

News

Winter 2020

Lights of Love Ceremony 2020

by Freddy K

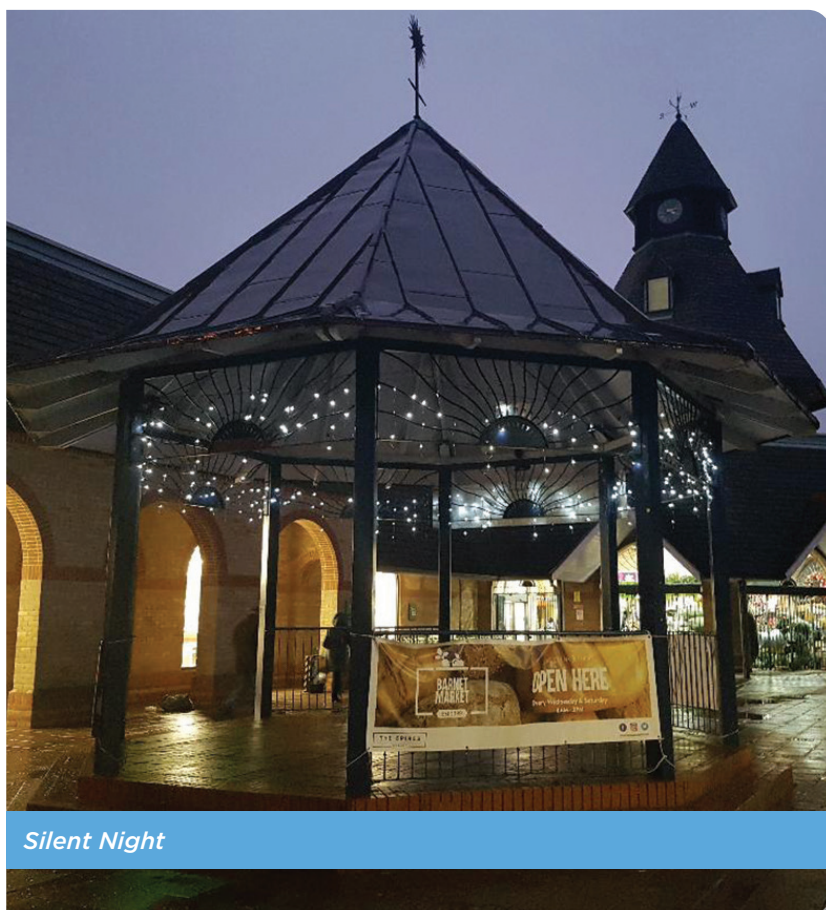
December is by definition a dark time of year and, without being too dramatic this has been a dreadful year by most people's standards.

Cherry Lodge has been celebrating the Lights of Love ceremony for many years, initially on the green outside St John the Baptist church and then for a number of years inside the Spires. The past few years have seen us congregating around the bandstand outside Waitrose and this had become, in many ways, our comfort zone.

For 2020, Covid-19 year meant changes had to be made to this important event on the CL calendar. People had to be dissuaded from standing too close to each other and singing, usually done by the CL singing group, was not permitted. There was no other way for it but the proceedings had to be zoomed. This, regrettably, proved not possible as the WiFi at the bandstand was inadequate for zooming purposes, with the result that it was decided that the six people (maximum allowed number) involved would all gather inside Howard House.

Sunday 13th December arrived and at 4.30 pm Tina visited the bandstand on which the lights were lit and took a photograph which was then zoomed to the 45+ people who had written in asking for loved ones to be remembered. The very quiet and empty bandstand and its surrounding area proved, if proof were needed, that this December finds us all in the middle of a most serious pandemic.

(Read more on page 2)



Silent Night

IN THIS ISSUE

Lights of Love	p 1-2	Letter to the Editor	p 5
A warm welcome	p 2	Events for your diary	p 5
Cancer diagnosis	p 3	Our Services	p 6
Fun, fun, fundraising!	p 4		

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

Inside the warmth of Cherry Lodge Fiona was preparing her laptop for the zoom broadcast when Sue arrived with our guest for the evening, Clare Hoffman who had kindly offered to bring and play her violin to add gravitas to the evening.

After Margaret made the introductions Clare played her first piece: Elgar's Salut d'amour. Hearing live music for the first time in almost 10 months felt very odd but wonderful. Freddy then read out half of the 120 dedications followed by Sue reading the others. Having usually read out the names in the bandstand, surrounded by passers by and spectators it felt almost more solemn to do it in the total silence of Howard House. Those present then held a minute's silence which ended by Clare playing Bach's Gavotte en Rondeau.

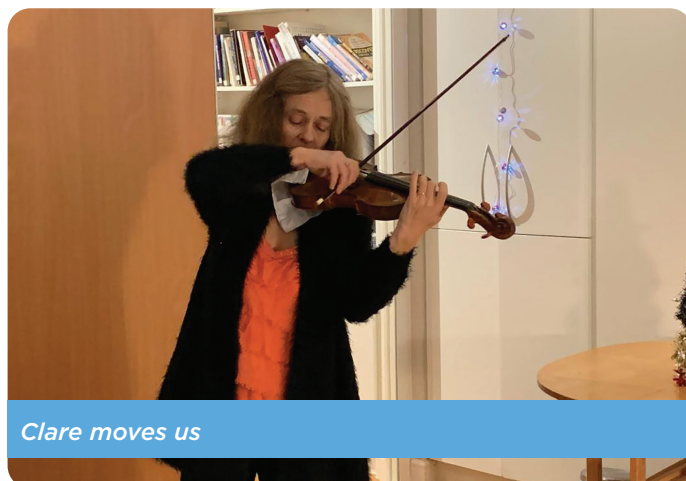
The evening concluded with Tina thanking the Spires staff for switching on the bandstand lights and Fiona for operating and recording the zoom event. Thanks were also extended to those who had sent in dedications, accompanied by donations, and for Margaret and the two readers and last but by no means least, to Clare for treating us to three very appropriate musical interludes. The Lights of Love evening ended with Bach's Gigue.

The lights on the bandstand in the Spires were lit until January.

The Lights of Love raised £2,100 in support of Cherry Lodge which is especially helpful in these challenging times.

It is to be hoped that in 2021 "The Lights of Love" will be held outdoors once again, with those present being treated to mulled wine and mince pies.

"Lights of Love raised £2,100 in support of Cherry Lodge"



A warm welcome to our new trustee Amanda Summers

BB I am 55 years of age and have owned a retail shop "scrummagers" in Barnet for 20 years, together with my mum Myra.

My parents took an interest in Cherry Lodge after my mum became friends with Tina and they began to host events for them in their home.

I had attended many fun parties and was blown away by the incredible staff and volunteers at Cherry Lodge.

Sadly, my Dad passed away of Covid in April last year, so when Tina asked me if I would like to be a trustee, I knew he would have wanted me to carry on helping this amazing charity. I gladly said yes.

I feel that by being part of Cherry Lodge I am helping my Mum continue her work with them as well as being part of something my Dad really loved.



Cancer Diagnosis during the Covid Pandemic

Dan L

As a reasonably fit young man and at the age of 39 with a wife and three children I was happily walking through life without a care in the world.

Then Covid hit in the beginning of 2020 and we were all put into lockdown.

During the early days of lockdown, around mid-March, I had a follow up MRI scan for a disc problem in my neck. Little did I know there was something sinister lurking?

A call from my GP alerted me that they have found a mass in my neck which they initially believed to be a lymphoma which needed immediate investigation. Of course I panicked because apart from the health worries the news was reporting that hospital appointments were being cancelled and treatments delayed.

I was in and out of the hospital frequently with multiple appointments in some weeks, all on my own due to Covid restrictions. I was officially diagnosed with thyroid cancer at the end of April. I was amazed at how quickly the NHS worked and got me seen.

Mass panic hit. I didn't know what to do or who to turn too. A quick google search brought up some information about Cherry Lodge. I had heard of them having lived in Barnet all of my life but never actually knew what they did. I picked up the phone and let it all go, I was listened to by Kirsty who understood what I was going through and offered loads of comfort and support.

“I learnt many tricks and tips from Cherry Lodge about how to keep calm and not be overwhelmed.”

Cherry Lodge offered to put me in contact with one of their therapists who specialises in helping people in my situation and it was FREE! I was overwhelmed and gladly accepted, one of the best decisions I have ever made. I had many sessions right up to and after my surgery. I learnt many tricks and tips from Cherry Lodge about how to keep calm and not be overwhelmed. Without this help I'm not sure I would be in the position I am today.

I urge you all to keep up with appointments, do not put off your worries. The NHS is amazing and so is Cherry Lodge!



Dan and family

Kirsty's Thoughts

Well...what I would say is.....cancer diagnoses haven't stopped because of covid-19. We've had a steady stream of new callers, throughout the pandemic-many newly diagnosed and at a loss as to where to go and who to talk to. Being diagnosed with cancer over the telephone, when you are in your flat, alone at home, is just about as bad as it gets. Some of the time, all someone wants is someone to offload to. Other times it's a plethora of questions which come tumbling out, too much for anyone to deal with all in one go. In this case, we will ring the person back, maybe a week later when they have had time to digest just SOME of what they've heard. Sometimes we need to signpost on; advise about benefits etc. Other times, we need to organise sessions via zoom or phone with one of our wonderful counsellors, who have been working flat out throughout. Often it is an email to a GP to ask them to refer the member to other services, such as North London Hospice, or District Nurses. And I have never done so much walking-meeting up with a member, or their relative for a walk- I call it "spaced-out" as I cannot bear the term "socially distanced"!!!!

As I write this, the NHS has never been so stretched-but people ARE still getting their blood tests, scans and other tests in a timely manner- so I would URGE anyone who has any suspicious symptoms to ALWAYS make a call to their GP. And finally a Special Shout out to our befrienders and other volunteers, who have stepped up at our request, and done shopping and medication pick-ups, and even dog-walking for our shielded members. Cherry Lodge can't do everything, we just do what we can.



A message from Tina:

We all know it has been a difficult year that has brought new challenges for us all. This has been an interesting time for the fund-raising team.

How do you raise funds for Cherry Lodge without any social interaction, no indoor events, no outdoor events, a closed shop, no stalls and no collection buckets!

Well thanks to our amazing volunteers, the dynamic and resourceful fund-raising team the incredible organisations that support us and the wonderful generosity of so many people, we have, together achieved a lot.

So a BIG thank you to everyone, without you there would not be a Cherry Lodge.

If any of our lovely supporters have any exciting or new fundraising ideas, please do not hesitate to contact me.

Thank You

Summer Soulstice VIRTUAL 2020

With no live event possible the Summer Soulstice team raised an incredible £6,500 with a virtual event in memory of Andy Weekes. Thank you isn't enough to acknowledge the incredible contribution we receive every year from these wonderful people.

Psychobilly Kicks Back

These great people supported Cherry Lodge with **LARGE AID! A 24 hour LIVE radio** in October 2020. Thank you!

Comedy Night via Zoom

Supporters of Cherry Lodge were treated to two great nights of comedy, in October and December, to lift their spirits and maybe a glass or 2 as they sat at home and enjoyed online live performances from comedy geniuses!

Hosted by Sion James the highlight of the Christmas show was a surprise appearance by TV star and comedy legend Russell Kane. Many thanks to all the performers and the kind supporters who joined in raising £1,400



Grand Raffle

The draw for the annual raffle took place in October with cash prizes totalling £1,850. The 4 prizes were won by a mixture of members and volunteers.

Thank you to all the people involved in distributing and selling tickets for the raffle which raised £6,500

The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

Letter to the Editor,

This really has been a dreadful year in almost every aspect but especially of course for fundraising. I am a keen follower of CL's events and I have sorely missed the usually wonderful Easter Fair, the Christmas Fair, the quizzes etc. My somewhat difficult question is this: with only one shop open and despite a lengthy lockdown, how does CL manage its finances? Has furlough enabled you to keep all your wonderful staff and how have you been able to curtail your usual expenses. As my mother would have regarded me as rude for asking a question of this nature, I am enclosing a donation.

Marilyn

Dear Marilyn,

Thank you for your enquiry, for obvious reasons we are going through a very difficult time. Yes, we have kept all our staff, and have put some on furlough. This has varied as lockdowns have come and gone and shop opening has too.

The Nurses and Tina are working so we are able to keep Cherry Lodge ticking over. We have tried to cut our expenses as far as we can but never at the expense of support and services to our members.

We place a high value on the welfare of our staff and volunteers and will use our reserves to keep the Cherry Lodge ship afloat until calmer waters arrive.

Cherry Lodge has been blessed to have received some legacies and this is helping to keep us going along with donations and proceeds from the few events we have been able to hold.

Let's hope 2021 is a better year for everyone.

Best wishes
Carole M

Events for your diary

Summer Soulstice 2021



"Stay Safe & Soulful" Please save Saturday 26th June 2021 in your diaries for another great day of music, food and fun, for more details please visit:
www.summersoulstice.co.uk

London Marathon 2021



Currently planned to run in October! Runners and details are being finalized. Please contact Tina for details of fundraising opportunities.

Autumn Ball



We are planning an Autumn Ball for 23rd October 2021 - Please save this date in your diary. More details will follow later.

We will be planning more events as things become clearer and we emerge from the pandemic, meanwhile thank you for your help and support and we look forward to seeing you soon!

Our Services & Approach



"At present only a telephone service is available from the nurses and the counsellors."

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 and, for those who would find this helpful, 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.
 - ✿ Relaxation therapies delivered by qualified volunteers - from medical acupuncture to massage - SUSPENDED.
 - ✿ Carers' Support Group - This group, facilitated by Kirsty Mabb, meets on the second Monday of each month, from 11 - 12.30pm. This is now being held at the Barnet Multicultural Centre, Algernon Road, Hendon, NW4 3TA. For further info please contact Kirsty. It may be necessary, in future, to host this meeting by Zoom.
 - ✿ 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