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MEET THE NURSES ...

To some, they're already familiar faces, but not everyone in the Cherry Lodge community has had the chance to say hello to two of our newest recruits, cancer nurses Karen Kirby and Olivia Banno. Here, they introduce themselves to you in their own words ...



LATEST CL CHAT ...

There's been a lot on in the past few months! Here's just a glimpse of what we've been up to...

Think Pink: October is Breast Cancer Awareness month - we marked it with our annual Pink Tombola, which raised over £400. Great work all round.



Eastern Promise: Our belly dancing workshop Taste of the Middle East was a sell-out, raising £850 for CL. Thanks to the wonderful Myra Goldberg - who organised the event - and The Landsby, who hosted both this event, and a Festive Extravaganza on December 9th. Read more about Myra's long and fruitful link with CL in your next newsletter. (cont.d ...)

Olivia qualified as a nurse eleven years ago and worked at UCLH before joining the staff at Cherry Lodge, where she was already a volunteer fundraiser, a year ago.

I mostly worked in elderly care until Covid hit, then I became one of the front-line NHS team during the pandemic – a traumatic experience for a young, inexperienced nurse. Afterwards, I wanted something a little different, and Cherry Lodge offered what I was looking for – the chance to connect with people as individuals and support them on a holistic, empathetic level. As cancer



Olivia has found her ideal role at Cherry Lodge

nurses, we're often the first to meet new members and guide them to the support that's right for them – everyone's experience of cancer is different, so reflexology may be the ideal for one member, while counselling, yoga, practical advice, joining a coffee morning or just a listening ear will work for others. The hospital environment is fantastic at treating disease, but it's a fast-paced, clinical and pressurised. At Cherry Lodge we have the time and space to consider the whole person and understand individual needs. It's a very inclusive community, where everyone is welcome and knows they're not alone, no matter what their background, gender or age. I love working at Cherry Lodge.

(cont.d ...)

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

LATEST CL CHAT (cont.d ...)

Hole-in-one: Hadley Wood Golf Club Christmas Market in November was a roaring success, raising £1,250 to help Cherry Lodge support local people with cancer. We're very grateful.

Shining Lights: As ever, there was something extra special about our Lights of Love ceremony in November – even the threat of Storm Bert failed to dim the glow.

Sing out: In early December visitors to The Spires were treated to the uplifting sound of children singing carols. Thanks to the local schools and children who helped raise funds for Cherry Lodge.

All's Fair: our popular annual Christmas Fair was back in the heart of High Barnet this year at Wesley Hall in Stapylton Road. As usual, the Fair was a busy, bustling success and £3,500 was raised to support Cherry Lodge.

MEET THE NURSES (cont.d ...)

Karen worked in district nursing for 15 years, mostly in palliative care, until joining Cherry Lodge six months ago. She says:

Working at Cherry Lodge has allowed me to go back to being the nurse I always wanted to be.

I went into nursing to make a difference to people's lives and when I first became a district nurse, I'd get to know the patients over time and form a connection with them. To me, that was an essential part of the job.

NHS funding cuts meant I had less and less chance to do that, but at Cherry Lodge, I've rediscovered that connection. I love the fact that it's a place filled with positivity and laughter. Cancer is a tough journey, but Cherry Lodge is a very happy place where people can feel safe, supported and loved. Everyone is on the same page - members,

staff, volunteers and trustees all want the same thing, which is to achieve the best possible quality of life. And I'm very aware of all the amazing people who've made the charity what it is today, and the responsibility to sustain their legacy. Cherry Lodge is completely wonderful and quite unique. It's not corporate or glossy – it's a real place for real people and long may it stay that way. Since starting here, I go to bed at night happy in the knowledge that I've made a difference to someone's life, even if only in a small way, and to me, that's what nursing is all about.

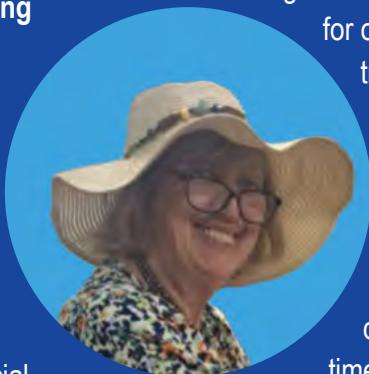


Karen Kirby loves making a difference.

VOLUNTEER VOICE

Our work wouldn't be possible without our wonderful volunteers. This issue, we meet Iris, mastermind behind our popular flower arranging workshops.

WHO? I've been volunteering for Cherry Lodge for almost nine years. My personal motto is 'flowers bring smiles' so after retiring as a social worker, I retrained as a florist and haven't looked back since. I do two or three flower arranging workshops a year - I donate the flowers and all money raised to Cherry Lodge. More people come each time, so you could say they're blooming!



WHY? My friend retired and went off to travel around the Mediterranean on a boat with her husband, selling their house and leaving them homeless in the UK. But then my friend was diagnosed with breast cancer, and for over a year during her treatment and recovery, she and her husband stayed at my home. Cherry Lodge staff and volunteers offered a lot of kindness and support during that very difficult time. My friend is now in remission, and I volunteered as a thank you to Cherry Lodge.

BEST THING ABOUT

VOLUNTEERING? The relationships with staff, volunteers and members. Cherry Lodge has become a little like an additional family, and being

involved is a regular reminder that kindness is still in plentiful supply. It makes a positive difference to me personally, and I hope my workshops bring smiles and hope. I encourage anyone thinking about volunteering to just take that step. You won't regret it.

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@cherrylodgecancercare.org.uk

THE BIG THANK YOU

We have so many people to thank – from our donors and volunteers to local businesses and, of course, our wonderful members. Here are just a few of the amazing people whose support we couldn't do without, starting with fundraiser extraordinaire, Dawn Patten.

Sometimes, a big thank you goes both ways. Such is the case with Dawn Patten, who holds yearly fundraisers for Cherry Lodge as a way of 'giving back' for support given to her daughter, Gemma. For the past four years, Dawn has organised events – complete with raffle, games and food - in her own home, raising around £5000 for Cherry Lodge so far. "When Gemma joined Cherry Lodge it immediately struck me as



such a lovely charity," says Dawn. "I really enjoy the fundraisers and helping Cherry Lodge a bit at the same time." And the help is hugely appreciated. "Dawn is absolutely amazing," says Fundraising Events Organiser Tina Papisavva. "She provides all the raffle prizes, cooks all the food, invites all her family and friends and tells everyone about the work we do. We raised £1,800 at the last event alone. We're really, truly grateful."

GOOD LUCK LORRAINE



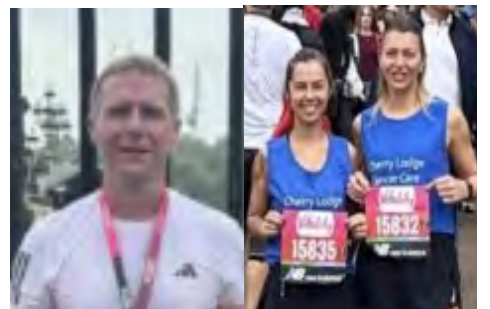
Last November we waved goodbye to Lorraine Takaira, who retired as office secretary after 13 years. We'll all miss Lorraine's friendly face in the Cherry Lodge office and the whole team would like to say thank you for all her wonderful work and wish her the very best in her future endeavours.

HUSK AND SEED

Little things like chemical-free skincare mean a lot when you're going through treatment. We're thrilled to say a big thank you to natural botanical skincare company Husk and Seed for their generous donation of welcome bags.

10 OUT OF 10K!

A big shout out to three members of the Double Tree by Hilton London Elstree team – James Ryan, Maria Sanciu and Tania Smadu – who took part in the 2024 Vitality London 10k run last September to raise £1,000 for Cherry Lodge. Well done, you did it! .



INTO THE BREACH

When we needed sponsors for our Christmas Fair, three local businesses stepped up. Take a bow kitchen designers Kütchenhaus Cockfosters, cleaning company Colossians Cleaning Services, and financial planners Atherton York. Thanks also to Rose who organised match funding of £550 by Barclays Bank. We appreciate you.

WELCOME MARCELO

This year sees the start of a brand new service at Cherry Lodge – life coaching, courtesy of our wonderful new volunteer Marcelo Marques

As someone who's navigated the journey of cancer and remission himself, Marcelo knows firsthand how overwhelming uncertainty can feel – but he also knows that it's possible to embrace that uncertainty and live a full, vibrant life even in the face of the unknown. "You'll find a safe, compassionate space to talk openly about your fears, hopes, and everything in between," he says. "Together, we'll face the emotional and mental challenges of a diagnosis, the shift in relationships, and the reality of remission. This isn't about simply 'going back to normal'—it's about creating a new normal that reflects the wisdom, strength, and clarity you've gained." Sessions with Marcelo are strictly limited and by appointment only. Contact the CL nurses for more details.



WHAT CHERRY LODGE MEANS TO ME

The members are what our charity is all about. Barnet mum-of-two, Manjula Balaji, tells us what Cherry Lodge has meant to her.

After a cancer diagnosis, the focus is all on the medical side of treatment. But there's a mental and emotional journey to navigate, too - and for me, that's where Cherry Lodge has made all the difference. In my family, I'm the one who looks after others - taking care of my husband and two sons. My mum back in India was the only person who looked after me. She was my world. I'd call her to talk about anything, large or small, every day.

We were incredibly close and when she passed away in 2022 my life began to change. I was so deep in my misery, that I ignored the lump I'd found in my armpit and put my feeling of weakness down to grief. But after a few months my right hand went numb, and my husband insisted I went to the GP. A series of tests were organised, and one condition was ruled out after another. I didn't feel great, but life carried on as normal.

I'll never forget March 1st, 2024, when my hospital consultant called to say breast cancer cells had been found, even though there was no discernible lump. My youngest son was only eight and my eldest was taking A levels at the time. My husband and I just cried. My cancer was aggressive, but also very treatable and in April I was given six doses of strong chemo over the course

of four months - I lost my hair, and was so ill that I couldn't eat. Then I had a mastectomy with reconstruction - a very long surgery, around 10 hours.

My husband just didn't know how to process what was happening, and the worst for me was not having my mum to talk to. I missed her terribly and felt very alone.

It was into that gap that Cherry Lodge stepped to offer support.

I've had reflexology, which has been wonderful. But just as important, is the feeling of being surrounded by people who care and are there to listen. The team at Cherry Lodge can never replace my mum, of course. But for me, their support helped fill a big gap in my life where she would have been and made me feel part of my community in a way I never did before.

My last chemo was in July of last year, I'm back at work and at this point I'm cancer-free, but will be having regular scans. Now

I just want to focus on the positives in life.

To anyone reading this after a cancer diagnosis, I'd say contact Cherry Lodge as soon as possible - you will find incredible support, for you and your whole family.

What does Cherry Lodge mean to you? If you have a story to share contact helen.renshaw22@gmail.com



LEAVE A LEGACY

Please remember Cherry Lodge and pass on something wonderful by leaving us a gift in your will.

DID YOU KNOW?

Cherry Lodge has supported over 5,000 cancer patients so far

Fundraising EVENTS

Cha Night

Join us for a night of 60s and 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 proceeds from Cha Nights go to Cherry Lodge Cancer Care.

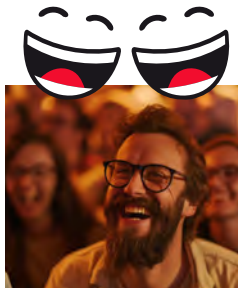
Venue: The Arkley Club, 64 Barnet Road, Barnet EN5 3EY



Big Comedy Night LOL in March

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@cherrylodgencancer.org.uk



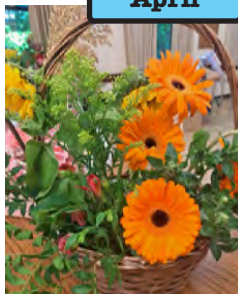
Easter Flower Arranging Workshop

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

Ticket price of £14.00 includes the flower arranging workshop plus tea and cakes.

Time: 1.30pm to 4pm

Venue: Hadley Memorial Hall, 29 Hadley Highstone, Barnet EN5 4PU



Easter Walk

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.

Event is from 12 noon to 3pm.

Venue: Oakhill Park, East Barnet EN4 8JP.

Family and dogs all welcome. To add to your enjoyment, there an Easter Cake and Merchandise Stall.



Coffee House Concert

Join Serafini Baroque Ensemble for a joyful and relaxing afternoon of beautiful music in a unique recreation of an 18th Century Coffee House!

Ticket price of £18 includes Concert, Coffee, Tea, or Hot Chocolate together with a wonderful choice of delicious home-made cakes available throughout the afternoon.

Time: 3pm to 5pm

Venue: St Marys Church Hall

The Walk

Potters Bar

EN6 1QQ



Summer Soulstice

An memory of Andy Weekes 1963-2018

Bringing you some soul on a summers day. A Decade of Soul Family Fun - 30 DJ's in three music arenas, food hall, stalls and entertainment for children. Raising money with a smile for Cherry Lodge Cancer Care in memory of Andy Weekes.

Venue: Old Elizabethans Memorial Playing Fields, Mays Lane, Barnet EN5 2AG
11am to 11pm Ticket Event Only.

For tickets please contact [eventbrite.com/e/summer-soulstice](https://www.eventbrite.com/e/summer-soulstice)
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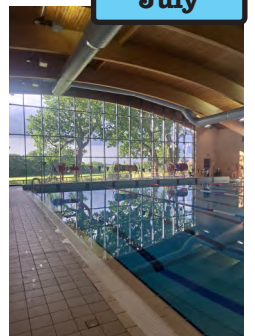
Summer Sponsored Swim

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 free goody bag.

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@cherrylodgencancer.org.uk



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

☎ **020 8441 7000**

✉ tina@cherrylodgencancer.org.uk

Thank you for supporting
Cherry Lodge Cancer Care.



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.



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 Karen.

CARERS' SUPPORT GROUP: Group held on the 2nd Monday of every month from 10:30am – 12pm. 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

PILATES: Tuesday afternoons 1 – 2pm at St. Mark's Church Hall, 56 Potters Road, Barnet EN5 5HY. Please bring your own mat. To book contact Nisha.

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 Janette McCulloch and Lucy Wood. 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.

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.

COFFEE AT OPEN DOOR:

Join the CL member-led group for a drop-in coffee and chat at Open Door Centre (St Albans Road, Barnet EN5 4LA) every Tuesday from 10.15 – 11.45am.

CONTACT INFO

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