





*celebrating the great achievement*

## continued...

Needless to say, there was music from the very beginning and together with the wonderfully sunny weather this Big Payback Day was turned into an appropriate continuation of the actual Summer Soulstice event which took place at the heart of the Summer in June. The crew really are unbelievable in their continued support for our charity. As you might imagine it cannot just happen: they start planning at the very beginning of each year and it has been every year since 2007. For a variety of reasons putting on an event of this size becomes ever more difficult, increasingly involving more complicated rules and regulations

Dave James, before handing over this very large cheque, gave a lovely background talk and acknowledged Jamie Topham whose energy and enthusiasm over the years has been quite inspirational. This latest financial contribution takes the total donated to Cherry Lodge to over half a million pounds and I still don't know how they do it.

For those people who wonder just what we do with these very large sums: they pay for the very important work done by our Outreach nurse, Kirsty. In addition, the Cherry Lodge van (Ulez involved us in having to replace the old one) is sponsored by Soulstice, and proudly displays both our logos as it is seen around the area. (see photo).

Thesesa Villiers, our local MP and a Patron of the charity as well as a loyal supporter of Soulstice also paid tribute to both the invaluable work done by Cherry Lodge and the huge importance the contribution Soulstice makes to the charity.

As Chairman of the charity, I cannot thank everybody involved enough for the terrific work they do: enabling Cherry Lodge to keep going and support those with cancer. Your contribution is truly invaluable.



*A new van! the proceeds in action*

# Mindfulness in Cherry Lodge

by Jeanette McCulloch and Fiona Kiddle

**Janette McCulloch** is an experienced teacher and meditator, training with the Bangor University Mindfulness Teacher Training Programme. We are delighted that she will be joining us in October as a volunteer offering face to face mindfulness sessions.



**Mindfulness meditation** is a way of being more present in our everyday lives; of learning to switch off our automatic pilot for a while and to pay attention to what is happening right now as our lives unfold.

*Think about it for a moment - how much time today have you spent mulling over and regretting the past ... or worrying about tomorrow? How often do you find your mind going round and round in circles without really "resolving" a problem?*

These are very common habits of mind that we all have and nothing to feel ashamed of!

But that's all they are – *habits*.

And like any habit, we can leave them behind and find a new way of doing things.

From a Mindfulness course, you will learn the skills and techniques to move through everyday life in a different way.

Specifically, you will learn:

- to notice what is going on in everyday life with more freshness and clarity
- to enjoy the good things in your life more fully
- to handle stress, anxiety and even pain in a better way
- to notice when you are caught up in negative or unhelpful thought patterns and to move out of those patterns
- to treat yourself and others with more kindness and compassion

People who have learnt to practise mindfulness say that it helps them deal with the normal ups and downs of life with more patience and wisdom; that it has improved their relationships with other people; that they feel more "grounded"; and that it has given them a different perspective on life.

There is substantial scientific research to suggest that mindfulness meditation has a positive effect on high blood pressure, depression, and anxiety; and can boost our immune levels and powers of concentration. There is evidence that it literally re-sculpts the brain.

For further information about our mindfulness sessions with Janette and our on-line mindfulness course with Lucy Woods please contact

fiona@cherrylodgecancer.org.uk  
kirsty@cherrylodgecancer.org.uk  
or call 020 8441 7000



# 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 and every year Cherry Lodge recognises this by putting on our very popular Pink Tombola event. This occasion has two important purposes: to help increase awareness of breast cancer and to raise money to help fund Cherry Lodge Cancer Care's much needed information and support services for people affected by all types of cancer.



## Lights of Love

By invitation



## Christmas Fair

Come and browse our fabulous stalls, visit our scrumptious café run by our dedicated team of volunteers. Meet Olaf the Snowman and try out our Childrens' Christmas Lucky Dip.

11am to 4pm

Venue St James Church  
71 East Barnet Road, London, Barnet  
EN4 8RN



Come and support the local Schools as they sing carols in aid of Cherry Lodge Cancer Care in The Spires, Barnet. 10am to 2pm



Festive Flower Workshop with Iris  
tickets include tea and cake.

£12.50. Venue to be confirmed.



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

Tina on **020 8441 7000**

[Tina@cherrylodgecancercare.org.uk](mailto:Tina@cherrylodgecancercare.org.uk)

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



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

## HEART & SOUL BALL



Saturday 17th February 2024  
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 & SAVE**  
Early bird tickets £60  
After 1st Dec £65

Dress code: Black Tie

Tickets and information from  
Tina on 020 8441 7000 or  
[tina@cherrylodgecancercare.org.uk](mailto:tina@cherrylodgecancercare.org.uk)



# Bits & Pieces

TCS London Marathon is one of the world's most famous running events. The course follows an iconic route taking in many of London's landmarks.



We still have a few places left if you are interested please contact Tina.



## Summer Soulstice award winning festival

**Saturday 15 June 2024**

Please save in your diaries for another great day of music, food and fun.



## Matched Funding

Do you or did you work in a Bank or Organisation that offers **Matched Fund Raising** for charities?

Know someone else who does? A great way to help raise money for Cherry Lodge.

Please contact Tina for details

**020 8441 7000**

**Recycle Your Ink Cartridges\***  
and help us raise money!

Recycle  Charity

\*No ink tanks or laser cartridges please



Every used cartridge enables us to continue our vital work to support people with cancer and their families

**Drop-off point:**

Tina  
Cherry Lodge Cancer Care  
23 Union Street, Barnet EN5 4HY



# 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@cherrylodgencancercare.org.uk](mailto:Yvonne@cherrylodgencancercare.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@cherrylodgencancercare.org.uk](mailto:Fiona@cherrylodgencancercare.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:** this class, run by Kathy, is held every Friday 11am-12 noon, via Zoom. For further information, and the link, please email [lorraine@cherrylodgencancercare.org.uk](mailto:lorraine@cherrylodgencancercare.org.uk) or phone in to CL.

❁ **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@cherrylodgencancercare.org.uk](mailto:kirsty@cherrylodgencancercare.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:** these virtual courses are ongoing, and can be accessed by contacting one of the nurses at Cherry Lodge. Provided by teacher Lucy Woods, they run for six consecutive Tuesday mornings, 10am-12 noon.

❁ **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 IF POSSIBLE** 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.**