



Arthur Rank Hospice Charity

News

Issue 135 Winter 2024

Thank you for Leading On

In September, over 40 amazing participants took on our Dog Walking Challenge, Lead On. Rain or shine, our furry friends and their wonderful humans grabbed their leads, and walked, fetched and explored over 90km each, to support the Charity.

We want to wish our paw-some team a massive thank you! Together they have raised over **£5,300**. Every walk you took will make a huge difference to our patients and their loved ones.



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

Registered Charity No. **1133354**

Follow us on

Dates for your diary

December

Sun 1 Light up a Life (Cambridge)

Sun 8 Light up a Life (Wisbech)

February

Tues 9 Promise of Spring, Fulbourn

May

Sat 10 Mission Mud

Sat 17 Star Shine Night Walk - Wisbech

June

Sat 22 Star Shine Night Walk -
Cambridge

**For more information about any of
our events, please visit arhc.org.uk**

New Charity Shop now open in Ely

We were delighted to open our ninth Charity Store on the High Street in Ely, on Tuesday 8 October. Each of the Charity's stores, across Cambridgeshire, are a great example of how supporters can help to recycle and upcycle items with donations and purchases and also a place to recycle printer ink cartridges and used lymphoedema hosiery. Find out more at arhc.org.uk/shops

Ride across Britain Challengers Lee and Nick (page 8)



New Charity shop at Ely (back page)



Welcome to your Winter Newsletter

You may be enjoying the cosy winter evenings and I hope you enjoy curling up with a cup of something warm with this season's newsletter. Thank you for supporting people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care, and to you if you were one of the 1,971 people who joined us for this year's Bridge the Gap Charity Walk around some of Cambridge's colleges (page 11).

You will read how 'making every moment count' is embedded at the Charity when colleagues supported a caring son, to give his mum her last wish of seeing donkeys (page 7), as well as the difference our care made to a husband and his four children, as they said good bye to their mum at the Inpatient Unit (page 10).

I was delighted to share a celebratory Afternoon Tea in the Bistro recently, with three amazing nurses and their families, when they were presented with a well-deserved Cavell Trust Award, for supporting a patient to experience a good death at home (page 3). We also welcomed two groups of healthcare students from China, who visited the Education and Conference Centre in the summer, to learn more about hospices (page 5). Two lovely examples of partnership working.

You can also read how patients are enjoying engaging with guest speakers, such as a Celebrant who visited the Living Well Service to share her advice and interesting experiences (page 6)

and a volunteer who delivered a meditation session both in Living Well and Arthur's Shed (page 4).

Our Corporate Partnerships Lead shares how she is helping to work towards our Green Strategy (page 5). And may I take this opportunity to remind you to sign up to our Christmas Tree Recycling Scheme taking place in January (page 7)!

Make sure you get your Christmas Cards in good time as we look ahead to December. You can buy these online or you may want to pick them up in one of our nine retail stores including our newest shop on the High Street in Ely (back page). I hope to see you at one of the annual Light Up A Life events in Cambridge or Wisbech (page 7). If not, I wish you and your loved ones a peaceful season.

We are here for everyone who needs our care and support and we cannot do that without you, so thank you.

Best wishes



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Nurses shine bright with Cavell Trust Awards

There was a buzz of excitement (and a few tears) in the Hospice Bistro recently, as District Nurse Sister, Michaela Hill, Community Nursing Sister, Gemma Powell from the North City District Nursing team and Sarah Pake, Clinical Nurse Specialist were awarded a well-deserved, Cavell Star Award.

The Cavell Star Awards is a national programme which 'awards nurses, midwives, nursing associates and healthcare assistants who 'shine bright and show exceptional care to their colleagues, their patients or their patients' families'. Sarah Pake shared:

"Both Michaela and Gemma have been exceptional. They are professional and deliver a very high standard of care. They are calm and offer reassurance when needed. They worked incredibly hard to gain a recent patient's trust and built a beautiful rapport with her. They worked with me and were happy to follow my plan, seeking help and guidance when needed. They have both been tested and pushed to the very limits of their comfort zone, and they have both done this, week

after week, without complaining and always with a smile.

The compassion and empathy they have shown to an incredibly complex patient, with incredibly challenging needs has been really humbling. The patient had always been very clear that she wanted to die in her own home, asleep in her own bed. She got her wish, thanks to the dedication of these nurses."

At the end of her heartfelt presentation to Michaela and Gemma, Sarah was surprised by Carly Wills, Matron of Clinical Services, who had also secretly nominated her for her amazing care and support to her patients and colleagues and presented Sarah with her own Cavell Trust Award. Carly concluded:

"This is a real example of how well the system can work together for the best outcome for the patient. I am so proud of them all and of what was achieved - keeping the patient's wishes at the forefront at all times."

If you would like to join the team at the Charity, please visit <https://careers.arhc.org.uk/>



Volunteer shares meditation sessions

Patients visiting the Living Well Service, for one of their 12 week sessions, were feeling nicely relaxed as they headed off for the weekend. Volunteer, Daksha Parmar, led a relaxing guided meditation session in the Evelyn Living Well Centre at the Hospice, with gentle music which created an energy that may centre the body, mind, and soul.

Daksha explained that meditation encourages self-healing and helps us to feel fully grounded, also by thinking of healing energies, a loving healing light, being sent to our bodies and to our chakras.

According to Hindu and Buddhist spiritual traditions, chakras are the energy centres of the body. They are located in the astral body, along the spine, starting at its base and running upwards to the crown of the head. The astral body is the energy body residing inside our physical body.

She explained there are seven main Chakra Energies which also relate to a colour:

- 1 Crown Chakra (Sahasrara) - gold
- 2 Third-Eye Chakra (Ajna) - indigo
- 3 Throat Chakra (Vishuddha) - blue
- 4 Heart Chakra (Anahata) - pink
- 5 Solar Plexus Chakra (Manipura) - yellow
- 6 Sacral Chakra (Svadhithana) - orange
- 7 Root Chakra (Muladhara) - red

Daksha encouraged relaxation with visualisation suggestions:

"Imagine a beautiful golden white radiant light, like the rays of the sun, covering your whole body and like a waterfall coming down and covering you from your head to your toes. Then imagine your body filling up with this healing light/energy, filling up in your toes and feet, up into your calves, knees, thighs, hips, back and stomach, up into your

chest, shoulders, down both arms and into your hands. moving up into your neck and into your head.

See it entering into every single cell in the body"

Whilst Daksha made some beautiful sounds with the Tibetan singing bowls, she continued with some sound advice:

"Try to give yourself some time for yourself to find peace and calmness within you, where you do not have to do or achieve. Acknowledge thoughts and any sounds while in your meditation and just let them go."

Patients at the Living Well Service are invited to a short, guided meditation experience at the end of each session. Ann-Marie Lydon, Staff Nurse at the Living Well Service said:

"Patients visiting the Living Well Service have a range of different advanced serious illnesses or other life-limiting conditions. The sessions are designed to give them support to live well by giving them the opportunity to meet and talk to others in similar situations, to manage symptoms such as anxiety, fatigue and breathlessness, focus on positive elements of life, exercise, learn new things and relax. Daksha's meditation session does all of this and the patients found it very beneficial."

Daksha also volunteers on our Inpatient Unit and delivers meditation sessions in Arthur's Shed, which is open to members of the public. Visit arhc.org.uk/arthurs-shed for more information or to read more about Daksha, visit arhc.org.uk/Daksha



Write your will for free and leave a legacy to your local Hospice

We are delighted to have partnered with Farewill to provide free online and telephone will writing to our supporters, colleagues and volunteers. Farewill is the largest will writer in the UK and works with over 200 charities and solicitors to check every will submitted. The process is easy to follow and Farewill is on hand to provide guidance. There is also the option to complete a will via the telephone.

We would be so thankful if, after you've looked after your family and friends, you

would consider leaving a gift in your will to Arthur Rank Hospice Charity. Any gift small or large will make a lasting difference to patients and their loved ones. If you have already decided to leave a gift in your will, thank you so much, we would love to hear from you.

To find out more and write your free will visit arhc.org.uk/iWill or email r.brown@arhc.org.uk or telephone **01223 675881**.

Working with healthcare students from China



It was a pleasure to welcome two groups of Healthcare students from China, who were on their summer field trip, to our Education and Conference Centre in August. They enjoyed an educational lecture on palliative and end of life care in the UK from Lorraine Petersen, our Medical Director, before taking a tour of the Hospice. This is just one way we continue to learn about dying in other cultures and let others know that our care is available to all members of our community. To find out more about our services please visit arhc.org.uk/tour

Letters from Santa In December, Arthur Bear is teaming up with the North Pole, to bring the magic of Christmas to Cambridgeshire. For a small donation, Santa will send a personalised letter, directly to the special little people in your life.

Not only will your little ones experience the magic of Christmas, but your generous contribution will directly support our patients and their loved ones. Visit arhc.org.uk/santa to order your Letter from Santa and remember to register before 8 December 2024 to make sure your letter arrives on time.



Celebrant shares advice for loved ones

Olivia Burren has been a celebrant for over 10 years, and kindly visited the Living Well Service at the Hospice to give a presentation about her work to patients.

She explained that she visits families of loved ones who have died, to write, or help them write the eulogy at a funeral, service or gathering. She starts by asking them questions about their loved one's life; such as where they grew up, went to school etc. But she also likes to hear all about the person - what they liked and disliked. She said:

"It doesn't have to be about a Nobel Peace prize - I love it when someone shares anecdotes about the neighbour's cat or something similar. People often laugh fondly at the stories."

Olivia said it is helpful to the families if the person [who has died] has left instructions for their wishes after their death. She shared a 'Funeral Plan' where people can complete different sections of their choice for their funeral service, which include:

- Music to be played
- Poetry or readings
- Some things about you: family, early life, school, job, hobbies, interests
- Who has been important in your life
- Things you love(d)
- Things you dislike(d)
- A favourite place and time
- Your proudest achievement
- The legacy you hope you have passed on
- I'd like you to remember me as ...
- Your hope for the future after you've gone
- Anything else e.g. People to wear a specific colour or dress code etc.

Olivia also shared the Charity's 'Ducks in a Row' booklet, to guide people through the process of recording their affairs, allowing them to collect information about their life in one place. She also mentioned The Good Funeral Guide.

She talked about the importance, to the grieving family, to be able to celebrate the lives of their loved ones, with the confidence of knowing that they would have approved. Olivia added:

"It is important for the family, or loved one, to choose what is right for them - and that can be different for everyone. Some people want a religious service, and others want a direct cremation. Memorial services can be held anywhere: a village hall, someone's home or even in the pub."

Bereavement support can be found at arhc.org.uk/bereavement which includes an online Grief Chat service.



Unusual Visitors to the Inpatient Unit!



Making every moment count for patients, is what motivates staff and volunteers at the Charity. Our dedicated teams continuously go above and beyond to ensure that each patient's experience is filled with our values of compassion, community, caring and excellence. So, we were overjoyed when a devoted son arranged for a pair of donkeys to visit his mum at the Inpatient Unit. He reached out to Mini Donks and they kindly agreed to bring the donkeys to the Hospice. The visit was a touching experience for the patient, who was joined by several family members, creating a memorable moment for them, the staff and volunteers.

Light up a Life in Cambridge and Wisbech

We welcome you to join us for this year's Light up a Life event in Cambridge on Sunday 1 December 2024 or in Wisbech on Sunday 8 December 2024 at St Peter & St Paul's Church, kindly sponsored by Redmayne Arnold & Harris and Barr Ellison Law.

Light up a Life is a short service featuring carols, poetry, and music, offering you a moment to pause and reflect on the love and memories you have of those who have died but who still live on in your heart and mind.

Both events are free to join, and everyone is welcome, whether you have or haven't received our care and is for people practising all faiths or no faith. For more information, visit

arhc.org.uk/lual

Want your Christmas Tree collected in January?

Our Christmas Tree Recycling Scheme is back and bigger than ever with new postcodes added for 2025!

In partnership with Just Helping, our teams of volunteers will be collecting used Christmas trees from in CB1-CB5, CB21-CB24, CB25, SG8 and SG19 from 9-11 January 2025. To register your tree (and avoid needles in your car) visit arhc.org.uk/tree-recycling

Registrations will open in mid-November and will close 5 January 2025.

Are you able to support the scheme this year?

If you have a van or are willing to hire a van and you can spare a few hours to drive and collect trees, we would love to hear from you! Please email christmastrees@arhc.org.uk or call 01223 675888.



Thank you to our Challengers

The Big Half runners: Mark Donnellan who raised **£12,005** in memory of his dad, Craig, Sophie Woollin who raised **£1,174** and Kate Piddington who raised **£1,440**.

Ride Across Britain Challengers: Lee Maughan who raised **£7,512** in memory of his parents, Carol and Lee Maughan and Nick Mutch who raised **£4,788**, in memory of his dad, Alan Mutch.

Darren McCarthy, who raised **£666** in memory of his dad, Denis McCarthy, for the Alan Hudson Centre by running 874 miles in a virtual Lands End to John O'Groats challenge.

Rianna Ryan and the Harlequeens netball girls who walked from Brighton to Eastbourne raising **£1,100**.

Carrie-Anne Davey who walked the Thames Path Challenge raising over **£1,180**.

If you are inspired take on a challenge, please visit arhc.org.uk/events-challenges



Charity of the Year, Community groups and Clubs

Thank you to Wisbech Business and Professional Men's Club for raising **£1,393** at the Golf Day on Friday 6 September, as the Alan Hudson Centre had been selected as their Charity of the Year.

Are you looking for a Charity of the Year to support? By choosing Arthur Rank Hospice Charity or the Alan Hudson Centre, you'll help fund vital care for people in Cambridgeshire and Fenland. We offer as much support as you need, from suggesting fundraising ideas to providing promotional materials or speaking at your group's event.

Many groups and clubs, from sports teams to social organisations, have enjoyed the fun rewards of partnering with us. We make no demands but are here to back your



initiatives. Let's stay connected so we can help you meet your goals while making a real difference! Email fundraising@arhc.org.uk for more information

Thank you to our Community

We really are so grateful of the generosity of our community fundraisers and supporters who help us be there to support people with care and expertise. With special thanks to:

The Cambridge Rutherford Rotary Club for their continued support through their annual golf day, this year donating a generous **£7,000**.

The Steeple Chasers Running and Cycling Club, for raising **£742.50** at their Friendship Run, in memory of Clare Mariconda.

Everyone at the Gordon Luff Annual Memorial Golf Day at The Haywain, in St Ives who raised **£1,212**.

Young Supporters C.A.T.S members at Soham Village College who raised **£274**. Henry Smith whose cake sale raised **£210** in memory of his uncle, Steven Patterson and ten year old Dexter who raised **£465** in sponsorship by shaving his head, in tribute to his grandad Keith Chetwynd.

Everyone who took part in The Big Charity Day in August at Teversham Conservative Club, which raised **£1,000**.

The Three Tuns in Great Abington who held a Euros raffle and raised **£1,204**.

The Alan Boswell group who gave **£9,000** for new comfortable chairs for patients at the Alan Hudson Centre.

To the people of Fenland who supported the Alan Hudson stall at this year's Wisbech Rose Fair. The traditional event has been going for 60 years and was hosted by Wisbech Town Council.

The City and University of Cambridge Masonic Charitable Trust, who kindly donated **£4,000** as part of their annual charity giving.

To Legends Wisbech, who hosted us for a quiz evening where we raised **£500** for patients at the Alan Hudson Centre.

The Fenland Branch of the Royal St George Society, who held a tombola to raise **£250** for the Alan Hudson Centre on Armed Forces Day.



Eduardo shares his experience of care, kindness and generosity

When Eduardo Prato's beloved wife of 30 years - Rosario Luna, was admitted to the Inpatient Unit at the Hospice, he couldn't believe the kindness and generosity of his East Anglian Air Ambulance (EAAA) colleagues, who arranged to pay for all the food from the Bistro that he and his four children needed, to enable them to stay by her bedside. Eduardo shared:

"This kind and generous gesture confirmed the real value of being part of EAAA. They flooded me with messages and with the silence that says 'I'm here for you'. All of them at the right time. I felt humbled and speechless when I was told about the Go Fund Me initiative.

Just seven weeks before Rosario died, our children learnt that mum was not going to be there for too long. Rosario and I learnt, by watching the stoic reaction of our four, that we had done our job [as parents]. That not only Rosario could die, but so could I and those four arrows would keep going higher and happier, with or without us."

Eduardo, 53, originally from Venezuela and Rosario, 52, originally from Argentina, met over 40 years ago. The facilities at the Hospice meant that Eduardo and their

four children, Eva 26, Igor 24, Sofia 15 and Felix 14 could prioritise Rosario, come to terms with the situation and experience some happy times saying goodbye to their Mum, whilst giving her a peaceful end with her family. They were able to take a break in one of the family apartments, the Bistro or distract themselves by playing on the piano with Helen Loth, Music Therapist. Eduardo also had a visit from chaplain Stuart Wood and said, despite not being a religious person, it was a visit he found very helpful. Eduardo explained:

"This was all new to me. A month and a half ago I didn't know anything about the Hospice or palliative care. It is amazing how all the nurses and doctors have supported both Rosario and the whole family. We have become like a big family here with the staff and other patients' families. If it wasn't for the Hospice it would have been a different story, we are so lucky - it was a God-send."

He continued:

"The biggest gift Rosario has given to the children and me, is a better perspective about death and life - to live life to the full and be ready to die tomorrow. At the Hospice I read a book 'With the end in mind. How to live and die well' by Kathryn Mannix, recommended by chaplain Stuart Wood. I think this book should be compulsory for everyone, to help them shape the future in a nice way, nothing dark. As a society we try to turn a blind eye about death - but it is the one thing that is certain. The best way to prepare to die happy is to live happy."

Eduardo plans to volunteer for the Charity in the future, as the family want to pay the kindness forward.



Save the dates in 2025

Bridge the Gap To all the 1,971 people who joined us for Bridge the Gap in September, thank you for your support to make it another successful day. With your help you have raised over **£33,000** which will help people supported by both Arthur Rank Hospice Charity and Romsey Mill. Remember to save the date for next year - **Sunday 14 September 2025!** More details to follow arhc.org.uk/btg



Star Shine Night Walk in Cambridge and Wisbech!

In 2025 the Charity offers you two options for Star Shine Night Walk.

We are excited to add Wisbech as an option for the first time on **Saturday 17 May 2025**. Starting and finishing at Elgoods, you will walk 6km whilst visiting some of the historical landmarks of Wisbech. For just £10 you will receive

a T-shirt, with a dedication in memory area and a medal.

Our Cambridge option takes place from 7pm on **Saturday 22 June 2025**. Starting and ending at Shelford Rugby Club, you can choose from a 10-mile scenic route through Cambridge, or a more local 5-mile stroll. Early-bird registrations are open until Wednesday 30 April 2025. Adults are £14 and children (aged 10 and over) are £7.40.

Whichever route you choose, you'll be raising much needed funds for local hospice care. We can't wait to see you shining bright again this year! Visit arhc.org.uk/ssnw for more information and to register for either (or both?!) events.



Mission Mud: The Ultimate Family Challenge

Looking for a unique gift this Christmas? How about the gift of an unforgettable experience while supporting the Charity? The next Mission Mud event is set for **Saturday 10 May 2025** and promises to be our biggest muddy challenge yet!

With 30 obstacles, participants (aged from 7 years) will tackle everything from big walls and slides to monkey bars, rope climbs, a water pit, and even a ninja warrior-style ramp. It's an adrenaline-packed day for thrill-seekers of all abilities, all while supporting future patients with end-of-life care in Cambridgeshire.

To sign up or learn more, visit theplaygrounduk.com/cambs or email Sarah at cf@arhc.org.uk

