



ReSPECT for patients and carers

What is ReSPECT? ReSPECT stands for 'Recommended Summary Plan for Emergency Care and Treatment'.

The ReSPECT process creates a personalised recommendation for yours and your loved one's clinical care in future emergency situations where you are not

able to make decisions or express your wishes.

To learn more about ReSPECT, watch a video about Joe's journey through the ReSPECT Process head to arhc.org.uk/respect

Contact us

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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

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

Sun 3 Cambridge Half Marathon

Sat 9 Cambridge Widows,
The Big Sing (see page 4)

Sat 16 - Sun 17 Thriplow
Daffodil weekend

Sat 23 Mission Mud Challenge,
the Playground, Waterbeach.
Join as a family, individual or team.

April

Sun 21 London Marathon

May

Star Shine Night Walk,
watch out for more information
arhc.org.uk/ssnw

For more information about any of our events, please visit arhc.org.uk or call 01223 675888.

News

Issue 132 Spring 2024



Lily - a living well patient (page 5)



Celebrating challengers (page 8)

Welcome to our Spring Newsletter

I love the spring, bringing promise of new beginnings as our gardens come back to life. The days are gradually getting longer and hopefully warmer and the summer is yet to come. Looking back to the winter we are leaving behind, gives us the opportunity to remember and celebrate what we have achieved together. What a joy to see pictures and narratives from children supporting our Rudolph Run. Thank you to everyone who supported this event. Our Light Up a Life services provided precious time to join together to remember loved ones no longer with us. Our thanks to everyone who contributed to both events (Wisbech and Shelford Bottom) and everyone who requested a name in the booklet and shared memories on stars that were beautifully displayed at the Hospice. We were thrilled that our Christmas tree recycling was our most successful year yet. Huge thanks to everyone who volunteered to help us achieve such a great result.


Lots to look back on and celebrate and, of course, we are also looking forward, particularly to another annual event, our Star Shine Night Walk. A walk of either 5 or 10 miles around the streets of Cambridge at night, remembering those who we love and who have died. Help

us make this the most successful one yet, keep an eye on our website and socials to sign up and please share with your family, friends and networks. There are many other ways you can support our work #MakingEveryMomentCount. Please visit our website arhc.org.uk to find out how to volunteer or to view our job vacancy page.

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



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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**.



Donation from Julia and Hans Rausing

In October last year we received a very generous donation from Julia and Hans Rausing of £450,000, to be given across three years. It will be spent directly on our services, making a difference to many of our patients and their loved ones. In regard to their support of hospices across the UK, Julia and Hans have commented, "The rising cost of living has left hospices in a perilous financial position. We know many are receiving fewer or smaller donations than in previous years, so we hope that these grants can be a lifeline, enabling these wonderful hospices to continue providing

care and support in their communities across the UK."

Our CEO, Sharon Allen, says, "We are so grateful for this incredibly generous donation. Like many organisations, our costs increase each year, partly due to our expansion of service provision as well as the economic climate. Flexible donations such as this one from Julia and Hans Rausing allow us to go above and beyond for our patients and their families. We really do rely on the continued support of donations, including from Trusts and Foundations."

Christmas tree collection record

We are delighted to share that thanks to the support of the local community, over 3,600 trees were collected between 11-13 January. As well as helping people dispose of their trees safely, easily and in an environmentally friendly way, the remarkable scheme raised over an incredible **£60,000!** After costs, 90% of the money raised will go to the Hospice and the remaining 10% will be donated to a local worthy cause.

The 'treasure hunt for trees' was sponsored by Cooke, Curtis & Co (Trumpington). Carolyn Start, Head of Fundraising at Arthur Rank Hospice Charity, comments: "We are delighted with how well our Christmas Tree Recycling

Scheme went this year, thanks to our extremely generous community and incredible volunteers.

We could safely collect

thousands of trees and the impact it will have to help

fund the care that we provide, is significant. A huge thank you to everyone who donated, volunteered, helped us raise awareness and sponsored the event this year, from vans to chippers, to volunteer time and drop-off points we are so grateful."



Cambridge Widows' 'The Big Sing'



In the face of unexpected grief, Cambridge Widows emerged as a focus for solace and companionship. Founded two years ago by two women Helen and Judy, who were introduced by a mutual neighbour because they had both lost their life partners in 2021.

Helen's husband David died in June 2021 from bowel cancer, at 52 years old. "We were supported by Arthur Rank from the point he received the terminal diagnosis in late 2020. Arthur Rank Hospice helped David with pain management as well as some outpatient therapeutic support. It helped us both to know that we had support from the Hospice, and to have people to talk to who understood he was dying and could deal with the difficult emotions around this."

Judy's husband Adrian died in November 2021 from oesophageal cancer at 66 years old. "After extensive treatment including surgery, the cancer returned, and we were told that his condition was terminal. We were passed into the care of ARHC in October, and received excellent home visits, until Adrian was admitted to the Inpatient unit mid-November. Sadly, his condition was too complicated for him to return home. 'Bring home here,' said the ARHC team. So, with my three adult daughters and our dog, we made our camp around Adrian's bed, and on November 29th, he died. Throughout our time with ARHC, both Adrian and our family received exemplary care, kindness and understanding, for which I will always be profoundly grateful. Such a terrible and traumatic time was made as bearable as possible."

"Soon after [being introduced] we had an initial coffee together, we heard of a few more widows in our area of Cambridge and began to meet informally in each other's homes once a month. We chose Sunday evenings, as weekends are particularly lonely times for widows. We also go for walks, pub lunches and share other outings."

The community now stands strong with 19 members aged between 50-65. As they support each other to navigate an unforeseen future, the mutual support, understanding, and connection within Cambridge Widows has proven invaluable for its members.

The upcoming event, 'The Big Sing,' led by professional choir leader Sophie Garner, promises a day of uplifting harmony on **Saturday, 9 March**, at St Paul's Church, Cambridge. It celebrates the healing power of music and serves as a heartfelt fundraiser for the Arthur Rank Hospice Charity. Helen and Judy shared "We are delighted to bring this wonderful opportunity to Cambridge to sing together with others who understand what being widowed feels like. It has been proved that singing lowers stress, relieves anxiety and releases endorphins, all of which we found to be true. That is why we are bringing this unique event to Cambridge."

The group aims to expand their supportive reach and advocate for ongoing care for the newly bereaved, recognising the unique challenges faced during this vulnerable period.

Join Cambridge Widows in this unique celebration and receive support and understanding from those who've also lost their life partners.



The impact our Living Well Service brings for our patients

The Living Well Service, which is available for patients living with a life-limiting condition or terminal diagnosis supports patients through a range of therapeutic activities, groups and one to one consultations with our specialist teams.

We spoke with Lily who attends the Living Well Sessions. She, and her husband, Arthur, have been together 44 years. They have two daughters and two granddaughters. They shared what the service means to them, Lily said:

"We don't go out at all anymore - apart from coming here. I've lost all my independence, going off on holiday - that all stopped a year and a half ago.

Arthur explained: "What happened was that we were in Tenerife and all of a sudden she hit the deck and couldn't move her legs at all."

Lily continued: "When I came back to England, I got myself moving about but the balance never came back. A couple of months ago they said there's nothing else we can do for the balance. I have been inclined to black out and I've had a few falls. It affected my confidence too. Something happened to my brain - it's like someone is pushing me, I get no warning. My last fall I remember going up the stairs, I know it was 9 o'clock and when I woke up it was 10 past 12. I had been on the floor for over three hours. I don't even know how I got down the stairs. My life changed a lot - it was a massive, big change.

Coming to the Living Well Service keeps me going, if I can't come, I get upset. It gives me confidence and the people around really care; you are not just left to get on with your own devices.

The only time I wouldn't show up here is if I have an infection. Everyone is so friendly. You forget what's wrong with you here - it just goes. You get chatting to everyone and you feel normal again - I feel me again."

Arthur added: "It is brilliant, it is nice to see her happy. It's nice to have other conversations too."

Our Living Well services are provided free of charge to patients and their families. Our aim being to provide the highest quality care, helping people to make every moment count.

You can find out more about how we are funded here:

arhc.org.uk/how-we-are-funded.



Team Arthur Spotlight Series

Meet: Barbara Sinclair, Healthcare Assistant

Barbara has worked for the Charity for over 25 years. Having worked in different service areas during that time, she now works primarily night shifts on our Inpatient Unit in Cambridge.

As part of our spotlight series, we have chatted with colleagues and volunteers and share our conversations with you so you can get to know those who make such a difference behind the scenes.

What does a working day look like for you here?

Well, I start at night because that's what I do mostly. Our handover starts at 7pm and goes on for about half an hour or more depending on the patients.

There are usually two Healthcare Assistants, along with three trained nurses, and we just go around the Inpatient Unit, making sure that people are comfortable, and asking: 'Have you got everything you need?'; 'Are you ready for bed?'

What three words would you use to describe the Hospice?

Unusual, caring, and welcoming. Those three don't do it justice but it's everything you would want for your relative or for yourself in a time of need.

What do you mean by unusual?

Well sometimes when people come here, (especially if they've come from another health facility) they may be tense and not knowing what to expect, and you can see the tension [after a few days], it just seems to ebb away. They become relaxed and they get into the rhythm of the Inpatient

Unit. I think it must be a very important thing for a patient.

When they ring their bell, they obviously need some help, and they ring their bell and, in a few minutes, somebody's there. That's very reassuring I think and, in some cases, unusual for them to experience that!

What would you say is the most rewarding part of your job?

When you are able to help a person to the extent that you see them relax and accept the care. Even if they've been afraid of coming into the Hospice, you talk to them gently and realise their fears, recognise them, and just try to put them at ease.

Has working here changed you?

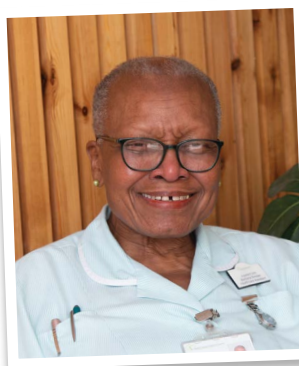
I'm sure it has, and any change has been positive.

I think I'm probably more relaxed about end of life because, as I say, death is a part of life and we have to accept it and it's nothing to fear.

Yes, I think it's my attitude towards the end. I've heard myself saying that if ever I come to the time where I am a Hospice Patient, I hope my time here has helped me to have the grace to just approach the end with calm.

What would you say to somebody who was contemplating working at the Hospice, either on the Inpatient Unit or in the community?

Well, the first thing I'd ask them is, 'What is your motivation? Why would you like to come?' and then I'd certainly sing the



praises of the Hospice and tell them to apply.

It's a fantastic environment. Relatives, past relatives and patients say that. They say they've come here and there's a certain calm in the place and it's a very hospitable environment.

What would be your hope for hospice care in the future?

I hope it goes from strength to strength. I don't see how much stronger it can get but that it certainly continues and I'd like to think that more and more people get to understand what hospice care is.

I'm sure there's still people out there thinking, 'Oh, if I go through those doors, I'm not coming back out', and I think it's an unfortunate thing. This was really illustrated to me in my Day Therapy [Living Well] days.

I specifically remember one woman telling me, 'I was terrified', and I thought that was such a shame. I said to her, a few hours after she'd arrived, 'How do you feel now?' and she said, 'It's not too bad, I've relaxed'. I thought to myself all that time being terrified is a shame.

What keeps you here now after all this time?

I just love the work. I consider myself a people person and this is the place to meet people: all types - well and unwell. I just enjoy it and I think that's what keeps me here. I enjoy the work and I enjoy the people with whom I work.

Please see our current vacancies if you would like to work for Arthur Rank Hospice Charity.

Hughes Electrical Lights Up AHDTC Lounge with 55-inch TV

We are thrilled to share the heartwarming news of Hughes Electrical's generous donation - a brand new 55-inch TV for the lounge at the Alan Hudson Day Treatment Centre, Wisbech. The idea to replace the smaller and temperamental old TV came via the Centre's suggestion box. This thoughtful contribution has already made a significant impact, providing both comfort and entertainment to patients visiting the Centre. Particularly as some of our patients are receiving treatment for several hours when undergoing regular blood transfusions. They certainly welcome the diversion that watching their favourite programmes on TV can bring. Our thanks go to Hughes Electrical.



Star Shine Night Walk

We are excitedly working on the plans for our 2024 Star Shine Night Walk which will be returning in May!

Get your walking shoes ready for a 5 or 10 mile stroll through the beautiful streets of Cambridge to raise money for local hospice care. We can't wait to see you setting the streets aglow again!

More information will be available very soon, so do keep an eye on the website at arhc.org.uk/ssnw



Celebrating Challengers

In memory of his mother Mandy, Leon and his friends Richard and Stephen completed the Three Peak Challenge and raised **£1,300**.

Henry raised **£928** from sponsorship for running the Bath Half Marathon in memory of his father Philip Rawlinson who was cared for by ARHC.

Simon, Felix, Philip, Mawuena, John and Barry decided to walk from Shepperton to the Devils Punchbowl as a 30 mile trek and raised a wonderful **£5,864** in memory of their friend Steve Goldsmith.

Alice Nottage and Alex Nelson ran in memory of Alice's granny, Jane, raising

Thank you to all who have taken on challenges, if you are inspired to find your challenge please reach out to Sarah at Challenges@arhc.org.uk



£875 at 5 Valleys Ultramarathon.

Trev Mason saddled up and rode from John o' Groats to Land's End in loving memory of his dad Alan Mason, collecting **£1,345** in sponsorship.

In memory of their eldest brother Sam Barker the Barker siblings walked the Three Yorkshire Peaks collectively raising **£1,186**.



Rudolph Run

In November and December, Rudolph Runs took place in schools around Cambridgeshire and the Fenlands. Pupils donning antlers dashed around their playground, raising a combined total of over **£10,500**. The Charity's mascot Arthur Bear attended several educational settings to inspire children to raise awareness of the work of the Charity and to encourage confident conversations with their families about hospice care.



Letters from Santa

With Arthur Bear's help, dozens of Santa's letters were delivered to children all over the country directly from The North Pole, spreading Christmas cheer and raising **£480** for Arthur Rank Hospice Charity.

Thank you, thank you, thank you

Lyndewode Road residents for raising **£165** at their annual Carol Singing.

The Hop Bind Cottenham for donating **£510** from the NYE party ticket sales.

Cambridge Rutherford Rotary club for a generous **£6,000** donation from their annual golf day.

The Cambridge Rotary Club South for continuing to support ARHC with their Car Parking initiative which raised **£1,000** and an addition **£1,500** from their Jazz night in November!

St Catharine's College, Cambridge Luminaria Christmas event, raised over **£230** for ARHC.

The Townhouse Golf Society Ely, raised **£600** for ARHC as their chosen charity of the year.

The Three Horseshoes, Stapleford have, once again, fundraised for ARHC whilst welcoming in 2024 raising **£1360**.

The Ely Rotary Club for making a contribution from their Ely Sleigh ride collection.

Tony Cronshaw hosted a Strictly Dance Night in Arbury. Attendees raised **£300**.

Martin Herrick, The William Singers, David Poulter and Fulbourn Manor for continuing to host Promise of Spring" snowdrop walk.

The Torch Walk Through the Woods at Millfield Orchard, Haddenham raised an impressive **£1,269**.

Cambridge Harmony Chorus Concert for raising **£920**.

At Cottenham Motown music night, Chris Richards and all who donated raised **£962.75**.

Thank you to all of our community fundraisers, if you are inspired to fundraise your way, please reach out to Sarah at cf@arhc.org.uk



Family fun for a purpose: Mission Mud

Gather your friends and family for a day of laughter, camaraderie, and unforgettable moments. Mission Mud isn't just about conquering obstacles; it's about creating lasting memories while supporting adults in Cambridgeshire who are living with advanced serious illnesses or other life-limiting conditions.

Whether you're a seasoned mud runner or a first timer, this event is designed for everyone. Join us at The Playground Waterbeach on March 23 to turn mud into a mission of help and hope for the families supported by Arthur Rank Hospice Charity.

Sign up via theplaygrounduk.com/mission-mud or call 01223 675888



Living Well Service patients give their feedback creatively

Patients who visit our Living Well Service feed back to us about a part of the service that they find particularly helpful or useful.

Clinical Nurse Specialist, Katie Williams, developed a unique way of allowing patients to express this creatively, on individual 10 x 10cm square canvases. Katie explained: "Often when patients feedback to us verbally, what they say is hugely positive and unique to them. I was considering how we can capture this in a different way, other than written feedback. A way that would record feedback with expression and individuality. I wanted there to be a uniform approach, rather than completely individual, so used 10 x 10 canvases, as part of a whole picture. A patient liked the idea so much he donated the money to provide the canvases for the project.

I like to draw and paint but am aware some find this very daunting, and patients often say to me 'I'm not creative'. As a

result of that, and to be inclusive of all, I suggested they could write something - as a poem, use a symbol or create a collage from magazine pictures or a photo - anything that is pertinent to them.

This also enables people with neurological conditions, or who are unable to physically move their hands very much to be able to create something. It's inclusive to anyone who's coming to Living Well and very much about the value of the service to them and being an individual."

16 patients contributed to the project, which is now displayed in the Living Well lounge.



Five years of volunteering for local couple

Sue and Keith Parish have been volunteering for the Alan Hudson Day Treatment Centre for over five years and recently received a certificate for their generous contributions of their time.

They both have a personal and emotive reason for volunteering. Sue's previous partner used our Living Well Service, in Wisbech before he passed away at The Inpatient Unit at Arthur Rank Hospice Charity in Cambridge. Keith and his wife were also supported by our Charity's services before she died.

Sue commented, "The Alan Hudson Day Treatment Centre was fantastic for my [previous] partner. When I first heard about it I dreaded it but the staff were so good and he used to love it. He made little Christmas decorations and things. But as a carer, I can see from that side too - and it just gives carers that little break, you know, because it is difficult."

Keith continued, "By volunteering we get the self-satisfaction knowing what we've given up our time for has helped other people. I certainly recommend it."

"I was impressed by the way they really looked after my [previous] wife. Although she chose to die at home, she used to go in for the treatments and therapies, and they supported me really well as well. Even after she died, they contacted myself and the family which was lovely."

Please visit our website 'news' section to read the full story.



Lymphoedema Services

Natasha and Tracy from our Lymphoedema Services recently attended a three-day Scar Tissue course. During the intensive course, the team learned new techniques which they then practiced. "This is a totally new skill for us both, and we hope to use our new practical skills to benefit our lymphoedema patients who are undergoing intensive treatment - as an adjunct to what we already offer." Tracy shared. The team will now put their new skills into practice and are looking forward to seeing how this helps our Lymphoedema patients.

Between 80,000 and 124,000 people in the UK are affected by the chronic long-term swelling which occurs when the lymphatic system fails either due to a genetic fault (primary lymphoedema) or through damage following infection, severe injury, deep vein thrombosis or treatment such as radiotherapy or surgery for cancer (secondary lymphoedema). Secondary lymphoedema can also occur when blood vessels are not working properly or where a patient has reduced movement, paralysis, or muscle weakness.