

# News



Cherry Lodge  
Cancer Care

INFORMATION AND SUPPORT CENTRE

Summer 2024

## The Drop Outs.

by Pauline Wishart

**In bygone days the Tuesday mornings meant Drop In at Cherry Lodge's Howard House in Union Street Barnet. It was a special time for members of Cherry Lodge both past and present to meet up socially and put the world to rights.**

**We made friends, encouraged newcomers and enjoyed our 'club'. The pretty noisy, couple of hours always included a raffle and maybe a treatment from one of the therapists, lots of tea and coffee and fun.**



Pauline Wishart

In February 2020 Covid arrived and the world changed. In March the country was in lockdown and this meant we could no longer meet as a group. It was a bleak time for everyone as we adjusted to this new life. The summer of 2021 arrived and I was missing the friends I had made. I contacted Mark and we put our heads together. Between us we had a few phone numbers so contacts were made and we arranged to meet up in the park behind the Courthouse where we could be socially distant. After a few weeks and because of circumstances completely beyond our control we moved to the Coffee Bean courtyard in the Spires (toilets nearby). This was fine in the summer but as the weather changed and as winter approached we had to move (we were by now a larger group) into the café. We were averaging about 12 folk every week but we were all beginning to feel uncomfortable by being squashed together and blocking other customers. We needed to rethink...again!

During our annual Christmas lunch at the Red Lion, (they are always so helpful to us every year) Mark, Yvonne (our liaison at Howard House) and I would try to think of a new venue for the all important weekly meetings. Yvonne suggested the Open Door at Christ Church, St Albans Road, might be a possibility and I agreed having been there myself on many occasions in the past. Yvonne first made enquiries and I followed them up. They were, and are, very happy to accommodate us. We had found our new home.

*continued*



A bunch of Drop Outs

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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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January 2022 and the dropout became official. We love our new home. The coffee is great: Bob and the other volunteers know how we all like our tea and coffee. Many of us now also stay for the amazing lunches provided by the lovely Carin (how she provides sustenance for everyone is amazing). The Volunteer staff have become friends so we are all one big happy family.

New members are always welcome to join us. Some folk come every week while others drop in every so often. We are a social group who have all had cancer at some stage and although we cannot give advice, we can support you to see the light at the end of the tunnel. We run from 10am to 2pm on the Tuesday morning in term time. During school holidays etc. a few of us meet at the Coffee Bean instead. On behalf of the gang we hope to see you there as the Coffee Bean is the best café in Barnet and, what's more, they support Cherry Lodge, so please support them whenever you can.

The Open Door door at Christ Church is open Tuesday-Friday 9.30-2.00pm and is an absolutely perfect place to unwind away from the hustle and bustle of life. Please support them when you can.

**If you are interested in joining us and want to find out more, please contact Yvonne at Cherry Lodge.**



## Hotel Sponsorship

by Sarah Armitage

Cherry Lodge Cancer Care is delighted to announce that the Double Tree by Hilton London Elstree has selected us as their chosen charity. This decision acknowledges the close and very productive relationship developed between CL fundraisers and the hotel's management and staff. The hotel has hosted two very successful balls for Cherry Lodge with Summer Soulstice: the Heart and Soul Ball in February 2024 and the Soul Fall Ball in October 2021.

We recently met with their marketing team to discuss exciting ways to fundraise. Their first event, a cake sale was very successful. There are plans for staff members to compete in a 10k run, skydive and a joint murder mystery dinner in November. We are delighted that they have chosen a local charity and look forward to working with them for the benefit of Cherry Lodge and Double Tree By Hilton London Elstree.

A big thank you to Tina for initiating this joint venture.





# Full circle at Cherry Lodge

by Annys Douglas

My name is Annys and I am a retired police officer. I have been part of the Cherry Lodge family for over 14 years. After completing a diploma in Indian head massage, I had no idea of how to make use of this qualification. I had heard a little about Cherry Lodge Cancer Care (CL) in Barnet so I called them to see if I could be of any use to them. This resulted in an interview with Fiona, which was an eye-opener for me, as until then I had no idea what CL was all about.

I arrived on a Tuesday morning, which was a regular drop in for members and there I met other complementary therapists, and also lots of lovely members who would meet up, chat, drink tea and coffee, and if they wish, 15 minutes of complementary therapies.

When I was giving my treatment, all I could hear was the laughter and chatting, and at the end of the sessions, I was very upbeat and felt like I had a better time than some of the members.

After being there for a few years, I heard they were opening a charity shop, which I got involved in as a volunteer. I was beyond ecstatic as I had always loved. Going to jumble and car boot sales, even though I had no training in retail, I was able to chat away to my heart's content. The volunteers and customers were wonderful and I was in my element. As time moved on, I progressed to the paid position of assistant manager, I couldn't believe I was getting paid for something I enjoyed so much.

During all this, I also became a member of the Fundraising Team, headed by Tina, and there I met more lovely people and spent even more time. Chatting!

In May 2023, I was diagnosed with stage 3 bladder cancer, and I started chemotherapy with the aim to reduce the cancer in the bladder for a full removal. The road I travelled had many bumps, which included a kidney infection that required a nephrostomy bag to be placed, numerous infections, three blood transfusions, heart, palpitations, and mega blood clots on the lungs, to name a few, with varying hospital stays and different locations to the point, that most weekends, no one knew where I was..., Royal Free, Finchley Memorial, UCLA, Euston, UCLA Westmorland Street to name just a few.

However, through all this, I managed to remain positive and upbeat and learnt the life stories of every ambulance driver, nurse, doctor, consultant throughout most of the London, medical teams...



And by now, you have probably gathered. I do enjoy a good chat.

On the 6th of December 2023, I had my bladder removed and a stoma fitted (which I have named Blod (short for Blodwyn, or the bag for life) at UCLH Westmorland Street.

In February 2024, during a post operative biopsy, it was discovered that while most of the cancer had been removed with the bladder, there was one tumour that had not responded to the chemotherapy, and there was a possibility of life seeds still being present within. My oncologist suggested 12 months of immunotherapy, to build up the red blood cells, and to "mop up" any seeds that may be present. This is not without its own side effects, but it is manageable.

So far, I have had three sessions of immunotherapy and I am monitoring the side effects as it is my aim to be back at work within the next two months.

As you can see, I do not do things in half measures I have to have it all.

Cherry Lodge has been marvellous throughout my journey. They organised counselling sessions, acupuncture and exercise sessions before my operation. Fiona has been wonderful and there's always been someone there to talk to and advise me on any things I have difficulty understanding.

As you can see, I have done "the full circle" of CL: Volunteer employee and member.



# Fundraising EVENTS

## Summer Sponsored Swim

This event will be held in the stunning QE Boys School Pool, Queens Road, Barnet, EN5 4DQ.

Open to all ages and abilities. Everyone is welcome. The pool is 25m long. Set your own target.

To register, please contact  
Tina@cherrylodgecancercare.org.uk



## Flower Workshop with Iris

Professional florist Iris will delight you with her flower arranging skills and then give you a step-by-step guide to help you achieve great results of your own.

Ticket price of £14.00 includes the workshop plus tea and cakes.  
Time 2pm to 4pm

Venue: Hadley Memorial Hall,  
29 Hadley Highstone, Barnet EN5 4PU



## Pink Tombola

Pink Tombola stall at The Spires, Barnet. Please drop by our stall between 11am and 4pm - to have some fun and show your support

October is national Breast Cancer Awareness month and every year Cherry Lodge recognises 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 needed information and support services for people affected by all types of cancer.



## Murder Mystery Evening

Put your best detective's hat on and join the fun with a night of intrigue and murder!

Find out if you can match the skills of Sherlock Holmes as you become immersed in a night of mystery whilst raising vital funds.

Tickets are £48.00 which includes hot buffet meal.

Venue: Double Tree by Hilton,  
London Elstree WD6 5PU



## Lights of LOVE



BY  
INVITATION  
ONLY

## Christmas Fair

Please note Cherry Lodge's very popular Christmas Fair will move from St James Church East Barnet, to WESLEY HALL, in Stapylton Road, Barnet (opposite the entrance to the Spires car park).

It will be exciting to be in the Centre of Barnet itself where we will, hopefully, welcome even more of our many friends and supporters. Come and browse our fabulous stalls and visit our scrumptious café run by our dedicated team of volunteers.



Come and support the local Schools as they sing carols in aid of Cherry Lodge Cancer Care in The Spires, Barnet.



For further information on any of these events,  
please contact: Tina on **020 8441 7000**

✉ Tina@cherrylodgecancercare.org.uk

📷 Find us on Instagram: cherrylodgecc



# Bits & Pieces

## The Big Raffle

Tickets have been included with this copy of the newsletter or you can obtain them at Howard House.

### 1st prize

Three nights, for Two People at a 4\* hotel in Cologne includes breakfast. Choice Eurostar or Flight.

### 2nd prize

Afternoon Delight Spa Day for two at Sopwell House, St Albans, Herts includes Indulgent Afternoon Tea.

### 3rd prize

£150.00 John Lewis Vouchers.

### 4th prize

Luxury Christmas Hamper (Available mid December).

Raffle to be drawn on 30 November at our Christmas Fair.



## Advance Notice

The Cherry Lodge A.G.M. will be held on Tuesday 25 June 2024 at 7pm at Howard House.

Further details will be available on the website.

A vibrant poster for 'Summer Soulstice 2024'. The top half has a pink and yellow gradient background. The text 'Summer Soulstice' is in a large, white, cursive font. Below it, in smaller text, is 'In memory of Andy Weeks 1960-2006'. The year '2024' is in a large, white, bold font, with a cartoon character of a yellow circle with a face and headphones inside the '0'. Below the year, it says 'SOUL ON A SUMMER'S DAY'. The bottom half has a dark blue background. It features the 'LONDON SOULS' logo (a red and white square) and 'THE BritFunk ASSOCIATION' logo. Below that, it says 'OVER 30 SOUL, FUNK AND HOUSE DJ'S & LIVE ACTS ACROSS 3 ARENAS'. The date 'SATURDAY 15TH JUNE 2024' is in a large, white, bold font. Below that, it says 'TICKETS NOW ON SALE FOR THIS YEARS AWARD WINNING EVENT'. The text 'ADVANCED TICKET ONLY' is in a yellow, bold font, followed by 'SUMMERSOULSTICE.CO.UK'. At the bottom, it says 'Scan the QR code in your Camera App to buy direct from Eventbrite'. There are logos for 'Cherry Lodge Cancer Care' and 'ROOFING SUPPLIES' at the bottom left, and 'OLD ELIZABETHAN'S MEMORIAL PLAYING FIELDS GYPSY CORNER, MAY'S LANE, BARNET, EN5 2AG' at the bottom right.

## 2024 Marathon

Cherry Lodge this year had six runners in the London marathon. Sadly, and hugely disappointing for him, Liam Pratt picked up a virus and was advised not to run.

The finishers and their times were:-

Lucy Lee.....	3h54m
William Murchison .....	4h18m
Artan Taraboshi .....	4h27m
Joe Patrick.....	4h27m
Callum Burns .....	4h33m
Andrew Shoreman .....	4h38m

Our heartfelt thanks for the terrific effort put in by our runners and for the money they raised for Cherry Lodge.



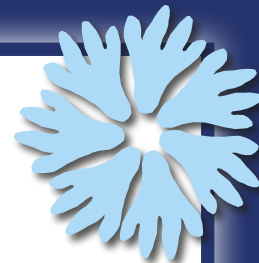
We would love to continue to tell you about our services and events at CherryLodge Cancer Care.

If you no longer wish to hear from CL you can opt out by sending an email to [nisha@cherrylodgencancercare.org.uk](mailto:nisha@cherrylodgencancercare.org.uk) with your details.



# 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 and Reiki.

✿ **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 2-3pm. For more information, please contact Kirsty at Cherry Lodge (020 8441 7000).

✿ **Yoga:** Mondays 2.45-3.45pm at Barnet Rugby Club with Teacher Lesley Bowell. Please contact Fiona at Cherry Lodge to register your interest.

✿ **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 10.15-11.45am). This group is member-led but either Yvonne or Fiona will always introduce new members. Free parking.

✿ **Circle Dancing:** conducted by Ingrid. Thursdays 10.30-11.30am 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:** we run courses online and face to face at the centre, provided by teachers Lucy Woods and Janette McCulloch. Please contact Fiona or Kirsty at Cherry Lodge for further information.

✿ **Outreach Surgeries:** provided at a variety of venues throughout the Borough by Kirsty, for people who might find accessing Cherry Lodge difficult.

✿ **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.** To book call Lorraine on 020 8441 7000.

✿ **Laughter Wellness:** monthly, on first Tuesdays of each month at 2pm via Zoom.

✿ **Knitting Group:** Last Wednesday of the month 1.30pm. People of all abilities welcome. Please bring own needles. For more information contact Yvonne.

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

