



## Connecting You to Our Specialist Palliative Care Hub

**Exciting news! We've simplified access to our Specialist Palliative Care Hub via telephone.**

Reach us 24/7 by dialling 111 and selecting the 'Palliative and End of Life Care' option for immediate support from our dedicated Clinical Nurse Specialists

who are on standby to offer guidance, support, and make referrals where appropriate. This streamlined approach ensures round-the-clock access for patients, families, caregivers, GPs, and healthcare professionals, including care and nursing homes.

## Contact us

### ADDRESS

**Arthur Rank Hospice Charity,**  
Cherry Hinton Road, Shelford  
Bottom, Cambridge, CB22 3FB

**Alan Hudson Day Treatment Centre,**  
North Cambs Hospital, The Park,  
Wisbech, Cambridgeshire, PE13 3AB

**WEB ADDRESS** [arhc.org.uk](http://arhc.org.uk)

### EMAIL

[fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)  
[lottery@yourhospicelottery.org.uk](mailto:lottery@yourhospicelottery.org.uk)  
[retailhub@arhc.org.uk](mailto:retailhub@arhc.org.uk)  
[reception@arhc.org.uk](mailto:reception@arhc.org.uk)  
Education and Conference Centre  
[venuehire@arhc.org.uk](mailto:venuehire@arhc.org.uk)

### TELEPHONE NUMBERS

<b>Hospice Reception</b>	<b>01223 675777</b>
<b>Alan Hudson Day Treatment Centre</b>	<b>01945 669620</b>
<b>Fundraising Team</b>	<b>01223 675888</b>
<b>Your Hospice Lottery</b>	<b>0800 2851390</b>
<b>Voluntary Services</b>	<b>01223 675871</b>
<b>Finance Team</b>	<b>01223 675901</b>
<b>Retail Hub</b>	<b>01223 242684</b>

For information about all our shops, go to [arhc.org.uk/shops](http://arhc.org.uk/shops)

Registered Charity No. **1133354**

Follow us on     

## Dates for your diary

### December

**Sun 3, 4pm: Light up a Life,**  
Cambridge (see page 5)

**Sun 10, 4pm: Light up a Life,**  
Wisbech (see page 5)

**Wed 13, 2pm: The Grand Winter Draw**  
(see page 11)

### January

**Thurs 11-Sat 13: Christmas Tree Recycling** (see page 11)

**Mon 8 Jan - 16 Apr: Step a Million 100-day challenge starts** (see page 8)

### February

**Sun 11 Promise of Spring returns.**  
This is a beautiful walk amongst the snowdrops at Fulbourn Manor followed by a concert. The William Singers, conducted by Martin Herrick, will play a variety of songs and poems. Tickets £10 with under 16s free. To book call **01223 880311**. Also available on the day.

### March

**Sat 23 Mission Mud Challenge,** the Playground Waterbeach. (see page 10)

**For more information about any of our events, please visit [arhc.org.uk](http://arhc.org.uk) or call 01223 675888.**

# News

Issue 131 Winter 2023



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Clare's 58th birthday celebrations (page 4)

## Welcome to our Winter Newsletter

Heading into winter months can bring a mix of emotions; excitement and anticipation for a range of festivals and celebrations such as Diwali, Hannukah and Christmas although these special events can obviously be difficult anniversaries when someone we love has died. The shorter days and cold weather can also make things difficult, particularly where money is tight. Hopefully, all the news we have to share in this Winter newsletter will bring some cheer to everyone. Thank you for reading and please share with family and friends, encouraging them to sign up for their own copy. We want to reach as many people as possible to share information about the wide range of services we offer and to secure as much support from our community as possible.

We were thrilled to see so many of you join for Bridge the Gap this year on a very hot Sunday in September. What great feedback we had from everyone who took part, and we look forward to sharing the fundraising total in our next edition.

We are looking forward to our Light up a Life events taking place in Wisbech and at Shelford Bottom in December. We are pleased to be joined for the first time by our new chaplain Fazain Mohammed as we come together in thanks for the lives of those we love who have died and our shared sorrow. We look forward to being together as we remember.

The purpose of our hospice charity is Making Every Moment Count, supporting people living with a life limiting illness to live well with their illness through a

wide range of service provision. We are also here for those at the end of their life, able to support them in their own home if this is their choice or providing care in our Inpatient Unit.

There are many ways you can support our work this winter. We have an excellent range of Christmas cards as well as delicious Christmas puddings available for sale in our shops, Retail Hub, online or at the hospice and our Alan Hudson Centre. We are running our Christmas tree recycling scheme again and you can find details in this newsletter. Please help us raise much needed funds and support with environmental sustainability by signing up. Of course, we need your support all year long so if you are able to make a regular gift, we would be very pleased to hear from you.

Best wishes



**Sharon Allen OBE**  
Chief Executive  
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## New Saturday Social for Young People transitioning to adult hospice services

A new 'Saturday Social' meet up has started for parents, carers and young people who may be transitioning from children's hospice care to adult hospice services.

The first session was held at the Hospice and was enjoyed by all those who attended.

The sessions are designed for parents, carers and young people, aged from 14-18 years old to meet other families caring for a teenager or young adult with complex needs.

It also gives them an opportunity to discuss transitioning to adult services in Cambridgeshire and Peterborough, to find out about other support available, help shape future sessions, benefit from self-care support and to take part in tabletop crafts.

Jane Lines, Young Persons Transition Coordinator, for Arthur Rank Hospice Charity,

East Anglia Children's Hospice (EACH) and Sue Ryder Thorpe Hall Hospice said:

*"We had a great morning and it was good to hear parents and carers commenting about how helpful it was to talk to others in a similar position. We were very grateful to the Complementary Therapists who attended and enabled parents and carers to unwind with a hand massage. The new giant-sized iPad was very popular and enabled young people to take part in activities. We are looking forward to seeing more families at the next session."*

For more information please visit [arhc.org.uk/youngpeople](http://arhc.org.uk/youngpeople) or email [nee.yptransitioncoordinator@nhs.net](mailto:nee.yptransitioncoordinator@nhs.net) or telephone: **07770 934 828**



## Are all your ducks in a row?

Preparing for the practicalities of life after you're gone may seem daunting, but it can greatly ease the burden on your loved ones. We often accumulate a plethora of documents and digital records throughout our lives, scattered in various places.

We have witnessed the added stress families face when important documents and contact information are scattered and unorganised. To simplify this, we've created the Ducks in a Row guide, designed to help you consolidate all vital details in one accessible place.

By getting your ducks in a row now, you'll efficiently document your life's important information, sparing you and others the hassle of sifting through paperwork later.

Our Ducks in a Row booklet, provided by Arthur Rank Hospice Charity, simplifies the process of recording your affairs, making it convenient to gather essential data.

Once completed, store this personal booklet alongside your will in a secure location. Keep it up to date and inform a trusted loved one about its whereabouts.

To obtain a copy of the Ducks in a Row booklet, please contact Rachael Brown, Future Gifts Manager, at **01223 675881** or via email at [r.brown@arhc.org.uk](mailto:r.brown@arhc.org.uk)



## Palliative Care: an opportunity to write a positive ending

Recognising that this would be her last birthday, Clare Startup was determined to make it a memorable occasion surrounded by her loved ones to celebrate turning 58.

Clare, a resident of Cambridge, was joined by her children, Olivia and Joseph, who worked tirelessly to organise an unforgettable evening. Their goal was to make this birthday a testament to their mother's strength and an opportunity to cherish the moments they have left together.

The celebration was not only a tribute to Clare but also a heartfelt homage to Wendy Broadley, a close friend Clare had met at the Arthur Rank Hospice Charity's Living Well Service. Their bond had grown strong over their year of friendship, serving as a testament to the power of friendship in times of adversity.

She expressed her gratitude, saying "I've just had the best birthday ever, even though we all knew it would be my last. Thanks to the great Arthur Rank Hospice, my GP and Addenbrookes working together with me to create a brilliant palliative care plan. So, my last wishes could become possible, and we could all have the happiest memories, fun, and laughter for myself, my children, family, and dearest friends to hold onto after I've gone.

This was also a tribute for my friend Wendy, whom I met via the 'Living Well Service' at the Hospice.

I was able to see that Palliative Care does not have to be scary and that it is possible to write your own ending, even with just a short time left. I feel so privileged to have got this far and had the opportunity to spend precious time raising a glass and sharing love, laughter,

and tears with my family. Around 100 special people, going back to my childhood, joined us on my birthday.

I have donated a picture to the Hospice of my friends and family waving me off in a 1965 Ferrari. Total madness and the most fun I've had in years."

The birthday festivities hosted at the Cambridge Blue Pub, were filled with laughter, joy, tears, and togetherness. The event was filled with party games, light-hearted awards, dancing, and a sincere speech by Clare herself. The highlight of the evening was when the entire gathering joined in singing "Sweet Caroline," a fitting anthem for this extraordinary celebration of life.

In lieu of traditional birthday gifts, Clare selflessly requested donations to the Arthur Rank Hospice Charity. Her call for support was met with overwhelming generosity from over 100 guests in attendance. The evening included an auction of "Clare's Curios," a collection of cherished items that held sentimental value to Clare. This heartwarming gesture raised a total £1,400 Clare said farewell to her guests in style by departing in a 1965 Ferrari.

Clare Startup's final birthday celebration serves as a powerful reminder of the strength of togetherness and the importance of making every moment count with loved ones.

We are very grateful to Clare, for her generosity, organisational skills and unwavering determination to support the Hospice during her celebration and beyond.



## Light up a Life

You are invited to join us for this year's Light up a Life service, which creates a space and time to remember, reflect, and look ahead with hope. Led by our Chaplain, the short service features music, carols, and poetry. As we switch on the beautiful tree lights, we invite you to take some time to remember those you may have lost.

Both events are free to join, and everyone is welcome, no matter what part of the journey you are on or whether you have or haven't received our care. These events are open to people of all faiths or no faith. To make a dedication and donate to our appeal visit [arhc.org.uk/lual](http://arhc.org.uk/lual)

**Sunday 3 December 2023  
at the Arthur Rank Hospice  
in Cambridge, 4pm**

**Sunday 10 December 2023  
at St Peter and St Paul's Church,  
Wisbech, PE13 1HP, 4pm**

Light up a Life 2023 is kindly sponsored by Redmayne Arnold & Harris.



## First Nursing Associate Apprenticeship

**We're delighted to share the news of a remarkable achievement within our**

### In Patient Unit team, in Cambridge.

Kate Barry has completed her Nursing Associate Apprenticeship, marking a significant milestone as the first Nursing Associate in our organisation.

Nursing Associates, like Kate, play a vital role in delivering high-quality care by supporting registered nurses, enabling them to concentrate on complex clinical care. This two-year course equips professionals like Kate to provide and monitor care, promote health, enhance safety, and contribute to integrated care.

We're proud to celebrate Kate's success and dedication to her role and to palliative care. **Congratulations, Kate!**

## Solicitor 'Free Wills' network



In addition to offering free online and telephone Will-writing appointments with Farewill, we're excited to partner with local solicitors for in-person Will-writing sessions. For details on participating solicitors and booking appointments, visit [arhc.org.uk/iWill](http://arhc.org.uk/iWill)

Soon, local solicitors will host drop-in sessions at the Hospice every other month, addressing various topics. Keep an eye on our website and social media for updates on the first session.

For more information, contact Rachael, our Future Gifts Manager, at **01223 675881** or [r.brown@arhc.org.uk](mailto:r.brown@arhc.org.uk)

## The joy of volunteering

**Meghan Mathieson, is a Trustee for the Charity. Meghan has kindly shared her volunteering experience.**

"The benefits of volunteering are immeasurable, helping and supporting others whilst and growing and learning about yourself at the same time. Developing new skills, making friends and sometimes, stepping out of your comfort zone and discovering a new, lifelong passion.

When I was at school, I took part in the Duke of Edinburgh's Award scheme and one of the many aspects of the award was volunteering my time. Being honest, initially, this was the aspect that I was most weary of, I wasn't sure what I wanted to do or if I felt confident enough to do it. After much procrastination about what and where I should do it, I went for, what at the time seemed like the lazy option - walking down my local high street and picking out a charity shop. I was shocked that, the first one I went into, were delighted at my offer and after some back and forth with my school, it was set. One morning/afternoon a week, for three months - as a 16-year-old that seemed like a vast expanse of time - yet, it flew by.

I spent some truly wonderful times during those three months, learning a whole host of new skills - some that I would never have anticipated from that type of work. I made great friends of all ages and from many different backgrounds. It was this part, that gave me the most joy, an unexpected joy and is why I think that volunteering can be underrated and undersold.



As a 16-year-old, I hadn't really mixed with a huge amount of people from older generations, bar those in my family. During this placement, I was able to speak with and get to know the stories and lives of the other volunteers in the shop, many of whom were decades older than me - yet that wasn't a barrier to making friends and almost made it easier. I now cherish the times that I got to spend with those people, hearing about their lives, how life had been for them at my age and of course some healthy debate about the changes over the years!

I also grew in confidence, almost without realising it, not only from speaking with other volunteers in the shop but also with customers and others who sometimes, just came in for a chat.

As a Trustee for Arthur Rank Hospice Charity, I know that they have a thriving volunteering community, with some really exciting opportunities. Why not take a look at [arhc.org.uk/volunteer](http://arhc.org.uk/volunteer) and challenge yourself and see if you could find some unexpected joy?"

## Complementary Therapies

In our dedication to providing comprehensive palliative care, our Complementary Therapy team is available for patients and their close family. Our sessions aim to offer a comforting space where great care is taken to meet each individual's unique needs. Complementary therapy may be an opportunity to momentarily escape the demands of daily challenges, offering a sense of well-being physically and mentally.

Our dedicated team offers diverse therapies, including Aromatherapy, Holistic Massage, Reflexology, Reiki, Zero Balancing, The 'M' Technique®, Indian Head Massage, Shiatsu, Biodynamic Massage, HEARTS Process and



Oncology Massage. These can alleviate a multitude of common symptoms often experienced in palliative care, including pain, nausea, insomnia, muscular aches, and low mood. Our approach is to work alongside conventional medicine offering relief whilst keeping the client as comfortable as possible. Above all, we try to support the patient or family member on this journey, so we take the time to hear each individual's 'story', as this helps us to decide together what therapies might be most beneficial.

Through the power of touch and a holistic approach, we aim to create an environment where individuals can find solace, relief, and connection. Our Complementary Therapists are not just skilled practitioners but compassionate companions on this path, dedicated to improving the quality of life for patients, and their loved ones. With each tailored session, whether it's a single therapy or a combination, we aim to provide a little more comfort, ease and support for those who entrust us with their care.

## Lead On

As our dog walking challenge #LeadOn comes to an end, we want to wish our paw-some participants a massive thank you for covering 1,500km. Together our 54 furry friends, alongside their wonderful humans, grabbed their leads and have raised £5,200 and counting! This pawsome financial contribution will make a huge difference for patients and their loved ones.





**Walking is good for both your physical and mental health, so kick off the New Year with a bang by taking part in our Step a Million challenge!**

100 days to walk a million steps sounds a lot, but it equates to approximately 10,000 steps a day...easy peasy!

Don't fancy walking alone? Get a friend to join up too and you'll have a walking buddy to keep you motivated.

Your entry fee will include the support and encouragement from a member of our



Fundraising Team so you'll have plenty of cheering on from all around you!

To find out more information and to register, visit our website [arhc.org.uk/stepamillion](http://arhc.org.uk/stepamillion)

## Cambridge Half

Registration is open for the Cambridge Half Marathon, taking place on Sunday 3 March 2024. The 13.1-mile route is mostly flat with fully closed roads, and showcases the best of what Cambridge City has to offer!

We welcome all runners, whether it's your 1st half marathon or your 13th. You will be

running for a local charity that supports its community when they need it most.

To sign up, visit [arhc.org.uk/halfmarathon](http://arhc.org.uk/halfmarathon) Non-refundable registration fee of £24 with a commitment to raise £350 for ARHC.



## Incredible support for the Alan Hudson Day Treatment

A generous cheque of **£1,000** from a local Bingo event.

A couple who requested donations instead of wedding gifts, contributed a wonderful **£800**.

It has been great to meet with the WI group and Pro Bus, Wisbech professional ladies who donated generously at recent presentations to learn more about our services.

Ian Knight, the husband of Michelle Knight, our AHDTC Matron, led the way with fundraising with a 12-hour Spin-a-thon. Arthur Bear visited, and together with another cyclist, they raised **£1,732**, splitting their fundraising between ARHC and Feed Fenland.



## Thank you, thank you, thank you

Thank you to Teversham Conservation Club for raising **£1,026.55** at the Big Charity Quiz Night, and **£1,055.66** at Jim's Big Charity Day.

Thank you to Martin Harnor, family and friends for raising £500 for the Charity, at Helga Harnor's Service of Celebration, which took place at Friends Meeting House.

A Big Thank You to Patacake nursery for inviting Arthur Bear to their open day in September and raising a fantastic **£650**.

Thank you to Colin Brown from Rotary Cambridge for kindly organising and evening with The Barry Tyler Jazz Band in early November to raise funds for Arthur Rank Hospice Charity.

A massive thank you to Bobbie & Chloe for hosting a glamorous Charity Ball in Newmarket in September raising over **£2,000**!

The Haywain Pub in St Neots have once again fundraised for ARHC and raised **£1,800** at their annual golf day in memory of Gordan Luff.

Thank you to Liz, Andrew and Julie for running the Great North Run and raising **£1,375**.

Big thanks to James Wynn and friends for raising over **£2,500** by climbing Snowdon, in memory of James' brother, Simon.

TeamArthur50km Crew and Grace Moore for participating in Chiltern 50 raising over **£3,000**

Well done and thank you Laura and Ellie Melville from completing the three-peak challenge in September raising an incredible **£3,000** in memory of their father, Jack Melville.

Many thanks to Carol & Tanya for taking part in Thames Bridge trek and together raising over **£1,000**.

Well done to Tracey and Tersea on completing the Castle to Coast Half Iron Man, raising **£1,319** in memory of their friend and colleague, Fiona.



## Bring the magic of Christmas to a little person, with a personalised 'Letter from Santa'!

Our Charity mascot, Arthur Bear, has teamed up with the North Pole! The Charity is taking registrations for personalised letters, which will be sent to the special little people in your life from Santa directly.

Parents, aunts, uncles, grandparents, neighbours, and friends of children who would enjoy the extra excitement of receiving a letter from Santa Claus are invited to register.

Please share your child's Christmas list with Santa by 9pm on Friday 8 December to ensure replies are received in time before Christmas. A small donation of £5, £10, or £15 is suggested: this will not only help cover letter administration and postage costs (and the cost of mince pies to keep Santa and his elves going!) but it will help raise vital funds this winter. Please visit [arhc.org.uk/santa](https://arhc.org.uk/santa) to register.



## Mission Mud - dare to play dirty?

If you are looking for a challenge that the whole family can (literally) get stuck into - look no further than our Mission Mud challenge!!

In March, we are looking for participants to step out of their comfort zone, become empowered, and take part in this fun and exhilarating challenge! Happening on March 23, in Waterbeach, this experience includes big walls, slides, monkey bars, a water pit, rope climbs, and a ninja warrior-style ramp. In the safe hands of The Playground, can you survive Mission Mud?!

Individuals (Aged 7+) and teams welcome, for more information visit [arhc.org.uk/missionmud](https://arhc.org.uk/missionmud) or email [sarah.clayton@arhc.org.uk](mailto:sarah.clayton@arhc.org.uk)



## Raffle books at the ready

Good news! You can now buy tickets for our Grand Winter Draw for a chance to win a selection of fantastic prizes. Every ticket sold helps to ensure patients and their loved ones are well supported over the Winter season and beyond. The winning tickets will be drawn on Wednesday 13 December. Tickets are £1 each and books can be ordered by calling **01223 675888** or emailing [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)



For full terms and conditions, visit [arhc.org.uk/raffles](https://arhc.org.uk/raffles)

If you, or your workplace, would like to support us by donating a prize to any of our draws, please contact [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)

## Christmas Tree Recycling Scheme

Our popular Christmas Tree Recycling Scheme is back again this year to help you take the worry out of disposing of your real festive tree.

In partnership with Just Helping, our teams of volunteers will be collecting trees in CB1-CB5, CB21-CB24 and CB25 9, from 11-13 January 2024.

Registrations will open in mid-November and close 7 January 2024. We are unable to accept registrations after this time. To register your tree, visit [arhc.org.uk/tree-recycling](https://arhc.org.uk/tree-recycling)

Do you think you can 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](mailto:christmastrees@arhc.org.uk) or call **01223 675888**.

**Regent Street Charity Shop closed in October for a stylish refit!** Opening as a boutique charity shop, you will be able to browse through a treasure trove of quality clothing, shoes and accessories.

Please remember us when you are clearing out your quality goods. We can accept everything from furniture to quality clothing in our shops and retail hubs. To find your nearest shop visit [arhc.org.uk/shops](https://arhc.org.uk/shops). **Thank you!**



## Summer draw

Our Summer Super Draw raised **£21,855** and produced eight lucky winners! Thank you to everyone who took part and sold extra tickets. You all contributed to this tremendous total!