Cherry Lodge Cancer Care
INFORMATION AND SUPPORT CENTRE
Registered charity number 1011629

WHERE CARE COMES FIRST
PCN 1W
NHS BARNET



TOGETHER THROUGH CANCER

SUPPORTING YOU, EVERY STEP OF THE WAY

Join us for a day of wellbeing taster sessions, information and support, and connection with local services and like-minded people

LOCATION
Everglade Medical Practice, NW9 5XT

DATE & TIME
Wednesday 23/09/2026
10:00am- 2:00pm

WELLBEING TASTER SESSIONS PROGRAMME	
TOPIC	**TIME**
Welcome from Cherry Lodge Cancer Care	10:00am
Breathwork	10:05am – 10:25am
Reflexology	10:40am – 11:00am
Mindfulness	11:10am – 11:30am
Sound Healing	11:40am – 12:00pm
General health chat	12:00pm – 12:20pm
OncoMove demo	12:20pm – 12:40pm

INFORMATION AND SUPPORT DROP-IN
1:00 pm – 2:00 pm

Following the wellbeing sessions, attendees will be invited to visit information stalls and speak with Cherry Lodge Cancer Care and OncoMove on a one-to-one basis.

The drop-in session will offer opportunities to:

- Learn about local cancer support services.
- Access emotional and wellbeing support information.
- Discuss practical concerns such as community and social support.
- Receive advice, guidance and signposting to appropriate services.

Promote holistic support alongside medical treatment.

Reduce isolation by joining Cherry Lodge Cancer Care social groups.

Notting Hill Genesis
MAKE IT HAPPEN
ONCO MOVE