

The Greatest Oak was once a little nut that held its ground

Cancer Fund for Children's Daisy Lodge is a therapeutic short break centre for families who have children impacted by cancer. This summer we hosted 92 families and a total of 450 individuals for a 3 or 4 night break. Daisy Lodge is a unique setting, in that we have the opportunity to engage with the entire family during their stay.

A cancer diagnosis presents a massive transition for the whole family which is often difficult, stressful and unpredictable. Every aspect of their life shifts to follow this new and tough path. Families often arrive excited but exhausted, anxious and stressed. In Daisy Lodge we strive to create space and time for the family. We wish for families to transition from feelings of anguish to a belief in themselves and their future.

We provide a therapeutic programme of activities including art, play, music, relaxation, outdoor adventure, yoga, complimentary therapies etc throughout their stay. Families can opt in and out as we encourage them to take from the experience what they need as a family.

The therapeutic artwork is a sure favourite for families and young people. How often do families take the time to sit, think and create together? This summer families had the chance to build their family tree. They used each individual's hand print, decorated and designed to represent their individual personalities to form the branches. Each family member offers different insights into their family life and as the piece comes together, the family works more carefully and closely to perfect it, making sure to leave no detail out. This time allows space for creativity, chat, laughter and sharing memories. Moments that the families really cherish. It seems to ground and strengthen them after such difficult and fractured journeys. Carefully considered projects that encourage families to interact and grow together can only strengthen the roots of their family tree, helping them to feel resilient and steadying them for the journey ahead. Even the greatest oak was once a little nut that held its ground. Families love bringing their creations home to hang on the wall, serving as a reminder of their strength and positivity and that they too will hold their ground.