

# News

Autumn 2022

## An Atlantic Adventure by Grant Whitaker



Marc S - Success!

### Marc CAN'T STOP doing things and for that Cherry Lodge are truly grateful.

At 59 years old, married to Angie for 30 years and with 2 grown up daughters, Jazmin and Amber, perhaps it was time for Marc Sidney to slow down a bit. After all he qualified as a Chartered surveyor, learnt to be a plumber, ran several businesses, developed several properties and made a comfortable living for himself. Oh, and in his spare time he played a good level of rugby

until his early 40's, he represented Great Britain at veteran's power lifting and Greco freestyle wrestling. He has held a World record, He has bench pressed to over 200kg. During the process his body has been battered and bruised, he has a badly damaged shoulder, both knees have their issues and he hasn't done with them yet.

He took up canoeing, rowing, white water rafting and still continues wrestling and arm wrestling. He took a course in off shore sailing and gained a crewing qualification, he has taken part in 4 or 5 off shore voyages and races >>

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



Marc S - Braving the elements

Marc raised £8,300 for Cherry Lodge and the North London Hospice, shared equally. He paid tribute to his wife Angie and her friend Lisa who tirelessly did everything in the background to organise and fundraise.

In his "spare time" Marc volunteered as a special constable with the Met' Police and latterly the British Transport Police, he might have to give this up as he is a bit busy!

At the age of 58 Marc decided he wasn't in love with his job and embarked to retrain as an Osteopath. He is half way through the training which was inspired by his personal experience of injuries and rehab'.

**NO! Marc loves a challenge & when he came across an opportunity to join a crew sailing across the North Atlantic. The stage was set.**

So now perhaps a slower pace of life and some rest for a well utilised body. NO! Marc loves a challenge and when he came across an opportunity to join a crew sailing across the North Atlantic. The stage was set.

In August Marc travelled to New Foundland to join The North Atlantic Marconi Voyage. The objective was to sail non-stop from St John's to Lizard Point in Cornwall. This is the shortest possible route across the Atlantic and the most northerly. After 3 days boat safety training the voyage began. The boat was the 80 ft racing yacht "Osprey". A full racing crew for the yacht would be 16 people. For this voyage there were 7. The skipper was a vastly experienced round the world yachtsmen the rest of the crew had mixed experience and included a 17-year-old girl.

Given the low crew numbers they worked in shifts of 3 people, 3 hours on, 3 hours off. In the 3 hours off, you had to eat wash and sleep, you were permanently damp from the sea and condensation. Food was basic pasta, noodle, biscuits whatever was quick and convenient. Bunks were tubes which would tip you out if the boat suddenly keeled.

Winds ran at 18 to 25 knots and the boat was at a permanent 45 degrees as the prevailing Easterly came onto the beam of the boat. Marc had to take the helm of the boat for an hour per shift. The waves would come at you from behind and lift the boat

in the air, you had to correct the direction and surf the wave which could lift you 30 foot in the air, this would happen 10 to 15 times an hour. If you got it wrong the boat would violently swing round into the wind and cause chaos down below. It wasn't for the faint hearted.

During the voyage they were often escorted by North Atlantic Dolphins. Once a sperm whale come up alongside to inspect them and they saw a huge humpback whale breaching. There were many sightings of basking sharks but they saw no other ships or signs of human life until they were 20 miles from home.

They reached the Lizard after 10 and a half days and then cruised on to Cowes, they covered 2,100 miles. They experienced winds gusting to Force 6 and waves often 6ft above the boat. The limited crew numbers proved a benefit to Marc as he got more hands-on experience and time at the helm, the exhaustion was worth it.

Marc's one regret, he wanted a full-on storm whilst at sea to experience the exhilaration of nature doing it's worst. I don't think fear is in Marc's vocabulary.

# The Big Payback

On 28th August the Big Payback took place at the Black Horse pub. Tina and her volunteers ran a CL merchandise stall, in addition to having organised a popular raffle. The Soulstice crew, representatives of CL and supporters, including our local MP Theresa Villiers created a very lively atmosphere. The all time record-breaking big cheque for £50,000 was graciously presented by the Soulstice crew and received by Margaret on behalf of CL.

The wonderfully lovely disco music had to be momentarily interrupted for this.

Jamie Topham, who together with many volunteer crews, has been involved in all 16 Soulstice events and helped raise a mammoth £475,000 for Cherry Lodge, is resigning as Soulstice Director/Organiser.

Most of us have little idea of how much work and commitment organising and producing The Soulstice demands but we are thankful for it as without it we couldn't fund the support we provide to our many members.

**To Jamie and your wonderful volunteer crew members, A BIG THANK YOU.**



Marc S - Marc in action

Marc raised £8,300 for Cherry Lodge and the North London Hospice, shared equally. He paid tribute to his wife Angie and her friend Lisa who tirelessly did everything in the background to organise and fund raise, a magnificent achievement. Their motivation to raise money for Cherry Lodge was inspired by their wonderful friend Amanda who was a long-term supporter and a Trustee of Cherry Lodge before we sadly lost her earlier this year. Marc felt raising the money was the "icing on the cake" for him and it made his personal achievement worthwhile.

Marc doesn't sit still, literally, he is in training now to compete in a challenge next year to row from Ireland to Wales across the Irish sea, on one of the most treacherous stretches of water in the World. It will take 32 hours of rowing in a team of 12. In the future he would love to sail in the Southern Ocean and has eyes on some other rowing challenges, in the meantime there's the wrestling!



**It's not too late to donate to Marc's cause:**

Please follow the link to donate below, or **scan the QR Code**, if you feel inspired by his incredible adventure.

<https://bit.ly/3S4VCOx>



Marc S - Marc & Angie



The Soulstice Team - Jamie Topham 2nd from right



**Please note:**

Cherry Lodge shop number.



**call CL shop on:**

**020 8440 6287**

# An Outing with a difference

by Mary and Jim Callaghan

**On Saturday 13th August we were invited to join a small group consisting of staff, volunteers and members of Cherry Lodge to visit Pages Stud Farm Cattery in Aldenham, Elstree.**

There were 11 of us and Margaret was our leader and inspiration.

The farm is owned and run by Nathalie and among plenty of other work Nathalie cares for rescued animals in need of a home. Barbara, who was full of interesting facts and stories about the animals, was our very helpful guide for the afternoon.

The weather was blisteringly hot. On arrival we were advised to 'mind Peggy the goat' who was roaming around and we did meet later in the day. In a cool outbuilding we were treated to a buffet of sandwiches, nibbles, cakes and fruit, plus cooling soft drinks before setting off to see the animals.

Our first stop was at a farm building to visit three cockerels; two incredibly large rabbits and, our favourites, two beautiful friendly ferrets which just wanted to be handled and petted.

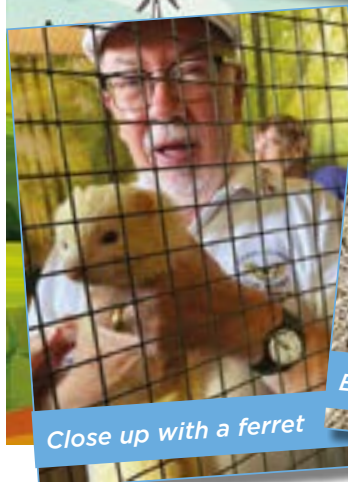
From there we went outside and saw ducks and geese, plus horses and alpacas. We next said hello and petted a number of pygmy goats and dinky Moorland ponies, each with their own personality, including one 'naughty teenager' who was forever seeking attention.

We headed across an open field in full sunlight and reached a shady wooded area to be greeted by a glorious sight: a beautiful herd of goats, all at least five foot tall. The more mature ones also had magnificent horns.

Separate from the others was a large black goat. Its coat glistened in the dappled sunlight that came through the tree canopy where the herd had so cleverly placed themselves to be out of the intense direct heat of the afternoon sun.



Fun in the sun



Close up with a ferret



Big bunny

Here we spent a lovely time admiring, stroking and petting these gentle creatures.

For all of us this proved a restorative experience. Not even the ever-present 'naughty teenager' could challenge the calming effect bestowed by these gentle giants.

**We went back across the field, each knowing that we had been privileged to have spent time so close to these lovely creatures. We cannot express the gratitude we owe Margaret, Nathalie, Barbara and all those behind the scenes who gave us this wonderful afternoon.**

## Get your Christmas Cards now!

*A Selection of Christmas Cards is available now from our shop*

**£3.50 for 10**



**£3.50  
for  
10**

# Fundraising EVENTS

## Christmas Fair

NOV

26



**Saturday 26th November 2022**

Come and browse our fabulous stalls, visit our scrumptious café run by our dedicated volunteers.

If you would like to have a stall at our Fair please contact Tina.

St James Church, East Barnet Road,  
New Barnet EN4 8RN

## A THANK YOU FROM TINA

Summer has been busy at Cherry Lodge and we thank everyone so much who has come to an event, put on an event or bought a raffle ticket. It means so much to Cherry Lodge and we really value your continued support **Tina**

## Barnet Guided walk

OCT

6



### Guided Walk through Historical Barnet with City of London Guide Paul Baker

Walk through Historical High Barnet 2pm outside Barnet College, Wood St EN5 4AZ the walk will finish in the Spires. The walk lasts for over an hour and costs £7 per person (all profits to Cherry Lodge).

## CHA Night

OCT

7

### This event will be held at The Arkley Club Premises in Field End

from 7.30 until midnight. Listen and dance to 60s and 70s Soul, Stax, Motown, Ska, Reggae and Philly Sound. Entry is £5.00 at the door.

## Pink Tombola

OCT

15

### Cherry Lodge Cancer Care's annual Pink Tombola stall will be returning to The Spires, between 10am and 4pm - so have some fun and show your support.

October is national Breast Cancer Awareness month and every year Cherry Lodge marks this by putting on our very popular Pink Tombola event. This occasion has two important purposes: to help increase awareness of breast cancer and to raise money to help fund Cherry Lodge Cancer Care's much need services for people affected by all types of cancer.

## Flower Workshop

NOV

3

### Autumnal Flower Workshop and Demonstration with Iris.

3rd November, 2.30pm to 4.30pm at Open Door, St Albans Rd, Barnet EN5 4LA

Price £7.00 - includes tea and cakes.

## Lights of Love

NOV

27

By invitation





# 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@cherrylodgecancercare.org.uk](mailto:fiona@cherrylodgecancercare.org.uk) or call CL on 0208 441 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 (0208 441 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@cherrylodgecancercare.org.uk](mailto:lorraine@cherrylodgecancercare.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@cherrylodgecancercare.org.uk](mailto:kirsty@cherrylodgecancercare.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 Street.

🔔 **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 0208 440 4227

🔔 **Pilates:** this class takes place on 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.

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