

# Cherry Lodge Cancer Care



ANNUAL  
REPORT  
**2016**

## Mission Statement

**C**herry Lodge Cancer Care (CL) exists to enhance and complement the treatment offered to people living with cancer, their carers, family and friends, within and around the London Borough of Barnet and South Hertfordshire.

The charity was established by a group of health care professionals and others with personal experience of cancer. The objective is to offer care and comfort to those on their cancer journey by providing easy access to specialist information and support, as well as complementary therapies. The aim is to improve quality of life, promote well-being and encourage a strong resolve for self-help.

The service is designed to be person-centred, non-judgemental and available to all in need, on request, completely free of charge for as long as it is required.

## Trustees' Annual Report

*For the period January – December 2016*

### STRUCTURE, GOVERNANCE AND MANAGEMENT

The governing document, the constitution, was adopted on 9th March 1992.

#### Composition of Board:

Sarah Armitage (Vice Chairman)  
Roger Bailey  
Dr Margaret Clark (Chairman)  
Dr Katherine Edwards  
Christine Halloran  
Catherine Hart  
Carole Manning (Hon Treasurer)  
Ruth Midgley (Web editor)

*All Trustees give their time voluntarily and receive no remuneration or other benefits from the charity.*

#### Staff Members:

Anny Douglas (Barnet Shop Assistant Manager)  
Daryl Forster (Borehamwood Shop Manager)

Terri Forster (Borehamwood Shop Assistant Manager)  
Nisha Jain (Financial and Fundraising Assistant)  
Fiona Kiddle (Macmillan Cancer Information Nurse)  
Kirsty Mabb (Macmillan Outreach Cancer Information Nurse)  
Beverley McDermot (Barnet Shop Manager)  
Tina Papasavva (Charity Administrator and Fundraising Events Co-ordinator)  
Yvonne Shield (MacMillan Home Visiting and Volunteer Co-ordinator).  
Lorraine Takaira (Cancer Information and Support Secretary).

#### Patrons:

Janet Doyle-Blunden  
Lady Pamela Kalms OBE  
Dame Helen Mirren  
Aubrey Rose, CBE  
Julia Somerville  
Peter Tether  
The Right Hon. Theresa Villiers MP

#### Medical Patrons:

Mr Muhammed Al-Dubaisi  
Dr Philippa Curran  
Dr Siân Davies  
Dr Rob Glynne-Jones  
Dr Andy Nicol  
Professor Hilary Thomas  
Professor Stephen West  
Dr Robert Winter

**T**he Charity endeavours to serve the various and often complex needs of people with cancer, their carers and family members, as outlined below. Those attending CL are known as members, as opposed to patients, clients or service users.

The Barnet Macmillan CAB benefits advisor is available for contact by CL members on 020 8440 4227. Not all employers are flexible and the threat of unemployment or redundancy is ever present. This can add extra stress, with the self employed especially vulnerable. People with cancer have extra expenses, for example, travelling for treatment and the cost of special diets, should they be recommended. Assistance from welfare benefits advisors can greatly reduce the stress of worrying about financial matters and their professional approach takes away the difficulty of navigating around the complexities of the ever-changing benefits system when feeling unwell.

Close links continue with local hospitals, general practices and hospices, as well as teaching and specialist London hospitals.

### **Objectives and Activities:**

In planning activities for the year the Trustees have kept in mind the Charity Commission's guidance on public benefit. As outlined in the Mission Statement, the provision of support and information complementing the treatment and care received from the NHS and other agencies is the major objective. Fortunately, CL is also able to include carers of people on their cancer journeys, as they have their own special needs. The Carers' Support Group, facilitated by CL's Outreach nurse, meets on the 2nd Monday of the month in North Finchley, when information, support and Reiki healing are available. The charity has been able to improve patients' compliance in attending hospital appointments, treatments and investigations including screening tests, by providing simple explanations and offering therapies which help to minimise side effects. Acupuncture and reflexology are particularly helpful in reducing symptoms occurring as a result of the treatments.

### **Additional Details of Objectives and Activities:**

The diagnosis of cancer can be devastating and many people, frequently in positions of responsibility and authority, lose confidence in themselves which in turn has an adverse effect on their employer, work colleagues and family. CL offers counselling programmes involving emotional and psychological support: those receiving this service have spoken of great benefit being obtained. This is an area highlighted by the Department of Health as an important, and often unfulfilled, need, but unfortunately now less available in the community due to financial reductions in funding counselling services. Therefore, CL is able to benefit the community by the provision of counselling and continues to recruit extra counsellors for this purpose.

Hair loss, associated with chemotherapy, is distressing and CL provides advice on wigs and hair care in a confidential setting. Wig and Scarf workshops are part of this, as is a facility for simple hair trimming, which takes place once a week.

### **Groups:**

These provide an opportunity for people with cancer, their carers and families, to meet others in a similar position, exchanging experiences and developing a network of support within a safe environment. These groups include weekly "drop-ins" on Tuesday morning, attended by 20-30 people each week, concluding with a relaxation session and two evening "drop-ins" per month on Thursdays, where between 10-15 people join. These evening sessions allow people who have returned to work, or wish to bring a family member or friend, the opportunity to experience CL.

There are two exercise classes, Quigong and Yoga. These are held at St Marks Church Hall, Potters Road, Barnet. Many people become depressed when ill and are often unable to join in physical activities. These classes are a way of regaining not only fitness, but also confidence and gently prepare those attending for their journey back into ordinary life. Lots of people have subsequently participated in running events,

climbing, water skiing, skydiving and even swimming in the murky waters of the Thames. It has given them great satisfaction to obtain sponsorship and raise funds for the Charity. Recent guidance for prevention of recurrent cancer emphasises the role of exercise and members are encouraged to join in local walking groups. Barnet Football Club has made their gym, in Harrow, available to small numbers of our members so they can have supervised exercise on a one-to-one basis. Tottenham Hot-spurs FC has a facility at Copthall, which is bigger, and which is able to accommodate more of those of our members who find it easier to travel to that part of the Borough. There is much enthusiasm and members have been heard to boast about their "personal trainer".

A recent CL innovation has been a seated Yoga class, following on from the Tuesday morning drop-in, on the first and third Tuesdays of the month.

The CL Singing Group, consisting of staff, members and volunteers, under the leadership of Simon Wilsher, accompanied by Jean Middlemiss on the keyboard, continues to be popular. The membership is around 30 and over the year 15-20 people attend weekly. A lot of fun and laughter takes place at rehearsals. Several public performances have been given: at the Summer and Christmas Fairs, the Lights of Love, in the Courthouse Park, and at local supermarkets. The social and health benefits associated with singing in a group are, by now, well established.

On the second Tuesday of the month, after drop-in and during the lunch break, there is a knitting and nattering group. They have produced various items, from quilts to socks, and, very kindly, raffled them to raise funds for CL. Each Thursday afternoon there is an art group which is growing and is another way for people to express themselves in a creative manner. It is not art therapy but an art class enjoyed by all who attend, no matter how talented or otherwise they are.

CL hosts three site-specific cancer support groups. These are for lymphoma (under the umbrella of the Lymphoma Association), ovarian cancer, and a group for men

(Men Down Under) with problems resulting from prostate or testicular cancer. All groups are facilitated by one of our Macmillan information nurses, ably assisted by the members themselves who are quite amazing in their reception of new members.

The latest CL group is for women aged 45 and under which meets 6-weekly on Friday afternoons. As these women often have children to collect from school, in future the group will convene at 12.30 pm with a DIY lunch.

The post-treatment course proved to be too time-consuming for CL and Barnet Hospital staff, especially with reference to recruiting members. The latter also found it difficult to commit to six half days which were needed to cover the following topics: Coping with emotions; Stress management; Diet and Nutrition; Exercise and Complementary therapies.

A Health and Well-being day was organised and attended by over 90 people. It was very successful and well received. Funding has now been obtained from CL's Atul Pathak Community award to cover the expenses of putting on such a comprehensive day in future.

### **Fundraising:**

The Barnet and Borehamwood CL charity shops continue to trade briskly. Their situations in the town centres brings CL into close contact with the local communities which donate, as well as buy goods, and are a source of volunteers. The shops are an additional outlet for information leaflets and event flyers thereby reaching more people. Other fundraising efforts include staging events, sponsorship of athletic endeavours, donations in response to the Chairman's annual appeal and, increasingly, contributions directly to the charity in lieu of Christmas cards, flowers at funerals, birthday and anniversary presents. CL is indebted to the many organisations and individuals who raise money on the charity's behalf, especially the Summer Soulstice crew and the Alan Cox golf day.

The local Waitrose supermarket, as well as other branches in the Borough, continue to include CL in their Green Token scheme.

"Girlies Raising Hope" continue to

put on events and produce goody bags of organic body care products which are distributed to new members, both male and female, when they first see one of our nurses. By making these available, CL aims, hopefully, to raise the spirit of those preparing for cancer treatment.

### **Achievement and Performance**

*Summary of main achievements of the Charity during the year 2016.*

#### **Macmillan Home Visiting, Befriending and Complementary Therapies.**

Currently there are 16 active befrienders, with three taking a break. Fifteen members are enjoying the services of a befriender. Potential befriendees are all visited by the relevant member of staff and not all take up the offer of a befriender. The purpose of home visits varies from keeping members company to accompanying them to medical appointments or going for a coffee, for a change of scenery, and giving their carer a break.

Supervision is given to volunteers every three months on an individual basis, with additional sessions before and after having been allocated a befriendeed. Group meetings for all volunteers take place four times a year with the opportunity for continuing training, personal development and to ensure the volunteers are equipped with the necessary skills to deal with often difficult situations and dilemmas.

#### **Website**

**([www.cherrylodgecancercare.org.uk](http://www.cherrylodgecancercare.org.uk))**

The CL website is facilitated by webmaster Dan Orchard (Barnet Rotary), Ruth Midgley (Trustee) as web editor and Freddy Kater as volunteer reporter and photographer. The site not only looks attractive and colourful, but is informative of the services on offer and is always kept up-to-date with reports and photographs of the various CL events.

#### **Report on volunteering at CL.**

Cherry Lodge recruits volunteers for various roles and there were four induction days this year at Howard House. Shop volunteers receive

introductory talks about CL at their place of work. The roles undertaken by volunteers are: – therapists; receptionists; drop-in helpers; counsellors; admin assistants; librarian; yoga teachers; van drivers and their assistants, fundraisers, shop workers and an art class facilitator. There is a total of 140 volunteers associated with CL.

The shops have benefited from having young people on two-week work experience placements.

CL continues to offer a wide variety of services to its growing number of members, thanks to the dedication and commitment of staff and volunteers.

#### **Macmillan Outreach Cancer Information Service:**

The Outreach Nurse makes a huge difference to a deprived area of the Borough of Barnet, which is home to many ethnic minorities, asylum seekers and homeless people.

This Service is busy, with total contacts of 1,039, of which 296 comprised initial visits which were one-to-one sessions, the rest were follow-up and telephone contacts. Of the total, 371 were male and 668 female. The vast majority of people accessing the service were patients, though 130 were carers. The ethnicity comprised 575 Indian/Asian; Black African 117; Black Caribbean 133; White British 122; White/Other 92. The disabilities in these people were physical in 370 cases; sensory in 196 and 22 were categorised as having a learning disability. Referrals to other agencies were 290 for community services; 33 to hospitals and 59 to social care. Of the total number of people seen, 244 were aged under 55 and 795 were aged over 55.

The venues used are the Ann Owens Centre (E Finchley); Manor Drive Methodist Church Hall Whetstone; Barnet Carers Centre (N Finchley); Sangam (Burnt Oak); and four different groups within Barnet Multicultural Centre.

Cherry Lodge's link with the monthly Sunflower Cancer Support group in Burnt Oak continues. This group serves the Edgware, Burnt Oak, Colindale, Mill Hill and Hendon areas, providing information, speakers, exercise and therapies.

## Annual General Meeting:

This was held on Tuesday 10th May 2016, when 27 people attended. The annual Report and Financial Statements were presented and questions taken from the floor. Staff, Trustees and Volunteers were all thanked for their hard work and commitment throughout the year. Next David James gave a presentation, assisted by Richard Weekes, about the Summer Soulstice. For the past 10 years this music festival (Barnet's answer to Glastonbury), is held in memory of Andy Weekes (brother of Richard), a young man who died of cancer. This event attracts the local community in large numbers and helps draw attention to the services of CL. Each year the event gets bigger and better and raised over £40,000 in 2016, incorporating 30 DJ's with pyrotechnic display at the close. The money thus raised sponsors the CL van, bearing both CL and Summer Soulstice logos, as well as the Outreach nurse's salary and professional activities.

## Overall Statistics for the Centre during 2014:

<b>New Members</b>	202
<b>Booked Complementary therapy and other appointments</b>	1,910
<b>Group activities:</b>	
<i>QuiGong (weekly)</i>	323
<i>Yoga (weekly in term time)</i>	217
<i>Singing Group (weekly)</i>	505
<i>Lymphoma Group (6-weekly)</i>	63
<i>Men's Group (6-weekly)</i>	66
<i>Ovarian Group (6-weekly)</i>	44
<i>Art Group (weekly)</i>	53
<i>Drop-in attendance (annual)</i>	1,088
<i>Relaxation/meditation</i>	74
<b>Individual appointments:</b>	
<i>Acupuncture</i>	677
<i>Nurse appointments</i>	297
<i>Counselling</i>	244
<i>Emotional and Psychological Programme</i>	149
<i>Indian Head and Neck Massage</i>	6
<i>Massage</i>	195
<i>Reflexology</i>	425
<i>Reiki Healing</i>	180
<i>Spiritual Healing</i>	11
<i>Wig and Scarf Advice</i>	19
<i>Bowen technique (new this year)</i>	21

On average 150-200 people access the Centre each week. statistical collection is not perfect but two very reliable volunteers continue painstakingly to enter data onto the computer.

## New Member Cancer Type:

There has been a marked increase in three types of cancer, namely, pancreatic, lung and brain.

## The Future:

As far back as December 2007 the Department of Health Cancer Reform Strategy stressed that the problem of long-term survival of people with cancer needs to be addressed. CL has always had the policy that "once a member always a member", in other words people from diagnosis through and beyond their treatment are and remain welcome. The benefit to the rest of the community is obvious: it is a huge boost for a newly diagnosed person to meet someone who has lived many years following their initial diagnosis and is, to all intents and purposes, leading a normal, active life.

CL will continue to develop services, both in-house, in members' homes and community centres.

Thanks to a generous legacy extensive refurbishment took place in the spring. A new boiler and secondary double glazing were installed as the building was very heat-inefficient. The downstairs reception area and Andy Weekes room were enlarged by removing the central partition and replacing this with soundproofed sliding doors. This enables confidential interviews to take place in the Andy Weekes room with those who have mobility issues and cannot manage the stairs. The refreshment bar was relocated to the area by the receptionist's desk and several cupboards were provided throughout the whole of the ground floor. To avoid trailing cables, a digital screen has been installed for training purposes and presentations. All this work coincided with the 20th anniversary of the opening of the original Cherry Lodge Cancer Care centre. Future expansion will have to be outreach, to avoid members having to travel too far and overcrowding at the Centre.

## Declaration:

The Trustees declare that they have approved the Annual Report  
Signed on behalf of Trustees

NAME .....

SIGNATURE .....

POSITION .....

DATE .....

*These summarised Accounts may not contain sufficient information for a full understanding of the financial affairs of the charity. A full set of the audited Accounts is available from Cherry Lodge. The Accounts have been given an unqualified audit report.*

Cherry Lodge is grateful to those who have provided financial support during the year.

Significant grants have been received from:

**NHS and local authority London Borough Of Barnet**

**Hadley Trust**

**Macmillan Cancer Support**

The charity is largely reliant on its own resources to generate the necessary funds.

**Auditor:** Andrew Geary,  
Geary Partnership  
Chartered Accountants, 2nd Floor  
159a, Chase Side, Enfield  
Middlesex EN2 0PW

**Solicitors:** Curry Popeck  
380 Kenton Road  
Kenton, Harrow  
Middlesex HA3 8DP

**Bankers:** CAF Bank Ltd  
Kings Hill, West Malling  
Kent ME19 4TA

Cherry Lodge Cancer Care Ltd is a charitable company limited by guarantee.

Registered charity number 1011629

Company registration number 2700192

**Cherry Lodge Cancer Care**

Howard House, 23 Union Street Barnet  
Hertfordshire EN5 4HY

Telephone: 020 8441 7000

Email: [info@cherrylodgecancercare.org.uk](mailto:info@cherrylodgecancercare.org.uk)

Visit us at:  
[www.cherrylodgecancercare.org.uk](http://www.cherrylodgecancercare.org.uk)