

# News

Summer 2023

## London Marathon 2023 – A runaway success *by Cherry Lodge Cancer Care*

**The tcs 2023 London Marathon was held on Sunday, 23rd April, on what turned out to be a far from Spring-like day. More than 48,000 runners defied wet conditions to make this year's London Marathon the biggest ever in this iconic event's history.**

Cherry Lodge Cancer Care had eight runners taking part and we are delighted to announce that all of them successfully completed the course. We send them our hearty congratulations and a huge thank you! Money raised through sponsorship will make a big difference to Cherry Lodge, helping us continue to provide our much needed cancer information and support services completely free of charge. Thank you, too, to everyone who has made a donation so far (with an interim total of over £12,000. Note also that there is still time for other people to show their support – clicking on the names in blue on our website will take you to the runners' fundraising pages.

Marathon runners have different ambitions. For some the finish time is the driving force. For others, the aim is just to finish the 26 mile course – which is no mean feat. Sometimes performances are achieved despite carrying injuries picked up during training. Whatever our runners' stories, we congratulate and thank them all.

The fastest of our runners this year was Chris Travis, whose ambition was to get an even better time than he did when he last ran the Marathon for Cherry Lodge in 2021. His aim for 2023 was to finish in under 3 hours – and he succeeded, achieving a fantastic 2hr 59min.

Vass Mandeville, 23, initially put his name down for the Manchester marathon on 16th April, as he never thought he would get a place in the London. How was he to know that he would be running not one, but two marathons in the one week. An amazing achievement which was very challenging even for such a young and fit man. The Manchester marathon he managed in 3 hrs 07 with the London one taking 14 minutes longer. Vass did not minimise the tremendous effort involved and said that what kept him going was the thought of his many generous sponsors and how he couldn't possibly let them down. Sheer willpower got him through the last three miles. At first he was going to do the run with his sister but when she developed a knee problem, he was able to run with his lifelong friend Sam. Again thank you Vass and wear your medals with pride.



*Maja - I did it*

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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.

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*Sam enjoying the experience*

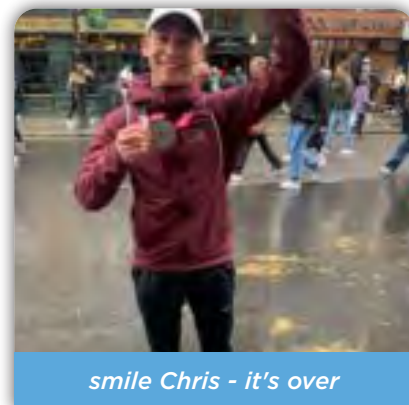
Sam Abrahams, 22. Together with Vass, Sam did the Manchester marathon in 3hrs 54, being blissfully unaware that a week later he would be competing in the London marathon! He suffered a knee injury at Manchester and was advised by his physiotherapist not to take part in the London, but, nevertheless, decided he was going to do the run which he found much harder but despite his injury finished in 4 hr 22 mins. Sam was certain that it was the sheer exuberance of the supporters shouting his name that got him through. Very impressive Sam, that's for sure.

Three other CL runners also achieved very impressive times: Josh Hockney finishing in 4hr 10min, Bobby Pratt (son of Giles Pratt a previous CL marathon runner) who finished in 4hr 29min, and Daniel Lenihan (a London Marathon ballot winner) with a finishing time of 4hr 44min.

Maja Zor, 41, originally from Slovenia, was our only female runner and this was her first marathon. Despite a friend telling her she had unsuccessfully tried the ballot 15 times (!) Maja was lucky and secured a place. Having done all training on an indoors treadmill, managing a full time job and two children, aged two and four she completed the 26.2 miles in 5 hrs and 17 minutes. She volunteered the information that she had never felt so much pain in her life, despite having given birth twice!! About half way the pain in her thighs had become unbearable and she walked for a while before getting her second wind.



Call the Midwife had given her a fascination with Poplar and actually running through that part of London had been one of the highlights. It was in Bermondsey that her two children, partner and mother saw her and she stopped for a cuddle. Well done Maja. Thank you so much for your enormous effort. We would love to welcome you next year.



*smile Chris - it's over*

Finally, we congratulate Kyri Papasavva, not only on completing the London Marathon in 5hr 58min but also on his very recent marriage! Kyri's honeymoon has had to be delayed as he was absolutely determined to take part this year. Kyri had been disappointed in the past, having trained to take part for CL in the London Marathon scheduled for April 2020 but cancelled due to Covid. Money raised for us by Kyri in 2020 was gratefully received and his London Marathon place was deferred until this year. He can be seen in the photograph wearing two London Classics medals, working towards the prestigious trio awarded for completing the RideLondon 100-mile cycling sportive; The Swim Serpentine two-mile swim, and the London Marathon.

As is customary, Cherry Lodge Cancer Care invited all our runners to visit the CL Centre (Howard House, Union Street, Barnet) on the evening after the London Marathon. Unfortunately, this year, only three of our runners were able to attend. However, they were given a warm welcome by Dr Margaret Clark (CL chairman), Tina Papasavva (CL Fundraising Events Coordinator) and Freddy Kater (CL Volunteer and Website Reporter).

During their visit, the three were treated to a massage to soothe their aching limbs. Thank you to CL therapists Andi and Loretta for coming in to do this. Refreshments were also on offer – an inviting platter of sandwiches, cakes and lots of fruit. Thank you also to Tina for making the arrangements.



*Multi medal Kyri*



## Letter to the Editor

Dear Marilyn

Thank you for your letter to the Editor and kind words regarding your experiences at Cherry Lodge. I am so pleased that we were able to help at such a worrying time for you.

I would like to reassure you that end of treatment does not mean that you can no longer receive support from us at Cherry Lodge. We find that this can be quite an unsettling and challenging time when your contact with the hospital reduces; you can feel vulnerable facing that challenge of change, trying to find your new 'normal'.

Family and friends around you are celebrating your achievement, however, for you there is still the need to finally process the significance of your cancer journey and the emotional and physical effects it has had; this can take time.

All our services are still open to you until you regain your confidence and feel able to move on.

Kind regards

Flona Kiddle

Cancer Information Nurse

The Editor  
Cherry Lodge Newsletter  
Howard House  
Barnet  
Hertfordshire

Dear Editor,

I will never forget the day I was referred to Cherry Lodge and was given such a warm welcome when I was at my most scared. My 'interview' with one of the very knowledgeable nurses made me feel a lot better and the expectation that acupuncture would help with the side effects of chemo gave me hope for the future.

I have had such vital help from CL during my chemo but as this is now coming to an end, the thought of being without your care and support really worries me. Is there a way I can still receive your services and therapies which have been so wonderful?

Marilyn  
South Mimms.

## Another big cheque from Psychobilly Kicks Back *by Cherry Lodge Cancer Care*

**Cherry Lodge Cancer Care is hugely grateful to Psychobilly Kicks Back (PKB) and the wider psychobilly rockabilly music community for their ongoing support. Our featured photograph shows Steve (Ginger) Meadham, founder of PKB, and his wife Amanda at Howard House on 29th March 2023, about to hand over a big cheque for £3,800 to help fund Cherry Lodge's much needed services. PKB are long-term supporters of Cherry Lodge, and this cheque brings the total they have raised for us to date to a truly fantastic £48,376.**

For more information about PKB's past and future events, please visit Psychobilly Kicks Back (for Cancer) on Facebook. In his most recent post, on the day of the big cheque handover, Steve thanked his supporters for all their hard work and described what had been a very up and down year, with cancelled shows and no stock due to health problems. Specific thanks were given to Thomas Heiden and Andree Sinner for putting on a support show, to PKB Fiddler's Elbow and the fantastic bands that played their hearts out, plus supporters' help with auctions and raffles, and a £200 donation from Doghouse Radio. Despite the challenges, "we still done so well!"

Looking to the future, there will be a big PKB show in Germany. There is also auction stuff ready to go on line and donations are coming in – "gonna be a good year I think, thank you all, and of course PKB staff helpers, and my partner in crime, Amanda Meadham. We thank you all."



*Another gratefully received donation*



# Fundraising EVENTS

Come and take part in a  
**Sponsored Swim**  
in aid of Cherry Lodge Cancer Care



**Sunday 11th June 2023**  
4:30pm-6:30pm

Venue: QE Boys School, Queens Rd, Barnet EN5 4DQ  
Open to all ages and abilities. Everyone welcome.  
Set your own target e.g. 10, 20, 30 lengths (x 25m)

To register please contact  
tina@cherrylodgecancercare.org.uk



Cherry Lodge  
Cancer Care  
INFORMATION AND SUPPORT CENTRE  
Registered charity number 1016229



Come and enjoy an afternoon of  
**Jazz at The Manor**  
and fundraise for Cherry Lodge Cancer Care with a swing!

**Thursday 15th June**  
The Old Fold Manor Golf Club, Hadley Green, Barnet EN5 4QN

Come and join us for a scrumptious afternoon  
tea and jazz provided by JAX and her trio, who  
will entertain you with wonderful melodies.  
2.30pm - 5.00pm  
Tickets £25 please contact  
tina@cherrylodgecancercare.org.uk



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**Summer  
Soulstice**  
In memory of Andy Weekes 1963-2006  
**2023**



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

11am to 11pm

**Ticket Event Only**

For tickets please contact [www.summersoulstice.co.uk/tickets](http://www.summersoulstice.co.uk/tickets)

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.

**JUNE  
24**



## MAD HATTERS FLOWER ARRANGING

2pm to 4pm.

Tickets £12.00 to include workshop, tea and cakes.

Venue Open Door Café, St Albans Road, Barnet, EN5 4LA

**JULY  
20**

Please join us for an amazing

**BOLLYWOOD  
EXTRAVAGANZA**

**Saturday 8th July**  
4.00pm - 6.30pm  
The Landsby, Merriam Ave, Stanmore HA7 4RY

Come along for a session of  
Bollywood dancing and workshops  
with Ambur from Vibes Dance.  
Prize for Best Bollywood costume.  
Fabulous Raffle on the day.  
Tickets £35 include a welcome drink  
and delicious two-course Indian cuisine.



For tickets please contact:  
Myra 07789 982 999 or  
tina@cherrylodgecancercare.org.uk



Cherry Lodge  
Cancer Care  
INFORMATION AND SUPPORT CENTRE  
Registered charity number 1016229





# Bits & Pieces

Dear supporter

In view of the considerable expense involved in posting items I hope it is acceptable to thank the many people who responded to my Chairman's Appeal in this edition of our newsletter.

Total money received thus far is around £11,000 and I wish to thank each and every one of you for your generosity.

Dr Margaret Clark

Please find enclosed tickets for our

## Super Annual raffle.

Extra books can be obtained from Howard House.  
Many Thanks

Save the date

Heart &  
Soul Ball

17th February 2024



Recycle Your Ink Cartridges\*  
and help us raise money!

Recycle 4 Charity

\*No ink tanks or laser cartridges please

**Drop-off point:**

Tina  
Cherry Lodge Cancer Care  
23 Union Street, Barnet EN5 4HY



Every used  
cartridge  
enables us  
to continue  
our vital  
work  
to support  
people  
with cancer  
and their  
families



## Matched Funding

Do you or did you work in a Bank or Organisation that offers **Matched Fund Raising** for charities?

Know someone else that does?  
A great way to help raise money for Cherry Lodge.

Please contact Tina for details

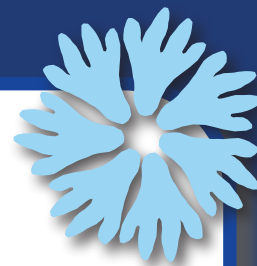
**020 8441 7000**



Like us on  
Facebook



# Our Services & Approach



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

## Our current services include:

**Consultations:** Nurse consultations can be booked in person, on line or on the telephone.

**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:** to access a befriender, or to find out more about the service, please call Yvonne at CL or e-mail [Yvonne@cherrylodgecancercare.org.uk](mailto:Yvonne@cherrylodgecancercare.org.uk)

✿ **Support Groups:** these are for people with lymphoma, ovarian cancer and men with prostate/ bladder cancer. The groups are facilitated by Fiona Kiddle. Please call Fiona at the Centre or email her at [Fiona@cherrylodgecancercare.org.uk](mailto:Fiona@cherrylodgecancercare.org.uk) for further information, dates and times.

✿ **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@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 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.**