

Newsletter

news



stories



events



services

LATEST CL CHAT

There's been a lot going on ...

FAREWELL YVONNE

After 14 wonderful years, it's time to wish farewell to our outstanding volunteer coordinator Yvonne Shield, who left Cherry Lodge last month and moved on to pastures new with the charity Grief Encounter, which provides bereavement support for children and young people. Summing up all Yvonne has done over the years is too great a challenge, so we're celebrating her time with Cherry Lodge by shining the spotlight on the

befriending service she's overseen with empathy and professionalism for so long. See page 4 for more.



THREE CHEERS FOR CHA

Our first Cha night of the year in February was a huge success, with its biggest ever crowd. Over 100 turned up to the Arkley Club to enjoy a joyful night, and over £500 was raised. Find out all about the chaps behind Cha Night over the page.

FLOWER POWER

Our Easter flower arranging workshop and demonstration organised by the lovely Iris was a sellout raising over £400, and much enjoyed by everyone. Well done all!

(cont.d)

What CHERRY LODGE means to me

Our members' stories make our day. Nicola Johnson, 58, tells us about the support she's found at Cherry Lodge.

Cherry Lodge came into my life just when I needed it most. I first heard about the charity in October 2022 - my breast cancer had returned after a period of remission, and I'd just been given a stage four diagnosis. It felt as though the rug had been pulled from under my feet. Since then, I've been offered amazing support in so many ways. Reflexology has helped with the neuropathy caused by my chemo, and when I went in for reiki, I came out feeling like a whole new woman. Visiting Cherry Lodge helps with my anxiety too - when I'm there, I can totally relax and switch off. I always have a chat and a cup of tea - I'm lucky to have wonderful friends and family, but it's good to have someone else to talk to. Sometimes cancer can feel like living in a weird bubble, but at Cherry Lodge you feel like part of a community of people who are all in the bubble with you, so you don't feel so alone. The minute you walk through the door, the warmth

'The warmth and sense of caring are palpable'

and sense of caring are palpable. At Cherry Lodge they know me as an individual - when my son was on University Challenge, they were almost as excited as I was. He hasn't had the best of luck with my health, and I'm so happy to know Cherry Lodge is there to support him too. I call the team behind that blue door my Cherry Lodge guardian angels. I truly feel they've been sent to help look after me.



Nicola, right, with her sister, Louise

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

Cherry Lodge Cancer Care • Howard House • 23 Union Street • Barnet • EN5 4HY • Charity No. 1011629
020 8441 7000 • info@cherrylodgecancercare.org.uk • www.cherrylodgecancercare.org.uk



RED ALERT! We all wore red at our first Flamenco and Tapas event in March, where dancer Danielle from Flamenco Con Gusto gave a demo and got everyone on their feet, followed by some excellent tapas. Thank you to Myra Goldberg who organised the event, and the Landsby who hosted it.

TIME FOR TEE We're delighted to be holding our first golf fund-raising day at the Hadley Wood Golf Club this year. A great course for a great cause so do join us! Details over the page.

WALK 'N' TALK Our annual Easter Walk 'n' Talk in April raised over £2,000 in much-needed funds this year! Well done to everyone who took part, sponsored the event, or bought goodies on the day.

KICKING BACK

We want to say a great big thank you to Psychobilly Kicks Back (against cancer), an organisation that raises money for cancer charities by organising gigs where bands play for free, and all the ticket money is donated. We're so thankful for the £1,889 that was raised at their most recent London event. Look out for the next PKB gig on February 7th next year.



The BIG THANK YOU

We have so many people to thank – from donors and volunteers to local businesses and, of course our wonderful members. This issue, we start by saying a great big thank you to the chaps behind Cha Night, which has been more successful than ever this year.



Picture the scene.

It's 1969

and local

teenagers

Keith, Dave

and Dickie

are grooving

to soul and

reggae sounds at their favourite haunt, a long defunct dancehall called The Cha on Union Street. Little did they know that more than half a century later, they'd still be best mates, and turning their passion for music into much-needed funds for Cherry Lodge - not to mention still having lots of fun in the process!

Cha Night – a themed night featuring reggae, ska and 60s and 70s soul – was the brainchild of 'Dickie' (aka Keith Finch - top),

who went on to write music for bands including Madness. The event started 10 years ago, and professional DJ Keith Menezes has been its driving force ever since, ably assisted by Dave Griffin. The trio - who devote all funds raised by Cha Night to Cherry Lodge in memory of a late friend - have now been joined by fellow DJ Matt C, who they met through Summer Soulstice and credit with introducing a new, younger crowd. "Cha Night is my passion," says Keith. "It's a lot of hard work but the Cherry Lodge team has been hands on from day one and contributed greatly to our recent success. It really is a great night - come and find out for yourself!" Look out for details of the next Cha Night on our website.



From left: Matt, Keith and Dave at the first Cha Night of the year.

Founder's Appeal

The team at Cherry Lodge would like to thank everyone who contributed to our most recent Founder's Appeal. "Cherry Lodge relies entirely on donations, so your contributions could not mean more to us," says co-chair Sarah Armitage. "We cannot say a big enough thank you to everyone who made a donation."

Would you like to nominate someone for a Big Thank You?
Contact the editor at helen.renshaw22@gmail.com

CHERRY LODGE CHAMPION

No-one deserves the title Cherry Lodge Champion more than our founder Dr Margaret Clark, who resigned as trustee and chairman at the end of 2023. Her inestimable contribution over 27 years has now been commemorated with a plaque.

We often say there are people we could not have done it without - but in Margaret's case this is quite literally true. Cherry Lodge was founded by a small group of health care professionals in 1987 and Margaret took the helm in 1996 after retiring from the NHS. "Since then, more than 5000 people with cancer in our local community have been supported in multiple ways, especially those who are, or feel, isolated as a result of their cancer diagnosis," says Margaret. Luckily for us, Margaret is still very much part of the Cherry Lodge community and three mornings a week she continues to provide acupuncture at the Centre.

In January 2025 co-chair Sarah Armitage presented Margaret with a plaque to mark her extraordinary and invaluable contribution, which can now be seen on the outside wall next to the front door. Once again, thank you Margaret.

Would you like to nominate a Cherry Lodge Champion? Contact the editor at helen.renshaw22@gmail.com



Top: Dr Clark outside the House of Commons at our official launch.

Bottom: Margaret with her plaque.

SOULSTICE SHOUT OUT!

It's not too late to buy tickets for this year's Summer Soulstice, which will return to Old Elizabethans' Memorial Playing Fields on Saturday 21st June. The event is always a huge success and has raised over £520,000 for Cherry Lodge over the last 18 years. Don't miss out!



Restoring CONFIDENCE

We're grateful to specialist post-surgery bra fitting company Nicola Jane for offering a new one-to-one service at Cherry Lodge. The service is provided by Chrissy Michael who says: "We offer a free, 30-minute consultation advising women of their correct bra size and shape. It's a great feeling to be able to help women with breast cancer find their confidence and sparkle again!"



From CAST-OFF to WINDFALL

Having a clear out? Turn the junk in your attic into Cherry Lodge gold.

Ever get the feeling that hiding in your bag of charity shop donations might be a treasure worth more than just a few pounds? If so, tell the shop team. They have experts on hand to assess the worth of more valuable items, and help raise much-needed funds. That's what happened when three sets of

Tiffany bowls sold at auction for the spectacular total of £2,200 earlier this year. When the bowls were first donated, assistant shop manager Annys spotted their quality. But there was no expert to ask for advice at the time, so they were carefully wrapped and put into storage. When Kim became shop manager last year, the bowls were verified as Tiffany & Co and went on to be sold at Southgate Auction House, astounding everyone when the hammer fell at such an incredible sum. What a windfall!



VOLUNTEER VOICE

How does it feel to make someone's day? Ask a Cherry Lodge befriender. In recognition of former volunteer coordinator Yvonne's invaluable contribution, we shine a spotlight on our much-valued befriending service.

Cancer diagnosis and treatment is one of the most challenging and isolating experiences anyone can go through, and studies have shown that befriending can make a huge positive difference. That's why Cherry Lodge connects members with volunteers offering companionship, support and a listening ear at a time of need.

What is a befriender?

A Cherry Lodge befriender is a trained volunteer who visits members in their homes to offer emotional and practical support, usually weekly. Members may need a home visit because they're too unwell to go out, feel isolated, require support with light practical tasks or simply want companionship.

How do home visits help?

Every situation is unique, and benders respond to members' individual circumstances. Practical support may include collecting a prescription, help filling in forms, accompanying a member to a medical appointment or giving a carer a break. Emotional support means offering a listening ear, perhaps on a walk in the local park or over a coffee, to help rebuild confidence and provide an opportunity to talk about how the member is feeling.

Do benders have to train?

To become a befriender, a volunteer doesn't need any formal qualifications. However, all benders undergo in-house training to give them the tools to deal with any situations that might arise and learn how best to support people. As benders work with vulnerable people, they are also DBS-checked.

How does befriending work?

First step is for our befriending specialist to visit and talk about your needs – Yvonne's replacement will be announced soon. Members are then matched with befriender volunteers with similar interests, so they can enjoy their time together. Each situation is different. Contact can be weekly phone conversations, simple home visits, excursions to local cafes, parks, hospitals or even a trip to the cinema. All contact is under the supervision of Cherry Lodge, supporting both befriender and member to make the most of their time together.

Interested in having or becoming a befriender?
Contact info@cherrylodgecancercare.org.uk



Yvonne, fourth from the left, with some of our volunteer benders

OUR BEFRIENDING STORY

Helen says: It was during lockdown that I discovered how rewarding it can be to support someone through a challenging time, when I became involved with a local group supporting vulnerable neighbours. And when I heard about the Cherry Lodge befriending scheme, I knew this was something I wanted to do beyond the pandemic. Since training in 2021, I've befriended three members, all completely different in terms of what they hoped for from a befriender. The first was all about companionship – we did lots of fun things together on our weekly meet-ups including trips to the cinema. The second mostly involved offering a listening ear, and with Rick, I've attended appointments, helped fill in forms, been for walks and visited local landmarks. Most important, we've had lots of laughs over a coffee and snack. I've left every meeting with my bendees feeling uplifted at having brightened up someone else's day.

Rick says: Before having a befriender, I'd more or less given up hope mentally. But since then, I've regained my positive, can-do mindset. Having a befriender has helped take away worries about practical things like transport, organising appointments and dealing with benefits. And just having someone to talk to has been incredibly helpful. To have someone there for an hour or two every week, who's 100 per cent on my side has been like gold dust to me. The befriender scheme is so valuable for people in my situation. Without it, I really felt like giving up, but now I'm ready to face life again.



Fundraising EVENTS

Summer Soulstice

Bringing you some soul on a summer's day. A Decade of Soul Family Fun - 30 DJ's in three music arenas, food hall, stalls and entertainment for children. Raising money with a smile for Cherry Lodge Cancer Care in memory of Andy Weekes.

Venue: Old Elizabethans Memorial Playing Fields, Mays Lane, Barnet EN5 2AG
11am to 11pm



Ticket Event Only. For tickets, please contact eventbrite.com/e/summer-soulstice-2025-tickets-1139552134109 or scan the QR code.

Saturday
21
June



East Barnet Festival

Oakhill Park, Parkside Gardens, EN4 8JS

Come and join us for endless music, a choir concert on Saturday and loads of food and craft stalls. There will be a wide choice of children's activities, including inflatables and games. Cherry Lodge will be there with our Information & Merchandise Stall.



Saturday
5
July

Summer Sponsored Swim

This event will be held in the stunning QE Boys School Pool, Queens Road, Barnet, EN5 4DQ, from 4.30pm to 6.30pm.

The sponsored swim is open to people of all ages and abilities. Everyone is welcome and will receive a free goody bag.

The pool is 25m long. Set your own target (e.g., 10, 20, 30 lengths) and try to beat it!

To register, please contact tina@cherrylodgecancercare.org.uk



Sunday
6
July

Join us for a night of captivating Rock & Roll sounds from the 50's and 60's in aid of Cherry Lodge Cancer Care



Saturday 13th September 2025
7.30pm to 11.30pm.

DoubleTree by Hilton Hotel, London Elstree, WD6 5PU.

Tickets £38 include a night of fantastic live music featuring the incomparable **Shades of Midnight**
Welcome Drink • Hot Buffet • Raffle

Dress code: Smart or Rock'n'Roll!

This is a ticket only event.

Tickets and information from Tina on 020 8441 7000 or tina@cherrylodgecancercare.org.uk

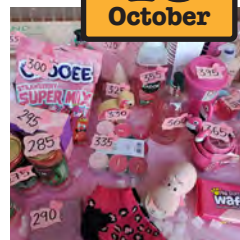


Pink Tombola

Cherry Lodge Cancer Care's 2025 Pink Tombola will take place in the Spires Shopping Centre, from 11 am until all the prizes have been won.

This popular event is put on each year in October to raise awareness of breast cancer and help fund Cherry Lodge's many services for people affected by cancer.

Saturday
18
October



Afternoon Tea and Talk at The Landsby

3pm to 4.30pm

Merrion Avenue, Stanmore HA7 4RY
with guest speaker **Esther Rinkoff**

Bake Talk of East London, tales of Bishopsgate, Spitalfields and Whitechapel. You will learn the history of the Rinkoff bakery and the journey the Ukrainian founders, Hyman and Fanny took when they established their shop in Old Montague Street, E1 in 1911. Tickets £25.00 includes Tea and Cakes.

Monday
20
October



Cherry Lodge 2025 Annual Grand Raffle

There are four wonderful prizes to be won. If you would like to pay for tickets, please contact Tina 020 8441 7000



For further information on any of these events, please contact Tina on

020 8441 7000

✉ tina@cherrylodgecancercare.org.uk

Thank you for supporting Cherry Lodge Cancer Care.



A Big Thank you

To Claire Dutton, Leoni Gomes de Oliveira Junior, Joe Fryer, Nicholas Shone, Liam Pratt and Trey Warner Noel who ran for us in the **tcs 2025 London Marathon** on 27th April.



OUR SERVICES AND APPROACH

MISSION STATEMENT

Cherry Lodge Cancer Care exists to enhance and complement the treatment offered to individuals living with cancer, their carers, family and friends in Barnet and South Hertfordshire.

The charity was established by health care professionals and others with personal experience of cancer, with the aim of offering care and comfort for those on their cancer journey, improving quality of life, promoting well-being and encouraging 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: After 5 years, teacher Miranda is no longer free to volunteer. We send her our thanks while looking for a replacement.

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 a six-week online course, provided by teachers Janette McCulloch and Lucy Wood. Contact one of the CL nurses for further information.

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

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



INFORMATION & SUPPORT

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

BEFRIENDING SERVICE: For more info contact Cherry Lodge.

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

CARERS' SUPPORT GROUP: Group held on the 2nd Monday of every month from 10:30am – 12pm. For info contact Kirsty.

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. For more information, please contact Kirsty.

OUTREACH SURGERIES: For people who might find accessing Cherry Lodge difficult. Provided at various Barnet venues by Kirsty.

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

THERAPIES

COUNSELLING & HYPNOTHERAPY:

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

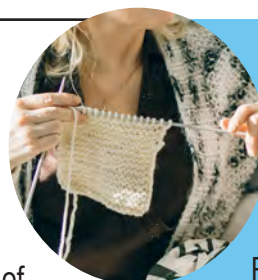
REFLEXOLOGY, REIKI AND HEAD AND NECK MASSAGE:

Appointments are limited, and given to members currently going through cancer treatment. Some sessions are offered on Tuesday evenings. One of the CL staff will always be on hand.

MEDICAL ACUPUNCTURE:

Provided by our doctors – by appointment only.

All by booked appointment please.



COMMUNITY

KNITTING GROUP:

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

DROP-IN: Member-led group, and we are happy to introduce new members. Now held at Open Door Centre (St Albans Road, Barnet EN5 4LA) every Tuesday from 10.15 – 11.45am.

COFFEE MORNINGS: New members welcome for a coffee or a chat on the 1st and 3rd Thursday of the month, 10.30am – 12.00 at Cherry Lodge.

CONTACT INFO

Telephone: 020 8441 7000 • Email: kirsty@cherrylodgecancercare.org.uk
nisha@cherrylodgecancercare.org.uk • info@cherrylodgecancercare.org.uk