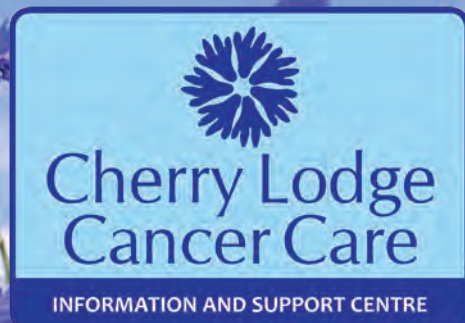


News



Autumn 2021

by Mary Merridrew

There is no doubt about this whatsoever: my life has been changed beyond recognition: please read on..



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Not Just Any Old Charity Shop

People used to look at me with that quizzical sort of look, the look that shouts: charity shop? They would stop and stare at my boring, beige, crumpled blouse (the one I had actually bought in C & A (shows my age) in Paris and I could feel their unspoken criticism. Those days are gone, forever, as I found 1A Church Passage, Barnet. Now there is style for you.

I cannot actually recall when the Cherry Lodge shop first opened in Barnet but I do remember people huffing and puffing: oh, no, not another charity shop: they so lower the tone of the High Street. Little did these grumblers know that one day this very same charity shop would actually brighten up the miserable traffic jam the High Street had become.

Of all the shops in the High Street this one is by far superior and the quality of clothes and all other items for sale is very high indeed. I know what I am talking about as my house is full to bursting with items bought in the CL shop.

I think my first item was a splendid, bright red Dunlop tennis racket, with a picture of Martina Navratilova attached. I cannot recall the price but I bought it

and it was immediately acquired by my, then 14 year old son. He played with that until other makes took over. He was the only one to have a bright red racket.

That Cherry Lodge has a very loyal group of supporters is acknowledged by the sheer quantity of excellent quality clothes. Here you won't find tatty sweaters with stains or dresses with buttons missing. This is where you go for unusual and, often, outstanding clothes, often with their labels still attached and all this makes shopping a real pleasure. I have acquired several cashmere scarves and tops and I am, by now, famous for my collection of second hand Crocs. As these keep coming there is at least one keen Croc collector in the Borough who keeps changing hers for the latest arrivals.... Some people are like that!

On walking round my house I notice a collection of David Attenborough Books, all bought in very good condition so that I can now discuss the flora and fauna around the Nile as compared with that of the Amazon without hesitation or repetition.

(Read more on page 2)



My knowledge of music has also been extended considerably and a particular rendition of Pergolesi's Stabat Mater made me look into that particular piece of glorious music, when I learn that there are at least 250 other compositions of Stabat Mater, ranging in dates from 14th Century to a very recent one by Karl Jenkins. The wide assortment of CDs (and they keep coming) has been wonderful to search through and for those of us who still have CD players it is like entering Aladdin's cave.

This leads me to the huge selection of DVD's (another medium that is fast disappearing) which have allowed me (and my family) to watch films that are not always available on Netflix or Prime Video and which are, almost always in super condition. The sound quality isn't always 20:20 (or whatever the aural equivalent is) but that is a small price to pay for authenticity.

Forget about so many book shops having closed, both before and during this awful Covid pandemic- the shop has always had a most wide ranging selection of art books to the extent that I began to wonder if people no longer read these books in a physical form. A lovely book on the Mexican artist Frida Kahlo acquainted me with her love of cats (something we share) and the specimen below is, in my opinion, truly exquisite. I had not realised that her, frequently depressing art, could be so uplifting.

One of my best purchases, over the years was an umbrella made from high vis panels so bright that one felt cheerful despite the weather: it also meant that virtually all passers by commented on it. The ultimate best buy was an original Brownie camera enclosed in its brown canvas container with a leather strap. It never

failed to astound me: the view finder gave an upside down image which, somehow got translated into a real image. I never used it as I couldn't find a film to fit it but it was a bargain, like everything else in the shop.

When Debenham's shut most of its doors during this year, I for one felt sad and wondered where, in future, we could go for the ODD present, a decent pair of shoes or some original gifts. The answer, in my books, is always go to your CL charity shop and enjoy the friendly staff, the helpful volunteers and, should you have spare time on your hands, why not offer your services to the charity.

Shop stories from Susan

A volunteer (no longer with us) was on the till one day. A man with a beard came in and was browsing the bric-a-brac when the volunteer said to him "lovely beard" to which he replied "you too!!" The volunteer was a woman without a beard! We laughed a lot including the man with the beard.

Another time it was stifling hot in the shop so I went to buy some deodorant to freshen up. The heat must have got to my head as when I sprayed it on it was a bright blue shaving gel and went all down my side - everyone couldn't stop laughing.



Drop-in/Drop-out

by Mark Stevenson

How do respectable members of Cherry Lodge, regular attendees at Tuesday Drop In, become 'Drop Outs', a good question that, I will try to explain but we will need to go back to May this year to start.

Because of Covid 19 Cherry Lodge had to modify its services and most of these were consequently conducted via telephone or Zoom. As a result Tuesday 'Drop In' members had not met in person at the Centre for many months. As I understand it Margaret spoke to Pauline about the possibility of members getting together outside at some suitable venue, Pauline spoke to me and between us we started contacting those people whose phone numbers or contact details we had and we suggested a start date of Tuesday 1st June; as 'Drop In' met on Tuesday mornings we thought 'Drop Out' should as well; We also decided on Old Court Gardens as a suitable venue.

Initially six of us met there and for a couple of weeks this worked though there were disadvantages, no toilet facilities and we didn't feel that we were that welcome, and when we went back for the third week the gardens were shut, the gates locked, this was a problem as we had told people we would be there and we had not been told it would be closed, rather confirmed the 'not that welcome' I had felt earlier.

So we went where we knew we would be welcome, namely at one of Cherry Lodge's long time supporters, The Coffee Bean in the Spires and we have been meeting outside there every



Tuesday morning since 1st June and, thus far, the weather has been kind to us.

What to call these meet ups, it was 'Drop In' but outside so 'Drop Out' seemed appropriate, the name seems to have stuck, I think we are all fine with being 'Drop outs', older 'Drop Outs' but 'Drop Outs' never the less. Our numbers have increased, anyone is welcome to join us. We meet there from 10.30 am onwards and people are welcome to come along at any point in the morning and stay for as long or short a time as they wish. Some of us stay on and have lunch, so there isn't even any need to move, how perfect is that.

So if you fancy becoming a 'Drop Out' why not 'Drop In' to 'Drop Out' one Tuesday morning - you will be made most welcome.



London Marathon October 2021

Our stalwart team of runners participated in this years London Marathon and did us proud! A superb effort by all and a much needed contribution to Cherry Lodge. It all took place on Sunday 3rd October when the rain stopped the clouds lifted and the "tough got going"

This was our team of 5 runners:

- Megan Jones
- Ausaf Khan
- Coralie Masters-Hill
- Richard Stock
- Christopher Travis

A special mention to Coralie who was injured after tripping on a carelessly discarded water bottle, She should have retired but walked and jogged her way to the finish line, a truly heroic effort.

A BIG thank you to them all and BIG thank you to you if you donated money for Cherry Lodge's much needed cancer

information and support services. Its not too late to donate directly by visiting [Virgin money](https://www.virginmoney.org.uk) or please contact **Tina** on 020 8441 7000 or email her: tina@cherrylodgecancercare.org.uk



We would also like to give a big SHOUT OUT to Ann-Marie Wilson, one of our members who walked the marathon on behalf of the North London Hospice. Ann-Marie has done much and continues to do so for Cherry Lodge.



Virus on Jersey



A Jersey Jaunt by Grant Whitaker

"I don't fancy going abroad with the COVID risks and complicated testing procedures, why don't we pop over to Jersey instead" So said my wife Rose in early August, we booked four days with some friends as a relaxing break before autumn set in.

Fast forward to 7th September, we are sitting having a leisurely breakfast in our lovely hotel when my phone rings and I politely leave the table to take the call outside.

"It's the Government of Jersey, you have tested positive for COVID 19 at the compulsory test for all arrivals at Jersey airport. The rest of your party tested negative and are free to come and go as they please. YOU are required to self-isolate for 10 days in Jersey at your own expense, you must make your own arrangements and must not travel by bus or taxi but preferably walk. We will send you a list of accommodation who may take you but they may not have vacancies, it is your responsibility to resolve this."

With breakfast spoilt we panicked. Our friends wisely decided to go home and I managed to convince Rose to do the same as if she caught COVID later on we would be stuck in Jersey for longer and, worst of all, she might be quite ill with it. After numerous abortive phone calls using our mobile phones, we found a self catering apartment that had a vacancy and would take a COVID case. Rose and my friends headed for the airport and I left for an unknown destination in a special COVID secure mini bus to spend the next 10 days in isolation.

It could have been worse, I felt unwell but after two negative lateral flow tests before we left home I put it down to a common virus. Overall it was like a dose of flu. An interesting lesson was how dependent we all are on technology. All I had was a 4-year old Smart phone but without it I don't know how I would have coped. No phones in the accommodation, so all communication with the Jersey Covid team was via that phone. Finding accommodation, getting food, keeping in touch with family and friends, booking a flight back, any medical help if I needed it all depended on that phone. Hardly surprising that I became quite paranoid about dropping it or it breaking down.

After a lot of confusion and frustration on my part I was "released" and allowed out after the 10 days. It is an understatement to say it was good to be home. I feel a lot better now but still quite tired.

So what did I learn?

- ❁ **Two jabs don't guarantee you won't catch COVID**
- ❁ **Lateral flow tests aren't always accurate**
- ❁ **We can't live lives in the modern world without technology**
- ❁ **We don't know what tomorrow brings**
- ❁ **I have some very supportive friends and family (CL included)**
- ❁ **Jersey has some nice beaches!**

STAY WELL!

Bits & Pieces

Come along and dance the night away at a glittering evening in aid of Cherry Lodge Cancer Care

Summer Soulstice
in memory of Andy Whicker

SOUL FALL BALL

Saturday 23rd October 2021
Dobble Tree Hilton Hotel, Borehamwood - 7pm till late

Ticket price includes

- A welcome glass of Prosecco
- A sumptuous 3-course dinner
- Soulstice D/J's playing until 1am

BOOK NOW & SAVE
Early bird tickets £60.
After 1st Oct £65.

Dress code Black Tie
Tickets and information from Tina on 020 8441 7000 or info@cherrylodgecancercare.org.uk

Please note that tickets are non-refundable and the event has to be provided for to avoid tax, which we will seek to recoup or refund.

Cherry Lodge Cancer Care

A Big Thank you!

from Dr Margaret Clark

To all who contributed to her Chairman's appeal which, with gift aid, currently stands at an amazing

£25,225.50

How very generous you have been during this most difficult of years.

Save the date!

Summer Soulstice

Saturday 25th June 2022

Old Elizabethans
Memorial Playing Fields

For tickets contact Tina
at Howard House

Lights of Love

Sunday 12th December 2021

- by invitation only



**Like us on
Facebook**

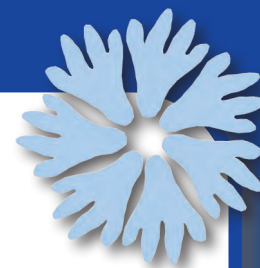
www.facebook.com/CherryLodgeCancerCare/

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

Our Services & Approach



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

Due to the covid-19 pandemic, The services provided by Cherry Lodge have had to be modified. Our need to ensure a covid-safe environment for our members, therapists, volunteers and staff has meant that we are currently providing a reduced range of services. We ask ANYONE who is coming in to Cherry Lodge, to perform a lateral flow test at home prior to their visit, and to wear a clean mask on entering the building. Rigorous hygiene protocols are maintained throughout the building. We continue to ensure that the numbers of people in the building at any one time is kept to a minimum.

Our current services include:

Consultations: by appointment, with cancer information nurses (Fiona Kiddle and Kirsty Mabb) These can be face to face in CL; via zoom or by phone. The nurses also provide ongoing support to existing members by meeting up for walks and talks!

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 and reiki: these appointments are limited, and therefore priority is given to members currently going through chemotherapy or other cancer treatments.

❁ **Befriending Service:** our volunteer befrienders continue to offer a phone service to people who live in the borough of Barnet, and its fringes. This service will be reviewed during October to see if face to face meetings can recommence between the befrienders and their befriendees.

❁ **Support Groups:** there are three for people with lymphoma, ovarian cancer or men with prostate/bladder cancer. These EVENING groups are run virtually, via Zoom, facilitated by Fiona Kiddle. For more information, please email: fiona@cherrylodgecancercare.org.uk or call CL on 0208 441 7000

❁ **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 (0208 441 7000).

❁ **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

❁ **Coffee mornings:** at the Coffee Bean in Barnet Spires Shopping Centre. This member-led group is meeting each Tuesday morning (10.30am-12 noon) sitting "outside" The Coffee Bean Café. Please turn up and chat with others over a delicious coffee and pastry! No invite needed!

❁ **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 or phone in to CL.

❁ **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 have been suspended due to the pandemic, they are gradually starting again from September 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 0208 440 4227

For further information about any of our services, please feel free to contact Cherry Lodge on 0208 441 7000