

Autumn
2026

 **Cherry Lodge
Cancer Care**

Newsletter



news



stories



events



services



What Cherry Lodge means to me

Dennis Harris has been a Cherry Lodge member since being diagnosed with prostate cancer eight years ago.

When I first heard the word 'cancer', it felt as though the bottom had dropped out of my world. I couldn't even speak – my mind was all over the place, and my partner Carol had to do the talking for me. I was facing the unknown, and it was very scary.

I first heard about Cherry Lodge in the early days of my treatment, and since then, the charity has supported me so much. Everyone has been very caring, like a supportive little family. I tried acupuncture, and it helped a lot. But I was still depressed and down in the dumps about my diagnosis, so I also saw a Cherry Lodge counsellor, Rosie. Talking to her was great for my mental health, and she was so lovely, even talking to me on the phone every week, when Covid meant we could no longer meet face-to-face. I also used the befriending service for while, when I was feeling low - it helped to have someone outside family and friends to talk to. Everyone at Cherry Lodge is caring,

supporting and helpful. At times, when I was struggling, I could call any time for advice or support. They always have time for you - it's like having someone who's always on your side, and has your back when times are tough.

I'm still undergoing treatment

"It's like having someone who's always on your side when times are tough."

and feel tired sometimes from all the medications.

But my cancer is stable, and the oncologist is happy with my progress. And I still get a

lot of benefit from my acupuncture sessions. Cherry Lodge means the world to me. I just wish I had a million pounds to donate, because it's a lifeline for so many people. Long may Cherry Lodge keep going, supporting people like me when we need them most.



Dennis outside Cherry Lodge

CL Chat



Spring into Soul

What a night! More than 130 guests joined us at the Spring into Soul Ball for an evening of great food, music, dancing and fundraising. Huge thanks to everyone who came along to help make it such a memorable evening.

Laugh Out Loud

There was plenty of laughter at our sell-out comedy night at Totteridge Cricket Club in April. A brilliant line-up of comedians kept everyone smiling while helping to raise vital funds. Thanks to host Sion James, the performers, our volunteers and everyone who supported the evening.

Blue Hills Open Garden

Supporters enjoyed a wonderful afternoon exploring the beautiful Blue Hills garden in Arkley, with tea, cake and a popular tombola adding to the fun. A huge thank you to Anne Bickel for opening her stunning garden and helping us raise £1,725.

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

CLChat ... cont.



Sip & Paint

Our very first Sip & Paint evening was a colourful success! Guests enjoyed an evening of creativity, refreshments and great company while learning new painting techniques. Special thanks to artist Julie Westmore for making the event so special.

Hall of Sound

The Black Horse in Barnet was alive with music for the Hall of Sound charity day, held in memory of Graeme Hall. Thanks to the organisers, performers, Villagio, Graeme's family and everyone who came along to support three fantastic local charities.

WE NEED YOU!

Following the success of this year's first Big Barnet Walk, which raised an incredible £9,060, planning for BBW 2027 is now underway.

Next year's big day will be on **Sunday 16th May** and we're looking for volunteers, members, and supporters to help plan and run this fantastic community fundraiser. If you'd rather take part in the walk, registration will be opening soon. If you would like to get involved or find out more, please contact tina@cherrylodgecancercare.org.uk

Therapists SPECIAL

It's time to celebrate our thriving community of therapists, says volunteer coordinator Caroline Stevens



We're delighted to announce that our team of

volunteer therapists has grown significantly in recent months. Eleven new therapists have joined Cherry Lodge this year alone – a wonderful testament to the generosity and compassion within our local community.

Alongside our long-standing volunteer therapists, whose dedication continues to make such a difference, our new recruits are expanding the range of therapies available. This means even more members can access personalised support.

A heartfelt thank you goes to every one of our therapists for the care, time and expertise they give so generously. We'd love to introduce some of the newest members of the team.

Linda Gardner: A valued addition to our therapy team as a counsellor. Linda enjoyed a long career as a social worker, specialising in palliative care, and as a systemic psychotherapist.

Aaron Gazi: A craniosacral therapist who uses gentle, hands-on therapy to help ease pain, stress and trauma, while restoring hope and wellbeing.

Irena Piotrowska: Acupuncturist who combines evidence-based Western practice traditional Eastern techniques.

Sakeeb Saieheen: A holistic reflexologist whose deeply relaxing sessions help release tension, restore balance and encourage natural healing.

Lauren Roberts: Offers Indian Head Massage, helping members

relax, reduce stress and enjoy the physical and emotional benefits of therapeutic massage.

Kasia Johnson: Provides clinical hypnotherapy, offering relaxation sessions alongside tailored support for issues including anxiety, sleep, pain management and confidence.

Dee Cummins: Leads Tai Chi sessions, using gentle movement to improve balance, reduce stress and promote overall wellbeing.

Laura Komaromi: Specialises in cognitive behavioural hypnotherapy, combining CBT and hypnotherapy to help people create lasting positive change with self-compassion.

Sujata Mehta: Joining this summer to offer Bowen Therapy and Swedish massage, helping ease muscle tension, calm the nervous system and encourage deep relaxation.

Penny Taliadoros: Returning to Cherry Lodge as a reflexologist after several years volunteering at a hospice, bringing a wealth of experience.

Rachael Leffman: A craniosacral and Reiki therapist inspired to volunteer after seeing first-hand the support Cherry Lodge gave her husband during his illness.



Our new counsellor, Linda Gardner

If you're interested in volunteering, email: caroline@cherrylodgecancercare.org.uk

The BIG THANK YOU

It's time to say the very biggest thank you to Ruth Midgley, whose contribution to Cherry Lodge over the past 30 years has been beyond measure.



She was Cherry Lodge's very first volunteer, joining in 1996, when she had recently turned freelance after a long publishing career. A

friend mentioned that the charity needed help, and Ruth offered to provide admin support one day a week in Cherry Lodge's first home – a portacabin outside Barnet Hospital. Her efficiency and diligence quickly became a huge asset, and the years that followed saw the charity grow from a little-known service to a Barnet institution.

In 2005, Ruth was invited to become a trustee, and in 2014, she became the website editor, helping everyone keep up to date with all the CL news. "Ruth's support over the past 30 years has been incredible," says Co-Chair Sarah Armitage. "She has been one of Cherry Lodge's most reliable supporters, always incredibly generous with her time. She will be greatly missed as a trustee, and we hope to see her at Cherry Lodge events."

Welcome Anne!



We would like to welcome Anne Kapoor, who has joined Cherry Lodge as a new trustee.

Anne comes from a background in education, having served as Vice-Principal of a college in Harrow before continuing her teaching career across schools in Barnet. Alongside this, she has spent many years working on funding submissions for educational institutions, supporting community programmes and has volunteered for Cherry Lodge for three years. "We are delighted that Anne has decided to join the board of trustees and I know that her contribution to Cherry Lodge will be invaluable," says Co-Chair Katherine Edwards.

Our brand new website is coming soon!

After months of hard work behind the scenes, we're delighted to announce that our brand new website is due to launch this autumn. Over the past year, volunteers Dan Orchard, Marcus Kirby, Helen Renshaw and Ruth Midgeley – who has been invaluable to CL as a website editor for the past 12 years – have worked together to create a fresh new look that's brighter, easier to navigate and packed with information about all things Cherry Lodge. Whether you're looking for information, want to find out about upcoming fundraising events, read inspiring member stories or discover new ways to support Cherry Lodge, our new website will be the perfect place to start. The site should be going live soon – in the meantime, here's a sneak peek of our new home page.



A GOOD CARD

If you've bought a beautiful hand-made card in our shop or at a Cherry Lodge event recently, chances are it's the handiwork of our lovely volunteer, Gladys Serpant. After losing her son-in-law to a brain tumour earlier this year, Gladys turned her creative skills to making celebration cards and selling them to raise much needed funds for Cherry Lodge. "It's a wonderful charity and I really wanted to show my support," says Gladys. "I love making the cards, and really hope that they give people pleasure, both to receive, and buy in the knowledge that the proceeds are going to such a good cause."



CHERRY LODGE CHAMPIONS

Hats off to our amazing walkers and runners, says fundraising events coordinator, Tina Papasavva.

A huge congratulations to

everyone who laced up their trainers for Cherry Lodge Cancer Care this spring. Together, our incredible supporters raised more than £25,000 by taking part in three fantastic fundraising events – the London Landmark Half Marathon, the TCS London Marathon and our very first Big Barnet Walk. The London Landmark Half Marathon took runners through the heart of the capital, passing some of London's most iconic sights. Sophie Abrahams and brothers Luke and Tristan Rogers raised nearly £4,000, the two brothers inspired by the support Cherry Lodge gave their family after the loss of their mum, Alison. "Cherry Lodge was a lifeline for my family in the darkest moments of our lives," says Luke. "I ran so the charity can continue to provide the wonderful service they provided to my mum and family to other people in need."

A few weeks later, Charlie Gilbert, Adam Harrison, Stephanie Newman, Kim Sanett and Jamie Shone took on the legendary 26.2-mile London Marathon, together raising more than £14,000. Cancer has been part of my family story for as long as I can remember,"



Two of our Big Barnet Walkers!



Runners clockwise from top left: Luke and Tristan Rogers, Kim Sanett, Adam Harrison, Sophie Abrahams

says Adam. "I wanted to prove, to myself and others, that ordinary people are capable of extraordinary things when they commit to them. With determination, consistency, and heart, anything is possible. Thank you to everyone who supported me."

The Spring fundraising season concluded with Cherry Lodge's inaugural Big Barnet Walk, where around 80 walkers enjoyed the beautiful surroundings of Totteridge Fields. Opened by the Mayor of Barnet, the event was filled with sunshine, friendship and community spirit, raising over £9,000 to support Cherry Lodge's vital services.

To every runner, walker, volunteer and sponsor – thank you. Every mile completed and every pound raised will help ensure that people affected by cancer continue to receive the compassionate support that Cherry Lodge provides every day.

Buy your raffle tickets!

Please make sure to buy the raffle tickets included with this issue of your Cherry Lodge newsletter! Spread the word, give some to your friends and neighbours! There are some fantastic prizes to win and every penny goes to supporting our much-needed services.

Thank you Madam Mayor

We were delighted to welcome the Mayor of Barnet, Councillor Zahra Beg, to our centre in June. We are thrilled to be one of her two chosen charities, and that money from mayoral fundraising this year will be shared between Cherry Lodge and Young Barnet Foundation. It was a real pleasure to show the Mayor around Cherry Lodge and share more about the support we provide. We look forward to keeping the Mayor updated on our future projects and are especially excited about our upcoming event at Everglade Medical Practice on 23rd September, where we'll be reaching out to the local community to raise awareness about Cherry Lodge.



From left: Volunteer Coordinator, Caroline; Co-Chair, Sarah Meyer; Zahra Beg; Operations Manager, Linda; and Cancer Information Nurse, Karen.

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.



Enjoy a night of comedy
in aid of Cherry Lodge Cancer Care

LAUGH OUT LOUD

Saturday 24th October 2026

Totteridge Cricket Club, Totteridge Green, Totteridge N20 8PB
18+ only. Doors 7.00pm. Show 8pm - 10.45pm with two intervals.



**Boothby
Graffoe**

Described as
"a genius"
by The Times.
Stewart Lee
& Omid Djalili
are huge fans!

**Sarah
Mills**

High energy,
optimistic, with
an absurd take
on the world.
"Very Funny"
- Dara O'Brian.

MC Sion James

"Utterly charming...
a lovable giant."
Time Out, London.
"A brilliant compere."
Mail.
"Outstanding - I want
to have his children."
Clare

**Ramsey
Smith**

From Sydney,
Australia.
A Raw Comedy
State Finalist
for NSW 2024.

**Jacqui
Doherty**

Winner of
Hillingdon's
Hidden Talent.
Funny Women
Semi Finalist
at the Leicester
Comedy Festival.

**Chris
Ford**

Camp preacher,
Promising older.
Grew up as a
strict Jehovah's
Witness and
worked as an
A&E nurse.

**LIMITED CAPACITY
BOOK EARLY TO AVOID
DISAPPOINTMENT!**

Before 1st October @ £15
After 1st October @ £18
On the night @ £23
subject to availability.

BOOK TICKETS HERE
www.jokepit.com/e/69461

Bar: card payments only (no cash)
Raffle on night

Profits to Cherry Lodge Cancer Care
www.cherrylodgencancercare.org.uk
Registered charity no 1011629



Christmas Fair

11.00am to 4pm

Wesley Hall, Stapylton Road, Barnet
(opposite the entrance to the Spires
car park). In the Centre of Barnet
itself 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 very worthwhile
cause. There will be a tombola, plants,
cakes and a chance to meet our Elf.



Saturday
28
November

Lights of Love

BY INVITATION ONLY



Sunday
29
November

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

Wednesday
2 & 9
December



Christmas Flower Workshop

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

Ticket £20 includes workshop, tea and cakes.
There will be a raffle. This event led by the hugely
creative Iris will demonstrate a festive workshop
including wreath making.



Thursday
10
December

SAVE THE DATE

Big Barnet Walk

5km circular path covering Totteridge fields,
Finchley Nurseries, and Totteridge Green.

Start/Finish: Starts at 9:30am
and finishes in the garden of
The Orange Tree pub N20 8NX



Sunday
16
May

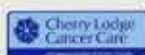
GIFTS- FOOD- CLOTHES- STALLS

Annual Charity Christmas Market

FREE
PARKING

THURS 26TH NOV
10AM - 4 PM

REFRESHMENTS
AVAILABLE



HADLEY WOOD GOLF CLUB
BEECH HILL, BARNET EN4 0JJ



Should you wish to become involved with any of the
events or set up your own event please get in touch.

020 8441 7000

✉ tina@cherrylodgencancercare.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

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:

Due to start in September. Contact the
Cherry Lodge nursing team for more
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 10am – 11am.
Just turn up.



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.

BENEFITS ADVICE: Our members can access expert advice on
benefit entitlements/applications by calling Barnet Macmillan
Citizen's Advice on 0808 808 0000.

THERAPIES

All therapies by appointment only.

COUNSELLING & CLINICAL HYPNOTHERAPY:

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

REFLEXOLOGY, REIKI, INDIAN HEAD MASSAGE AND SWEDISH 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.

CRANIOSACRAL THERAPY:

Gentle hands on therapy to
restore wellbeing provided by
Aaron Gazi.

COMMUNITY

CRAFT & A CUPPA:

First Wednesday of every
month at 1pm – 2:30pm
with artist Julie Westmore.
All abilities welcome.
Please bring your own
needles, other crafting
supplies will be provided.

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:

All members are welcome
at our coffee mornings 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

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