

News

Summer 2019

Our 2019 London Marathon Success Stories!

by Ruth M



Our heroic Marathon 2019 runners Kieran, Molly & Michael

Congratulations from Cherry Lodge Cancer Care to our five wonderful runners – Molly Burgess, Tony Chapman, Jennifer Oxley, Kieran Storey and Michael Storey.

They were among the record 42,549 people who completed the 2019 Virgin Money London Marathon, held on Sunday 28th April. By the 1st May over £10,000 had been raised from their blood, sweat and maybe a few tears!

(Read more on page 2)

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Our 2019 London Marathon success stories



Event director Hugh Brasher described the event as “the greatest ever” in its 38-year history. In Brasher’s words: “Once again London showed how the marathon brings communities together and shows how the family of man can be united, one of the founding pillars of my father, Chris Brasher, and John Disley. ... I can only reflect on an amazing job – from the athletic performances to the charity fundraising and the amazing sense of community. ... It’s how London and the crowd embrace this event that makes it so special.”

The London Marathon also has a special place in Cherry Lodge’s fundraising history and we enter a team every year. Younger runners took over the baton from Cherry Lodge chairman Margaret Clark some years ago – but Margaret, a veteran of numerous marathons, still welcomes the opportunity to offer encouragement and advice to all our runners. Also, on Monday 29th April, there was an opportunity for the runners to attend the Cherry Lodge centre, Howard House, for a soothing therapy from Prasana and Loretta, a few nibbles and to pose for a photograph or two.

“Once again London showed how the marathon brings communities together and shows how the family of man can be united”

Our featured photograph shows brothers Kieran and Michael Storey with their cousin Molly Burgess. This young team, aged 24, 22 and 19, joined together to run the London Marathon and raise money for Cherry Lodge in memory of their grandfather, who died suddenly last year. This was Kieran’s second London Marathon for Cherry Lodge (having run for us previously in 2016). He was disappointed by his 2019 finish time of 6hrs 2mins, telling us that it had taken him some 40 minutes to get across the start line and that he had then set off at such a speed that he virtually ran out of energy around Canary Wharf. We applaud him nonetheless!



Michael and Molly were both Marathon first timers. Michael finished in 4hrs 51mins and Molly in 6hrs 47mins. Molly, a student, felt her toenails were suffering from too much football and clearly paid the price but said she had loved the experience. She also mentioned how the support of the crowds throughout the route gave her, and the others, the energy to carry on. As well as taking part in the Marathon itself, Kieran, Michael and Molly have been involved in various other fundraising events for Cherry Lodge, including a wine tasting evening themed with marathons run around vineyards in different countries.

Jennifer completed the course in 6hrs 18 minutes. On her online fundraising page she describes the Marathon as “a massive physical challenge for me” and writes movingly about her best friend Nicola Kelly, who came to Cherry Lodge for massage and counselling before her death from a brain tumour last September. Nicola requested that donations be made to Cherry Lodge in her memory and Jennifer has responded by running the Marathon for us. Jennifer has been very touched by her fundraising experience and told us “I am so grateful



to have had the opportunity to raise money for this charity”.

Tony put in the fastest time of all our Marathon runners this year – a very creditable 4hrs 6mins. When he set up his fundraising page at the end of last year he wrote: “Hi guys, I know I said I will never do another London Marathon again! However this time it’s different! As some of you may know my mother has been faced with the devastating news of terminal cancer and will have to face chemotherapy treatment for the rest of her life! Cherry Lodge Cancer Care in Barnet has been a safe haven for her in the past few months in more ways than one! I’m doing it for my mother and many like her, to help and support them in their battle!” Very sadly, Tony had to update his page two months later, with the news that his mother had lost her battle with cancer on 25th February but that she had died “peacefully surrounded by me, my wife and my daughter.

Everyone at Cherry Lodge Cancer Care sends their much deserved thanks and congratulations to all our runners!



The medal that makes it all worthwhile.



“f I knew the meaning of life, would I be sitting in a cave in my underpants?”

Chair Yoga

by Jacqueline R

What is chair Yoga? Simply, doing Yoga whilst seated in a chair, so no lying down or standing, or strenuous activities. Just gentle breathing, stretching and relaxing.

Yoga’s history goes back thousands of years. Practicing Yoga is not just physical exercise, yoga works along with our breath, and that involves slow, deep and conscious controlled breathing.

Through focusing on breathing exercises we begin to reduce stress, calm the mind and practice being in the present moment.

Chair Yoga is for everyone, especially people who want to practice gentle yoga, gradually increase their mobility. The postures can be done alone at home or in a yoga group, practising in a yoga group has the advantage of the teacher being able to adapt postures to meet individual needs along with also increasing motivation and the opportunity to meet new people.

The only genuine requirements are a chair without sides, a reasonably quiet space indoors or in fine weather outdoors comfortable clothing in which you can move and breathe easily. When we work within the class we listen to our inner voice never ever moving in a way that could bring any discomfort, just stretching enough and focusing our minds towards being in the present moment. Learn to be able to use postures that you find beneficial to your particular needs, in class and maybe also at home.

Please feel free to come along and join us on the first and third Tuesdays of every month at 12:45. You will be most welcome.

Letter to the Editor

Dear Simon

Thank you for your letter and taking the time to write to us. We are always looking for feedback and opinions about what we do and any input is most welcome.

The website aims to give up to the minute information about everything to do with Cherry Lodge and its services. This ranges from details of our structure and aims through to current fund raising activities and our services and how to access them. In this day and age we know that many people reach for their phones or computers first to find out information and to guide them in their search. We are also aware that not everyone is "Tech savvy" or has access to computers. The newsletter aims to communicate with all our members without the need to use technology and in an easier to read format.

We often ask ourselves what we should include in the newsletter, what might interest members and is it worth the money we invest in. We welcome people's views on this and ideas about what they would like to see or not see. If you would like to comment or provide us with some content please email me at whitakerge@aol.com or leave a note at Howard House.

Kind regards

Grant

Editor: Cherry Lodge Newsletter

The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

From Simon, Enfield.

I regularly receive the Cherry Lodge newsletter and it is always a welcome read when it drops through my letter box. I sometimes look at the Cherry Lodge Website too and wondered how you decide on the content and what you hope they achieve?

Thank you!

Simon

A Member's Poem

Drop In

We drop in, like family.
"Hello Roger, hello Kathryn,
how are you?"

We talk about friends, our families,
treatment, travelling....
Or sit quietly.

We are generally segregated.
Ladies at the front, men to the rear!
It's just like the "hops" of my youth.

We look out for each other,
but don't make a fuss.

So much kindness,
sailing together in the same boat.

© Dennis E FRSA

First published in 'Occasional poems', by Celebration Press 2018

Bits & Pieces

Don't Forget!

The latest information and news are available on the **CL website**. It is regularly updated, please make it one of your favourites and visit often.

Web address: cherrylodgecancercare.org.uk

Chairman's Appeal

So far over **£9,300** has been donated following the Chairman's Appeal. Thank you to everyone, without your support Cherry Lodge could not continue!

Easter Fair

We made over **£2,500** at our recent Easter Fair. The Easter Bunny put in a surprise appearance and great fun was had by all!



Members Activities

Please make sure you check out our Group activities including new Circle dancing, full details can be found on the back page of this newsletter.

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



**Like us on
Facebook**

www.facebook.com/CherryLodgeCancerCare/

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.

Shop News

Our Barnet shop 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 and items enable us to claim an extra 25% on the sale price

We are delighted to announce that Susan has been appointed to manage our Barnet shop, ably assisted by Annys and Sheila. Please pop in and say hello.

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.

Volunteers - a Big Thank You to the volunteers who serve on the Fundraising committee and give their time so generously at numerous fund raising activities. Without your help we couldn't run the events that make such a difference to Cherry Lodge and its members.

Quiz Supper

The Quiz supper was hotly contested on the 4th May and raised over £1,400 - Thank You.

Newletter

If you are receiving this newsletter directly and no longer wish to receive it, please email Tina:

tina@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. 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.
- New activity**, Circle Dancing Round the World, with Ingrid. Held on Thursdays 2-3 pm at the Open Door Centre, Christ Church, St Albans Road, Barnet, EN5 4LA. Please contact Fiona or Yvonne for further details.
- 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.
- ❁ The Mindfulness Course will restart in the Autumn. Please contact Fiona for new dates and times.
- ❁ 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 0HQ. All welcome.
- ❁ 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.

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