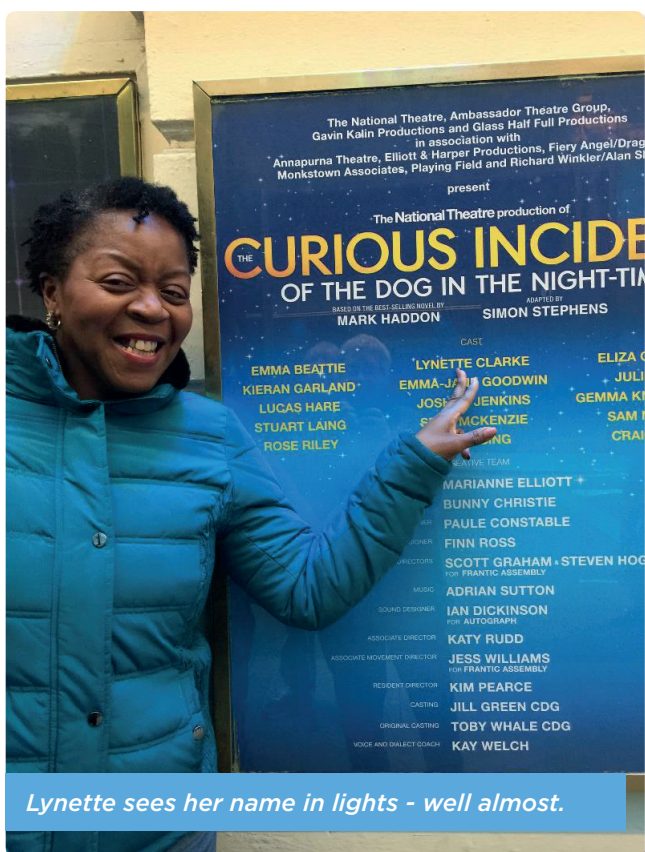


News

Autumn 2019

"It's an Actor's Life for Me"

by Lynette C



Lynette sees her name in lights - well almost.

Doctor: I am so sorry it is breast cancer

Lynette: WHAT? No, No, No, it can't be.
Oh, no,no,no.

Ok, Ok, but can you make me better before 5th December as I have a new contract..

Doctor: err, hmm, No.

That was the start of my journey with cancer and what was to be the start of my ongoing and rewarding relationship with the wonderful organisation that is Cherry Lodge, but let's go back a bit.

After my A-levels I went straight to work with M&S. I had been a Saturday staff member during my O and A-levels. I took part in their management training scheme and in particular personnel training. On many occasions I had to address individuals and groups of staff and I cannot tell you how nerve racking this was for me, a very green 19-year-old and on one occasion I was physically sick the night before I had to address a large group.

One of my colleagues suggested I attend an evening drama course, it would help me relax, breathe and learn how to address a room full of people. This took place at Woolwich College. OMG I loved it. Creating, with like-minded interesting fun people, from all walks of life. I've been a jobbing actress ever since.

I left my job at M&S, auditioned for drama school and got in! I'm so grateful I had three drama schools to choose from and I have loved working in theatre and a bit of TV too, ever since.

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"An Actor's Life for Me"



2016, no different from any other year, work from my seventh dear agent came through, for the National Theatre. Everyone knows it is one of the top theatres so when an audition came along for a Tour: The Curious Incident of the Dog in the Night-time, I was more than thrilled. I went along keen to have fun. A recall came along a physical audition this time, an hour and a half with movement company "Frantic assembly".

Before I had attended my second audition a note came through from the director saying "I could be older and funnier. In my third audition, crikey I've got a third, am I doing something right? I was then told by my agent the National Theatre want to see you for a fourth and final time and then a decision will be made.

Whilst all these auditions at the National and other companies were going on I wasn't feeling 100% but hey ho, I had just finished a fabulous job with DEM productions, a wonderful edgy piece by Phillip Ridley called Karagula. I was playing four fantastic futuristic characters and I won an OFFIE award (off West End theatre award) for best supporting actress. Get In! I was knackered but happy. I carried on and was being sensible as I had gone to the doctors and was having tests. On 19th August 2016 I got an offer from the National Theatre. A 10 month tour of 20 cities in England, with a lot of the venues booking "Curious Incident" for two weeks at a time? BLISS - travel and a job I love and being paid!

Lynette: What do you think?

Oncologist: I don't think so.....this won't work! Oh, no. I have to tell my agent. Well, that's it, she is great, but who will keep an actress who can't make her money?

First of many awkward conversations. My wonderful agent said: there will be other jobs. So surprised and so relieved such a lovely thing to say. Next, my agent has to tell the "Top Theatre Company" in England I have to let the best job of my career go. We have to make another actress happy!!



Lynette and her amazing support network.

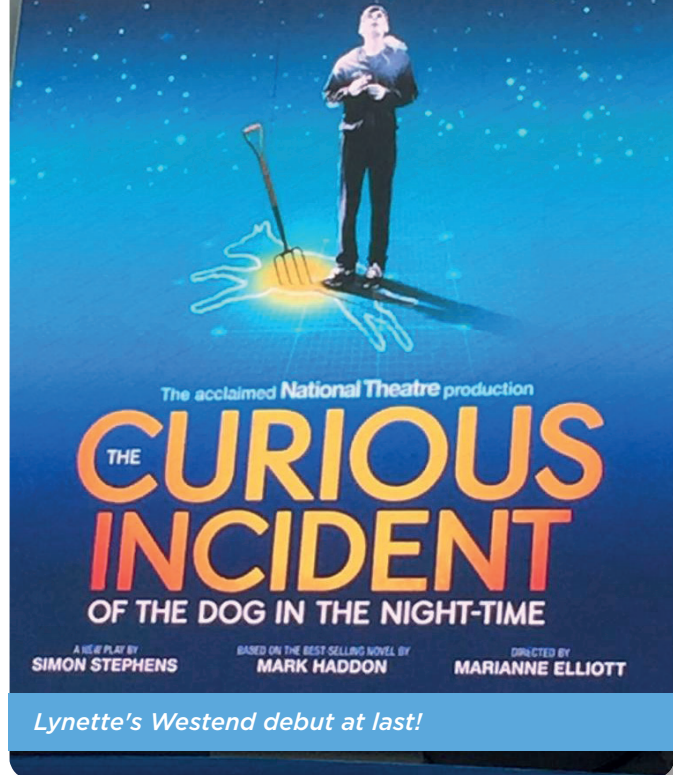
"And then... on 2nd September 2016 I was diagnosed with Breast Cancer"

I just didn't believe him but an appointment was made with "my" oncologist. I set about getting details of all the cities on my tour list and of course they all had oncology units. I presented this list of addresses and 'phone numbers to "my" oncologist:

I couldn't think of a lie and my agent insisted we tell them the truth. The National were amazing. So kind and understanding: the flowers and cards that followed were so comforting. I was blown away and completely stunned when 18 months later they telephoned my agent asking what my availability was at the moment.

Yes, Yes, Lynette can come and audition for you again, this time the venue is the Piccadilly Theatre, London, a five month run with four weeks rehearsal!

This is the most bonkers, brilliant piece of news ever. Fourteen months after treatment completion.



“Do I dare to dream? YES.

My West End debut at last. I had the best six months of my life. I was so excited and enjoyed sharing this with 234 family and friends. Especially when, Fiona, Freddy, Margaret and Kirsty from Cherry Lodge came to London for a matinee performance.

A very important part of my support network- took more time out to shower me with love and support and I will continue to be eternally grateful to Cherry Lodge ♥♥

Cherry Lodge is still an important part of my life and I call in there a couple of times a month with a bag of clothes for the Cherry Lodge shop, there is always time, cake and therapies available, a friendly chat and a feeling you belong to a special club and are not alone.

Odd I suppose to say cancer has enriched me; I had absolutely no idea what “it” was until I was faced with “it”. I had to take 10 months out of my life to understand digest and go through treatment. No way was this smooth painless or straightforward. I had to dig deep, keep positive and work with a brilliant wide group of health professionals. I can’t thank them enough. And they are STILL looking after me.

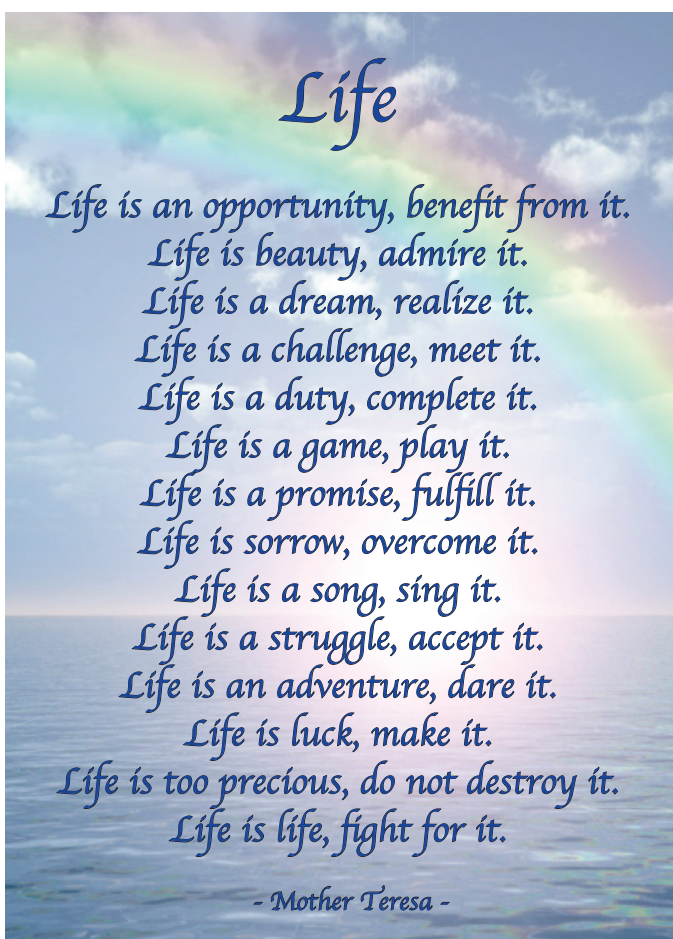
For the future, it’s an actor’s life for me! So the hunt for work goes on. But alongside me I know I have the support of my Dad, Agent, and friends and of course Cherry Lodge.

The Mayor of Barnet's Appeal

Every year a new Mayor is elected and during their term of office they set up a Mayor’s charity with pledges to raise money. This year Cllr. Caroline Stock has chosen two of her favourite charities, both of which are very close to home

The first is Cherry Lodge Cancer Care which is not only inspirational, but provides an incredible life line to so many people touched by cancer in Barnet. For over thirty years this independent Charity, which solely relies on donations, has helped thousands of people in the Barnet area with emotional support through the long and tumultuous treatment process. They provide counselling, nursing and complementary therapies alongside workshops, drop-in centres and home visits as well as giving support to their families, friends and carers. Each week people with Cancer in Barnet access their support network. Caroline passionately supports this Charity as Cancer has had an impact on her own family. With both her mother and sister being ‘cancer sufferers’ although happily both now being in remission.

Find out more about the Mayor’s Appeal by visiting www.barnetmayorsappeal.com



Letter to the Editor

The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

From Jennifer, Enfield.

A friend of mine who had cancer used to visit a physiotherapist who, apart from physio, gave my friend acupuncture at the same sessions.

When I now come to CL I am told that when receiving acupuncture it is strongly advised not to have any other 'physical' therapies and that only healing is compatible with it. Can somebody explain this please as I am sure the advice is sound.

Thank you!

Jennifer

Dear Jennifer

Thank you for raising an important issue. Acupuncture is a very powerful therapy and, comparatively recent, research has revealed that the way it works is that the insertion of specially fine needles into various parts of the body, triggers the production of painkillers (endorphins) which are responsible for the beneficial effects. As with all complementary therapies it is desirable to have an easy day after the treatment and to avoid extra physical activity which includes massage, physiotherapist, reflexology etc.

The very first course I attended given by Dr Felix Mann (a German-born acupuncturist who devised the system known as Scientific Acupuncture and was the founder and past-president of the Medical Acupuncture Society) highlighted the fact that physical therapies on the same day as acupuncture are too much for the body to cope with and may make the symptoms worse or make the acupuncture ineffectual. Several of the CL members I see have acupuncture on alternate weeks so that, if they want to have another therapy, it can happen in the other week.

Kind regards

Margaret M Clark

Doctor

Big (indeed) Soulstice payback

On 25th August, on what must have been one of the hottest days of the year, melting fans and supporters of Soulstice and Cherry Lodge gathered at the Black Horse pub, Barnet, to witness the official handing over of a very large cheque. This was presented on behalf of the Soulstice crew by our local MP and Cherry Lodge patron, Theresa Villiers, to CL's chairman Margaret Clark.

This year Summer Soulstice got an award for being the best soul festival in the UK and the event proved so amazingly successful that CL received £45,000 to continue providing ongoing support for the many services on offer to its members, their family and friends.

Cherry Lodge continues to be immensely grateful for the very hard work done by the Soulstice crew. This huge financial contribution is the biggest received, for which our ongoing appreciation and heartfelt thanks.



Bits & Pieces

The Biggest ever Barnet Quiz!



will be held on Saturday 16th November 2019
(prompt start 7.30pm) at Middlesex University,
The Burroughs, Hendon, London NW4 4BT

**Get ready to conquer –
and support local charities**

Tickets cost £25 including supper and can be
purchased by emailing eileen.eskenzie@aol.com

This event is organised by Barnet Mayor's Appeal supporting
Cherry Lodge Cancer Care and Homestart Barnet

Save The Dates

- ❁ **Pink Barrow Tombola**
The Spires
19th October
- ❁ **Christmas Fair:**
St James's Church New Barnet
30th November
- ❁ **Lights of Love:**
The Spires Bandstand
8th December

Top Shop

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.

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

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

Newsletter

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

tina@cherrylodgecancercare.org.uk
and we will remove you from our
mailing list.



**Like us on
Facebook**

www.facebook.com/CherryLodgeCancerCare/

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.
 - 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.
- ✿ Relaxation therapies delivered by qualified volunteers – from medical acupuncture to massage.
- ✿ Hair Care at Cherry Lodge – Advice on wigs and hair care provided by Lauren on alternate Tuesday afternoons. 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.
- ✿ The Centre is now open on Tuesday evenings from 6-8pm for pre-booked reflexology and Alexander Technique sessions. Contact Lorraine to book.

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