

News

February 2019

Lights of Love Ceremony 2018

by Ruth M

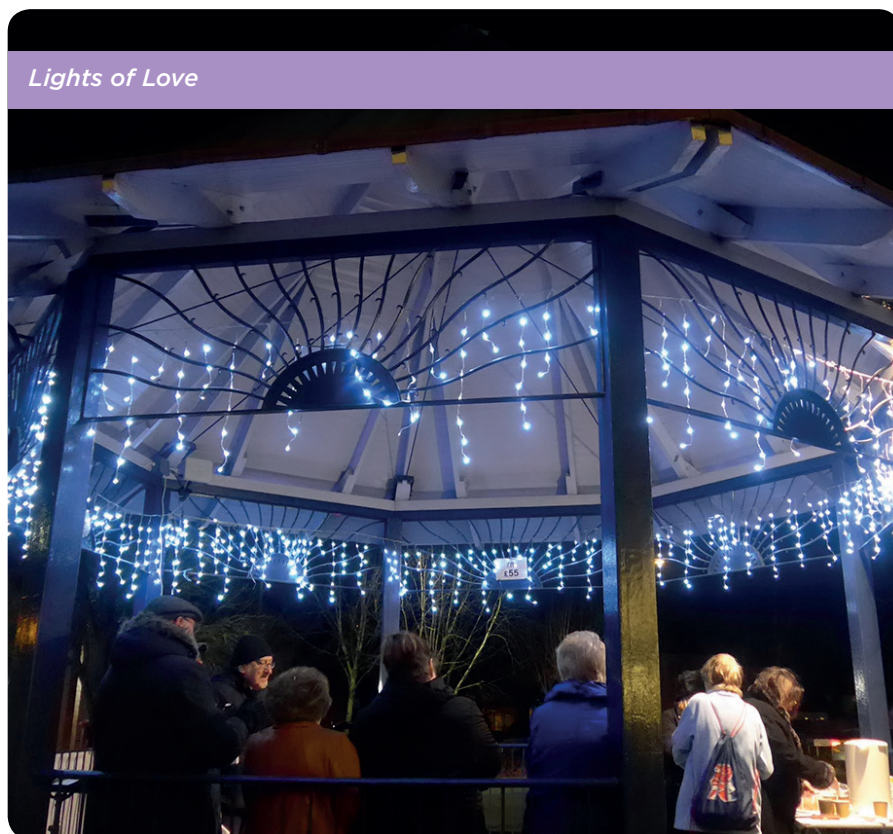
The annual Lights of Love Ceremony has a very special place in the heart of Cherry Lodge. This year's event, at The Spires in Barnet, began soon after sunset on Sunday 9th December.

The ceremony was led by Cherry Lodge's Margaret Clark who outlined the purpose of the event – to remember loved ones who are no longer with us, to celebrate our love for others who are alive but in need of help and support, and to mark the 100th anniversary of World War 1.

The ceremony included songs from the Cherry Lodge Singers and a series of readings. Trevor, a CL member, and Shirley, a CL cancer information nurse, read World War 1 poems. Ruth, a CL trustee, read a poem, offering comfort to the bereaved. Peter, a healer at CL, read a moving letter – written in France in 1915 and found in a friend's attic – from a soldier who would be killed in action the next day.

Sue, a CL volunteer read out the names of the people chosen for special remembrance and for whom a symbolic light would be lit. A minutes silence followed.

Theresa Villiers, local MP and CL patron, turned on the lights and people gathered around to chat and enjoy mulled wine, and mince pies.



“...to celebrate our love for others who are alive but in need of help and support, and to mark the 100th anniversary of World War 1...”

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Waking up to cancer... the power of the h

by Amanda W



“If you would have told me a year ago that I would be diagnosed with incurable Cancer I would be running for the hills.

However, here I am a few months into that diagnosis, still here and coping. ”

The human spirit is amazing and you can surprise yourself at your own strength. So I wanted to write a positive article for others like me living with Cancer as a long term condition because for me, my diagnosis has set me free and no one is more shocked about that, than me.

When I was first diagnosed with breast cancer I was 34. I was lucky. I had it mildly. My prognosis was good. However, sadly that was not the case and in December 2017 I developed a bad backache. Cut a long story short tests revealed I had Cancer in seven different places. But I was lucky, I was not terminal, instead my ‘deposits’ were slow growing however I would be on medication for life.

“For the first month I thought I would never see a day where I would not cry...”

A course of hormone treatment ensued as well as Calcium drips and hormone treatment plunging me, at 45 years old, into a temporary menopause. Deposits and Lesions on my back had caused me to walk unsteadily for months and so my left leg was injured and my right leg had Cancer. I had a Titanium rod inserted into my right leg because my pelvis was likely to fracture.. In hospital, and prior to my operation, I fell as my left leg collapsed under the strain, I then fractured my pelvis.

When I was first diagnosed with Secondary Breast Cancer, my world fell apart. For the first month I thought I would never see a day where I would not cry and I couldn't see how I could live with it and accept this as the new normal. But slowly and surely I was crying every other day and as time went on a new me started to emerge, my whole demeanour began to change. I felt an amazing sense of freedom. Helped by the incredible support from Cherry Lodge and my family and friends, I began to see life very differently. I'd been stuck previously in a miserable legal career. Whilst I enjoyed the studious side of being a Lawyer and helping others, I never fitted in with the toxic people and corrupt environment. I had always been creative but at a young age had got stuck in the corporate world and quite frankly was a square peg in a round hole. I'd wanted to get out for so long but had a mortgage and commitments so felt trapped.

human spirit

After diagnosis, I started to feel that Cancer gave me permission to live my life for me. I'd spent all my life being a pleaser, sorting out people's problems and living a life needing approval, my own needs way down the list, I felt I had no voice. No more, I thought. This is serious.

I felt like I'd woken up. The thing I had feared the most was here and now I had to make my life count.

I started to see the good in others; I valued a nice cup of tea, the sun, flowers in the garden and really felt I was starting to live. Cancer makes you feel your own mortality and that can make you live mindfully, appreciating your lot or it can make you fearful. Don't get me wrong certain people still irritate the hell out of me but now I have learnt to leave their bad moods with them instead of trying to 'smooth things over' and make the peace. They are on their own journey and must learn new ways on their own.



Valuing a nice cup of tea.



Appreciating flowers in the garden.

**“I felt like I'd woken up.
The thing I had feared the
most was here and now I
had to make my life count...”**

So I thought I would write down what I have learned on this journey:-

- ✿ Gently ease away from people in your life who make you uncomfortable, are domineering and do not hear your voice, they are taking your power away.
- ✿ Think about what makes your heart sing – be it reading, art, walking, helping others and capitalise on that. If you are still working is it making you happy and is it what you want to do.
- ✿ Live in the moment. This sets you free because you are no longer worrying about tomorrow or fretting about yesterday. It is extremely liberating once you get the hang of it. I attended a mindfulness course at Cherry Lodge and it changed my life.
- ✿ Only you will know what is right for you, it is important to hear others opinions but not to feel pressured to take their advice, they do not know your journey.
- ✿ I believe that Cancer comes into a person's life when change is needed or after a traumatic event. The healing of Cancer is both physical and mental in equal measure. Art therapy and counselling are very powerful. Cancer is an energy and if your work on resolving your hurts, it can make a difference to recovery.
- ✿ I cannot over stress the importance of meditation. There is a wonderful app called 'Insight Timer'. It is free and contains meditations of all kinds. If you search 'cancer' there are excellent cancer meditations that aid healing. My favourite is 'Healing meditation for people with cancer' by Dr Robert Puff. Meditation makes you feel you have spring cleaned your mind and is a powerful way of being in touch with yourself.
- ✿ Take support that is on offer. There is a variety of ways that you can receive help, counselling isn't for everyone but there is other support.

✿ Managing Cancer is all about feeling in control. You will always be in control of your Cancer and do not forget that.

For me, I am doing very well, I am walking properly and my Oncologist is pleased with me. I live a day at a time. I am embarking on a wonderful new venture, becoming a professional Artist. Something I have wanted to do for many years and now the time feels right. Goodbye rotten offices, secretaries who would type two letters a day for me and looked confused when I asked them what they'd been doing and Lawyers with no people management skills.

Don't get me wrong, I do have the odd bad day, the hot flushes from the medication have created the most amazing hairstyles!

I am also working through the issues and pain from my past and each step is making me feel better as I leave that hurt behind.

I have met so many lovely supportive people on this journey from the staff at Barnet Hospital, to the people at Cherry Lodge. Sometimes I feel shocked at what has happened to me in such a short space of time, but I like the new me and oddly enough Cancer is the one I thank for that.

*** Since writing the article I have had a CT scan that shows everything is shrinking, clearing completely from my lungs. Good news and I am sure helped by my new found approach to life.**

2019 London Marathon!

This year's London marathon will be with us before we know it and will take place on Sunday 28th April. We are lucky to have once more found five brave souls to pound the streets on behalf of Cherry Lodge. Please give them all the support you can. Our intrepid runners for 2019 are:

- Tony Chapman
- Jennifer Oxley
- Kieran Storey
- Michael Storey
- Molly Burgess



**Donations
can be made via
www.justgiving.com**

The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

From Una S. East Barnet.

I would love to have some information about seated yoga as, sadly, I am not as mobile as I used to be and have had a hip replacement. Is seated yoga available to all members of Cherry Lodge or are there specific requirements to qualify. I would very much like to do some gentle exercises and hope this may be the therapy for me. I have heard some very positive comments about it and I look forward to your reply.

Thank you!

Una

Dear Una

Good to get your letter, it is so nice you took the time to write. A big **YES**, you would be able to participate and hopefully benefit from our seated yoga group. I can adapt any postures to accommodate your mobility with regards to your hip replacement.

Our group is run on the first and third Tuesdays of the month at 12:45. No need to book, just turn up. Unfortunately I am away in February but we are back on the first and third Tuesdays again from March onwards

Hopefully we can look forward to seeing you and anyone else that would like to give it a try.

Kindest regards

Jackie Robinson

Yoga Teacher

Bits & Pieces

Save the date!

To Soulstice with
Love Ball

16th February
2019

Save the date!

Easter Fayre
Saturday
13th April 2019

St James's Church
New Barnet

Congratulations to our Raffle Winners

First prize: Weekend for two in Bruges.

Mrs Calron

Second prize: Meal for two Holiday Inn Elstree .
Francesca Roberts.

Third prize: £150 Ticketmaster voucher. Lions
Club of Golders Green

Fourth prize: Christmas hamper. Frank Jeffs.

WANTED!

Good Quality Gifts etc. we can use for prizes in
raffles. Gold, Diamonds and World cruises
accepted, we're not proud!

Give As You Live

If you get a moment, please take a look at the
"Give as you live" website.

www.giveasyoulive.com

It is a way of donating money to Cherry Lodge
as you go about your life purchasing goods, at
no extra cost to you. The website is easy to use
and self explanatory.

Thanks for looking.

Matched Funding

Do you/did you work in a Bank or an organisation
that offers **Matched Fund Raising** for Charities?
Know someone else who does? A great way to
raise money for CL.

Please contact Tina for details:

020 8441 7000

Budding Runners

Fancy stretching your legs for a good cause and
keeping up your New Year resolutions?

How about signing up for our 10k in July?

Contact Tina or check the website.

Make up!

Please note we are very fortunate to have
gained the services of a **professional make up
artist**. Please see the back page for details.

Top Shop

Our Barnet shop urgently needs donations
and volunteers:



1A, Church Passage, Barnet, EN5 4QS
Tel: 020 8440 6287

Assistance, collection and delivery of items can
be arranged. ***Please note we cannot
take furniture.**

Remember Gift Aided donations on items enable
us to claim an extra 25% on the sale price.

Borehamwood Shop

Sadly our Borehamwood shop will be
closing in the middle of March, due to the lease
expiring. **We would like to thank all the staff and
volunteers for their hard work and support over
the years.**

Thank You

For your kind donations. As you may know,
we do not receive ANY Government or Local
Authority funding and are totally dependent on
the donations from individuals and businesses.

Without these and the proceeds from our
fundraising events we would not survive.

Donations can be made directly or through
"justgiving" this does incur a 5% fee but we
recognise it is often the most convenient way
for people to give.

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. Contact Fiona for more info.
- ✿ A comprehensive Home Visiting Service (Befriending) – delivered across North London and South Hertfordshire. Contact Yvonne on 020 8441 7000.
- ✿ Group Activities – including open discussion and treatment sessions, and tailored exercise classes.
 - Tuesday morning weekly 'drop-ins' from 10 – 12.30pm. 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 – 1.30pm) and Chi Gung (Mondays 11.00 – 12.30 pm) at St Marks Church Hall, Potters Road, Barnet, EN5 5HY.
 - Arts and Crafts Group takes place at Howard House on the last Friday of each month from 10.00 to 12 noon. Please sign up on the noticeboard in CL.
 - Cherry Lodge Singers, Wednesday 4.00 – 5.00pm. No audition necessary. Just turn up, join in and have fun.
- ✿ Healthy living advice sessions throughout the region.
- ✿ Relaxation therapies delivered by qualified volunteers – from medical acupuncture to massage.
- ✿ Seated Yoga at Cherry Lodge. First and third Tuesdays of the month at 12.45. No appointment necessary.
- ✿ Hair Care at Cherry Lodge – Advice on wigs and hair care provided by Lauren on Monday mornings. Please contact Lorraine to book an appointment
- ✿ Welfare Benefits – The Barnet Macmillan CAB Benefits Advisor is available to contact by CL members on 020 8440 4227.
- ✿ Carers' Support Group – This group, facilitated by Kirsty Mabb, meets on the second Monday of each month, from 1.30 – 3pm on the third floor Global House, 303 Ballards Lane, North Finchley, N12 8NP. All welcome.
- ✿ Cornflower Support group, second Tuesday of every month, 7 – 9 pm. Parish Hall, 4 Thirleby Road, Burnt Oak, HA8 OHQ.
- ✿ The Centre is now open on Tuesday evenings from 6-8pm for pre-booked reflexology and Alexander Technique sessions. Contact Lorraine to book.
- ✿ CL has obtained the services of a make-up artist which will be available for members undergoing active cancer treatment. For more information contact Lorraine or Fiona.



www.facebook.com/CherryLodgeCancerCare/

If you have any news, thoughts or comments please email me or pass a message on through someone at Howard House - many thanks.

Grant Whitaker
Editor, CL Newsletter

Email: whitakerge@aol.com