

News



Cherry Lodge
Cancer Care

INFORMATION AND SUPPORT CENTRE

Winter 2024

Christmas Fair

by Freddy Kater

On Saturday 25th November CL held its annual Christmas Fair at St James' church in East Barnet. As this is a very comfortable venue, everyone was warm and dry, despite the cold weather. Olaf the snowman (Main Photo) was positioned outside Sainsbury's inviting people to cross the road, visit the Fair and enjoy a complimentary mince pie!

It cost 50p to come in and for this everyone received a raffle ticket with which they could win a lovely hamper, kindly donated by Anna Savvides of One and Only Events. The lucky winners, ticket 418, were thrilled when they came to Howard House on Monday to collect their goodies.

One visitor to the Fair, well known to CL, Wendy spontaneously decided she would do some extra fundraising by encouraging people to guess how many sweets there were in the jar she was clutching. This proved very popular.

As in the past, the Fair was a mixture of outside stallholders and CL's own stalls, as well as the hugely popular cafe where the enticingly displayed wares (apart from the mince pies) were all homemade. The two varieties of delicious soup were also homemade and they proved especially popular.

Regrettably, and for a variety of reasons, we were unable to have any school children there to provide a musical background but despite this there was a really good atmosphere. We thank everybody who contributed to the success of this event, by having a stall, buying presents, volunteering and generally contributing to the £2,000 plus raised for Cherry Lodge Cancer Care.



Wendy and her jar!



Olaf makes a friend



Happy Hamper winners

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If you would like to donate or pay by BAC's/credit card, please email tina@cherrylodgecancercare.org.uk for details.



All Change!

by Margaret M Clark - January 2024

Twenty seven years ago, inspired by the services provided by Cancer Relief MacMillan and Harriet Copperman, OBE, at North London Hospice, I set up what was then called Barnet Cancer Care as a charity. This, as we all know was renamed and became well known as Cherry Lodge Cancer Care. For me, it was a retirement project and I never anticipated that it would fulfil such a need in the community and prove to be so popular from the word go. The Information and Support it provides is certainly well used and highly valued, thanks to the very considerable skill and commitment of staff, trustees and volunteers.

I have now decided the time has come for me to take a step back from my activities but I am not going away. Although I am hanging up my Chairman and Trustee's hat, I shall continue to provide acupuncture at Howard House three mornings a week, support staff in any way I can and be an active member of the Fundraising team, run by Tina.

Dr Katherine Edwards and Sarah Armitage will jointly chair the charity and I am confident that they will do a great job and that CL will flourish under their leadership. I can say without a word of exaggeration that my years at CL have been among the most rewarding ones of my life.



Kiran - unsung hero of outreach!

by Kirsty Mabb

Dr Kiran Gargesh first started volunteering at Cherry Lodge in 2012, as a medical acupuncturist. He had recently retired from his job in the NHS, where he worked as an anaesthetist in QE Hospital, Gateshead. Kiran says he had always wanted to do voluntary work, after retirement. He was helping out at an Edmonton based charity, when he saw a flyer for Cherry Lodge. And the rest, as they say, is history!

Not only did Kiran start offering acupuncture to many of our members, but also featured regularly, along with his Mum, at fundraising events. They would have a stall, showcasing beautiful handmade crafts from Kiran's India-based charities.

Around 6 years ago, I suggested to Kiran that he might like to come and offer acupuncture to people that I see in outreach. He jumped at the idea, (never one to turn down a challenge) and has since offered weekly sessions at Barnet Multicultural Centre, West Hendon, seeing 10 people a week. For him, this involves an extra 3 hours a day on public transport, just for the record! Kiran says that when I brought him to the centre to show him round, his eyes were "glittering at the thought of working in a different environment". He says "patients are patients wherever you go" but being able to offer this service to people who live on the West side of the borough, does save them from arduous journeys up to (CL) High Barnet, often when not feeling too well. And as Kiran is swift to point

out "cancer does not discriminate". The service is extremely well attended, and I find myself juggling 15 people into the 10 available time slots every week-but somehow we manage it, me sweating, and Kiran always laughing. As with everything else Cherry Lodge, all things are possible!

Kiran says "I really enjoy seeing all my members. They arrive at the centre feeling down, but I always make sure that they leave smiling!". And judging by the laughter I hear coming out of the room, I know this is true.

So not only does Kiran see 10 members every week at CL, but also 10 every week in outreach. But that wasn't enough for Kiran, who has recently trained to be a reiki healer as well! He comes into CL on an additional day to offer reiki to our members.

The only downside to all this is that, sensibly, Kiran returns to India for winter, so with a heavy heart we wave goodbye to him at the end of November, knowing we won't see him again until close to Easter. But whilst he is away, he is giving acupuncture to all his friends and neighbours, and also working with his two children's charities.

So thank you Kiran- from all of us- for all your patience, time, kindness, wisdom and humour! I, for one, learn something from you every day!



Kiran and some happy customers

Fundraising EVENTS

Cha Night

FEBRUARY
23



Join us for a night of 60s,70s, soul, ska and reggae from all the great labels – Motown, Pama, Trojan, TSOP, Coxson, Stax.

£5 on the door which opens at 7pm. All the proceeds from Cha Nights go to Cherry Lodge Cancer Care.

Easter Flower Arranging Workshop

MARCH
21

Professional florist Iris will delight you with her flower arranging skills and then give you a step-by-step guide to help you achieve great results of your own.

Ticket price of £12.50 includes the flower arranging workshop plus tea and cakes. Time 2pm to 4pm

Venue: Avery Collection, Barnet Grange, 59 Wood Street, Barnet EN5 4BS



Easter Walk

MARCH
24

Cherry Lodge Cancer Care's Sponsored Easter Walk promises to be huge fun, as well as being an excellent way to raise money to help fund CL's many vital services.

Please ask Tina for sponsor form. Starts 11am to 3pm.

Venue: Oakhill Park, East Barnet EN4 8JP. Family, dogs all welcome.

To add to your enjoyment, there will be a prize for the best Easter Bonnet, an Easter Cake and Merchandise Stall.



LOL Comedy Night

MAY
11

Cherry Lodge is planning an evening of laughter and will be joined by a stellar line up of comedy acts.

For more details contact tina@cherrylodgecancercare.org.uk



Summer Soulstice

JUNE
15

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

TICKET ONLY EVENT.

For tickets please contact www.summersoulstice.co.uk/tickets

A Decade of Soul Family Fun - 30 DJ's in three music arenas.

Raising money with a smile for Cherry Lodge Cancer Care in memory of Andy Weekes.



Summer Sponsored Swim

JULY
7

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. 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



For further information on any of these events, please contact: Tina on 020 8441 7000

Tina@cherrylodgecancercare.org.uk

Find us on Instagram: [cherrylodgecc](https://www.instagram.com/cherrylodgecc)



Welcome to Cherry Lodge

Hello, my name is Linda Patrick and I am Cherry Lodge's latest recruit, and I took up the post as Operations Manager at the end of October 2023.

My professional life began as a Registered Nurse, quickly followed by training as a District Nurse specialising in End of Life Care. For many years I worked in a GP practice attached to Cambridge University, and was privileged to meet some incredibly interesting people. Moving into a leadership/management role, I ran Community Nursing, Therapy & Social Care delivered by Integrated Community Teams across Hertfordshire. When COVID struck, a move to the National Vaccination Programme saw me using my clinical skills once again, which I enjoyed immensely. I continue to volunteer as a vaccinator, visiting people locally who are housebound or vulnerable, and unable to attend a vaccination centre. Most recently, my role as a Clinical Fellow in NHS England's Commitment to Carers Programme enabled me to have genuine engagement with patients, carers, staff, and people from frequently excluded communities, focusing on the reduction of inequalities in health and social care, and the delivery of NHS policy to support unpaid carers.

I live locally with my husband & 2 dogs and have 2 grown up children. Our 1st grandchild was born in March 2023, and has brought immense joy into our lives. Outside work you will

find me socialising with family/friends, and usually in the kitchen. I love cooking and have an extensive library of cookery books; so many that I now have to sneak books into the house, especially if I've been working in the Cherry Lodge Charity Shop! I enjoy reading, listening to music and trips to the theatre & cinema, and spend my down time in the Northeast of England where I have family & friends.



Linda

I have received a very warm welcome at Cherry Lodge Cancer Care and feel privileged to be working for such a fantastic local charity. My passion lies in supporting the team and trustees to deliver the very best quality care and support to people affected by cancer. My professional background together with my lived experience of caring for family members (both elderly and with Long Term/Life Limiting Conditions) has, I hope, helped to shape me into a compassionate and insightful person, which I believe will be an asset to the Cherry Lodge team.

Bits & Pieces

BBC Radio London came out to interview Charlotte (volunteer) on the 16th November 2023.

Apparently, people were being interviewed across the London Boroughs, and Charlotte opted to be interviewed here so she could promote Cherry Lodge. The interviewer was lovely, and Charlotte did a marvellous job!

A big thank you to Charlotte on all our behalf.

Regrettably this item is no longer available on BBC Sounds.

**BBC RADIO
LONDON**

Grand Annual Raffle Prize Winners

1st Prize: Mrs S Copping

Trip to Rotterdam direct on Eurostar. Three nights, bed & breakfast for two people. Travel Standard Premier on Eurostar

2nd Prize: Simone Kravitz

Classic Afternoon Tea & Prosecco Bus Tour on a Vintage Routemaster by B-Bakery. Panoramic tour of London for four persons.

3rd Prize: Michael Baker

£150.00 John Lewis Vouchers

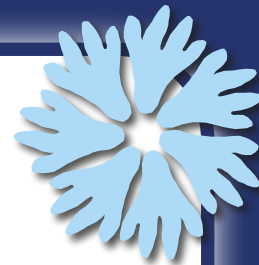
4th Prize: Mary O'Hara

Luxury Christmas Hamper



Our Services & Approach

Please check the Cherry Lodge website for up-to-date information and news



Our current services include:

Consultations: nurse consultations can be booked in person, on line or on the telephone.

Counselling and hypnotherapy: anyone enquiring will be offered the choice of face to face, Zoom or phone appointments with one of our counsellors.

Medical acupuncture: provided by our doctors - by appointment only.

Reflexology, reiki, head and neck massage: these appointments are limited, and therefore priority is given to members currently going through chemotherapy or other cancer treatments.

On three Tuesday evenings per month either Fiona or Kirsty host 'booked sessions' of Reflexology and Reiki.

❁ **Befriending Service:** to access a befriender, or to find out more about the service, please call Yvonne at CL or e-mail Yvonne@cherrylodgecancercare.org.uk

❁ **Support Groups:** these are for people with lymphoma, ovarian cancer and men with prostate/ bladder cancer. The groups are facilitated by Fiona Kiddle. Please call Fiona at the Centre or email her at Fiona@cherrylodgecancercare.org.uk for further information, dates and times.

❁ **Sound Healing:** (Soundbath) Sessions - these monthly sessions are provided by music teacher Alistair Smith, via Zoom, on the 2nd Friday of every month from 2pm-3pm. For more information, please contact Kirsty at Cherry Lodge (020 8441 7000).

❁ **Seated yoga:** due to start Monday 15th January 2.45 - 3.45 at Barnet Rugby Club with Teacher Lesley Bowell. Please contact Fiona at Cherry Lodge to register your interest.

❁ **Carers Support Group:** this group is held on the 2nd Monday of each month, from 10.30-12 noon, via Zoom. It is for people who are providing help, care or support to a relative or friend with cancer and is facilitated by Kirsty Mabb. For more information, please call Kirsty at CL or email her at: kirsty@cherrylodgecancercare.org.uk

❁ **Coffee mornings:** these have moved into their winter quarters in the Open Door Centre (St Albans Road, Barnet EN5 4LA from 10.15 - 11.45 am). This group is member-led but either Yvonne or Fiona will always introduce new members. Free parking.

❁ **Circle Dancing:** conducted by Ingrid. Thursdays 10.30 - 11.30 am at Wesley Hall, 9 Stapylton Road, Barnet EN5 4JJ. To attend, please collect a voucher from Cherry Lodge, Howard House, 23 Union St.

❁ **Mindfulness Courses:** we run courses online and face to face at the centre, provided by teachers Lucy Woods and Janette McCulloch. Please contact Fiona or Kirsty at Cherry Lodge for further information.

❁ **Outreach Surgeries:** provided at a variety of venues throughout the Borough by Kirsty, for people who might find accessing Cherry Lodge difficult.

❁ **Benefits advice:** a reminder that any of our members can access expert advice on benefit entitlement/applications by calling Barnet Macmillan CAB on 020 8440 4227.

❁ **Pilates:** Tuesday afternoons 1-2pm with Miranda at All Saints Church Hall, 122 Oakleigh Road North, London N20 9JU. **PLEASE BRING YOUR OWN MAT.** To book call Lorraine on 020 8441 7000.

❁ **Laughter Wellness:** monthly, on first Tuesdays of each month at 2pm via zoom.

For further information about any of our services, please feel free to contact Cherry Lodge on 020 8441 7000.



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