

# CHERRY LODGE CANCER CARE Members' Programme DECEMBER 2009



Cherry Lodge Cancer Care  
Howard House  
23 Union Street  
Barnet, Herts  
EN5 4HY

020 8441 7000

Registered Charity No. 1011629

Visit our website [www.cherrylodgecancercare.org.uk](http://www.cherrylodgecancercare.org.uk)

*Supported by*

**WE ARE  
MACMILLAN.**  
CANCER SUPPORT

## **MONDAY**

**Massage**  
10-12pm

*By appointment*

**Quigong Class**  
11-12:30pm

*No appointment necessary*

**Homeopathy Consultations**  
2- 4pm

*By appointment*

**Acupuncture**  
3 – 5pm

*By appointment*

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## **TUESDAY**

**Members' Drop in    Doors open at 9.45 am**  
10 – 1pm

*No appointment necessary*

Share your experiences, enjoy complementary therapies, use the lending library, have a coffee and a chat.

The morning ends with a short relaxation.

**Benefits Advice Sessions**  
1 – 3pm

*By appointment*

**Yoga Class**

3 - 4pm

*Yoga 1st & 8th December*

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## **Wednesday**

**Reiki Healing**  
10.30 – 2pm

*By appointment*

**Bach Flower Consultations**  
12 – 3pm

*By appointment*

**Acupuncture**  
10.30 – 1pm

*By appointment*

**Reflexology**  
2- 4pm

*By appointment*

## **THURSDAY**

### **Counselling**

9 – 11am

*By appointment*

### **EPSP (Emotional & Psychological Support Programme)**

10 – 12pm

*By appointment*

### **Bowen's**

10.30 – 12.30pm

*By appointment*

### **Reflexology**

10 – 2:30pm

*By appointment*

### **Aromatherapy**

10 – 12pm

*By appointment*

### **Pilates**

3-4pm

**3<sup>rd</sup> 10<sup>th</sup> & 17<sup>th</sup>**

### **The Caron Keating Evening Members' Drop in (3<sup>rd</sup> & 17<sup>th</sup> December)**

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month

6 – 9 pm

Share your experiences, enjoy complementary therapies, have a drink and a chat.

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## **FRIDAY**

### **Homeopathy Consultation**

10 – 1pm

*By appointment*

### **Aromatherapy**

10 – 1pm

*By appointment*

### **EPSP (Emotional and psychological support programme)**

10 – 12pm

*By appointment*

**Please can you call us as soon as possible if you need to cancel your appointment. Thank you.**

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**For Quigong, Yoga, Pilates, and Drop – in, no appointments are necessary.**

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**If you would be interested in having a Befriender,  
Please contact Sue Rose at Cherry Lodge Cancer Care**

**Dates for your Diary**

**Ovarian Support Group**

At 7.30pm Wednesday 9<sup>th</sup> December 2009  
Venue Cherry Lodge

**Lymphoma Support Group**

Wed. 16 Dec. 2009 7.30 -9.30 this will be a Christmas Gathering  
Please bring Refreshments to share.  
Venue Cherry Lodge - Please ring to confirm date

**The Cherry Lodge Charity Shop is at  
1A Church Passage High Street, Barnet EN5 4QS**

Please bring your donations directly to the shop. If you know anyone who  
Would like to volunteer to work in the shop please put them in touch with  
Theresa on 0208 441 7000

**Fundraising Events**

**Saturday 5<sup>th</sup> December 2009**

Santa's Grotto starts in the Spires



**Sunday 6<sup>th</sup> December 2009**

Barnet Street Fair (Cherry Lodge Shop will open that day).

**Wednesday 9<sup>th</sup> December**

Bridge Drive

Please call Theresa or Marion for details

**020 8441 7000**

**Wednesday 9<sup>th</sup> December 10 – 4pm**

Schools' Carol Singing in the Spires

Cherry Lodge closes on 24<sup>th</sup> December 12pm and re-opens  
Tuesday 29<sup>th</sup> December 2009 for Drop-in. No Therapist's available on that day but  
members welcome to drop-in for Tea & Coffee

*A Remembrance book is available at the centre for viewing*