

News

Winter/Spring 2022

Behind the door - a volunteer in action

by Bobbi Tully

Who would have guessed that behind the blue door of the inconspicuous house on Union Street there was a such a hive of activity? Namely, an amazing group of worker bees tirelessly busying themselves to make Cherry Lodge the great success that it is.

What's more, who would have guessed, four years ago, that I would have the opportunity and privilege to work amongst these people in my role as a volunteer receptionist at Howard House. The unique nature of my role is that no two days are the same and this is because no two members are the same. Cherry Lodge is not only about organising therapies and supporting members through treatment, it is fundamentally about getting to know people as individuals, hearing their stories and joining them on a very small part of their 'journey.' The loss of the 'cheer and chat' element of the waiting room necessitated by the Covid pandemic and lockdowns left a huge void for me and so I can only imagine the struggle for those going through their treatment at this very difficult time.

It has been fantastic to get back to work answering the phone, greeting people at the door and fingers crossed we will get back to making people a cuppa on arrival before too long - minus the mask which is such a hindrance to real communication.



Bobbi sorting the lovely turbans made for our members by the very talented students at Oaklands College, Borehamwood.

IN THIS ISSUE

Behind the door	p 1-2	Fundraising events	p 4
Raffle prize winners	p 2	Bits and pieces	p 5
Letter to the Editor	p 3	Our Services	p 6

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

Bobbi's article continued...

Another element of my role which I really enjoy is practising my market stall patter at the fundraising events and the stalls we often have in the Barnet Spires. I often find myself modelling the merchandise, such as bobbly hats, scarves and magic gloves on sale in an effort to keep warm as we have been out with our stall during some very cold spells indeed.

I joined the fundraising team about two and a half years ago. Initially I was daunted by this – it's not something I had been involved with before. At the first meeting, I was struck by the inspiring team of people I observed loudly talking over one another full of ideas and keen to express them! It is evident at every meeting and event that each member of the team is working towards the unity and success of Cherry Lodge. Though there are serious underlying topics on the table for discussion there is always an element of good humour and laughter to our planning. I hope the team are looking forward to our next monthly get together as much as I am.

I'm often struck by the fact that although my official title is a 'volunteer' I actually get as much if not more in return than I could have imagined or hoped for.

As the days become gradually longer and maybe there is even a hint of Spring on its way soon, so I am looking forward to the blossoming of the Cherry Lodge blossom!



Annual Grand Raffle Prize Winners

 **1st prize: Mrs J. Choat**
£1,000

 **2nd prize: Pauline Wishart**
£150 restaurant gift card

 **3rd prize: Mr M. Stevenson**
£100 M & S vouchers

 **4th prize: Chris Drew**
Luxury Christmas Hamper

Congratulations to all the winners and a big thankyou to all those who took part.



Our Winter Drop-in Location

Look out for details
on the back page.



The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

Letter to the Editor

Pause for thought.

I wonder if you can enlighten both me and my wife. We were always aware that she was approaching the menopause and were well prepared for making sure the house was well ventilated! Good thing during a pandemic.

I was diagnosed with prostate cancer last year and hormone treatment was prescribed. They probably did explain things to me but there was so much to take in that I am unsure of just what was said. Both my wife and I are experiencing real menopausal symptoms and whereas people are prepared for her hot flushes, mine leave those who witness them amused which is not remotely how I feel. Can you explain?

Yours in a flutter

Peter

Dear Peter

I was so sorry to read about the symptoms you are currently experiencing because of your hormone treatment. It can be a very confusing time when you are first diagnosed, trying to take in all the information especially as you have to attend many of the appointments on your own.

Hormone therapy works by either stopping your body from making testosterone (the hormone that controls the growth and development of the prostate), or by stopping it from reaching the cancer cells. It doesn't usually cause problems, but, if you have prostate cancer, it can make the cancer cells grow faster. If testosterone is taken away, the cancer will usually shrink,

Hormone treatment may be given on its own or alongside other treatments and is a very effective way of controlling prostate cancer. However, it can cause

side effects that may impact on your daily life, although these get easier to manage as time goes by.

Some of these side effects mirror those women often experience when going through the menopause, including hot flushes, night sweats, fatigue, changes to your sex life, weight gain, and lack of concentration. Hormone therapy can also affect your moods and you may feel more emotional than usual with mood swings ranging from feeling tearful to anger.

Trying to come to terms with all these new emotions can be difficult and is made harder by inappropriate responses from those who do not fully understand how the diagnosis and treatment impact on you as a man. The hormone treatment very quickly gives you 'full on' symptoms and this can be very different from women who will gradually lead up to the menopause.

It can be helpful to talk about your

emotions with others who might be going through the same experiences. At Cherry Lodge I run a support group for men with prostate and bladder cancer and it helps them to share their experiences. I have learnt so much from them over the years, -more than any textbook could have taught me. You would be very welcome to join the group. We meet every six weeks. We also have medical acupuncture, which can help with some of the side effects. An appointment to see one of our doctors can easily be arranged.

If you would like to discuss this further, please do not hesitate to contact me and I will arrange an appointment when you will be given time and space to go through it all with you and your wife.

Fiona Kiddle

Cancer Information Nurse Specialist

Fundraising EVENTS

A BIG THANK YOU...

to everyone who has supported
Cherry Lodge Cancer Care
over the past two years.
It means a lot! **Tina**

Sponsored Easter Walk

APR
10



Sunday 10 April

3k Oakhill Park, East Barnet, Herts

Run, jog or walk and help raise vital funds.
Easter Cake & Craft Stall, prize for best Easter
bonnet.

Come and meet the team!

Summer Soulstice 2022

JUNE
25



The award winning **Summer Soulstice** soul
festival returns for the first time in 3 years.

**11am to 11pm @ Old Elizabethans Memorial
Playing Fields.** For more information please visit:
www.summersoulstice.co.uk

Ladies Afternoon Tea with guest speaker

MAY
24



Gary Italiaander: Celebrity Portrait Photographer

Gary will present many images and anecdotes
illustrating the fascinating people and organisations
that he has worked with during the last 30 years.
Venue Old Fold Golf Club

Ticket price £25.00

London Marathon 2022

OCT
02



Minimum Sponsorship £1500.

Please contact Tina if you want to join our team.
The mainly flat course is set around the River
Thames, starting at Blackheath and finishing at
The Mall.

If anyone is interested in putting on an event or joining our fundraising team, contact:

Tina@cherrylodgecancercare.org.uk

Bits & Pieces

Join us for a night of music and dance,
all in aid of Cherry Lodge Cancer Care

Swing Night

*Saturday 5th March,
Old Fold Manor
Golf Club*

7.30pm until midnight

- Swing
- Rat Pack
- Publi
- 50's to 80's
- Party Mix
- Rock'n'Roll



Join us for the coolest party and beat the winter blues with the sounds of the Rat Pack, then dance the night away with our Party Mix. Help raise funds for Cherry Lodge while enjoying a welcome drink of Prosecco, canapes, and music by the amazing Dean Gee. Dress code: lounge suit.

Tickets: £25 per person from Time at Cherry Lodge Cancer Care
Call 020 8441 7000 or email tina@cherrylodgecancercare.org.uk
Registered charity number 1011629



Recycle Your Ink Cartridges* and help us raise money!

Every used cartridge enables us to continue our vital work to support people with cancer and their families



Recycle 4 Charity

*This link handles all cartridges please

Drop-off point:
Tina
Cherry Lodge Cancer Care
23 Union Street, Barnet EN5 4HY



**REMEMBER these
are all here for you!**

YOGA REIKI PILATES
MINDFULNESS
REFLEXOLOGY
ACUPUNCTURE DROPIN/
OUT HYPNOTHERAPY
COUNSELLING



Rumble with the Agents

Rumble with the Agents donated this signed Ronaldo shirt. If anyone would care to bid for this amazing item please email:
tina@cherrylodgecancercare.org.uk

WE NEED YOU!

We are currently recruiting qualified and experienced complementary therapists such as massage therapists and reflexologists. Also qualified and experienced counsellors. We would also like to recruit people who can offer 2 or 3 hours a week in our shop. Ideal days would be Friday and Saturday.

If anyone is interested they can contact Yvonne for more information. Tel: 0208 441 7000

NEED HELP TO CONTACT THE SHOP?

Call: 0208 440 4227

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



www.facebook.com/CherryLodgeCancerCare/



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 offer a choice between a telephone service or a Walk and Talk meeting in the fresh air.

🌿 **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).

🌿 **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.

🌿 **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:** These have moved into their winter quarters in the Open Door Centre (St Albans Road, Barnet EN5 4LA from 10.15 – 11.45 am). 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 – 11.30 am at Wesley Hall, 9 Stapylton Road, Barnet EN5 4JJ. To attend, please collect a voucher from Cherry Lodge, Howard House, 23 Union Street.

🌿 **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 were suspended during the pandemic, they have gradually restarted from Sept 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

🌿 **Pilates:** With Miranda on Tuesdays 12.30-13.30 on Zoom.

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