

### Annual General Meeting:

This was held on Tuesday 15th May 2018, when 21 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.

Following on from the business part of the meeting Janet Doyle Blunden, a highly experienced nurse specialising in oncology and palliative care, gave a talk entitled 'Finding Hope on the Journey through Cancer'. She emphasised how much things have changed since she started nursing in the seventies when patients were rarely told their diagnosis so the key to hope was a physician. Janet made the session interactive so audience ideas were encouraged and brought in. Hope can be defined in different ways but must never be taken away. A common strategy is to give the person a future event to look forward to with hope. One is surprised by the ways in which people with cancer deal with their problems and teach the professionals about hope which could even be a small thing, such as their next meal. Janet quoted Mark Twain "I have lived through some terrible things in my life, some of which actually happened."

### Overall Statistics for the Centre, 2018

There were 4,505 visits to the Centre.

New Members	199
Booked Complementary therapy and other appointments	2,555
Group activities:	
QuiGong (weekly)	128
Yoga (weekly in term time)	204
Singing Group (fortnightly)	505
Lymphoma Group (6-weekly)	63
Men's Group (6-weekly)	66
Ovarian Group (6-weekly)	44
Art Group (monthly, at Howard Hse)	53
Drop-in attendance (annual)	1,133
Relaxation/meditation (weekly)	74

### Individual appointments:

Acupuncture	935
Nurse appointments	319
Counselling	404
Emotional & Psychological Programme	87
Indian Head and Neck Massage	11
Massage	346
Reflexology	578
Reiki Healing	165
Healing	50
Wig and Scarf Advice	40
Bowen technique	61

From October evening booked therapies (from 6pm-8pm) were introduced.

Starting small with a couple of therapists but it is envisaged that demand for this evening facility will increase as the Centre is fully booked most of the daytime.

Another innovation was for Dr Kiran Gargesh to provide acupuncture at the Multicultural Centre. An average of 150-200 people access the CL Centre each week. Statistical collection is not perfect but two very reliable volunteers continue painstakingly to enter data onto the computer.

### New Member Cancer Types

Breast cancer continues to be the highest number with prostate cancer also very common. Colonic cancer and lymphoma are also prevalent and there is a worrying increase in lung cancer in non-smokers and a significant increase in brain cancer in a relatively younger age group.

### 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 is continuing to develop services, both in-house, in members' homes and Community Centres. And, as already indicated, evening and possibly weekend therapies.

Future expansion will have to be outreach, to avoid both 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:

**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 HA3 0PW

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

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

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

**Registered charity number 1011629**  
**Company registration number 2700192**

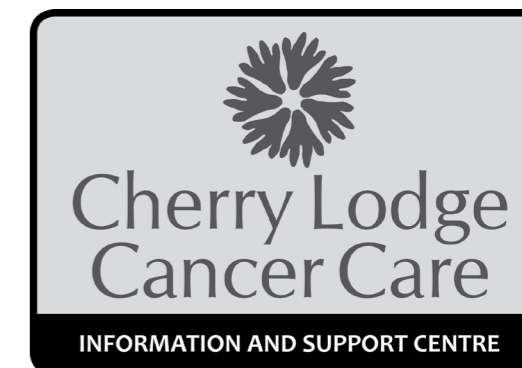
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**Visit our website at**

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



Registered charity number 1011629

# CHERRY LODGE CANCER CARE ANNUAL REPORT 2018

## Our Mission Statement

Cherry 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 2018.

### Structure, Governance and Management

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

#### Composition of Board:

Sarah Armitage (Vice Chairman)  
Cathy Braddish  
Dr Margaret Clark (Chairman)  
Dr Katherine Edwards  
Carole Manning (Hon Treasurer)  
Ruth Midgley (Web editor)  
Mark Stevenson (from September)  
Grant Whitaker (from February)

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

#### Staff Members:

Susan Brady  
(Barnet Shop Assistant Manager from June)  
Annys Douglas (Barnet Shop Assistant Manager)  
Daryl Forster (Borehamwood Shop Manager)  
Terry 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) Left in May  
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  
The Right Hon. Theresa Villiers MP

#### Medical Patrons:

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

The 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, Kirsty Mabb, 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 and CL has increased its number of counsellors as there is an ever-increasing demand on this particular provision. This is an area highlighted by the Department of Health as an important, and often unfulfilled, need but, unfortunately, now much 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 extra counsellors have been recruited 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. Lauren Sherman is available for simple hair trimming, especially for people undergoing chemotherapy and she attends CL 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 which are held at St Marks Church Hall, Potters Road, Barnet. Additionally, seated Yoga is now provided after the first and third Tuesday drop-ins of the month at Howard House. 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.

MOVE4YOU is a physical activity programme for people with cancer, aged 18 and over. This is provided by the Tottenham Hotspur Foundation, in partnership with Macmillan Cancer Support and The Big Lottery Fund. Specialist cancer physical activity instructors support people through 12 sessions, tailored to each individual’s needs so as to accommodate all abilities and conditions. Various locations are offered as a choice: Copthall Leisure Centre; Tottenham Green Leisure Centre; Barnet Hospital; Whittington Hospital and Southbury Leisure Centre in Enfield. The members are very enthusiastic and have been heard boasting about their “personal trainer”.

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 and the Lights of Love. 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.

An Art Class (organised by Loretta Wroe) takes place at Howard House on the last Friday of each month from 10am – 12 noon: this is growing in popularity 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. It is not just painting but involves all sorts of creativity, such as glass painting, decorations, artificial flower making, greetings cards, etc.

Four times a year flower arranging workshops take place, led by Iris Chalis. This is a wonderful and relaxing activity for the members in which to get involved.

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, Fiona Kiddle, ably assisted by the members themselves who are quite amazing in their reception of new members.

A Mindfulness course (four 2-hr sessions) is held from 10am – 12 noon on Tuesdays, facilitated by Anna Zannides. This course, held at St Marks Church Hall, Potters Road, Barnet, has proved so popular that no sooner has one course finished than the next one is being organised.

The Health and Well Being day was attended by 110 people. It was very successful and well received. The keynote speaker was Dr Pauline Leonard, Consultant Medical Oncologist at the Whittington Hospital.

A course for anyone affected by cancer, and their close supporters, was provided free by Penny Brohn UK at CL on two consecutive Saturdays. Although they were long days those attending stayed the course and agreed it was beneficial. It is hoped to repeat this next year.

Over the year, a total of 364 people attended the various groups.

### Fundraising:

Both 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 (our major fundraisers by far) are planning to continue this as an annual event. Thanks also to Alan Cox whose annual golf day proves very popular.

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

Unfortunately, the weekend of the Soulstice was marred by a robbery which got away with about £45,000, using cutting tools on the safe in the clubhouse. Thanks to the generosity and incredible efforts of the local community some £30,000 was raised. To try and offset this awful event the Soulstice crew themselves put on a golf day. As a result of the publicity (including an item on ITV

regional news and the local MP raising the theft in Parliament under a debate on crime) both the Soulstice and CL have become much better known and, rather ironically, have benefited.

### Achievement and Performance

*Summary of main achievements of the Charity during the year 2018.*

**Macmillan Home Visiting, Befriending and Complementary Therapies.** Currently there are 13 active befrienders, with four taking a break. Potential befriendees are all visited by the relevant member of staff, but not all take up the offer of a befriender, e.g. this year there were four non-starters. 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. Attendance at supervision sessions has improved as volunteers appreciate the benefits. The Befriending Service works closely with Social Services and Age UK.

Although most of the befriending involves home visiting, there is telephone contact should the member have mobility problems and/or is unwell.

### 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.

### 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; trustees, gardeners, receptionists; drop-in helpers;

counsellors; admin assistants; librarian; yoga teachers; van drivers and their assistants, fundraisers, shop workers and an art class facilitator. The current volunteer number is 175.

The shops have benefited from having young people on two–week work experience placements, as well as those on the Duke of Edinburgh Award Scheme.

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, Kirsty Mabb 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. In addition she spends time at the Centre, especially when Fiona is away.

This Service is busy, with total contacts of 1,002, of which 299 comprised initial visits which were one-to-one sessions, the rest being follow-up visits. Of the total, 349 were male and 653 female. The vast majority of people accessing the service were patients, though 96 were carers. Kirsty also sees staff, social workers and volunteers at her various venues, totalling 80.

The ethnicity breakdown showed : Indian/Asian 477; Black African 117; Black Caribbean 127; White British 140; White/Other (European) 138. Most people who are seen have physical problems (330), though many also have sensory (186) and learning disabilities (26). Referrals to other agencies were 209 for community services; about one third of these to GP’s and the rest to District Nurses. Hospital referrals (often to specialist nurses) comprised 41 and 52 to social care.

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 Cornflower Cancer Support group in Burnt Oak on the second Tuesday evening of each month continues. This group serves the Edgware, Burnt Oak, Colindale, Mill Hill and Hendon areas, providing information, speakers, exercise and therapies. However, everyone, no matter where they live, is welcome.