



Registered charity number 1011629

CHERRY LODGE CANCER CARE ANNUAL REPORT 2024

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 2024.

Structure, Governance and Management

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

Composition of Board:

Sarah Armitage (Co-Chair)
Dr Katherine Edwards (Co-Chair)
Carol McCalla
Carole Manning (Hon Treasurer)
Cathy Braddish
Graeme Gibson (Assistant Hon Treasurer)
Ruth Midgley (Website editor)

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, to March 2024)
Annys Douglas (Assistant Shop Manager)
Nisha Jain (Financial and Fundraising Assistant)
Fiona Kiddle,
(Macmillan Cancer Information Nurse to July 2024)
Karen Kirby (Cancer Information Specialist Nurse, from July 2024)
Kirsty Mabb
(Macmillan Cancer Outreach Information Nurse)
Sheila Mundy (Shop Assistant)
Tina Papasavva (Charity Administrator and Fundraising Events Co-ordinator)
Linda Patrick
(Operations Manager)
Sarah Quilley
(Temporary Assistant Manager, sickness cover, to July 2024)
Yvonne Shield (Macmillan Home Visiting Service and Volunteer Co-ordinator)
Lorraine Takaira (Cancer Information and Support Secretary to the Nurses)
Kim Williams
(Shop Manager, from June 2024)

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

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

Cherry Lodge Cancer Care is an independent charity committed to improving the quality of life for people affected by cancer.

We work alongside the clinical care of the NHS, with nurse-led services providing specialist information and support as well as complementary therapies and activities.

Our approach is holistic, seeking to address the physical, emotional and psychological needs of people at all stages of their cancer journey. We are also able to support family members, carers and friends.

The people who use our services are known as members (not patients, clients or service users) and the atmosphere in our centre, Howard House in Union Street, High Barnet, is warm, welcoming and unhurried, in contrast to the typical hospital environment. All our services are provided completely free of charge.

OBJECTIVES

In planning charitable activities for 2024 the board of Trustees kept in mind the Charity Commission's guidance on public benefit.

Our major objective, as outlined in the Cherry Lodge Mission Statement, is the provision of information and support, complementing the treatment and care provided by the NHS and other agencies.

We endeavour to address the various and often complex needs of people affected by cancer. Cherry Lodge members benefit from talking about their treatment with someone in addition to their hospital specialists. NHS services are stretched and this has increased the need for the follow-up and supportive services we offer.

By providing simple explanations and offering therapies that help minimise side effects, Cherry Lodge can improve patient compliance in attending hospital appointments, treatments and investigations.

A diagnosis of cancer can be devastating and often causes people to lose confidence. There can also be major challenges further along an individual's cancer journey. To help people cope through difficult times, Cherry Lodge has increased its provision of counselling and hypnotherapy appointments, as well as putting on mindfulness sessions and workshops.

To meet specific needs we have well-established, nurse-led support groups for people with particular cancers, and a carers' group.

A further Cherry Lodge objective is to improve well-being through our programme of exercise and leisure activities. All group activities have the added benefit of giving members an opportunity to meet people in a similar situation to themselves or others who are now further along their path to recovery. Through regular attendance, people form friendship groups that provide valuable informal support.

Our Outreach service delivers cancer information and support to people who would find it difficult to visit our centre in High Barnet. Public transport can be very challenging for people who are unwell, as well as expensive. Our Outreach nurse holds regular drop-ins in the west of the borough, addressing the health concerns of people from communities that can sometimes be hard to reach.

INFORMATION & SUPPORT

During 2024, Cherry Lodge continued to provide a wide range of information and support services designed to meet our members' needs. They are delivered by cancer nurse specialists, by therapists with appropriate qualifications and insurance, and by trained volunteers.

Up-to-date details of all our current services can be accessed via the Cherry Lodge Cancer Care website: www.cherrylodgecancercare.org.uk

This Annual Report provides only a brief overview of our various services (with attendance figures for 2024 included).

Nurse Appointments

Our cancer information nurses offer initial appointments to prospective new members, as well as follow-up appointments to address specific concerns. Appointments can be face-to-face, by telephone or via Zoom.

- Initial appointments (206)
- Follow-up appointments: face-to-face (516); phone (3,306)

Psychological support

To promote emotional well-being, our therapists offer:

- Counselling (335)
- Hypnotherapy (47)
- Mindfulness sessions (140)

Acupuncture

By medically qualified physicians.

Acupuncture sessions (951)

Complementary therapies

These therapies complement orthodox treatment by providing relief and relaxation and stimulating the immune response. Massage, reflexology and reiki session sessions take place at the centre. Group laughter wellness and sound healing sessions are delivered via Zoom.

- Therapeutic massage (76)
- Head and neck massage (40)
- Reflexology (464)
- Reiki/healing (205)
- Laughter wellness
- Sound healing

Support Groups

Led by Cherry Lodge nurses, these group meetings are for people with specific needs:

- Lymphoma group (159)
- Ovarian group (16)
- Men's group (42)
- Moving on group (28)
- Carers' group (90)

Home visits by befrienders

Trained befrienders visit members in their own homes to offer emotional and practical support when it is difficult to get out.

- Befriender visits (445)

Outreach

Our Outreach nurse, Kirsty Mabb, will continue to hold regular drop-ins in community centres serving Cricklewood, West Hendon, Colindale and Burnt Oak.

- Members seen (351)
- New people seen (124)

Kirsty also facilitates meetings of the independent Cornflower Cancer Support Group in Burnt Oak

- Attendances, from March (72)

GROUP ACTIVITIES

Cherry Lodge offers a range of enjoyable and beneficial group activities, at our centre, off-site venues and via Zoom.

Coffee mornings for new members

These welcoming get togethers are hosted twice monthly by our nurses.

- Attendances, from October (25)

Off-site drop-in coffee mornings

This is a member-led, drop-in group activity, with weekly meetings at the Open Door Centre in St Albans Road, Barnet.

- Attendances (449)

Knitting group

Monthly meetings at the centre for knitters at any skill level.

- Attendances (29)

Exercise classes

These professionally led exercise classes, held off-site or via Zoom, have been adapted to suit our members' needs.

- Pilates
- Circle dancing
- Yoga

Members' event

The Easter Walk and Talk event brought members together to chat and walk around a 1-mile circuit in Oakhill Park, fundraising for Cherry Lodge through sponsorship.

- Participants (30)

VOLUNTEERING

Volunteer support is at the heart of Cherry Lodge and at the heart of the services we provide. Without the commitment of our fantastic volunteers we would not be able to provide all our services free of charge, or raise enough money to fund them. We are extremely grateful to everyone who gives up their time to help us follow our mission.

Cherry Lodge volunteers come from many different backgrounds and bring a range of very useful skills. They are recruited, managed and supported by Yvonne Shield, our Volunteers Co-ordinator, who also manages Home Visiting/Befriending. Volunteers are welcomed, DBS checked, attend an induction course and receive appropriate training.

There were 120 volunteers on our books in 2024, covering a range of different roles. Many volunteers make a weekly or monthly commitment, some with dual roles, whereas others help on an occasional basis, for example, at a particular event. Important roles filled by the highest numbers of volunteers were:

- Fundraising volunteer (29)
- Shop volunteer (25)
- Complementary therapist (22)
- Receptionist (17)
- Befriender (15)

It is not always realised that Cherry Lodge trustees are also volunteers. Following the retirement of our founder, Dr Margaret Clark, leadership of the board passed on 1st January to co-chairs, Dr Katherine Edwards and Sarah Armitage. Board members in 2024 had experience in business administration, finance, healthcare, law, fundraising, media and design.

- Trustee (7)

FUNDRAISING

Cherry Lodge Cancer Care could not survive without the generosity of our many supporters. Without them we would not be able to provide our much-needed information and support services, all completely free of charge. We receive no statutory funding. With annual running costs in the region of £470,000, we need to raise money in multiple ways. For more details about how you can help, please see our website www.cherrylodgescancercare.org.uk

Donations

We are delighted to receive one-off or regular donations. The Founder's Appeal and our Lights of Love event are important annual donation opportunities. Numerous individual donations, such as those made 'in memoriam', to celebrate family occasions and as 'thank you's' to Cherry Lodge, add up to a significant sum.

- Annual total: £22,357

Legacies

We encourage people to think of Cherry Lodge when making a will. Leaving money to charity can bring significant tax advantages.

Legacy income has made a huge difference to Cherry Lodge's longer-term financial security – but it is unpredictable and cannot be relied upon to meet annual running costs.

- Annual total: £133,820

Fundraising events

Led by Tina Papasavva, our Fundraising Events Co-ordinator, Cherry Lodge fundraisers work hard around the year to put on a varied programme of interesting events. Among the events organised by the fundraising team in 2024 were the Laugh Out Loud comedy night in May, our Pink Tombola in October and the Christmas Fair.

Income from fundraising is boosted each year by working with others. Close links have been developed with organisations, companies and individuals to help them put on events to raise money for us. The nature and extent of Cherry Lodge involvement varies but is sufficient for us to consider such events to be 'joint' or 'hybrid'. Two major events in 2024 sprang from our long-standing link with Summer Soulstice: the Heart and Soul Ball in February and the Summer Soulstice festival in June. In April 2024, Cherry Lodge became the chosen charity of DoubleTree by Hilton Elstree, a favoured venue of ours.

Other fundraising events in aid of Cherry Lodge are put on independently, with no or little input from us. We are extremely grateful to all our 'third-party' fundraisers, including Steve Meadham, founder of Psychobilly Kicks Back, and the organisers of regular Cha Nights at the Arkley Club.

- Annual total £96,257

Sponsorship

Another major contribution to our fundraising income is the money raised by people seeking sponsorship for taking part in an exercise event or trying out a new activity. Examples in 2024 included the Easter Walk 'n' Talk, London Marathon, a Sponsored Swim in QE Boys' pool, and Renie Price's Hang Gliding adventure.

- Annual total £26,840

The Cherry Lodge Shop

Our charity shop in Church Passage continues to be an important source of fundraising income. It is also the public face of Cherry Lodge, raising our profile in the local community.

Trading in 2024 was seriously disrupted by the need to close the shop for several weeks so that major repairs could be carried out after a major leak. During this time the opportunity was taken to refurbish the shop before reopening. Since then staff and volunteers have worked very hard to rebuild sales. However, the closure severely impacted profitability for the year.

Gift Aid

We encourage our supporters to sign up for Gift Aid, allowing us to claim an extra 25p on every £1 donated.

- Annual refund £17,919

THE FUTURE

When planning for the future we will be guided by the principles expressed in our mission statement. We are restyling our publicity materials with the aim of encouraging more people to seek our help. Everything possible will be done to ensure we always deliver top quality services. We will regularly measure our achievements and assess the benefits we have brought to our members.

THANK YOU

We send huge thanks to everyone who supports Cherry Lodge - staff, volunteers, donors and fundraisers - helping us fulfil our mission.

Financial

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

Auditor: Andrew Geary

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

Solicitors: Curry Popeck

Devonshire House, 582 Honeypot Lane, Stanmore, Middlesex HA7 1JS

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

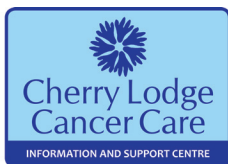
Signed on behalf of Trustees:

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 2024 to December 31st 2024.

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

Registered Office and operational address:
Cherry Lodge Cancer Care, Howard House, 23 Union Street, Barnet EN5 4HY
Telephone 020 8441 7000 Email: info@cherrylodgecancercare.org.uk
Website: www.cherrylodgecancercare.org.uk

