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Good luck **KIRSTY**

We're sure you'll want to join us in wishing our wonderful outreach nurse Kirsty Mabb, who left last year, all the best for the future. She explains what Cherry Lodge has meant to her.

Working for Cherry Lodge has restored my faith in humankind in a difficult world – both in the innate goodness in humanity and the strength of human beings to overcome adversity. I found out about Cherry Lodge through former cancer information nurse Fiona Kiddle. As far as nursing was concerned, we spoke the same language – like Fiona, my heart has always been with the community.

It's all about offering genuine care. I started in 2006, arriving with more than two decades of NHS-fatigue. Working at Cherry Lodge was like a new beginning, and under the stewardship of Dr Margaret Clark, I started to believe in myself again. I had a blank page to reach out and see where the need lay and ask people what kind of service would benefit them most, then try to make things happen.

I concentrated on areas of high deprivation and poor health outcomes, and gradually the model of 'outreach health and wellness

sessions' was born. Anyone could see me and talk about worrying symptoms or raise questions about their cancer. I've organised therapies and counselling in the community, too, thanks to our wonderful volunteers without whom Cherry Lodge could not exist.

"It's all about offering the very best support and genuine care"

Pre-covid, I was offering sessions at 10 venues around the borough. A highlight was when Fiona and I organised 'health and wellbeing days' at the Barnet Multicultural Centre. They were each attended by over 100 people, and I felt so proud to have been involved. It's been a joy to work for Cherry Lodge, and I'll still be working with support groups on behalf of the charity. I'll always be grateful to Fiona for suggesting I work at Cherry Lodge. It changed my life for the better, for sure.



Kirsty at an outreach session

CL Chat



Noble art

Local artist Wendy Hempstead donated 10% of sales from the September exhibition of her delightful artworks to Cherry Lodge, in memory of her daughter Rosie.

Spill the tea

Over 60 people attended the Tea and Talk event at The Landsby, Stanmore, in October, raising £700 for Cherry Lodge. A huge thank you to all.

Tai Chi

We're delighted to announce that a new group activity at Cherry Lodge, Tai Chi, started at the beginning of the year. Contact Nisha for more info.

Lights of love

Once again, the Cherry Lodge Cancer Care November Lights of Love ceremony was a very special gathering. Thank you to CL Founder Margaret, and Tina Papisavva, for organising this memorable event.

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

Cherry Lodge CHAMPIONS



Could 2026 be your year to become a Cherry Lodge fund-raiser (and having fun doing it)? We certainly hope so...

Times are tough for charities just now, and we need as many people to take part in fund-raising as possible – and the good news is, it's great fun! "There are so many ways to become part of the Cherry Lodge family, and I'm here to help you put the fun into fundraising!" says Events Co-ordinator Tina Papasavva. "You can join one of our many events or host your own – we'll be so grateful and you'll be making a real difference to local people affected by cancer." Here, we shine the spotlight on three Cherry Lodge champions whose fund-raising has been truly inspirational.

Claire ran a marathon



Claire Dutton ran the London Marathon last year, raising over £2,000 to thank Cherry Lodge for support given to her mum. "Running the London Marathon was a dream of mine for many years and doing it to raise funds for Cherry Lodge, who supported my family through a very difficult time, means I'm able to thank them with more than just words!" she says. "My mum was diagnosed with bowel cancer in 2012, and Cherry Lodge was a great comfort to her during this time. I know it's also been a great help to her friends living with cancer.

Thankfully, my mum is now fit and well, but I'd love to help shine a spotlight on Cherry Lodge, for the help and support they gave her."

Meena did a skydive



Meena Parihar raised £3,500 for Cherry Lodge by doing a tandem skydive last July.

Alex walked the Thames

Ten years ago, Cherry Lodge supported Alex Woods' family when his wife Ann-Marie was diagnosed with breast cancer at just 32. As a way of giving back, Alex walked 184 miles from the Thames source to the Thames Barrier, raising over £8,000 for Cherry Lodge. "From the moment Ann-Marie was first diagnosed, Cherry Lodge was an incredible source of support for both of us," says Alex. "I don't know what we would have done without the time we spent there. I decided to try and help this fantastic charity continue the amazing work they do. I'm so glad that I did."



If you're interested in fund-raising for Cherry Lodge, email: tina@cherrylodgecancercare.org.uk

CHRISTMAS SORTED!

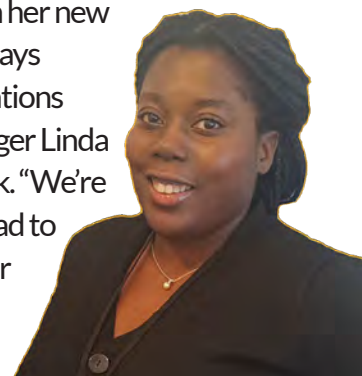
From our Christmas Fair at Wesley Hall, which featured live music from talented pianist Sarah Wu, to festive wreath making, carol singing and a festive family quiz we had Christmas well and truly sorted. We're still counting the pennies, but the Christmas spirit was out in force. Thank you so much to everyone who took part.



Just some of our Christmas events.

THANK YOU OLIVIA

We bade a sad farewell to Cancer Information Nurse Olivia Banno (pictured below) at the end of December. Olivia, who first joined Cherry Lodge as a volunteer in 2019, and took on her role as nurse in 2023, was offered a wonderful new job and just couldn't refuse. "Olivia was a huge asset to our team, and we'd all like to say thank you for her wonderful contribution, and wish her all the best in her new role." says Operations Manager Linda Patrick. "We're very sad to see her leave."



The BIG THANK YOU

We'd like to thank volunteer Anne Kapoor, who's been reaching out to skin and haircare companies, and all the wonderful companies who have donated.



Anne first became involved with Cherry Lodge when our therapies helped her through breast cancer two years ago. "I wanted to give back and liked

the challenge of seeing what I could do to benefit members," she says. "I started writing to companies asking for products. For members, even just a little gift goes a long way to make someone feel cared for." Thanks to Anne's efforts, Weleda have provided a huge variety of products and offered to organise workshops for Cherry Lodge members, and Dr Organics have also donated some amazing products. "We're honoured to support Cherry Lodge Cancer Care, and proud to continue our partnership with such an inspiring charity," say Dr Organics. Natural skincare company Husk and Seed send a monthly parcel of gift bags, and Ayumi, whose products are inspired by Ayurveda, have donated 20 nourishing hair oils. "We know that care during treatment goes far beyond medicine," says a spokesperson. "It's also about comfort, confidence and self-love. We hope to bring a touch of wellbeing to those on their healing journeys."

If you can donate any natural skin/bodycare products for both men and women, please email anne@cherrylodgecancercare.org.uk

Lizzy's legacy story

Money from legacies is essential to our long-term survival, as fund-raising and donations alone don't cover our ongoing running costs. Leaving a legacy can make a huge difference to people living with cancer in your local community, and leaving a 'charitable legacy' has tax advantages, too. Most of all, it can be very meaningful to the person leaving the bequest and their family, as Lizzy Laymond and her mum Carolynne discovered. "When my mum was diagnosed with cancer, Cherry Lodge supported her in so many ways," says Lizzy. "The charity became a real source of comfort and community for her, and before she passed away, mum made it very clear that she wanted to give something back to Cherry Lodge.

"Leaving a legacy meant a great deal to all of us. For mum, it was a way of giving back after having received so much care. For our family it felt like a fitting way to honour her generous spirit and keep her memory alive. Cherry Lodge is an incredible charity. I'll always be grateful to them and hope others can experience and support the amazing work they do."

To find out more, drop us an email, give us a call or ask for our new legacy information leaflet.



Lizzy Laymond and her late mum Carolynne Cooper

TICKLED PINK

Every year, we mark Breast Cancer Awareness month with our Pink Tombola at The Spires, and last October was no different - £500 was raised and loads of fun was had by all. But last year we also did something a little different - the women at Hadley Wood Golf Club held a pink day to raise money for Cherry Lodge and fund therapeutic massages for women with breast cancer. The women all turned up in pink and played a round of golf, before eating pink cakes. £540 was raised, a fantastic effort and everyone had fun. Thanks to all for thinking pink!



Bring on the lols

Have you ever read a book that made you laugh out loud? Our new laughter library is packed with members' comedy favourites. Anyone can pop in and borrow a book. Laughter has been shown to decrease stress, boost immunity, ease anxiety and improve mood ... so bring on those lols!



Follow our socials!

To keep up to date on news, events and therapy sessions please check out our social media pages:



@cherrylodgecancercare



@cherrylodgecc

What **CHERRY LODGE** means to me



Luke Constantinides, 35, has been a member since being diagnosed with Hodgkins lymphoma two years ago.

It all started in October 2023, when I came back from holiday with a cough that wouldn't go away. After various tests, I was diagnosed with stage three Hodgkins Lymphoma. The news was hard to process – everything happened so quickly and I was only in my 30s with a young family. I knew of Cherry Lodge because it had helped my mum after she had a breast cancer diagnosis many years ago - it was the first place I turned for support, and I haven't stopped coming ever since.

In January 2024, I started a gruelling six-month course of chemo, and by May the side effects – fatigue, discomfort, bloating, insomnia – had all kicked in. And mentally, I was really struggling. Fortunately, my scans were clear, but cancer is traumatic and recovery has been hard. Cherry Lodge has helped enormously throughout. When it felt as though my whole life was revolving around treatment, my weekly visits were just for me, something that I could really look forward to. It's such a



Luke with his wife, Mandalena and daughters Ophelia and Alessandra



Luke with acupuncturist Kiran Gargesh

homely, warm and calming place, that got me away from the same four walls and gave me the positivity to keep going. Living with cancer changes you as a person, but counselling helped to rebuild my life and reflexology was wonderful. And acupuncture with Kiran had huge benefits for my energy levels and tackling the neuropathy from my treatment. More than a year down the line, I have check-ups every three months, and so far, everything has been fine. But I still benefit from visiting Kiran once a week. There's so much more to cancer than the clinical side, and Cherry Lodge offers support that hospitals can't give – it's a very special place that has helped me both physically and mentally and given me so much positivity.

Put it in the diary!

There are so many events on the horizon – like the Big Barnet Walk in May, a pre-loved sale and many more. All spaces are now filled for the London and the Half Landmark Marathons, but the Spring into Soul Ball on March 21st will be a highlight of your year. Here's your reminder to keep an eye on the website for details of all our amazing events, and get them in your diary!

Stronger Together

We were delighted to showcase Cherry Lodge at two recent events aimed at boosting collaboration between local healthcare organisations. First came a Community Health and Wellbeing event, opened by former Mayor of Barnet, Tony Vourou. Then we attended the "Living Well" event at Colindale Community Trust. Both offered a great chance to make contacts and showcase everything we do.



Karen and Tony Vourou

Celebrating volunteers

Our work wouldn't be possible without our wonderful volunteers, and in November we welcomed many of them to a special gathering to say thank you. "Volunteer therapists, receptionists, drivers, shop helpers, fundraisers and befrienders all came along to enjoy a chat and a big pat on the back," says Volunteer Co-ordinator Caroline Stevens. "Together, they do an amazing job supporting local people living with cancer."



Fundraising EVENTS

Spring into Soul Ball

Come along and dance the night away in aid of Cherry Lodge Cancer Care, in association with our friends from Summer Soulstice at the Double Tree Hilton Hotel, Borehamwood, WD6 5PU



Come along and dance the night away at a glittering evening in aid of Cherry Lodge Cancer Care

SPRING INTO SOUL BALL



Saturday 21st March 2026
DoubleTree Hilton Hotel, Borehamwood - 7pm till late

Ticket price includes

- A welcome glass of Prosecco
- A sumptuous 3-course dinner
- Very Special Live Guest Act
- Summer Soulstice DJ's playing until 1am

BOOK NOW
Tickets £70pp

Dress code: Black Tie

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



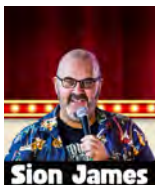
Laugh Out Loud

A Great Night of Comedy at
Totteridge Cricket Club, N20 8PB
8:00pm to 10:45pm (with two intervals)

We will have a fantastic line-up of comedy talent ready to entertain you. Hosted by Sion James.

Tickets: £15 before 1st April; £18 after 1st April; £23 on the night (subject to availability).

Please note this is an 18+ event.



Preloved & Reloved Sale



New Ground 5b Union Street High Barnet EN5 4DF

Join us for a good-as-new sale featuring a range of quality preloved and labelled items.

Entry: £3.00 Includes a raffle ticket.

Refreshments will be available to purchase.

Come along, grab a bargain and support a great community event!



Big Barnet Walk

Starting at the Orange Tree Pub,
Totteridge Green, London, N20 8NX

Approximately 5km 9:30am to 12 noon

Open to our Cherry Lodge family, friends, children, and even your four-legged family members to join us on this wonderful community fundraising walk and receive a free goody bag and medal.



Blue Hills Garden Open Day

2:00pm to 5:00pm

Blue Hills, Windmill Lane, Barnet, EN5 3HX

Enjoy a wonderful afternoon in a beautiful 3-acre garden while helping support Cherry Lodge Cancer Care and its many services for local people affected by cancer.

Explore the garden's splendid mature trees and shrubs, large pond with fish, waterfall, weeping willow, rockery, fountain, thatched summer houses, swimming pool, and beautiful bronzes, urns and baskets.

Tea and cakes will be available, so take a relaxing stroll and enjoy the peaceful surroundings.

Admission: £5.00 (children go free)



Sponsored Swim

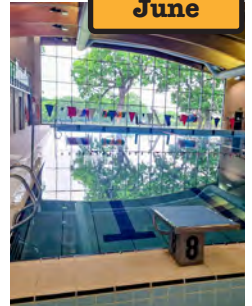
4.30pm to 6.30pm

QE Boys' School Swimming Pool,
Queens Road, Barnet, EN5 4DQ

Cherry Lodge Cancer Care warmly invites you to take part in our Sponsored Swim.

The swim is open to people of all ages and abilities — everyone is welcome!

The pool is 25 metres long. Simply set your own target (for example, 10, 20, or 30 lengths) and challenge yourself to reach – or beat it!



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.



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 10.30 am – 12.00 pm. Contact kirsty@cherrylodgecancercare.org.uk.

CORNFLOWER CANCER SUPPORT GROUP: Held on the 2nd Tuesday of each month, 6.30 pm – 8:00 pm 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 contact Cherry Lodge.

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

WELLBEING

CIRCLE DANCING:

Conducted by Ingrid. Thursdays 10.30 am – 11.30 am 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 2.00 pm – 2.40 pm. To book a place, contact Cherry Lodge.

SOUND HEALING: Held on Zoom on the 2nd Friday of each month, from 2.00 pm – 3.00 pm. To book a place, please contact Cherry Lodge.

SEATED YOGA: Held online every Friday 11.00 am – 12.00 pm. To book, contact Nisha.

TAI CHI: Held at Church House, 2 Wood Street, Barnet, EN5 4BW. Thursdays 10.45 am – 11.45 am. To book, contact Nisha.

THERAPIES

All therapies by appointment only.

COUNSELLING & CLINICAL 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 1.30 pm. 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 am – 1.30 pm.

COFFEE MORNINGS:

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



CONTACT INFO

Telephone: 020 8441 7000 ● Email: info@cherrylodgecancercare.org.uk
nisha@cherrylodgecancercare.org.uk ● karen@cherrylodgecancercare.org.uk

Scan this QR Code to visit our website

