



Registered charity number 1011629

CHERRY LODGE CANCER CARE ANNUAL REPORT 2017

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 2017.

Structure, Governance and Management

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

Composition of Board:

Sarah Armitage (Vice Chairman)
Roger Bailey (resigned January 2017)
Cathy Braddish (from July 2017)
Dr Margaret Clark (Chairman)
Dr Katherine Edwards
Christine Halloran (resigned June 2017)
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 Asst Manager)
Daryl Forster (Borehamwood Shop Manager)
Terry Forster
(Borehamwood Shop Assistant Manager)
Nisha Jain (Financial and Fundraising Asst)
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 (RIP July 2017)
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 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. October seems to be the busiest month of CL's year in terms of demand on our services.

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 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, which are held at St Marks Church Hall, Potters Road, Barnet. Additionally, seated Yoga is now provided after the first and third Tuesday drop 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: Cophall 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, 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.

An Art Class (organised by Loretta Wroe) takes place at Howard House on the last Friday of each month from 10.30am to 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, 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.

Facing the Challenge of Change, 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; Employment and Welfare Benefits; Diet and Nutrition; Exercise and Complementary therapies. This course is in abeyance for the time being but it is hoped to re-convene at a future date.

A Mindfulness course (four 2-hour sessions) has started and is held between 10am and 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.

A Health and Wellbeing day was organised and attended by over 90 people. It was very successful and well received. The keynote speaker was a local GP who, at the very end of her address, made even more impact by revealing that she herself had cancer and had greatly benefited from the services at CL

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, and 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 and 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, continue to include CL in their Green Token scheme.

Achievement and Performance

Summary of main achievements of the Charity during the year 2017.

Macmillan Home Visiting, Befriending and Complementary Therapies.

Currently there are 16 active befrienders, with three taking a break. 20 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. Attendance at supervision sessions has improved as volunteers appreciate the benefits. This year there was a manual handling workshop for befrienders. 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)

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.

The average number of volunteers associated with CL is around 140.

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 1,070, of which 319 comprised initial visits which were one-to-one sessions, the rest were follow-up visits. Of the total, 382 were male and 688 female.

The vast majority of people accessing the service were patients, though 130 were carers. Kirsty also sees staff, social workers and volunteers at her various venues, totalling 80.

The ethnicity comprised 534 Indian/Asian; Black African 107; Black Caribbean 126; White British 174; White/Other (European) 129. Most people who are seen have physical problems, though many also have sensory and learning disabilities.

Referrals to other agencies were 207 for community services; about one third of this to GP's and the rest to District Nurses. Hospital referrals (often to specialist nurses) comprised 60 and 66 to social care. Of the total number of people seen, 274 were aged under 55 and 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 the Barnet Multicultural Centre.

Cherry Lodge's link with the monthly Cornflower 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. It is made clear, however, that everyone is welcome.

Annual General Meeting:

This was held on Tuesday 16th May 2017, when 39 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 Isaac Oppong gave a presentation on the MOVE4YOU programme. He explained that he is employed by Tottenham Hotspur (even though he is an Arsenal fan) and illustrated, by means of a case study, the benefits of this exercise to people with cancer. Interestingly, after 12 sessions many participants ask to join one of the gyms and to carry on with the beneficial exercises.

Overall Statistics for the Centre, 2017:

There were 4,763 visits to the Centre.

New Members 232

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 held at Howard House) 53

Drop-in attendance (annual) 1,088

Relaxation/meditation (weekly) 74

Individual appointments:

Acupuncture 902

Nurse appointments 340

Counselling 436

Emotional and Psychological Programme 127

Indian Head and Neck Massage 11

Massage 267

Reflexology 520

Reiki Healing 229

Spiritual Healing 2

Wig and Scarf Advice 39

Bowen technique (new this year) 61

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 3

Brain 8

Breast 87

Cervix/uterus/vulva 4

Colon/rectum 17

Head/neck 3

Kidney 1

Leukaemia 3

Liver 2

Lung 21

Lymphoma 11

Myeloma 5

Unknown 5

Ovary 10

Pancreas 5

Prostate 17

Stomach 2

Ethnicity Report

Asian/Asian British 24

Black/Black British 13

Biracial 3

White British 176

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.

Future expansion will have to be outreach, to avoid members having to travel too far and overcrowding at the Centre. Possibilities being explored are extra satellite groups and booked therapies in the evenings and at weekends.

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 HA3 0PW

Solicitors: Curry Popeck

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Bankers: CAF Bank Ltd

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Kent 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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