



Registered charity number 1011629

# CHERRY LODGE CANCER CARE ANNUAL REPORT 2023

## Our Mission Statement

Cherry Lodge Cancer Care exists to enhance and complement the treatment offered to individuals living with cancer, their carers, family and friends within the London Borough of Barnet & South Hertfordshire. The charity was established by a group of health care professionals and others with personal experience of cancer. The objective of the charity is to offer care and comfort to those on their cancer journey by providing easy access to specialist information and support along with complementary therapies. The aim is to help 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, completely free of charge for as long as it is needed.

*Katherine Edwards and Sarah Armitage,  
Co-Chairs of Cherry Lodge Cancer Care, from 1st January 2024*

## Trustees' Annual Report for the period January – December 2023.

### Structure, Governance and Management

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

#### Composition of Board:

Sarah Armitage  
Cathy Braddish  
Dr Margaret Clark (Chairman)  
Dr Katherine Edwards  
Graeme Gibson (Assistant Hon Treasurer)  
Carole Manning (Hon Treasurer)  
Ruth Midgley (Web editor)  
Grant Whitaker

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

#### Staff Members:

Olivia Bannon (Cherry Lodge Nurse)  
Alessia Biciocchi (Counsellor)  
Susan Brady (Shop Manager)  
Annys Douglas (Assistant Shop Manager)  
Nisha Jain (Financial and Fundraising Assistant)  
Fiona Kiddle  
(Macmillan Cancer Information Nurse)  
Kirsty Mabb  
(Macmillan Cancer Outreach Information Nurse)  
Sheila Mundy (Shop Assistant)  
Tina Papasavva (Charity Administrator and Fundraising Events Co-ordinator)  
Linda Patrick  
(Operations Manager, from October)  
Sarah Quilley  
(Temporary Assistant Manager, sickness cover)  
Yvonne Shield (Macmillan Home Visiting Service and Volunteer Co-ordinator)  
Lorraine Takaira (Cancer Information and Support Secretary to the Nurses)

#### 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 Glynne-Jones  
Dr Andy Nicol  
Professor Hilary Thomas  
Professor Stephen West  
Dr Robert Winter

*Finances: Our financial details are covered in a separate document.*

The diagnosis of cancer can be devastating and often our members (the people who use our services) need support and information and someone else to talk to other than the hospital specialists about their treatment. Some members may just need an initial conversation with one of our nurses while others may want to follow up their visits with therapies, activities or group sessions at the centre. There is a huge boost for a newly diagnosed person to meet someone who is now living a normal active life after being supported by the team at Cherry Lodge. Throughout 2023 we were again able to see members face to face, to continue offering walk and talk and telephone consultations, and to provide sessions with therapists at the centre. Many of the staff have been able to combine working from home with working at the centre, now fully opened for visitors.

We have a very effective support team, made up of staff, volunteers and therapists, which provides services to meet members' needs. There is also a fundraising team and the Cherry Lodge shop in Church Passage, Barnet, which are both very important as we receive no public funding. Monies are raised via the annual Chairman's appeal, legacies, events by others and events organised by the fundraising team. We are also supported by a local breakfast club and the Summer Soulstice along with so many other events by others.

We could not offer what we do for our members without the amazing team of volunteers who give up their time for free to work at the centre, in the shop, at fundraising events, as therapists and befrienders, and in other important ways.

The trustees (also volunteers) oversee the running of the charity. The board was led until the end of 2023 by our founder, Dr Margaret Clark, who resigned as a Trustee and Chairman of Cherry Lodge Cancer Care after 28 years. We all value the inspiration and support she has given to the charity over so many years. She leaves us with a great legacy for the future care of members living with cancer.

## Achievement and Performance

Cherry Lodge Cancer Care continues to provide a highly respected information and support service for people at all stages of their cancer journey, from diagnosis onwards. We work alongside the clinical care of the NHS, providing up to date medical information and offering a wide range of complementary therapies and activities. Our services, for new and long-term members, are particularly important in what are difficult times for many people. After the challenges of Covid, we were very pleased to reopen our centre fully in

2023. Although telephone appointments are still available, increasing numbers of members now attend the centre, which is what we are here for. In 2023, 189 new people met with one of our nurses for assessment, with 149 of them registering to become members to take advantage of our various services in the longer term. 'Walk and Talk' meetings (75) were held as an alternative to meeting with a nurse at the centre. Among the 40 people who chose not to register were individuals signposted to access services provided by other, specific organisations.

The delivery of in-house therapies in 2023 was still below pre-Covid levels but new therapists were taken on and volume increased. Appointment numbers for key therapies are included here in brackets: Acupuncture (879); Counselling/Hypnotherapy (452); Massage (780); Reiki (185); Reflexology (450). There were also sessions (via Zoom or off-site) of Pilates (34), Seated Yoga (37), Circle Dancing, Laughter Wellness, and Sound Healing (12). Mindfulness courses were held via Zoom (4 x 6 weeks) and then, in October, in person at the centre (1 x 6 weeks). Groups for people with specific cancers met initially via Zoom and later in the year sometimes in person: Lymphoma group (3), Men's group (3), Ovarian support group (4), Moving on group (11). The Carers' support group met via Zoom throughout the year (12).

Our Outreach Services also took a hard hit during Covid, when many community centres were forced to close.

This area of our work, serving Barnet's most vulnerable population groups, also saw the beginnings of a recovery in 2023, with 524 sessions with the nurse and 330 acupuncture appointments.

## Cherry Lodge Stories, 2023

For this Annual Report, we have invited members of the Cherry Lodge family to write their own stories of 2023. By describing their various roles, they provide a useful insight into our charity's many activities.

### Fiona Kiddle

I have been the Macmillan Cancer Information Nurse here at Cherry Lodge for 23 years. I am primarily responsible for any of our members coming to Cherry Lodge, including new member assessments, answering telephone enquiries about cancer, and providing continued follow-up and support for those who have accessed the centre.

I oversee the provision of services provided at Cherry Lodge, particularly our counselling and complementary therapies.

I work closely with the Cherry Lodge Macmillan Outreach Nurse, the Cherry Lodge Nurse, the Befriending and Volunteer Manager, and the Information and Support Secretary. Together we work as a team aiming to provide high quality services and care to our members.

Over the years, the role has changed as the cancer world has evolved further. Diagnostic pathways have become more complex and treatments more intense, with extended treatment plans that have a greater impact on our members' social, physical and psychological wellbeing. NHS services are stretched, which has put a greater demand on the need for the follow-up and supportive services that we endeavour to provide.

### Kirsty Mabb

In my role as Cherry Lodge Macmillan Outreach Nurse, I focus my work to the West of the borough, where I hold drop-in sessions in community centres, where no appointment is needed for people living in the Cricklewood, West Hendon, Colindale and Burnt Oak areas.

I see people who need to discuss their cancer diagnoses, treatments and choices, and also those who need support beyond, or as a result of, cancer treatment. I invite people to attend/register with Cherry Lodge if they wish; but I manage many of them closer to their homes. I also see "worried well" people with symptoms that could be suggestive of a cancer, and I escalate these to the GP immediately. I try to ensure that people are conversant with cancer symptoms and are taking up their cancer screening.

Additionally, I co-ordinate the weekly outreach acupuncture service, which is provided by Dr Kiran Gargesh at Barnet Multicultural Centre. This is an invaluable service for people currently going through cancer treatment, which stops them having to travel to the Cherry Lodge centre. I also arrange occasional workshops and speakers for the target audience, which are always well-attended. Once a month I facilitate an evening support group (Cornflower) in Burnt Oak, and arrange therapists and activities for the participants. I do a limited number of home visits for people whose conditions may have deteriorated and link them in to community services.

When not doing outreach, I am at the Cherry Lodge centre in Barnet, seeing new and existing members, helping with the day to day running of the service, doing reviews and supervision meetings with therapists and counsellors, and generally being a nuisance.

No two days are ever the same!

## Tina Papasava

I am the Fundraising Events Organiser/ Charity Administrator and have been in the role for many years, during which time I have built up a network of loyal supporters. Because our charity does not receive any government funding, fundraising is a vital strand to the continuation of Cherry Lodge.

I have a very supportive and devoted fundraising team assisting me every step of the way. Two new annual events were introduced in 2023: the Easter Walk and Stall and a Sponsored Swim, which included members, volunteers & the local community. 2023 was a very active year for the team working on seasonal events.

These included Cherry Lodge's Lights of Love, Christmas Fair and Pink Tombola, bringing us all together at special times. Sponsored events also flourished in 2023 – thank you to everyone who took part and for the sponsorship received. Cherry Lodge runners in the 2023 London Marathon raised a very impressive £15,000.

Cherry Lodge is honoured to have supporters putting on third-party events for us throughout the year and is extremely grateful for all the support we receive from local businesses. Money raised by Barnet's award-winning Summer Soulstice festival funds our Outreach Nurse and sponsorship of the van. It is great for Cherry Lodge representatives to be present and volunteer on the actual day and be part of the Soul Family which we so appreciate.

We send thanks to friends and families of Cherry Lodge, who attend events, donate much needed prizes and buy raffle tickets. Generous donations were made in response to the Chairman's Appeal, with others given in memory of loved ones or simply to show appreciation of Cherry Lodge services. We are grateful to the ongoing support of our MP, Theresa Villiers. All the above help us to do what we do best, supporting those on the cancer journey.

## Yvonne Shield

My role at Cherry Lodge includes managing the Home Visiting (Befriending) service, attending the off-site Drop In group, and working as Volunteer Coordinator.

**Befriending:** This service supports people who are lonely or whose family might wish them to receive additional visits. Our volunteer befrienders provide a flexible service, seeing people at home, in a nursing home or in hospital. Since the pandemic, we have continued to include telephone contact but the service is primarily face to face. During 2023, befrienders visited 18

people once a week (with a commitment to do so for 18 months). There are regular team meetings four times a year and contact/supervision, attended by all befrienders, is given on a regular basis.

**Drop In:** The group relocated during 2023 to Christ Church, St Albans Road, EN5 4AL. At least 11 people attend every week and sometimes it can go up to 15. Many people arrive for coffee at 10.15am and remain there for lunch! As well as introducing new members to the group, I pass on messages to keep the nurses up to date with the medical status of members. I also ensure attendees are up to date with Cherry Lodge news and are given the opportunity to attend events and talks.

**Volunteers:** New volunteers with a wide range of skills were recruited in 2023. DBS checks are carried out on all volunteers and training is offered to everyone according to their role. Two induction sessions were held during the year. We currently have 113 volunteers of all ages, races and abilities, who help in many different ways. Volunteer roles include administration, reception, being a member of the fundraising committee, helping at events, providing therapies or counselling, befriending, driving, gardening, serving as a trustee, and of course working in our charity shop. 2023 saw the introduction of a new initiative: recruiting volunteers to drive people to medical appointments or to the Cherry Lodge centre. This has proved very useful as many people cannot access public transport.

## Charlotte Balazs

I have been a volunteer at Cherry Lodge since May 2017, primarily working as a receptionist at Howard House. I moved to High Barnet when I retired and was determined to become immersed in my new community. I live at New Ground Cohousing Community in Union Street and, in early 2017, Yvonne Shield visited us hoping to find new volunteers. The rest is, so to speak, history!

I currently work on Thursdays when most members visit for acupuncture with Dr Kiran Gargesh as well as for reiki and reflexology with other therapists. Working a regular day, I get to know members and they, in turn, get to see the same face when they arrive at the front door. I am conscious that as a receptionist I am frequently the first person members encounter and it is so important to make them feel welcome and in a safe space. Offering a cup of tea is a good ice breaker.

In 2023 I arranged for BBC Radio London journalist Anna O'Neill to interview me at

Howard House about my role as a Cherry Lodge volunteer – invaluable publicity! It's an absolute privilege to be a Cherry Lodge volunteer as well as great fun. I cannot imagine not being a Cherry Lodge volunteer.

## The Cherry Lodge Shop

The shop has always been very important to the charity as it gives us a presence on the High Street in Barnet and makes us feel part of the local community. We receive many good donations and have a very loyal team of volunteers and staff who work hard in the shop. The unit is small and can sometimes be overwhelmed with donations, making it necessary for us to close the shop temporarily for them to be sorted – people are advised to phone in advance. Trading has also sometimes been interrupted by building work issues. We successfully renewed the shop lease in July 2023 for a term of seven years, with a break option after four years.

## The Future

We will review our aims, objectives and activities each year. We will look at what we have achieved and review the benefits we have brought to our members. This will help us plan our future activities.

In future planning, the Trustees are minded of the Charity Commission's guidance on public benefit as outlined in our Mission Statement. Our aim is to plan and offer services based upon our members' needs as we support them, complementing the treatment they are receiving from the NHS or other agencies. We will always provide our support services for free.

The Trustees, Staff and Operations Manager are mindful of the cost of living crisis affecting all members of our community and that a cancer diagnosis can have a huge impact upon this. Individuals' wellbeing and mental health are also affected so we are looking to increase counselling and therapies to support wellbeing.

We aim to consult with other cancer charities and with our members to see what new services we can offer and bring our services back to, or beyond, what we were offering before Covid restrictions closed down many activities.

We continue to develop our website, [www.cherrylogecancercare.org.uk](http://www.cherrylogecancercare.org.uk), to inform people of the services we provide and news and articles about our events.

We send a huge thank you to all who support, fund, volunteer and bring their individual style to the family of Cherry Lodge Cancer Care.

## Financial

The summarised accounts are supplied separately. Full audited accounts are available by request from Cherry Lodge or on the Charity Commissions website.

### Auditor: Andrew Geary

Geary Partnership, Chartered Accountants  
2nd Floor, 159a Chase Side  
Enfield, Middlesex HA3 0PW  
www.gearypartnership.co.uk

### Solicitors: Curry Popeck

380 Kenton Road, Kenton, Harrow, Middlesex HA3 8DP

### Bankers: CAF Bank Ltd

25 Kings Hill Avenue, Kings Hill, West Malling, ME19 4TA

## Declaration:

The Trustees declare that they have approved the Annual Report

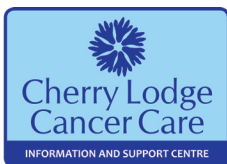
Signed on behalf of Trustees:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Position \_\_\_\_\_ Date \_\_\_\_\_

*Katherine Edwards and Sarah Armitage,  
Co-Chairs of Cherry Lodge Cancer Care, from 1st January 2024*



Cherry Lodge Cancer Care is a charitable company limited by guarantee.  
Registered charity number 1011629  
Company registration number 02700192

The Trustees present their report and audited financial results  
for January 1st 2023 to December 31st 2023

Cherry Lodge is an independent charity providing cancer information and resources  
to those living with cancer, their families and carers.

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Website: [www.cherrylodgecancer.org.uk](http://www.cherrylodgecancer.org.uk)