

News

Summer 2021



Cherry Lodge's 25th Birthday!

by Ruth M

With the coronavirus hopefully in retreat, it is now a good time for us to celebrate Cherry Lodge Cancer Care's first 25 years and to look to the future with optimism.



Visiting Westminster



Chi gung outdoors

1996:

The beginnings

- A portakabin at Barnet Hospital was made available to Barnet Cancer Care - the charity that would become Cherry Lodge Cancer Care.
- Dr Margaret Clark, CL chairman, retired from the NHS and immediately started work setting up one of the first cancer information and support centres in the country.
- Mina West, CL's first cancer information nurse, began seeing members in May.
- Complementary therapy sessions and group activities started.
- Early volunteers included Ruth Midgley, Freddy Kater, Ken Walker and Janet Nelson.
- Macmillan, the Hadley Trust and other benefactors provided financial support.

If you would like to donate or pay by BAC's/credit card, please email tina@cherrylodgecancercare.org.uk for details.

25

Remarkable Years

1998-2003:

The early years

- On 13th May 1998 the centre was formally opened by local MP Sir Sydney Chapman.
- In 2000 the charity was renamed Cherry Lodge Cancer Care to reflect its wider reach.
- Beth Harvey led CL Fundraising from 1999 until her sad death in 2007.
- Fiona Kiddle, Macmillan Cancer Information Nurse, joined CL in June 2001.
- By 2003, there were 1,000 members with access to an increased range of services.
- Services and activities included nurse appointments, complementary therapies, drop ins, and chi gung led by Peter Hague.
- Sue Rose set up CL's Befriending Service with volunteers visiting people at home.
- CL Outreach took services to west Barnet.



Christmas sparkles



2004-2010:

The move & afterwards

- After being given notice by Barnet Hospital, CL moved to 23 Union Street as tenants.
- Increased costs made these CL's most difficult times financially.
- Nonetheless, the spirit of Cherry Lodge lived on and flourished.
- In April 2005 Tina Papasavva started work at CL in the role of Charity Administrator.
- Outreach Nurse Kirsty Mabb joined the CL team in May 2005.
- The Summer Soulstice Festival was first held in 2007 and every year since then has raised large amounts of money for CL.
- Having helped out during Beth's illness, Theresa Bowman became Head of Fundraising.
- On 16th February 2009, with a legacy from Beryl and Kirk Howard, CL bought its premises and renamed them Howard House.
- CL's Barnet Shop opened in July 2009.





2011-2015:

The middle years

In 2011 substantial building work made Howard House better suited to CL needs.

CL's Borehamwood Shop opened in November 2011 (closed at lease end in 2019).

In 2012 CL's service provision was very similar to that provided pre-pandemic in 2020, with a wide variety of services and activities at the centre and via outreach.

In 2013 Yvonne Shield joined to take charge of volunteers and home visiting.

Lorraine Takaira was appointed in 2014 as secretary to the nurses.

In 2015 Tina took on the additional role of Fundraising Events Coordinator, with Nisha Jain joining to assist her.

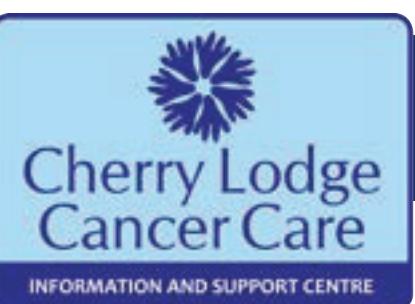
2016-2021:

The last five years

A second phase of building work was carried out at Howard House in 2016, creating a large ground floor space.

Summer Soulstice 2019 raised a record £45,000 for Cherry Lodge.

In 2020-21 services were reduced during the coronavirus pandemic but CL continued to provide much needed cancer information and support.



What Lies Ahead?

The pandemic reminded us all that whilst we may think we are in control, we aren't. Cherry Lodge has done a wonderful job from its foundation and evolution to take us to where we are today. During those 25 years we have:

- ✓ Consulted and supported over 5000 new members
- ✓ Provided over 60,000 therapy sessions
- ✓ Raised over £4,000,000 through fund raising events
- ✓ Raised around £1,500,000 from shops and merchandise
- ✓ Facilitated 225,000 uses of the Centre and its facilities.

What is true is that the support and service Cherry Lodge provides is needed as much now as it was in 1996. So more of the same is the order of the day while continuing to change, evolve and respond to whatever demands we meet. With the help and support of our many benefactors and volunteers we can be confident that we are well set for the next 25 years!



Deborah G - photo by Chrysoulia Kyprianou

Cherry Lodge Cancer Care's Latest Volunteer

Seriously, Why? I ask....

My surgeon, Mrs Crosbie, recommended I contact Cherry Lodge Cancer Care (CL) before I had even had my first operation. But I don't need support. She pushes: they usually have a waiting list as they are a small charity, so contact them now. But I don't need charity or help? I wasn't ill....

I phoned CL and was given an appointment the next week. I had literally just been diagnosed, I hadn't even started any treatment and truly had no clue what lay ahead of me re cancer.

Why would I need Cherry Lodge?

When I first arrived at CL in August 2019, there was a warm welcome. I met the awesome Kirsty (never to be forgotten!) We talked through everything; it felt friendly and informal.

Then you get to visit their "magic cupboard", which was full of organic / pure and therapeutic products. You are gifted items. Items that truthfully you have no clue how much you will need over the coming months. I chose lip salve and vitamin E scar oil. Good choice!

Kirsty mentioned that their cupboard was one of her favourite things, and that every month she would go and buy products to replenish it. What (!?) I say, are these not gifted to you? (My brain was still working at that time.) Sadly not she replied. And there and then out loud, I made a promise to Kirsty / CL and to myself, that if I made it through this, whatever "this" was, I would volunteer for Cherry Lodge and change that.

Little did I know then, just how hard the next 20 months would be.... And, just how uplifting CL's magic cupboard had been and would be.

In September 2019, I had a big birthday. It came in between my first major surgery and my second bigger operation. Clearly I knew I was too ill to enjoy this rite of passage. So on my FB page I set up: "D's big birthday, please donate to D's chosen charity blah." Wowsa! £1500 donated by my mates for Cherry Lodge. My dear friends are seriously much nicer than I deserve!

Post second surgery, I just didn't know what was happening to me anymore. But CL did. I was given glorious reflexology appointments with Andi and I would doze off. I was offered

counselling too. Also, CL gave me physiotherapy, as the swellings from the surgery were awful and I was in agony. I was later diagnosed with lymphedema. Caroline was a wonder – and I know, had I not been given that physiotherapy treatment at CL, I would still be in continuous pain and severely disabled with swelling.

In November 2019, I started 6 months of chemo'. And yes, I wore a cold cap to try and save my hair – and honestly, please don't be afraid of a cold cap. Give it a go and if it is not for you, at least you tried. For me, I had always had a luxurious, thick head of hair; and I felt, at the time, that if it all fell out, I would literally lose my strength and my fight - fact.

I am not saying any of it was a breeze. It certainly was not - cancer seriously is not. But what I did know was that CL was real and that they would always be there for me.

Once at CL, I attended a Sound Healing session which used percussive instruments (look one up!) It was truly wonderful as it gave me focus, calm and hope.

Then came lockdown in March 2020. Soon after, I started 5 weeks of daily radiotherapy at RFH, which was not a local hospital to me.

During lockdown Kirsty contacted me, as she knew I lived alone, saying that CL were being donated fresh ready cooked meals and they were going to deliver to any CL "guests" who were isolating at home. As ever I said, "I really don't need it, honest." Kirsty just gently said "we'll drop some off this week and you don't have to have a delivery again..."

OMG! Was I wrong and was she right (as per). I was so weak and ill, and when the doorbell rang and there was a lovely CL volunteer, Chris, on my doorstep, being driven around by her equally lovely volunteer husband, Peter, in his black cab. I cried with relief.

Every week, whilst I went through radiotherapy, CL would drop off 4 packets of the most yummy "Bill's restaurant" macaroni cheese and all I had to do was microwave and eat. That was another CL life line for me. Quietly there, giving support when needed.

Fast forward to April 2021. I am through, I don't want to remember the nightmare it was (sorry, but I'm always honest), and I am out the other side of successful cancer treatment – and am pretty much back to ME!

"...what I did know was that CL was real and that they would always be there for me."

So, I am keeping the promise that I made to Cherry Lodge on my first visit, back in August 2019.

The world is a very different place from the one I left in 2019. Then, I worked full time as a freelance arts publicist (and hopefully will again). One of the key areas where I could see that I could support CL, was through helping to keep their magic cupboard full of organic, holistic health, skincare and wellbeing products.

Cherry Lodge's magic cupboard meant so much to me when I first visited that I never want it to be bare.

So, I have started to reach out to organic producers on behalf of this small amazing charity, Cherry Lodge. Companies like: Salt of The Earth, Superdrug, and the tiny organic co. Cubby's Salve Collection, to see if they could/would donate a box of their beautiful products to Cherry Lodge. They have – hurrah!

It is early days for me, but I will continue to support Cherry Lodge.

Their magic cupboard brings so much joy - I know, it did to me.....

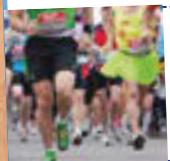
Bits & Pieces

Upcoming Events

Cherry Lodge Information & Merchandise Stall:

Thursday, 17th June 2021 - The Spires, Barnet

We will be selling brand new merchandise.
Pop in and say hello to the team



London Marathon 2021:

Currently planned to run in October.
For further details please contact Tina.

Breast Cancer Awareness Pink Barrow Tombola:

Saturday, 9th October 2021 11.00am to 4pm.
- The Spires, Barnet.

Autumn Soul Fall Ball:

Saturday, 23rd October 2021
- Double Tree Hilton, Borehamwood.

Christmas Fair:

Saturday, 4th December 2021
- St James Church, 71 East Barnet Road.



Lights of Love:

Sunday, 12th December 2021
- by the Bandstand - invitation only.

For information on any of these events, contact:

Tina on 020 8441 7000 or email
tina@cherrylodgecancercare

Thank you for supporting our events.

Should you wish to become involved with any of the above events please get in touch

WANTED DURING SEPTEMBER!

Good quality items for our Pink Tombola
please drop off at Union Street.

The poster is for the Summer Soulstice Virtual 2021 event. It features a yellow cartoon character with headphones and the text "Summer Soulstice #SSV2021". Below this is a large red "VIRTUAL 2021" and "June 25-27". A tagline "Raising money with a smile!" is in the center. To the right, it says "3 DAYS Of Soulful MUSIC" and lists "Streaming Live DJ Sets", "Pre-Recorded Shows & Special Live PA via YouTube, Mixcloud Live & Twitch". Logos for "Cherry Lodge Cancer Care" and "Roofing Supplies" are at the bottom.

PLEASE REMEMBER!

You can donate money to Cherry Lodge every time you buy something on Amazon by signing up to Amazon "Smile". It costs you nothing but we benefit. If you are a Co-op member you can donate your dividend to Cherry Lodge. You should be able to find us when you log into your account.

DON'T FORGET!

The latest information and news is available on the CL website. This includes details about our services and opening arrangements as well as forthcoming events.

It is regularly updated! Please make it one of your Favourites and visit often.

Visit us at: cherrylodgecancercare.org.uk

RAFFLE TICKETS

There is one book of raffle tickets enclosed with this newsletter. If you need any more please contact Tina.

Our Services & Approach



"Please check the CL website for up-to-date information if the government guidelines change, or ring CL to discuss with a staff member."

Due to the ever-changing nature of the pandemic and variations in Government guidelines, the Services provided by CL have had to be modified and in some cases even temporarily suspended. As our members will understand and appreciate it is not possible to offer any hands-on or group therapies, including Outreach services at the current time due to the pandemic. This is also to remind members that they can self-refer to the Barnet Macmillan CAB Benefits Adviser on 020 8440 4227.

Our services include:

- 🕒 Consultations with Cancer Information Nurses and counselling. Telephone or virtual consultations can take place, or a walk and talk, socially distanced meeting with the nurses can be arranged.
- 🕒 Three site-specific virtual evening groups take place every month. These are for people with lymphoma, ovarian cancer and one for men's cancers. Contact Fiona for more info.
- 🕒 A telephone Home Visiting Service (Befriending) - delivered across North London and South Hertfordshire.
- 🕒 Group Activities - including open discussion and treatment sessions, and tailored exercise classes Virtual seated yoga and the Move4You course have been completed. Six-week Mindfulness courses are ongoing. For more information please contact either of the nurses.
- 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 - SUSPENDED.
- 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 - SUSPENDED.
- 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 - SUSPENDED.
- 🕒 Cherry Lodge Singers, Wednesday 3.30 - 5.00pm. No audition necessary Just turn up, join in and have fun - SUSPENDED.
- 🕒 Healthy living advice sessions throughout the region - SUSPENDED.
- 🕒 Once national restrictions are lifted on 21st June, CL will gradually introduce a number of therapies including medical acupuncture, reflexology, etc., delivered by qualified therapists. These therapies will be offered on an individual appointment basis, with priority given to those newly diagnosed or going through cancer treatment. Please ring CL for further information.
- 🕒 Cancer carers' support group (for those who are supporting a relative or friend through cancer) is held, currently via Zoom, on 2nd Monday of every month, from 10.30-noon. For further information please ring the group facilitator, Kirsty Mabb, at CL or email her at kirsty@cherrylodgecancercare.org.uk.
- 🕒 Cornflower Support group - SUSPENDED.

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*