

April Fool fun in the mud!

We are teaming up with The Playground at Waterbeach Barracks for our newest challenge - Mission Mud.

It's a family-friendly mud run with obstacles. No times, no pressure... just fun!

On 1 April, join us and take on the assault course with 30 obstacles including big walls, slides, monkey bars, water pit, rope climbs and a ninja warrior style ramp.

For more information visit theplaygrounduk.com/mission-mud or email sarah.clayton@arhc.org.uk

Contact us

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Alan Hudson Day	
Treatment Centre	01945 669620
Fundraising Team	01223 675888
Your Hospice Lottery	0800 2851390
Voluntary Services	01223 675871
Finance Team	01223 675901
Retail Hub	01223 242684

For information about all our shops,
go to arhc.org.uk/shops

Registered Charity No. 1133354

Follow us on

Dates for your diary

March

Sat 4, 6.30pm: MND Charity Ball,
St Neots

Sun 5: TTP Cambridge Half Marathon

Sun 19, 9.30am: Chariots of Fire,
Queen's Green, Cambridge
(see page 10), chariots-of-fire.co.uk

April

Sat 1, 2pm-4pm: Mission Mud,
Waterbeach Barracks (see above),
theplaygrounduk.com/mission-mud

Sun 23, 9am: TCS London Marathon.
Good luck to all our runners!

May

Sat 7, 10.30am: Sawston Fun Run &
Walk Coronation Event (see page 8),
sawstonfunrun.co.uk

Sat 13, early evening: Star Shine Night
Walk (see page 8), arhc.org.uk/ssnw

September

Sun 10: Bridge The Gap 2023. Watch this
space for more details! We are pleased to
announce last year's event raised £30,000!

**For more information, see our
events calendar on our website
at arhc.org.uk/calendar or call
01223 675888.**



Arthur Rank Hospice Charity

40 years of caring

News

Issue 128 Spring 2023



Welcome to our Spring Newsletter

As spring approaches, we look forward to longer and warmer days with fond memories of our winter celebrations and events. Our Light Up a Life services provided precious time to join together to remember loved ones no longer with us. They were the last events to be led by our Patient and Family Support Team Lead and Chaplain Keith Morrison. Keith, retired in January, having worked with the charity for ten years. We wish him all the very best in his next ventures and look forward to welcoming a new Chaplain in due course. Keith shares his reflections on page 11.

We were absolutely delighted to see our community rallying to support us with festive events; together you helped raise £134,000. We celebrate this achievement on pages 6 and 7. We're planning more successful events this year - the rescheduled Chariots of Fire takes place on March 19, see page 10, and we're excited to be the beneficiary charity of the Sawston Fun Run also, see page 8. Our popular Star Shine Night Walk around Cambridge returns in May, please visit page 8 and save the date in your diary.

Working in partnership with like-minded organisations we can improve services and enable more people to benefit.

We want more people across Cambridgeshire to have the choice of end of life care at home. To achieve this we are working closely with our colleagues at Sue Ryder - Thorpe Hall, the hospice for Peterborough, and now manage Hospice at Home as one service across the county. Our Hospice at Home Matron Emma Bratby explains more opposite.

Thank you for reading this newsletter, I hope you enjoy it and that it inspires you to continue to keep supporting or perhaps to get in touch. It would be wonderful if you could pass this edition on to your friends or family. If they like it, please encourage them to request their own copy in future by calling us on **01223 675777** or emailing **reception@arhc.org.uk**

Best wishes



Sharon Allen OBE Chief Executive
 @sharonallenarhc
 sharon.allen@arhc.org.uk



Remember us when you Spring clean!

WANTED! Remember us during your Spring tidy if you need somewhere to rehome your preloved items. We would love to receive your quality donations at any of our shops and at our Retail Hub in Sawston. All details can be found at **arhc.org.uk/shops** or phone **01223 242684**.



Supporting many more people to be at home

Shouldn't everyone who wants to be at home at the end of life have their wishes fulfilled, wherever possible?

To help achieve this, Hospice at Home is managed as one service across Cambridgeshire and Peterborough, by Matron Emma Bratby.

We work closely with our neighbouring Hospice, Sue Ryder - Thorpe Hall in Peterborough and Cambridgeshire and Peterborough NHS Continuing Healthcare, which provides funding.

Emma, who is based at the Alan Hudson Day Treatment Centre in Wisbech, explained demand for Hospice at Home increased during the pandemic and will continue to rise.

She said: "We know that many more people are preferring to die at home, providing they feel safe, their symptoms are well managed and their family and loved ones are supported. By centralising Hospice at Home, we have created a larger team of highly skilled professionals. We work in partnership with GPs and district nurses to make this happen."

What does Hospice at Home do?

Hospice at Home staff work alongside GPs and district nurses to provide specialist hands-on palliative nursing care and support in people's own homes or where they usually live.

The Hospice at Home team travel from one person's home to another, always



Hospice at Home Matron Emma Bratby

"Whether a patient's home is in the city of Cambridge, rural Fenland, Huntingdon, Peterborough or elsewhere in the county, everyone now has equal opportunity to receive our compassionate care at home if they need us."

Hospice at Home grew in 2020, from a night-time service to providing support for people in the daytime too.

We're recruiting Healthcare Assistants for Hospice at Home in Wisbech and Cambridge. To find out more about this rewarding role, please visit **arhc.org.uk/careers**

trying to do the very best they can for every patient and their families and carers.

Where are the team based?

When not in people's homes, the team are at Arthur Rank Hospice Charity in Shelford Bottom, the Alan Hudson Day Treatment Centre in Wisbech or in our new base in Huntingdon.

Di's tackling the world's toughest challenge

in memory of her famous father

'You gave us the chance to say goodbye and we will always be grateful.'

The amazing lengths our supporters go to know no bounds. The care her famous father Myrddin 'Taffy' Thomas received from Arthur Rank Hospice Charity has inspired Di Farrell-Thomas to tackle one of the world's toughest races.

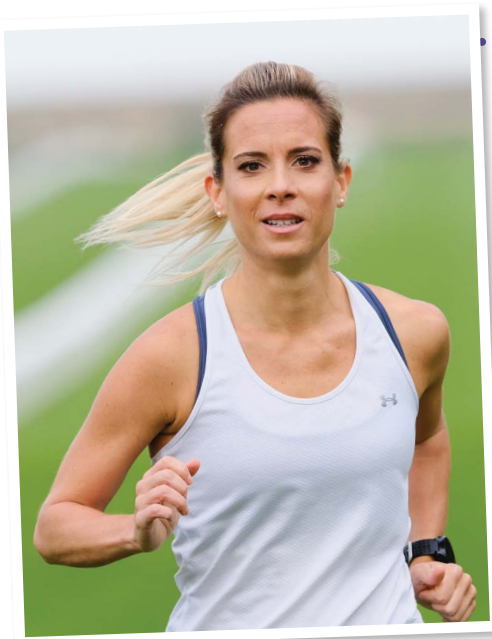
The 38-year-old is running the Marathon Des Sables, which is not just one marathon, but six run over five days across the Sahara Desert in Morocco.

During the pandemic in 2021, Di was already in training for the event when Taffy, a professional horseracing jockey, was admitted to Addenbrooke's Hospital with an infection. Due to covid restrictions at the hospital only one family member was allowed to visit. But when Taffy came to the Hospice for end of life care Di and her twin sister Amy could be by his bedside.

Di, who lives in Newmarket, said: "My dad was treated with compassion, care and dignity in an environment that was calm and comforting. This gave us the chance to say goodbye, and we will always be grateful for that, we'll never forget it."

This certainly won't be the first time Di has tested her strength to the limit. She and her twin sister Amy were born 11-weeks prematurely, weighing less than 5lb between them. After a nine-year wait and three rounds of treatment, to Taffy and their mum Sallie they were 'a miracle.'

Di has competed in many endurance events but has never sought sponsorship.



She added: "The challenge I am facing just doesn't compare to the great resilience your teams demonstrate every day and that my dad showed throughout his life and career. This inspired me to dedicate this challenge to my dad and Arthur Rank Hospice Charity."

What's in store when you take part in the race this April?

Di said: "It's 254km over five days across the Sahara Desert, carrying all my food, water and equipment. Temperatures are set to reach around 50 degrees + in the daytime, below freezing overnight and I'll be sleeping with minimal cover in the open desert."

"There will be risk of sandstorms, snakes, scorpions, spiders, sickness, heat exhaustion, foot blisters and there is no doubt this will be the challenge of a lifetime for me."



Famous jockey Taffy

What will keep you going?

"Any donations would be so appreciated, not only to help the Charity continue to care with such compassion, but it will give me extra motivation and encouragement to keep running when I hit low patches."

To support Di to raise £4,000, you can donate at [justgiving.com/fundraising/di-farrell-thomas](https://www.justgiving.com/fundraising/di-farrell-thomas)

If you'd like to take on a challenge for us, please email Carolyn via challenges@arhc.org.uk or call **01223 675888**.

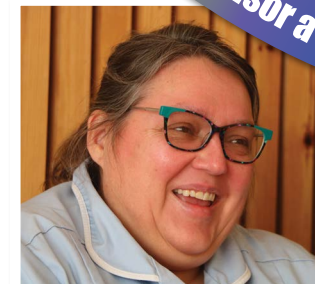


Sponsor a Nurse...

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Nurse Faith shows 'exceptional care'



"Many thanks for your kind support and all you have done to make my life easier and more positive."

This is just one of many compliments from patients and their families for nurse Faith Macrow, who has received a Cavell Trust Star Award. The award recognises nursing and healthcare staff nationally who show exceptional care to their colleagues, patients or patients' families.

Faith has had several nursing roles at Arthur Rank Hospice Charity and is currently our Life Celebration and Creative Activities Coordinator, encouraging patients to talk about their lives and leave something which celebrates life moments, for family or loved ones.

Clinical Nurse Specialist, Katie Williams, explains more about why Faith was nominated:

"Faith has a breadth of experience. With wisdom and her quirky sense of humour, she builds rapport with patients, puts them at ease and helps them consider their care choices. She champions inclusivity, often working with patients who have multiple health issues, mental health difficulties or challenging personal circumstances. She is always very supportive of her colleagues."

Faith received the award during a team meeting and was keen to show it to the patients at the Living Well Service.

She said: "I was so touched. I have learned so much from patients and families in every area of my work".

To Sponsor a Nurse please visit [arhc.org.uk/sponsor-a-nurse](https://www.arhc.org.uk/sponsor-a-nurse) or call 01223 675888.



Proud of our community for raising £134,000

Team Arthur says a heartfelt thank you to everyone supporting our seasonal fundraising and remembrance activities.

The fantastic amount of **£134,000** was confirmed following the record success of January's Christmas Tree Recycling Scheme.

Some 3,500 real Christmas trees were collected from households in Cambridgeshire in return for a donation, raising a staggering **£62,000** - exceeding last year's tally of 3,000 trees and £58,000.

Around 260 volunteers from communities and businesses across the county generously lent their time, employees and often vehicles to take the trees to drop-off points where they were chipped.

Head of Fundraising, Jodie Vaughan, said: "A big thank you to everyone for pulling together for Arthur Rank Hospice Charity. Whether you were part of the popular Christmas Tree Recycling Scheme, donated, raised sponsorship, organised your own fundraiser or gave your valuable time - we could not do what we do without you.

"You have all made a difference to people living with a life-limiting illness and those needing end of life care. I am really looking forward to seeing what else we can achieve together with our communities in 2023!"

The Christmas Tree Recycling Scheme was organised in partnership with **Just Helping**, and sponsored by **Cooke, Curtis & Co** (Trumpington) and **Cyber Business Growth** (Royston).

Other seasonal fundraisers included:

Light up a Life - People who donated to the annual Light up a Life appeal in memory of a loved one, raised **£40,000** in total. Two special Light up a Life events, one in Cambridge and the other in Wisbech, were attended by around 400 people in December.

Rudolph Run - In November and December, sponsored Rudolph Runs took place in nine schools. There were smiles all round when pupils donning antlers dashed around their playground, raising a combined total of almost **£9,000**. The Charity's mascot Arthur Bear was on hand to encourage children to raise awareness of the work of the charity and to encourage confident conversations with their families about hospice care.

In November, a Festive Run inspired around 70 people to run 5k in fancy dress, raising **£7,000** in sponsorship.

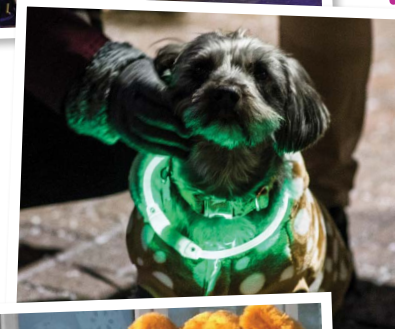
A Winter Raffle, drawn on 14 December, raised an enormous **£17,033**, creating 15 lucky winners from 11,044 entries.

Community organisations' support:

Back2Back raised **£1,187** from a music night making their 2022 total, **£4,272**.

Oddfellows Cambridge chose us as their Charity of the Year and raised **£850**. The group has decided to keep us as their chosen charity for 2023. We are so grateful for their continued support.

Cambridge Country Golf Club - raised **£8,136** from a variety of events.



Save the date: Star Shine Night Walk!

Star Shine Night Walk is back again! Join in and make the streets of Cambridge glow green for Arthur Rank Hospice Charity on **Saturday 13 May**.

The 10km fundraising walk has long held a special place in the local community's heart, with many returning year after year to walk in memory of loved ones. Starting early evening and finishing at the Cambridge Rugby Union Football Club, in Grantchester Road, walkers can look forward to a celebratory and uplifting atmosphere during this accessible route around Cambridge.

Registration opens in March - so keep an eye on arhc.org.uk/ssnw for registration and opportunities to volunteer to make Star Shine a sparkling success.



Right royal run (or walk!)

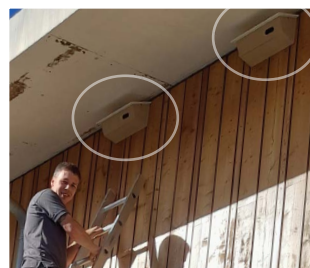
We are so pleased to be one of the charities benefiting from the 2023 Sawston Fun Run & Walk Coronation Event on Sunday 7 May.

Featuring a competitive 7.4 km (4.6 miles) course for adults and secondary school pupils and a short route of 3.8 km (2.4 miles) for younger children, fancy dress entrants or walkers, it takes place the day after the Coronation of His Majesty the King.

Entry fees are £14 per adult (17 years and over on 7 May 2023) and £6 for school years 7 to 11. Free for children under five.

Online registration is open at sawstonfunrun.co.uk

If you would like to volunteer at the event on behalf of Arthur Rank Hospice Charity we'd love to hear from you. Please contact sarah.clayton@arhc.org.uk



Facilities Supervisor Matt helps install swift boxes

Keep chirpy with birdsong!

Did you know that birdsong can improve your wellbeing for up to eight hours? When you are visiting the Hospice or the Alan Hudson Day Treatment Centre in Wisbech, look out for and listen to how we're increasing our biodiversity.

New swift boxes, kindly donated by Action for Swifts are now in place at the Hospice, ready for birds looking for somewhere to nest in Spring. Recorded birdsong will be played initially to encourage them to find and trust their new homes.

Can you spot the new hedgehog house and insect hotel in the Hospice garden? They were kindly donated by the Men's Shed. Keep up-to-date with how we are working towards reducing our carbon omissions at arhc.org.uk/green

Fundraising stalwart Tina's life well lived

When Tina Dawson, aged 82, was admitted to the Inpatient Unit at Arthur Rank Hospice, she heard one of the nurses exclaim "It's Tina!" and it was obvious to all those around that Tina had a story to tell.

Tina was diagnosed with bowel cancer over two years ago and was, in her own words, "still plodding on" when she shared her memories with us.

She was a Fundraiser for Addenbrooke's Hospital for 30 years, and from her bedside at the Hospice was still rallying support, encouraging people she knew to sponsor our nurses running in Chariots of Fire.

"My passion for fundraising never goes. I thought, well I'm just sitting here. I hope they do well in the race."

Tina started at Addenbrooke's in 1979 as a Health Care Assistant, and soon became the Entertainments Manager, helping raise a little bit of money for Rehab 77, as it was called then.

"I was the only one in the Fundraising Team. I then became the Patient Support Coordinator working on the Rehab Unit (this later became the Stroke Ward and is now the Lewin Stroke & Rehabilitation Unit (R2)). It was a job that grew and I just loved it. Amongst other things, this involved taking patients home and helping them in and out of the vehicle. Most Sundays if I was taking someone home they were treated to a three course lunch.



I remember one lady didn't have anyone else and wanted to leave her estate to charity. When she died she left £88,000 for Addenbrooke's Charitable Trust (ACT).

On a Sunday morning, I would get bacon, egg and sausage - a big fried breakfast - for hospital patients and staff. When I was admitted to the Hospice, I heard one of the health professionals say "It's Tina, you used to get us bacon and eggs at Addenbrooke's."

It was a job that grew and I just loved it. I was on Hospital Watch on BBC One. When I came home the phone was ringing non-stop.

Everyone at Arthur Rank Hospice Charity has been brilliant - Carers in the Community and Hospice at Home. I've been looked after really well. I couldn't speak more highly of the staff here, not one that I would say is grumpy, they are superb."

Tina died recently and her family gave permission for us to publish her story.

Become a shop volunteer - if you are looking to give back whilst learning new skills in the company of amazing people, then we would love to hear from you. Please see arhc.org.uk/volunteer

Chariots of Fire just a month away!

One of Cambridgeshire's largest charity events, Chariots of Fire, takes place on Sunday 19 March. More than 1,500 relay runners have already signed up and there is still time to get involved!

We are so pleased to be event organiser HCR Hewitsons Charitable Trust's chosen partner. We are hoping £71,000 will be raised to help fund the expansion of our shops.

Donna Talbot, our Communications and Income Generation Director, said: "Each team is doing so much more than helping us to reach our ambitious fundraising target. They are ensuring we can generate money at the till of a new shop whilst

CHARIOTS OF FIRE



doing something great for our environment by recycling pre-loved items, providing volunteering opportunities and creating new jobs. We're incredibly grateful to all those joining us on 19 March."

To enter a team, visit chariots-of-fire.co.uk before 5pm on 15 March, or before registrations reach 380 teams, whichever comes first. If you don't wish to enter, but would like to contribute, please visit the Arthur Rank Hospice Charity's JustGiving page justgiving.com/campaign/chariotsoffire2022

Will YOU be our next lottery winner?

Arthur Rank Hospice Charity players of Your Hospice Lottery raised over £200,000 in 2022. Thank you so much for being in it to win it! Your contributions provide valuable income to help us care for patients and their families.

Lottery supporters have the opportunity of winning over 9,000 prizes each year,



with one of 187 guaranteed weekly cash prizes and a chance to win a rollover prize up to £25,000. All this whilst still supporting hospice care! To take part, please email lottery@yourhospicelottery.org.uk or call 0800 285 1390 or 01223 675888.



Top ebay sale! Our best eBay sale in recent months was this beautiful cut crystal and sterling silver claret jug. It was produced in 2016 by the world-famous silversmith and designer Anthony Elson for the luxury department store Asprey's of London. Standing just under 12 inches (30cm) tall, it sold for £450 to a collector within an hour of being uploaded to the website. Search Arthur Rank Hospice Charity on eBay.co.uk to see our listings.

Keith reflects on ten years as Hospice chaplain

"I was ordained an Anglican priest in 2002, I was a curate in a church until 2004, then spent eight years working as a chaplain and in bereavement follow-up at Addenbrooke's Hospital. I started my role as chaplain at Arthur Rank Hospice Charity in February 2013.

I felt that it was the right move for me, and indeed was consistent with my calling. Having experienced a wide range of pastoral situations in my previous role I believed I had the experience both in life and work to support the patients, families and staff at the Hospice.

Back in 2013, I along with many colleagues, was pleased to be involved in the planning of the new Hospice. The land was dedicated for the care of palliative patients by the Bishop of Ely in 2015, and we moved our services to the new site in 2016. The facilities are so much better now. The Patient and Family Support Team, that I was leading, appreciated more room to see patients in calming surroundings.

Younger people who had preferred to be cared for at home, now felt that the new hospice environment would work for them. This has possibly been one of the biggest transitions for colleagues - caring for patients and their younger families across the service.

It has been my privilege, along with my colleagues, to provide holistic care for our patients and their families, meeting their spiritual, psychological or social needs if they have them. We have a number of volunteers whose support in this work has been invaluable.



I have had many transformative conversations over the years with patients who have found the reassurance they needed and died a peaceful death as a consequence. For me that has brought the greatest fulfilment in my work.

I have also been able to support some of their families at that time and also following the patient's death, perhaps conducting the funeral or offering bereavement support. I have visited patients in their homes, on their 'turf' which I find often helps a deeper conversation, I have facilitated I don't know how many discussion sessions (called 'Blether') in the Living Well Service and even more times of reflection for those that want it.

I put together and conducted the Light up a Life events every December; such a joy because I know they are appreciated by so many.

I have loved this work, but decided after ten years it was time to stop and for someone else to carry on. I hope and pray they find it as fulfilling as I have and that even more patients, families and staff find the comfort and support they need as a result. Thank you for having me!"

Revd. Keith Morrison