kirsty at Cherry Lodge (020 8441 7000).

🕯 **Seated yoga:** this class, run by Kathy, is held every Friday 11am-12 noon, via Zoom. For further information, and the link, please email [lorraine@cherrylodgecancer.org.uk](mailto:lorraine@cherrylodgecancer.org.uk) or phone in to CL.

🕯 **Carers Support Group:** this group is held on the 2nd Monday of each month, from 10.30-12 noon, via Zoom. It is for people who are providing help, care or support to a relative or friend with cancer and is facilitated by Kirsty Mabb. For more information, please call Kirsty at CL or email her at: [kirsty@cherrylodgecancer.org.uk](mailto:kirsty@cherrylodgecancer.org.uk)

🕯 **Coffee mornings:** These have moved into their winter quarters in the Open Door Centre (St Albans Road, Barnet EN5 4LA from 10.15 – 11.45 am). This group is member-led but either Yvonne or Fiona will always introduce new members. Free parking.

🕯 **Circle Dancing:** Conducted by Ingrid. Thursdays 10.30 – 11.30 am at Wesley Hall, 9 Stapylton Road, Barnet EN5 4JJ. To attend, please collect a voucher from Cherry Lodge, Howard House, 23 Union St.

🕯 **Mindfulness Courses:** these virtual courses are ongoing, and can be accessed by contacting one of the nurses at Cherry Lodge. Provided by teacher Lucy Woods, they run for six consecutive Tuesday mornings, 10am-12 noon.

🕯 **Outreach Surgeries:** provided at a variety of venues throughout the Borough by Kirsty, for people who might find accessing Cherry Lodge difficult. Although these were suspended during the pandemic, they have gradually restarted from Sept 2021. Please contact Kirsty for further information

🕯 **Benefits advice:** a reminder that any of our members can access expert advice on benefit entitlement/applications by calling Barnet Macmillan CAB on 020 8440 4227

🕯 **Pilates:** Tuesday afternoons 1-2pm with Miranda at All Saints Church Hall, 122 Oakleigh Road North, London N20 9JU **PLEASE BRING YOUR OWN MAT IF POSSIBLE** To book call Lorraine on 020 8441 7000.

🕯 **Laughter Wellness:** Monthly, on Tuesdays at 2pm via zoom.

**For further information about any of our services, please feel free to contact Cherry Lodge on 020 8441 7000**