

# Cherry Lodge Cancer Care



ANNUAL  
REPORT  
2015

## 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, 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 2015*

### 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:

Annys Douglas (Assistant Manager Barnet Shop)  
Daryl Forster (Borehamwood Shop manager)

Terri Forster (Borehamwood Assistant Shop Manager)  
Nisha Jain (Financial and Fundraising Assistant from June)  
Fiona Kiddle (Macmillan Cancer Information Nurse)  
Kirsty Mabb (Macmillan Outreach Cancer Information Nurse)  
Barbara Moody (Fundraiser Coordinator) Resigned November.  
Tina Pappasavva (Charity Administrator and Fundraising Events Co-ordinator) from November.  
Yvonne Shield (MacMillan Home Visiting and Volunteer Co-ordinator).  
Maria Stylianou (Assistant to the Shop Managers). Resigned October.  
Lorraine Takaira (Cancer Information and Support Secretary).

Nicole White (Barnet Shop Manager).  
Patricia Cox from October.

#### 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

The Charity strives 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. Not all employers are prepared to be flexible and the spectre of unemployment or redundancy looms large. 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 therapies are made available. The charity has been able to improve patients' compliance in attending hospital appointments, treatments and investigations including screening tests, by helping 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 is often 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 addressing this issue and has recruited 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 provision.

### **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 partner, 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. A pilot study is taking place involving Barnet Football Club and CL so that members can make use of their gym for supervised exercise. There is much enthusiasm and members have been heard to boast about their "personal trainer".

The CL Singing Group, consisting of staff, members and volunteers, under the leadership of guitar playing Liz Menezes from DaCapo Music Foundation in Barnet (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, John Lewis and Fenwick's at Brent Cross and Sainsbury's in Hendon. There are well-documented social and health benefits associated with singing in a group.

CL hosts three site-specific cancer support groups. They 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. A new project has been established, namely an Art Group on Monday mornings from 10.30 – 12 noon in the Anand Centre. So far this has been well supported and is another way for people to express themselves and be creative, regardless of their level of expertise. It is not art therapy but an art group with proven benefits.

CL runs a post-treatment course, consisting of six half days, three times a year, covering Coping with emotions; Stress management; Employment and Welfare Benefits; Diet and Nutrition; Exercise and Complementary therapies. This is a joint venture between Barnet Hospital and CL. An average of eight people attend each time.

### **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 who 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.

What has now become an annual event (this year was the Ninth) is the Summer Soulstice (Barnet's answer to Glastonbury). This is held in memory of Andy Weekes, a young man who died of cancer, although he was never a member of CL. This event attracts the local community in huge numbers and draws attention to the services of CL. Tens of thousands of pounds have been raised – this year £40K. This money is sponsoring the CL van (bearing both CL and Summer Soulstice's logos) as well as the Outreach Nurse's salary and professional activities. A room at the Centre is dedicated to the memory of Andy Weekes and sports a colourful door, incorporating Soulstice and CL logos as well as a lovely photograph of Andy on the wall.

Successful links were forged with the John Lewis Partnership (including Waitrose), as well as with Sainsbury's supermarket in Hendon and Fenwick's at Brent Cross. In addition to financial support, raffle prizes were donated and store staff, in return, received cancer information and some therapies.

"Girlies Raising Hope" continue to put on events and produce goody bags of organic body care products which are distributed to both male and female new members when they first see one of our nurses. So, in contrast to the usual meeting with the health care professional, when appointments for possibly unpleasant treatments are made, they are given these presents which will hopefully raise their spirits.

## **Achievement and Performance**

*Summary of main achievements of the Charity during the year 2015.*

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

Currently there are 15 active befrienders, four taking a break and two new ones in training. 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 all volunteers every three months, 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.

### **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 three induction days this year. The roles undertaken by volunteers are: therapists; receptionists; drop-in helpers; counsellors; admin assistants; librarian; yoga teacher; van drivers and their assistants, fundraisers and shop workers.

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

CL is able to offer 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 883 people accessing one of the "Health and Wellness" sessions during 2015. These sessions are provided at a total of 10 different community venues, throughout the borough of Barnet.

Of the people seen, 340 were men, and 541 women. There were 99 carer contacts. Interactions include group encounters, 265 one-to-one sessions and 628 follow-up and telephone contacts. Of the numbers mentioned above, 711 were members, 99 carers and 73 community and general public contacts.

The venues used are the Anand Centre, Barnet African Caribbean Association and Barnet Asian Older People Association (BAOPA).

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 to an average monthly attendance of 20 people.

### **Ethnicity Report:**

<i>Indian/Asian</i>	455
<i>Black African</i>	100
<i>Black Caribbean</i>	114
<i>White British</i>	123
<i>White Other</i>	99

### **Annual General Meeting:**

This was held on Tuesday 13th May 2015, when 40 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 the Annual Lecture was given by Alison Hibberd from Barnet Carers Service. She highlighted especially the difficulties encountered by young carers (some very young indeed) and how they themselves can be helped.



## Overall Statistics for the Centre during 2014:

**New Members** 208

**Complementary therapy appointments** 2,188

### Group activities:

*QuiGong (weekly)* 163  
*Yoga (weekly in term time)* 172  
*Singing Group (fortnightly)* 600  
*Lymphoma Group (6-weekly)* 70  
*Men's Group (6-weekly)* 64  
*Ovarian Group (6-weekly)* 48  
*Art Group (weekly)* 71  
*Drop in attendance (annual)* 1,380

### Individual appointments:

*Acupuncture* 773  
*Benefits Officer* 12  
*Nurse appointments* 259  
*Counselling* 303  
*Emotional and Psychological Programme* 120  
*Indian Head and Neck Massage* 7  
*Massage* 242  
*Reflexology* 529  
*Reiki Healing* 174  
*Spiritual Healing* 40  
*Wig and Scarf Advice* 69

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:

*Bladder* 4  
*Brain* 3  
*Breast* 105  
*Cervix/Uterus/Vulva* 3  
*Colon/Rectum* 15  
*Head/Neck* 2  
*Kidney* 8  
*Leukaemia* 4  
*Liver* 1  
*Lung* 9  
*Lymphoma* 10  
*Melanoma* 1  
*Myeloma* 4  
*Unknown Primary* 4  
*Oesophagus* 3  
*Other* 13  
*Ovarian* 1  
*Pancreas* 5  
*Prostate* 11  
*Stomach* 2

### 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. Specific plans include a group for young women with breast cancer and more development of the Outreach, particularly complementary therapies, so as to avoid too much travelling for the members 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.

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

George Georgiou, BA Hons, ACA, FCCA  
SPW (UK) LLP  
Gable House  
239 Regents Park Road  
London N3 3LF

#### New auditor from October

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

Cherry Lodge Cancer Care Ltd is a charitable company limited by guarantee.  
Registered charity number 1011629 Company registration number 2700192

### Cherry Lodge Cancer Care

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