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CHERRY LODGE CHAMPION

Each issue we focus on someone who's gone above and beyond for Cherry Lodge – and this time there's no doubt where the spotlight should fall. Macmillan cancer information nurse Fiona Kiddle, who retired this summer after 23 years, tells her Cherry Lodge story in her own words ...



LATEST CL CHAT ...

LOL: Summer got off to a laugh-out-loud start with a fantastic line-up of comedy talent including Smack the Pony star Fiona Allen (pictured) at our comedy night, compered by the lovely Sion James. Look out for comedy night 2025.



AGM: Our well-attended AGM was held in June. Copies of the 2023 Annual Report and Financial Summary are available on our website.

DANCE NIGHT: We danced out summer at Cha Night in late August. "Keep an eye out for more Cha Nights next year," says Fundraising Events Organiser Tina Papasavva.

FLOWER POWER: Autumn began with a burst of colour at a flower arranging workshop run by volunteer (and professional florist) Iris Challis. Read more about it in your next newsletter.

I knew from the moment I arrived at the portacabin, our HQ back then, this was the place I wanted to work - not least because of the amazing array of herbal teas and biscuits!

I started in 2001 with my then colleague Mina Farenza–West, with whom I'd previously worked in palliative care. When she left, I promised her I'd nurture the Cherry Lodge dream she and Margaret shared to the best of my ability. I hope that's what I've done.

I've learned so many things over the years, many of which a textbook can never teach you – like the fact that



Fiona, right, with Cherry Lodge Patron Janet Doyle Blunden

everything we achieve is as part of a team, where everyone has a role to play. The world of cancer is constantly changing, and people are now able to live with their disease for many years. I came from many years in palliative care and had to rethink my views - people do survive this disease and live well.

My best memories of life at Cherry Lodge are the laughter, the tears and the caring for each other. I've loved being able to develop new projects without lots of red tape, working with fantastic volunteers and celebrating when members are in remission and able to get on with their lives once again. The worst moments have been when life is cut short too soon.

Everyone thinks working with cancer is depressing, but there (cont.d ...)

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

CHERRY LODGE CHAMPION (cont.d)

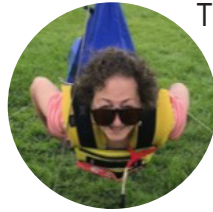
have been fun moments along the way. The camaraderie and our sense of humour have carried us through.

Cherry Lodge founder Dr Margaret Clark adds: Having worked with Fiona for 23 years there's so much I could say about this amazing, hardworking, caring, hugely knowledgeable, nurse and lovely colleague. Monday mornings are simply not the same - I used to bring in the Saturday Guardian Recipe supplement for Fiona whose face would light up at the sight of me coming in with it! It was more than my life was worth to leave it behind. To say I miss her is a mammoth understatement. Thank you, Fiona, for all you have done for Cherry Lodge, and for each of us individually.

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

THE BIG THANK YOU

We have so many people to thank – from our wonderful donors and volunteers to local businesses and, of course, our amazing members. We thank you all. Here are just a few of the people who we couldn't do it without....



The very biggest thank you to Renie Price, who has taken to the skies (quite literally) in support of Cherry Lodge, raising £2,600. "I've wanted to try hang gliding since I first saw people soaring like birds over the Sea of Galilee," says Renie, a familiar face to many. She

joined Cherry Lodge as a member after being diagnosed with breast cancer and has been giving back as a qualified hypnotherapist and helping at fundraising events for the past nine years. "I wasn't nervous at all - I could see for miles," she adds.

The link for donations is still open. <https://cherrylodgescancercare.enthuse.com/pf/renie-price>



Soul on a Summer Day



Heavy summer showers? No problem! The weather didn't kill the mood at this year's Summer Soulstice, where £20,000 was raised for Cherry Lodge, plus money from the merchandise stall. This hugely popular event just keeps going from strength to strength. A big thank you to everyone involved.

In The Swim

A huge shout out to everyone who took part in our 2024 Sponsored Swim which raised £3,751. Swimmers' ages spanned nine decades and our lovely CL team members Yvonne and Tina (pictured) swam to raise vital funds – thanks to all who sponsored them. Thanks, too, for QE Boys school for letting us use their fabulous pool. Well done all!



Keeping it LOCAL!

The support of local businesses is essential to Cherry Lodge Cancer Care, and we want to say a huge thank you to all our supporters in the local business community. We couldn't do it without you!

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

TALKING SHOP

Drum roll please! Our wonderful Cherry Lodge shop reopened in late July after being closed for seven weeks. During the closure, the damage caused by a serious leak was repaired and the shop was given a facelift - it now looks better than ever. To celebrate, we take a whistlestop tour of re-opening day with assistant shop manager Anny Douglas.

- 8.30am** Arrive at shop to complete last minute preparations for the 'Grand Reopening'. Decorate with bunting hand-made by volunteer Veronica.
- 9.30am** A large queue has formed outside. There have been four customers who, during our refurbishment, have asked for the same dress in the window. All four are in the queue!
- 10.00am** The shop looks wonderful. Doors open and one customer claims the dress in the window, clinging to the mannequin! A large crowd enters.
- 12.30pm** There's a continuous stream of customers - we're very busy and constantly having to vet stock.
- 2.30pm** Almost every customer has commented on how wonderful the shop looks and feels. It's lovely to see our shop so busy.
- 4.30pm** Closing time after a very happy and lucrative day. Time to put our feet up and enjoy a well-earned cuppa!

WE NEED SHOP VOLUNTEERS!

If you're interested please contact yvonne@cherrylodgecancer-care.org.uk or Kim, the shop manager on 020 8440 6287



Top picture, left to right: Cherry Lodge founder Dr Margaret Clark, volunteer Val, manager Kim, assistant manager Anny and stand-in assistant manager Sarah. Bottom: Bagging a bargain!

VOLUNTEER VOICE

Our work wouldn't be possible without our wonderful volunteers. We meet Veronica who joined the Cherry Lodge volunteer family earlier this year.

WHO? "I've been making craft items for sale at Cherry Lodge fairs for six years and started volunteering in the shop earlier this year."

WHY? "One day, when helping with some Easter hampers I was asked to become an official volunteer. There was no hesitation – I was honoured, and eager to do more for Cherry Lodge."

BEST THING ABOUT VOLUNTEERING?

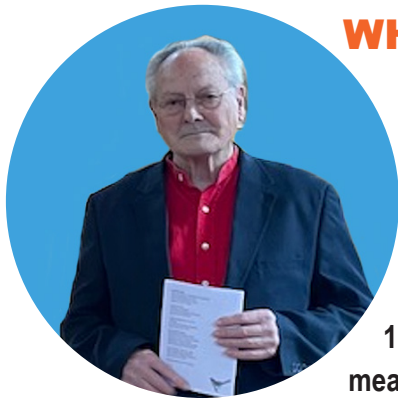
"Knowing that you're helping so many people who turn to Cherry Lodge in their hour of need. It's wonderful that somewhere exists that can offer help and guidance during what can be a very anxious time. I've met some truly wonderful people, too!"



Volunteering is good for you!

Studies show that volunteering combats stress, depression and anxiety, helps increase mental stimulation, improves self-confidence and provides a sense of purpose.

If you're interested in volunteering visit the website or contact yvonne@cherrylodgecancer-care.org.uk



WHAT CHERRY LODGE MEANS TO ME

The members are what Cherry Lodge is all about. Poet Dennis Evans, 91, has been a Cherry Lodge member since completing treatment for prostate cancer 13 years ago. Here he explains what that has meant to him.

The charity has played a hugely important part in my life, and I'll be eternally grateful. My cancer diagnosis 15 years ago came as a complete shock, and my life was turned upside down. Two years of intensive treatment was very hard, and I was left struggling financially. Even worse was the isolation. Back then, no-one spoke about prostate cancer, and although the doctors were kind, no support was offered when I'd finished treatment.

But then I heard about Cherry Lodge through a Macmillan nurse, and all that changed. Since then, I've received support from Cherry Lodge in many wonderful ways, from financial advice to healing, massage and acupuncture. But perhaps the most important aspect has been the companionship and sense of community. Much as I enjoy writing poetry, it can be rather solitary, and I can't overestimate the importance of meeting others who've lived through similar experiences to me at the Drop-In sessions at Cherry Lodge. Everyone is welcome and you can join in conversations or just sit quietly. It sounds so ordinary, but it's been so important to me, especially since I lost my partner two years ago.

At the time of my diagnosis, my odds weren't great. But here I am, 15 years later, still enjoying life thanks - in part, at least, to Cherry Lodge.

The Cherry Lodge family is full of fascinating individuals – Dennis' life journey led from apprentice engineer to celebrated poet.

I worked as an engineer until I was 50, when an economic downturn left me out of work and wondering what to do next. Having written for many years, I was offered a teaching job at the Worker Education Association and since then several collections of my poetry have been published. My poetry has also been set to music and performed at Sadler's Wells and I've performed at venues including The Edinburgh Fringe and Millennium Dome in 2000. Last autumn The Royal Society of Arts invited me to display some of my poems at their HQ in John Adam Street, London, which was a great honour.

Has Cherry Lodge supported you? If you have a story to share, contact the editor helen.renshaw22@gmail.com

This extract from my poem 'Journeys', illustrates some of my feelings about Cherry Lodge.

We drop in, like family.
"Hello Roger, hello
Kathryn, how are you?"

We talk about friends, our
families, treatment, travelling....
Or sit quietly.

We are *generally*
segregated.
Ladies at the front, men to the
rear!
It's just like the "hops" of my
youth.

We look out for each other,
but don't make a fuss.

So much kindness;
sailing together in the same
boat.

© Dennis Evans FRSA



Murder Mystery Evening

Friday 1st November

7:30pm-10:30pm

DoubleTree By Hilton, London Elstree

Put your best detective's hat on and join the fun with a night of intrigue and murder! Find out if you can match the skills of Sherlock Holmes as you immerse yourself in a night of mystery whilst raising vital funds.

Ticket £48 includes a hot buffet meal.

Raising funds for
Cherry Lodge Cancer Care

To book please contact Tina:
020 8441 7000
tina@cherrylodgecancercare.org.uk



WHODUNNIT?

Time to tap into your inner sleuth! Match the skills of Sherlock Holmes as you become immersed in a night of mystery whilst raising vital funds for Cherry Lodge at Double Tree by Hilton London Elstree. Tickets are £48.00 which includes a hot buffet meal. Please contact tina@cherrylodgecancercare.org.uk

CL BY NUMBERS

MEMBERS
SUPPORTED

149

VOLUNTEERS

113

2023
THERAPY
APPOINTMENTS*

2,746

*Includes counselling, hypotherapy, massage, reiki and reflexology

Fundraising EVENTS

Lights of LOVE

Sunday
November
24

BY
INVITATION
ONLY

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.

Saturday
October
19



Murder Mystery Evening

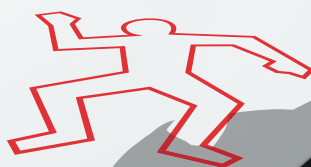
Put your best detective's hat on and join the fun with a night of intrigue and murder!

Find out if you can match the skills of Sherlock Holmes as you become immersed in a night of mystery whilst raising vital funds.

Tickets are £48.00 which includes hot buffet meal.

Venue: Double Tree by Hilton, London Elstree WD6 5PU

Friday
November
1



Christmas Fair

Please note Cherry Lodge's very popular Christmas Fair will move from St James Church East Barnet, to WESLEY HALL, in Stapylton Road, Barnet (opposite the entrance to the Spires car park).

It will be exciting to be in the Centre of Barnet itself where we will, hopefully, welcome even more of our many friends and supporters. Come and browse our fabulous stalls and visit our scrumptious café run by our dedicated team of volunteers.

Saturday
November
30



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

Wednesday
December
4&11



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)

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, from 1st January 2024



INFORMATION & SUPPORT

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

BEFRIENDING SERVICE: To access a befriender or for more info contact Yvonne.

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

CARERS' SUPPORT GROUP: Group held on the 2nd Friday of every month from 2 – 3pm. 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.

WELLBEING



YOGA: Mondays 2.45pm – 3.45pm at Barnet Rugby Club with teacher Lesley Bowell. To book a place please contact Lorraine.

SEATED YOGA: Held on Zoom every Friday 11am-12 noon. To book contact Lorraine.

PILATES: Tuesday afternoons 1 – 2pm at All Saints Church Hall, 122 Oakleigh Road North, London N20 9JU. Please bring your own mat. To book contact Lorraine.

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 Lucy Woods and Janette McCulloch. 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.

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 Yvonne.

DROP-IN: Member-led group, but Yvonne is 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

Tel: 020 8441 7000 • Email: kirsty@cherrylodgecancercare.org.uk
• yvonne@cherrylodgecancercare.org.uk • lorraine@cherrylodgecancercare.org.uk