

# BridgetheGap

# Walk 2support...

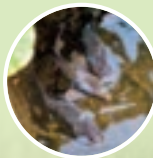
Arthur Rank Hospice Charity ROMSEY MILL

2023

#BTGWalk23

Sunday 10 September

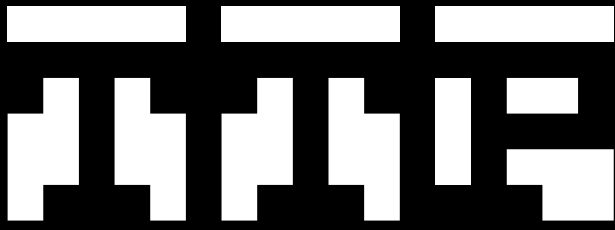
## Event programme



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Building Society



Registered Charity Numbers: 1335483, 1069905



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**Please share your photos!**

While you're out on the route you might be taking snaps of the sites you see, and we'd love to see your photos!

Tag us on social media with:

**#BTGWalk23**



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Cambridge University  
Press & Assessment  
is proud to support  
**Bridge the Gap**

# Welcome to Bridge the Gap

## Thank you for taking part in this year's Bridge the Gap!

If it's your first Bridge the Gap, we hope you have a great time and return, next year.

The walk helps to raise vital funds for two well-loved local Cambridge based charities, Arthur Rank Hospice Charity and Romsey Mill. Both rely on the community's support to help fund their important work. Through your entry fee and any donations made, you are enabling much needed help for people across Cambridgeshire.

The event has taken place every year since 2001, with over 40,000 people helping to raise over £660,000 for local charities. And every year the route is different.

This year, the route includes some colleges that have never before featured on the Bridge the Gap, as well as some more familiar locations.

After your walk, we hope that you will stay to enjoy the entertainment and refreshments on your return to Parker's Piece.

Bridge the Gap's success depend on more than 120 volunteers, the generosity of numerous businesses and the Colleges, and yourselves.

On behalf of all those who benefit from care and support of Arthur Rank Hospice Charity and Romsey Mill, and the Bridge the Gap Committee, **"Thank you!"**



© Keith Heppell, Cambridge Independent

**Pictured above (left to right):** Peter Burrows (CEO at The Cambridge Building Society); Sharon Allen OBE (CEO at Arthur Rank Hospice Charity); Neil Perry (CEO at Romsey Mill)

**Members of the committee, not pictured, include:** Carolyn Start, Jodie Vaughan, Lisa Philbrick (Arthur Rank Hospice Charity); Rachel Thomas, Neil Thompson (Romsey Mill); Rob Barber (The Cambridge Building Society); Paul Henry (Rotary Club of Cambridge); Neil Whiteside (Cambridge 105 Radio); Simon Eggleton (Co-op)





Arthur Rank Hospice Charity

*making every moment count*

Arthur Rank Hospice Charity (Registered Charity No 1133354) supports people in Cambridgeshire, living with an advanced serious illness or other life-limiting condition and those who need end-of-life care. Services are provided free of charge to patients and their families, helping them to make every moment count.

The Hospice provides care and support to more than 4,100 patients each year at the Hospice in Cambridge, the Alan Hudson Day Treatment Centre in Wisbech and in patients' own homes via the Arthur Rank Community Team. This 'Outstanding' care supports people to improve their quality of life and fulfil their end of their life choices.

Alongside the care provided by the Inpatient Unit, Living Well services and Hospice at Home teams, patients can access: patient and family support (including counselling, bereavement and spiritual support); lymphoedema care; complementary therapy; medical and pain outpatient clinics; and advice from the clinical nurse specialists

within the Specialist Palliative Care Home Team. Programmes are practical, holistic and tailored to the individual patient, family member or carer. Depending on need, length of support can vary from a matter of hours to a period of years and may also include rehabilitative support, physiotherapy, occupational therapy and psychological support.

Arthur Rank Hospice Charity's 'Outstanding' services, will cost £12.12 million to run in 2023/2024 and are provided free of charge to patients and their families. Income from NHS contracted services is budgeted at £7.33 million, meaning that £4.79 million needs to be raised through donations, fundraising activities and trading.

The Charity is extremely grateful to the local community for the continual dedication, commitment and generosity they show in supporting towards meeting this target.

For further information, please visit [arhc.org.uk](http://arhc.org.uk)

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Registered charity number: 1133354



# ROMSEY MILL

Creating opportunities with young people and families

Romsey Mill is a Cambridge-based charity that is creating opportunities for local children, young people and families, including many of the most vulnerable and isolated.

Each year, we work with over 2,000 local young people and families. Our experience in giving help to support families early can prevent situations from reaching crisis point.

We are inspired to action by the belief that every child, every young person and every family has wonderful ability and possibility. Nobody's current situation should dictate their future and we are committed to helping those we are with to be all they can be.

Our innovative projects help young people to overcome big challenges and lead

fulfilling lives and inspire change in the world around them. Our groups for autistic children and young people with autism, providing a lifeline for them and their families. We also deliver specialist and holistic support for young parents, to help reduce inequalities for those in greatest need; and provide Pre-school settings for families with children under five.

By taking part today, you are helping us in our work to create opportunities with young people, children and families so their current circumstances do not hold back their potential; and inspiring us to believe that Cambridge can be a fairer place for everyone.

For further information, please visit **[romseymill.org](http://romseymill.org)**

*Registered charity number: 1069905*

# Society of Cambridge Tourist Guides

The Society of Tourist Guides (SCTG) is delighted once again to be involved in the Bridge the Gap Walk through the Colleges and historic centre of Cambridge.

Professionally qualified and registered blue and green badge guides volunteer their time to provide information at points along the route. All the guides are passionate about Cambridge and love imparting their hard-earned knowledge to Cambridge residents, who are very appreciative of quirky facts about their own city.

SCTG guides are hugely knowledgeable and entertaining, are the only guides allowed to conduct tours inside many of the Colleges,

and are available to conduct tours all year round.

If you've enjoyed what you have seen today, why not make this the year that you book a tour with an SCTG guide? You can find many of our tours on our website: [sctg.org.uk/tours](http://sctg.org.uk/tours).

Ruth Meyer (SCTG) said: "The Bridge the Gap Walk is an event in which the townspeople, the University and Colleges and local businesses all come together in aid of good causes – and a lot of people have a great deal of fun and enjoyment as a result."





# Rotary Club of Cambridge

The Rotary Club of Cambridge is proud to be associated with Bridge the Gap.

This is our sixteenth year of involvement and once again we have been pleased to help with the organisation and running of this great event. The Bridge the Gap walk offers a special opportunity to raise money for extremely worthwhile charities in a unique way.

We are glad to be able to offer our support. Rotary, with its motto "Service above Self", brings together business and professional



men and women with a common wish to serve the community locally and internationally. The Cambridge Club is one of over 1,850 Rotary Clubs in the UK, all linked by a common aim of service. The Rotary Club are always interested in hearing from those who may wish to join us. Find out more about us at [cambridgerotary.org.uk](http://cambridgerotary.org.uk)

**Club President:**  
Antony Warren



cambridge  
105 radio



**BOOKMARK**  
Leigh Chambers



**HIP-HOP SHOW**  
DJ Rehmidi



**CAMBRIDGE BREAKFAST**  
Julian Clover



**QUEER CAMBRIDGE**  
Hannah Bestwick



**SOUL & DANCE SHOW**  
Chris Brown





# Route highlights

Before you even step on to this year's route, here's a taster of some of the highlights that you can expect to see. We hope you'll be impressed by the stunning landmarks we have squeezed into this three and a half mile walk.

## Downing College

**Date founded: 1800**

Downing College is an anomaly in terms of age compared to the other colleges. Referred to as "the oldest of the new and newest of the old", it was the first college to be added to Cambridge in over 200 years.

Hidden away in the heart of Cambridge, you will find Downing College's 20 acre site contains an impressive diversity of gardens, lawns, trees and flowers, from the expanse of the quadrangle lawns, to the unusual mixed borders of the sunken garden and the rich assortment of trees in the Fellows' Garden. Limes, maples and a dawn redwood in the Paddock offer further variety, whilst the wildflower habitat lures bees and butterflies and the hazel spinney attracts wildlife.



### Famous alumni include:

Clive King – author (Stig of the Dump), Henry Naylor – script writer (Spitting Image), John Cleese – actor and comedian (of Monty Python fame), Quentin Blake – cartoonist, illustrator and children's writer, Amol Rajan – new question master for University Challenge





Possibly the most unusual tree is the Ai Wei Wei Cedar Tree sculpture, a work of art created for the college by the famous Chinese artist. It sits outside the Heong Gallery – an art gallery situated in an old stable block, a short distance from the main college entrance.



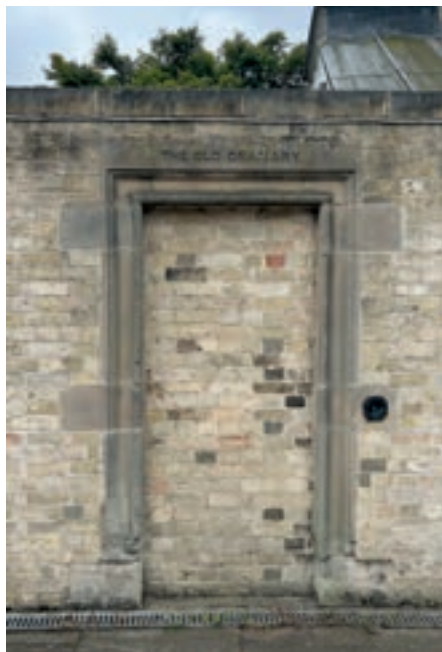


## Darwin College

**Date founded:** 1964

Darwin was Cambridge University's first graduate-only college, and the first college to admit both men and women. Its main building, Newnham Grange, was previously owned by Sir George Darwin, son of the famous Charles Darwin, and later by George's son Sir Charles Darwin. After the death of Sir Charles in 1962, the Grange was donated by the family for the foundation of Darwin College, which was named after them.

Sir George Darwin's daughter Gwendolen, later known as Gwen Raverat, was a famous artist and wrote a fascinating book entitled "Period Piece", which described her childhood in Newnham Grange and the Cambridge of her youth.



### Famous alumni include:

Paul Clement – former United States Solicitor-General, Gajan Pathmanathan – Sri Lankan first-class cricketer, Dian Fossey – American conservationist, Jane Goodall – British primatologist







## Ridley Hall

**Date founded: 1881**

Named after the sixteenth-century Protestant martyr and Bishop of London Nicholas Ridley, Ridley Hall opened its doors in 1881 to train people for ordained ministry.

Under the leadership of the College's first Principal, Handley Moule, the student body grew from an initial eight students to forty by the early 1900s.

Many of the College's early alumni joined Anglican parishes throughout Britain but Ridley's alumni played a considerable role in helping to build the Anglican Communion and have significantly influenced the Church and its mission ever since.

Over the last century and a quarter Ridley has grown and changed, and now prepares a diverse group of women and men of all ages for both lay and ordained ministry. It also offers a space for private study, spiritual renewal and refreshment to those taking a break from their careers or established ministries.

In November 1931, Mahatma Gandhi visited Ridley Hall, as part of a short trip to Cambridge.

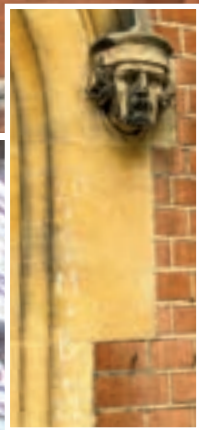


### Famous alumni include:

John Sentamu – previously Archbishop of York,  
Gavin Peacock – retired footballer and TV pundit,  
David Sheppard – former test cricketer and Bishop of Liverpool









## Newnham College

**Date Founded:** 1871

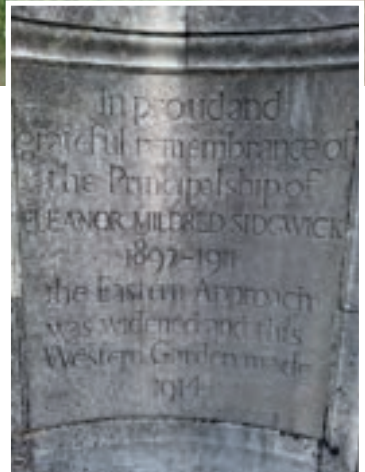
Newnham was established in 1871 as a house in which young women could reside while attending lectures in Cambridge. It was the second pioneering college to be founded for women and moved to its current site in 1875.

There were two attempts to get degrees for women, in 1897 and in 1921. In both cases, the male MAs of the university voted substantially against granting degrees to women. After the 1921 vote, some male undergraduates smashed down the bronze gates at the entrance to Newnham College in jubilation at women's exclusion from degrees. Women were finally allowed to become full members of the university with the granting of degrees to women in 1948 and, starting in 1972, all the existing men's colleges began to admit women. Newnham and Murray Edwards colleges are the only colleges which remain single-sex, admitting only women.

You will be entering the college through the original entrance – the Pfeiffer Arch, with its (repaired) bronze gates.







#### **Famous alumni include:**

Sylvia Plath – American poet, novelist, and short story writer, Miriam Margolyes – actress (Professor Sprout in Harry Potter films), Emma Thompson – actress and screenwriter, Clare Balding – broadcast journalist and author, Diane Abbott – first black woman elected to parliament



## Selwyn College

**Date Founded:** 1882

Selwyn College was founded in 1882 by the Selwyn Memorial Committee in memory of George Augustus Selwyn (1809–1878), the first Bishop of New Zealand (1841–1868), and subsequently Bishop of Lichfield (1868–1878). Its main buildings consist of three courts built of stone and brick (Old Court, Ann's Court, and Cripps Court), and there are plans to expand with further phases of new buildings.

The gardens of Selwyn College, which are reputed to be some of the best in Cambridge, stretch down to the exit onto the Sidgwick Site.



*The Sir Antony Gormley sculpture is on the Sidgwick site*



### **Famous alumni include:**

Clive Anderson – comedian and TV show host,  
Hugh Laurie – actor, comedian, writer, and  
musician, Simon Hughes – Lib Dem politician,  
Tom Hollander – actor







## King's College

### **Date founded: 1441**

Like many colleges, the 'real' name of King's College is different from that by which it is generally known. Its formal name is "The King's College of Our Lady and St Nicholas in Cambridge". It was founded by King Henry VI in 1441 to provide a college for the further education of students from his school for poor boys (Eton College) which he had founded in 1440.

One college alumnus, John Harington (1560 – 1612) is credited with inventing the flush toilet, having devised and installed one in his manor house in Somerset. He called it The Ajax – a pun referencing the slang term 'jakes' (which occurs in Shakespeare's plays). Unfortunately, he failed to invent the S-bend in the waste pipe, so it was rather malodorous, but an improvement on other toilet arrangements of the time!

The chapel at King's is possibly the most instantly recognisable building in Cambridge. The televised service "Carols from King's" is recorded there every year in mid-December and shown on the BBC at Christmas. The radio version "Nine Lessons and Carols" is broadcast live on Christmas Eve.







### Famous alumni include:

Francis Walsingham – Principal Secretary and spymaster to Elizabeth I, Robert Walpole – Whig politician and de facto first Prime Minister of Great Britain, MR James – medievalist scholar, author of ghost stories, Provost of King's and Eton Colleges, EM Forster – author (Room with a View, Howards End, Passage to India, and others), Rupert Brooke – WW1 poet and soldier (also famous for poem about Grantchester), Xu Zhimo – Chinese romantic poet whose poem about Cambridge is studied by all Chinese school students, Alan Turing – mathematician, cryptanalyst, computer scientist, leading participant in Bletchley Park success in breaking German Enigma Code in WW2, Mervyn King – professor of economics, previously Governor of the Bank of England, Salman Rushdie – novelist (Midnight's Children, Satanic Verses), David Baddiel – comedian, presenter, screenwriter, and author, Zadie Smith – professor of creative writing and novelist





## Emmanuel College

**Date Founded:** 1584

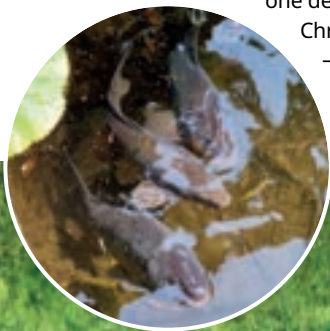
Emmanuel College (often colloquially known as Emma) was founded in 1584 for 20 students as the first college intending to train Protestant (as opposed to Catholic) priests, on the site of a dissolved Dominican friary. The college was known for its relatively relaxed approach, raising eyebrows for introducing a sitting communion and for permitting fellows to play bowls in the gardens on Sundays.

The original chapel was built on the foundations of the monks' dining hall but was replaced in the late 17th century by

one designed by  
Christopher Wren  
– the 3rd Wren  
building in

Cambridge. The pond dates back to the time of the monks, when the fish were cultivated for eating. However, you will also walk through an interesting newly opened development housing accommodation and communal areas for students.

One of its most famous alumni was John Harvard who studied at Emma from 1627 – 31. He went to New England as a colonist in 1637 but died of TB in 1638; he left half his estate and his collection of classical and theological literature to the nascent college in Newtown, Massachusetts (now known as Cambridge, Mass.). His gift ensured the college's survival, and it was named after him in recognition. Emmanuel still has close links with Harvard University and every year students can apply for scholarships to study at Harvard.







### Famous alumni include:

William Sancroft – 79th Archbishop of Canterbury from 1677 – 90, Jeremiah Horrocks – founding father of British astronomy, Karel Reisz – film maker and film critic, Griff Rhys Jones – comedian, writer, actor, and TV presenter, Graham Chapman – actor, comedian, writer, and member of the Monty Python team, Thomas Young – polymath and physician, Sebastian Faulkes – novelist, journalist and broadcaster, Fred Hoyle – astronomer and science fiction author, FR Leavis – literary critic, Stephen Sackur – TV journalist (currently presents HARDtalk), Dan Stevens – actor (Matthew Crawley in Downton Abbey)



# Useful information about Bridge the Gap walk

Here are a few helpful reminders for the day

**Date:** Sunday 10 September

**Location:** Parker's Piece, CB2 1AA

**Start times:** 9.30am, 10am or 10.30am

**Closing times:** The Colleges will begin to close from 11am, sequentially in the order that they appear on the route. Their closing times can be found on your map. The entertainment, Time for Cake tent and activities on Parker's Piece will draw to a close at 2pm. All cakes have been kindly baked and donated by volunteers, so please do give generously.

**Toilets:** There will be public toilets available at Parker's Piece, a small fee is applicable. Toilets are also available at Lion Yard and on the route, as indicated on your map.

**First Aid:** Provided by EMAT First Aid at Parker's Piece.

**Wristbands:** Please note that all walkers will be required to wear their Bridge the Gap wristband, whilst taking part in the event. Access into Colleges may not be permitted for those not displaying their wristband.

**Safety:** Please take care on Parker's Piece as there may also be a cricket match taking place at the Pavilion, please be respectful of this.

**Photography:** Please note that event and press photographers will be taking photos throughout the event. If you don't wish to be photographed please let them know.





**The Route:** The route is wheelchair and pushchair friendly. We respectfully ask that you refrain from smoking and consuming alcohol whilst in College grounds and ask that you do not walk on the grass. For minor first aid incidents during the walk please contact your nearest Marshal. If you have arrived at a College after the designated entry time (displayed on the route map), please note a fee may be required to enter the grounds. The Colleges permit access free of times during the allocated time period and therefore we ask all participants to be respectful of the generous agreement of the Colleges, from which we benefit.

## Getting there...

**By car:** Parker's Piece is in the centre of Cambridge, and the nearest car park is the Queen Anne Terrace car park. Please bear in mind it may be busy during the weekend. For more information, visit the car parking map on the Cambridge City Council website [www.cambridge.gov.uk/parking](http://www.cambridge.gov.uk/parking). Alternatively, there are five Park & Ride sites around the city all of which drop off into the city centre.

**By bus:** Parker's Piece is only a short walk away from the central bus station. Please visit the Cambridgeshire County Council website for more information on bus services.

**By train:** The City Centre is approximately a 20-minute walk from Cambridge railway station. Upon leaving the station proceed straight down Station Road and turn right onto Hills Road. Walk down Hills Road until you reach the Catholic Church. Turn right at this crossroads, on to Gonville Place and Parker's Piece is on the opposite side of the road.

**Tell your friends:** If you have friends or family not yet signed up, they can register online at [arhc.org.uk/btg](http://arhc.org.uk/btg) until 1pm on **Wednesday 6 September**. Alternatively, 'Pay on the Day' registration begins online from 00.01hrs on Sunday 10th September, and is also available at Parker's Piece on the day\* from 9am – 10.30am, adults £22.50 and children free\*\*

*\*Card payments are accepted.*

*\*\*Up to 3 children under 16 per paying adult.*



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It's what we do

# What is happening on Parker's Piece?

The Bridge the Gap walk starts and ends at Parker's Piece and there is lots more for you to enjoy!

**Cambridge 105 Radio** will be interviewing walkers, volunteers and event partners and sponsors throughout the day.

There will be live music from the **City of Cambridge Brass Band** and **The Blue Clovers** between 11.30am to 2pm, and **The Cambridge Performance Dance Troupe** dancing. Bring your dancing shoes and join in!

**The Cambridge Building Society**, will be celebrating their 16th anniversary as headline sponsors of the Bridge the Gap walk, and will have a stand on Parker's Piece.

You will also find our other event partners **The Rotary Club of Cambridge** and **Co-op**, who will be providing fruit and recycled water bottles for participants.

The **Romsey Mill** team will be providing younger walkers with the opportunity to enjoy crafts, games and other fun activities.

There will be a selection of food and drink suppliers on Parker's Piece throughout the event.

The green space is not only the start and finish point of the walk it is also home to the **Arthur Rank Hospice Charity Time for Cake Tent** and refreshments.

Please remember the activities will draw to a close at 2pm.

*Thank you!*



**We would like to thank everyone who has supported Bridge the Gap 2023**

In particular: our wonderful walkers, the amazing army of volunteers, **Marshall Aerospace** and **Aristocats**.

Our media partners: **Cambridge 105 Radio** and **Cambridge Independent**.

Thank you to **Mayor of Cambridge, Cllr Jenny Gawthrope Wood**, for her support and for officially starting this year's Bridge the Gap walk.

Thanks too, to the many locations including the **Co-op** who have displayed our posters and to **Cambridge Park and Ride** for displaying banners at their various sites.



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