

Newsletter

news



stories



events



services



Meet CAROLINE!

We're delighted to welcome new Volunteer Coordinator Caroline Stevens, who joined the Cherry Lodge team in June. Here, we discover a little about Caroline, in her own words.

My new role at Cherry Lodge is proving a wonderful way to meet amazing new people - which is great because I'm a real people person! Everyone has made me feel so welcome, and I'm learning so much about what it means to live with cancer. When someone receives a cancer diagnosis, the focus tends to be on treatment. But there are so many other aspects to the experience that affect people living through it. From dealing with anxiety and isolation, to finding ways to talk to your family or practical things like sourcing a wig, managing appointments or just dealing with the hospital car park - there are so many sides of living with cancer the clinical teams can't deal with. Looking after our volunteers is the main part of my new role, and I know from experience just what a difference volunteering can make. I worked

"I know from experience the difference volunteering makes"

in PR for global brands for over 10 years, before taking a decade long career break to raise my three young daughters. During that time, I've done lots of volunteering, including with the Royal Hospital Chelsea supporting people living with dementia and military families with a parent in active service. Volunteering is incredibly rewarding and there are so many benefits on both sides, especially in a local charity like Cherry Lodge, which is very much part of the community. I'll also be looking after our social media, raising awareness of the amazing work being done by the team, volunteers and fund-raisers, and getting feedback, too. It's very much a two-way conversation. Getting involved is a great way to get to know people of all ages and backgrounds. There's so much we can learn from one another, and how much we all have in common, especially in challenging times.

Volunteering is GOOD FOR YOU!

Studies show that volunteering combats stress, depression and anxiety, helps increase mental stimulation, boosts self-confidence and provides a sense of purpose. There are many different volunteering opportunities at Cherry Lodge, including offering your skills as a complementary therapist, wellbeing practitioner or counsellor, assisting in the shop or in reception at the centre, taking part in fund-raising activities, driving members to medical appointments or becoming part of our team of befrienders. To find out more visit our website or contact Caroline on caroline@cherrylodgecancercare.org.uk



Just some of our amazing fund-raising and befriender volunteers.

To donate or fundraise, go to <https://cherrylodgecancercare.enthouse.com/profile>
For BACS and card payments, please contact tina@cherrylodgecancercare.org.uk

CL CHAT

In the swim

This year's sponsored swim at QE Boys' School, Barnet, was a huge success, raising almost £5k. Well done to all.

For more info, and to find out how you can still sponsor our swimmers, check out the website.



Summer soul

Summer Soulstice festival is the biggest fundraising event on the Cherry Lodge calendar – and this year's event more than lived up to expectations! Nearly 3,000 music fans turned out adding to the more than £520k raised from 2007 to 2024. Visit our Facebook and Instagram for lots more info and pictures.

Dropping out

The timings have changed on the popular Drop Outs meet-up sessions at Open Door on Tuesday – they're now 10am -1.30pm. Find more info on the website.

Who doesn't love a pat on the back?

When Dan Tomlinson, MP for Chipping Barnet, visited Cherry Lodge it turned into the best kind of big thank you – a mutual one. Dan described charities like Cherry Lodge as the backbone of our community and wrote: "I want to share my congratulations on nearly 30 years of crucial support from Cherry Lodge Cancer Care. Our community is incredibly fortunate – you all make a profound difference to people's lives." So, thank you Dan, for taking the time to visit and help raise our profile.



The BIG THANK YOU

We have so many people to thank – from our wonderful donors and volunteers to local businesses and, of course, our amazing members. We thank you all. Here are just a few of the people who we couldn't do it without....



This issue we shine the Big Thank You spotlight on baroque flautist Janet Marsh, who organised a pop-up

Coffee House musical afternoon to thank Cherry Lodge for the support she's received while navigating her cancer diagnosis and treatment over the past two years. Janet is part of Serafini, a quartet of local musicians who specialise in performing baroque chamber music composed to delight the drawing rooms and supper clubs

of genteel 18th-century society. More than 50 people attended the event in St Mary's Church Hall, Potters Bar, to hear music from composers including Bach and Telemann, interspersed with entertaining 'Tales from the Coffee House' and accompanied by a delicious selection of home-made cakes including coffee and walnut, tarte au citron and Victoria sponge with strawberries and cream. This charming event received rave reviews from everyone who attended, and £1,125 was raised. Thank you, Janet.



Volunteer's Week



We love our volunteers! In May we thanked them by celebrating national Volunteer's Week with a party at Cherry Lodge. Our volunteers support us in so many ways all year round. We really couldn't do it without you!

RUN FOR IT!



After the London Marathon, we gave a big thank you to the five runners who raised over £11k for Cherry Lodge – a relaxing treatment. Thanks again to Liam Pratt, Trey Warner Noel, Claire Dutton, Joe Fryer and Nicholas Shone, and Leoni Gomes de Oliveira Junior, who couldn't make it to CL HQ.

What CHERRY LODGE means to me

Retired social worker David Lewis-Burry, 75, has been a Cherry Lodge member since his prostate cancer diagnosis in 2021. This is what that has meant to him...

My cancer diagnosis came right in the middle of Covid - I found out over the phone on Boxing Day 2021, and was left shocked, stunned and very frightened. Like many people, I immediately thought the worst but had no-one to talk to about it. It felt so isolating. A friend asked if I'd heard of Cherry Lodge, and I just turned up and knocked at the door. Before I knew it, I was deep in conversation with Kirsty, one of the cancer information nurses. She was so lovely - I walked in terrified, but her balanced, realistic view completely calmed me down.

Having someone to talk to in an atmosphere of calm, kindness and professionalism helped immensely - it gave me a sense of perspective and cleared my head. When it comes to cancer, there's no one size fits all approach. Kirsty sensed exactly what I needed as an individual, not just as another cancer statistic. She arranged some reflexology, which was extremely soothing, and then acupuncture and mindfulness sessions. I also had some one-to-one counselling, which helped me find strategies to cope with anxiety and reframe my situation in a much more positive light. I received lots of practical information about dealing with the side effects of radiotherapy, and my partner had the support of the befriending service - he is older than me and needed support and companionship.

It's been terribly important for me to know Cherry Lodge is there, and I can always ring up if I hit a crisis - I've done so a couple of times, when I've been feeling particularly anxious. As my regular monitoring continues, I'm feeling positive and very well. In some ways, I'd even say with the help and support we've received, I feel stronger than I ever have before. We're so fortunate to have Cherry Lodge on our doorstep - it's wonderful to know that it's always there, in the background, if we need it.



TROPIC SKINCARE

Everyone living with cancer deserves a pick-me-up during treatment, so we're very excited that Tropic Skincare are offering fun, relaxing pampering sessions to our lovely members, their friends and family. Multi award-winning Tropic Skincare - one of the UK's fastest growing beauty companies - offers products that are both ethical and effective, with no artificial preservatives or toxins in sight. So far, we've had make-up and footcare pamper sessions at Cherry Lodge, with more in the pipeline. Call us to book your place.



Tropic Skincare beauticians Samantha (left with one of our members) and Etta (with Olivia) visit Cherry Lodge

Play it by EAR

We're delighted to welcome NHS complementary therapist Julie Cosgrove to the Cherry Lodge family. Julie provides auricular therapy, or ear acupuncture, which involves very fine needles being placed in the outer ear and left in place for 30 minutes. Relaxation music and visuals are used to encourage members to relax during this seated session and Julie may include some breathing exercises. Studies have shown that these sessions are particularly useful for cancer patients in reducing hot flushes caused by treatment, lessening anxiety and aiding sleep. "It's great to be able to provide this for patients in the lovely and accessible environs of Cherry Lodge," says Julie. For more information contact Cherry Lodge.



CHRISTMAS is coming!

Yes, it won't be long before that time of year is again upon us! Don't forget to check out our website for upcoming Christmas events and look out for our range of Christmas cards - pictured here - which will be in the Cherry Lodge shop soon...



Cherry Lodge CHAMPION



Our members don't just talk the talk - sometimes, they walk the walk too! Jane Say's 177-mile walk along the Camino de Santiago raised almost £4k for our vital services. She says:

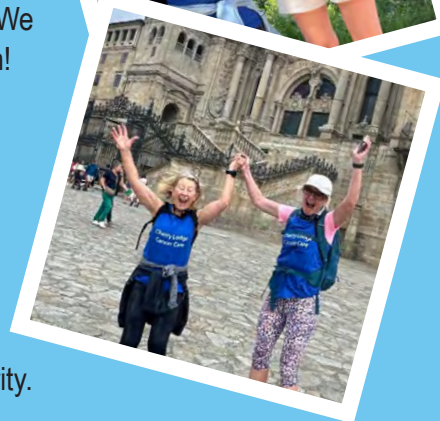
In July last year I was diagnosed with breast cancer. The period from the shock of initial diagnosis, through extensive treatment into recovery, had a huge physical and emotional impact. But the team at Cherry Lodge got me through those difficult months. And, as walking has been an important part of my recovery, a fund-raising walk seemed the perfect way to say thank you.

I started the walk with my lovely friend Caroline, who encouraged me to contact Cherry Lodge when I was first diagnosed. We set out on a rainy Sunday morning, feeling both excited and daunted. But I soon settled into the rhythm of walking up to 20 miles per day and it became a physical, emotional and spiritual journey.

Along the way we experienced coastal walks, lush fields, forests, rivers and flower-filled towns. On day six, Caroline went home, and I walked alone. But the greeting 'Bom Caminho' (may your path be good) was exchanged with other pilgrims often - people from all over the world walk these paths and have stories to share.

On day nine another friend, Bernadette, joined me. She had breast cancer some years ago and has been a great support and inspiration to me. The journey with her through Galicia was fabulous. The scenery remained lush, with farm, vineyards, wild flowers and lemon trees. We saw many beautiful churches, explored medieval towns and ate Padron peppers in Padron! On Sunday 18th May, we arrived at Santiago de Compostela where the walk ends - we literally jumped for joy in front of the Cathedral.

This journey has given me the space to reflect on my cancer journey and the difficulties of the last 12 months. The love and support from my children, family and friends has been overwhelming. Ramblers and work colleagues have all been by my side and the team at the Royal Free were amazing. I want everyone at Cherry Lodge who supported my journey from diagnosis, through my treatment and beyond, to know that your care was a lifeline for me. And finally - thank you to all my sponsors who supported such a great charity.



Cash4Coins

Our recent decision to sign up with **Cash4Coins**, who turn your unwanted foreign and outdated coins and banknotes into donations for our vital services, is already proving a winner.

Our first two tubs - in the reception at the centre and in the shop - raised almost £300 within the first month, and the replacement tubs have been filling up fast.

There's also a tub at Hadley Wood Golf Club, or your donation can be collected using the Cash4Coins Freepost service. Visit our website for all the details.

What do your donations buy?

**£30k
funds a
counsellor
for a year**

**£2.5k
helps fund
a specialist
cancer
nurse**

**£500
funds a
full therapy
course**

**£50 buys
a 90 minute
counselling
session**

**£20
buys a
consultation
with a
nurse**

**£10 buys
a support
call from
a nurse**

Leaving a LEGACY...

Money from legacies is essential to our long-term survival, as fundraising and general donations alone are not enough to cover our ongoing running costs. Leaving a legacy to Cherry Lodge Cancer Care can make a huge difference to people living with cancer in your local community - and leaving a 'charitable legacy' has tax advantages, too, as the bequest will be deducted from your estate before inheritance tax is calculated. You can also choose to leave to charity 10% or more of your estate (after deduction of your inheritance tax-free allowance), and the rate of inheritance tax on any part of your estate will be 36% rather than 40%. For further information about making a bequest to Cherry Lodge, please call 020 8441 7000 and ask for Graeme Gibson, a Cherry Lodge trustee.

Fundraising EVENTS

Pink Tombola

Pink Tombola stall at The Spires, Barnet.

Please drop by our stall between 11am and 4pm to have some fun and show your support. October is national Breast Cancer Awareness month.



Saturday
18
October

Afternoon Tea and Talk at The Landsby

3pm to 4.30pm
Merrion Avenue, Stanmore HA7 4RY
with guest speaker Esther Rinkoff

You will learn the history of the famous East End Rinkoff bakery and hear tales of Whitechapel.

Ticket £20 includes tea, bagels and cakes.



Monday
20
October

Christmas Market

Hadley Wood Golf Club

This event, in aid of Cherry Lodge, is a great opportunity to purchase your Christmas shopping (at 20+ stalls), enjoy luxurious surroundings, choose from a tempting range of refreshments. £5 entry includes a raffle ticket. Note there is plenty of easy free parking.



Thursday
27
November

Lights of Love

BY INVITATION ONLY



Sunday
30
November

Come and support the local Schools as they sing carols in aid of Cherry Lodge Cancer Care in The Spires, Barnet.



Wednesday
3&10
December

Christmas Flower Workshop

1.30pm to 3.45pm • Hadley Memorial Hall, 29 Hadley Highstone, Barnet EN5 4PU

Ticket £14 includes workshop, tea and cakes. There will be a raffle. This event led by lovely Iris will include a festive demonstration and workshop.



Thursday
4
December

CL Family Festive Quiz Night

St Peter's Parish Hall 63 Somerset Rd, New Barnet, Barnet EN5 1RF

Join us for an evening of fun, food, and festive cheer! Our Family Festive Quiz will cover a wide range of topics designed to challenge and get you in the holiday spirit! Tickets: £20 per person (advance purchase only).

Max. 8 people per table. Price includes a fish & chip meal (vegetarian option available). Festive snacks included.

Licensed bar available. Exciting raffle prizes to be won on the night!



Saturday
6
December

QUIZ NIGHT

Christmas Fair

Wesley Hall, Stapylton Road, Barnet

(opposite the entrance to the Spires car park).

Where we will welcome our many friends and supporters.

Enjoy a day of festive refreshments run by our dedicated volunteers. Visit our fabulous craft stalls whilst supporting this amazing cause. There will be a tombola, plants, cakes and a chance to meet our Elf.



Saturday
13
December

SAVE THE DATE

Spring into Soul Ball

Early bird tickets £65; after 31st December £70.00 at the Fabulous Double Tree Hilton Elstree.

Ticket includes welcome drink, 3-course dinner, live act and Summer Soulstice djs playing until 1am.



Saturday
21
March

London Landmarks Half Marathon 2026

13.1 miles race starts on Pall Mall and goes through central London, crossing the historic Westminster Bridge to finish by Downing Street.

Minimum Sponsorship £400. Spaces available. If you would like to run for us, please contact Tina.



Sunday
12
April

Should you wish to become involved with any of the events please get in touch.

020 8441 7000

tina@cherrylodgecancercare.org.uk

Thank you for supporting Cherry Lodge Cancer Care.



OUR SERVICES AND APPROACH

MISSION STATEMENT

Cherry Lodge Cancer Care exists to complement the treatment offered to individuals living with cancer, their carers, family and friends in and around Barnet. The charity was established by health care professionals and others with personal experience of cancer, with the aim of offering care, comfort and specialist information for those on their cancer journey. Our goal is to improve quality of life, promote well-being and encourage self-help. The service is completely free of charge for as long as it is needed.

*Katherine Edwards and Sarah Armitage,
Co-Chairs of Cherry Lodge Cancer Care.*



WELLBEING

PILATES: Tuesday afternoons 1 – 2pm at St. Mark's Church Hall, 56 Potters Row, Barnet EN5 5HY. Please bring your own mat. Contact Nisha.

CIRCLE DANCING: Conducted by Ingrid. Thursdays 10.30 – 11.30am at Wesley Hall, 9 Stapylton Road, Barnet EN5 4JJ. To attend, please collect a voucher from Cherry Lodge.

MINDFULNESS: We run a six-week in person course, and an eight-week online course. Contact one of the Cherry Lodge nurses for further information.

LAUGHTER WELLNESS: Held on Zoom on the 1st Tuesday every month 2pm – 2.40pm. To book a place, please contact Cherry Lodge.

SOUND HEALING: Held on Zoom on the 2nd Friday of each month, 2 – 3pm. To book a place, please contact Olivia.

SEATED YOGA: Held online every Friday 11am – 12pm. To book a place, please contact Nisha for further information.

INFORMATION & SUPPORT



CONSULTATIONS: Nurse consultations can be booked in person, online or by phone.

BEFRIENDING SERVICE: For more information please contact Cherry Lodge.

SUPPORT GROUPS: For people with lymphoma, prostate and bladder cancer. For info contact Karen.

CARERS' SUPPORT GROUP: 2nd Monday of every month from 10:30am – 12pm. Contact kirsty@cherrylodgecancercare.org.uk.

CORNFLOWER CANCER SUPPORT GROUP: Held on the 2nd Tuesday of each month, 6.30pm – 8pm at Canon Smyth Hall, Anunciation Church, 4 Thirleby Road, Burnt Oak, HA8 0HQ. Open to any CL member. Contact kirsty@cherrylodgecancercare.org.uk.

OUTREACH SURGERIES: For people who might find accessing Cherry Lodge difficult. For information please contact Cherry Lodge.

BENEFITS ADVICE: Our members can access expert advice on benefit entitlements/applications by calling Barnet Macmillan CAB on 020 8440 4227.

THERAPIES

All therapies by appointment only.

COUNSELLING & HYPNOTHERAPY:

Face-to-face, Zoom or phone appointments with one of our counsellors.

REFLEXOLOGY, REIKI AND HEAD AND NECK MASSAGE:

Appointments are for members currently going through cancer treatment. One of the CL staff will be on hand.

MEDICAL ACUPUNCTURE:

Provided by our medical professionals.

AURICULAR ACUPUNCTURE:

Provided by Julie Cosgrove.

COMMUNITY

KNITTING GROUP:

Last Wednesday of every month at 1.30pm. All abilities welcome. Please bring your own needles. For more info contact Cherry Lodge.

DROP-IN:

Member-led group (the Drop-Outs). New members welcome. Held at Open Door Centre (St Albans Road, Barnet EN5 4LA) every Tuesday from 10.00 – 1.30pm.

COFFEE MORNINGS:

New members welcome on the 1st and 3rd Thursday of the month, 10.30am – 12.00 at Cherry Lodge.



CONTACT INFO

Telephone: 020 8441 7000 • Email: olivia@cherrylodgecancercare.org.uk
nisha@cherrylodgecancercare.org.uk • karen@cherrylodgecancercare.org.uk

Scan this
QR Code
to visit our
website

