

News

Summer 2022

Reflexology in Action at Cherry Lodge

by Androulla Salhani MAR

A definition: Reflexology is a technique that applies gentle pressure to your feet or hands to bring about a state of relaxation and help the body's own healing process.

My reflexology journey in working with cancer first started shortly after my graduation in 2000 when I became a volunteer with Cherry Lodge Cancer Care and after more than 20 years, I am still part of this amazing charity. It is a very rewarding and humbling experience. I use both the standard reflexology as well as Reflexology Lymphatic Drainage (RLD) which works wonders with people affected by lymphoedema.

Reflexology is a complementary therapy based on the principle that reflexes on the feet and hands are mirror images to the body's internal organs. It is based on traditional Chinese Meridians and the Zone theory and works on the body's energy fields. By using specific massage techniques and pressure points on the feet, hands and face it stimulates energy flow (Chi, Life force, Prana).



Stimulating energy flow.

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

Continued...

Reflexology in Action at Cherry Lodge

It stimulates the circulatory and lymphatic systems and allows the body to release tension and promote relaxation and homeostasis within the body and mind. It can be a key in optimising good health and building resilience. Because it is a holistic therapy it works well alongside generic medicine with few contra indications and apart from observing medical advice in relation to each specific case it is safe to use. (i.e. how long after major operation can a treatment commence. Are there any parts to avoid, are there blood clots or electronic devices such as a pacemaker, etc). All these indications are considered before planning and starting a course of treatment, which usually involves 6 -8 weekly sessions.

As reflexology is a therapeutic, non-invasive therapy, it is safe to use at any time during the cancer journey and by adjusting the pressure to the individual's needs, it helps with the body's healing process. It is particularly helpful during chemotherapy treatment to overcome side effects arising from invasive treatments. It helps to alleviate pain, increase serotonin, lift mood, and give a feeling of wellbeing. It helps with better sleep and coping with stress and anxiety, all those challenging

moods experienced while undergoing cancer treatments. Although as yet not scientifically proven, it helps with soothing the effects of peripheral neuropathy.

A treatment normally last between 45 to 50 minutes. However, depending on the member and their condition time can be adjusted to suit their needs. By responding to the person's general condition and mood the treatment can, and is, adjusted to reach the best outcome. It is beneficial both pre- and post- chemotherapy as there are no side effects. One of our members told me at the end of her session that it is a feeling of being "wrapped in calmness and tenderness".

Reflexology does not claim to cure but it enables the recipient a more stress-free space and the ability to face new challenges with more determination and resolve whatever the end outcome!

Working at Cherry Lodge I find that every single session is challenging in different ways, and I am so grateful that reflexology enables me to help and make members smile.

Love and Light

Letter to the Editor

The Editor
Cherry Lodge Newsletter
Howard House
Barnet
Hertfordshire

Dear Editor

I am 45 years old and in the near future will have to have chemotherapy in connection with my breast cancer treatment.

There is a lot written about the cold cap; some recipients praise its use, others complain about dreadful headaches. Could you please give me some guidance on how best to proceed. Is it available on the NHS or do I have to pay for it. I imagine there are others like me who are confused and unsure. My hair is, and always has been, very important to me. Thank you so much.

Irene
Welwyn

Dear Irene

I was so sorry to read that you will be receiving chemotherapy as part of your treatment for breast cancer and your concern about hair loss.

Our hair can be an important part of our appearance and identity. It may be a way we express our personality. Often, when our hair looks good, we feel good. For some people losing their hair is one of the hardest parts of having treatment and it can be a very confusing and emotional time trying to work out what is best for you and how to deal with it.

Scalp cooling can sometimes reduce the amount of hair loss caused through treatment. It works by lowering the temperature of the scalp, reducing the blood flow, thereby reducing the amount of drug reaching the hair follicle.

It may not be suitable for everyone, so it is important that you discuss this with your Oncologist and Clinical Nurse Specialist. It is available on the NHS and free of charge but may not be available in ALL hospitals.

There are 2 types of Scalp cooling:

- **cold cap** – a hat filled with gel that is chilled before you put it on
- **refrigerated cooling system** – you wear a cap that is attached to a machine, the machine pumps liquid coolant into the cap

"Reflexology is a therapeutic,
non-invasive therapy"



Andi - Androulla Salhani MAR

Scalp cooling can give you a headache and cause discomfort in your forehead. As expected, it is cold and can make some people feel uncomfortable and lightheaded. Some of these symptoms only last for a short period of time and thereafter are reasonably well tolerated by many people. There are a lot of tips and advice about how to cope with scalp cooling, what to take with you and useful preparation needed.

Cancer Hair Care Charity provide some excellent videos and advice specific to scalp cooling from those who have experienced it themselves. (See link below)

<https://www.cancerhaircare.co.uk/scalp-cooling/>

Remember it's not that you failed - it just wasn't for you.

The chemotherapy unit is there to guide and help you through this so you can discuss any concerns with your clinical nurse.

You will also find further helpful information from the charities below

<http://www.macmillan.org.uk/>

<http://www.cancerresearchuk.org/>

Kindest regards

Flona Kiddle

Macmillan Cancer Information nurse

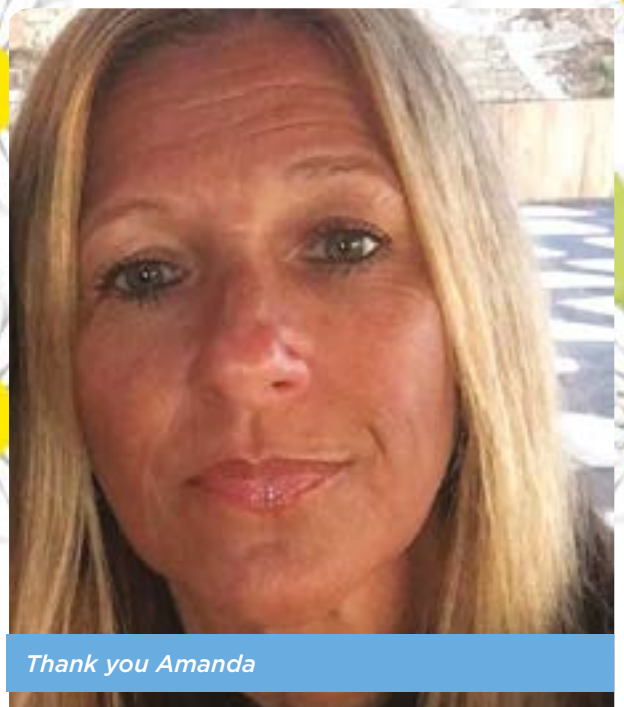
Amanda Summers RIP

Amanda Summers, a local business woman, joined CL as a Trustee in 2020. Amanda's parents, Myra and Norman Goldberg, were long-time supporters of CL and used to hold an annual 'hope and glory' fundraising lunch event in their lovely house.

Very sadly, Norman was one of the first people to succumb to Corona virus. This clearly was the impetus for Amanda to want to do more for CL or, as she put it "my dad loved Cherry Lodge". Amanda took a great interest in the CL shop and gave staff and volunteers the benefit of her extensive retail experience, including giving hands-on help and, quite regularly, she would do a shift in the shop as a volunteer.

Tragically Amanda became very seriously ill but continued with her Trustee duties as long as she possibly could. Amanda died in April this year. She bore her illness very bravely and is greatly missed for her enthusiastic contributions to our charity and for the lovely person she was.

Margaret M Clark



Thank you Amanda

Fundraising EVENTS

A THANK YOU FROM TINA...

*for everyone's help
& support this year.
It means a lot! Tina*

Summer Soulstice 2022



www.summersoulstice.co.uk

JUNE
25

CHA Night 2022

This event will be held at The Arkley Club Premises in Field End from 7.30 until midnight.

Listen and dance to 60s and 70s Soul, Stax, Motown, Ska, Reggae and Philly Sound. Music provided by The Arkley Club's regular DJs Dave Griffin, Matt C and Keith M.

Entry is £5.00 at the door.

JULY
29

East Barnet Festival



Come and visit the Cherry Lodge stall at East Barnet Festival, from 12 noon where we will be selling brand new merchandise hats, sunglasses and jewellery.

Oak Hill Park, East Barnet EN4 8JS

JULY
2

London Marathon

All our space have now been filled.

OCT
02

Pink Tombola

Cherry Lodge Cancer Care's annual Pink Tombola stall will be returning to The Spires, between 10am and 4pm - to have some fun and show your support.

October is national Breast Cancer Awareness month and every year Cherry Lodge marks this by putting on our very popular Pink Tombola event. This occasion has two important purposes: to help increase awareness of breast cancer and to raise money to help fund Cherry Lodge Cancer Care's much need services for people affected by all types of cancer.

OCT
15

Christmas Fair

St James Church, East Barnet Road, New Barnet EN4 8RN on Sat 26th November 2022.

Come and browse our fabulous stalls, visit our scrumptious café run by our dedicated volunteers.

NOV
26

Lights of Love

By invitation



NOV
27

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

Tina@cherrylodgecancercare.org.uk

Bits & Pieces



Grand Raffle

1st prize:

3 night break for two people on the Isle of Wight.
Includes Ferry crossing and 4-Star Hotel

2nd prize:

£150 Restaurant Gift Card

3rd prize:

£100 M&S Vouchers

4th prize:

Luxury Christmas Hamper
(Available mid December)

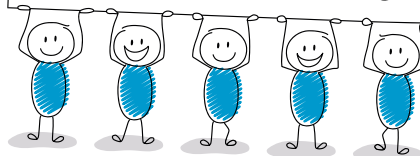
Good Luck Everyone!

Contacting the Shop

If you need to contact the shop
Please call on:
0208 440 4227



WE NEED YOU



Cherry Lodge is 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. The ideal days would be a Friday and Saturday.

**If anyone is interested
please contact Yvonne
for more information:
Tel: 0208 441 7000**

Visit our Website!

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



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.

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.

Head and neck massage: On three Tuesday evenings per month either Fiona or Kirsty host booked sessions of Reflexology, Reiki and Head and Neck Massage.

🌀 **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 now either face-to face or 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:** Arrangements are being made to convert this class, led by Miranda, to face-to-face instead of Zoom, as this particular therapy does not work very well on Zoom. Details will be published on the CL website when the class has been reorganised.

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