



Arthur Rank Hospice Charity

# News

Issue 133 - Summer 2024

Living Well with Complementary Therapy (p.6)



Marathon runner, Ellie, with her Nan, Terry (p.11)



*making every moment count*

## Welcome to our Summer Newsletter

As we head into summer, bringing hope of lovely long days, filled with light and hopefully warmth, welcome to our latest Newsletter.

As ever, we have lots going on and I hope you enjoy reading all about it. Two of our main events take place in this quarter, firstly 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, you can sign up [arhc.org.uk/ssnw](http://arhc.org.uk/ssnw) and please share with your family, friends and networks.

Then we look forward to Bridge the Gap which takes place on 15 September. An iconic opportunity to visit the grounds and gardens of some of Cambridge's colleges and then enjoy entertainment and, of course, cake on Parker's Piece. We'd love to see you there so please do check out the details and sign up.

**There are many other ways you can support our work**

**#MakingEveryMomentCount**, please visit our website [arhc.org.uk](http://arhc.org.uk) or if you would like to volunteer [arhc.org.uk/volunteer](http://arhc.org.uk/volunteer) or want to be part of **#TeamArthur** [arhc.org.uk/vacancies](http://arhc.org.uk/vacancies).



Thank you for reading this newsletter, I hope you enjoy it and it inspires you to continue to keep supporting or perhaps to get in touch. You can help us by encouraging your friends, family and people in your network to sign up to receive future editions. This helps raise our profile and hopefully engage with a wider group of supporters. People can request their own copy by signing up online [arhc.org.uk/newsletter](http://arhc.org.uk/newsletter) calling us on **01223 675777** or emailing [reception@arhc.org.uk](mailto:reception@arhc.org.uk).

Best wishes

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## Our Community

### Percival Sahara trek, In Memory of Grandad Dave Percival

Emma and Simon, inspired by their beloved grandfather Dave Percival, are embarking on an extraordinary journey to support Arthur Rank Hospice Charity.

Dave faced terminal illness with strength and resilience, finding comfort at the Living Well Service. In April 2022, his condition took a severe turn for the worse. However, after a seven week stay at the Inpatient Unit in Cambridge, to ease his symptoms, he was able to go home and live life well with his loved ones before he died in May 2023.

His commitment to helping others was evident through his charitable wheelchair events. This included, in 1986, Dave and three friends completing a 130-mile wheelchair push from Sawston, Cambridgeshire to Amsterdam in The Netherlands.

This was his grandchildren's inspiration for their challenge The Percival Push in 2020 that raised over £2,500 for ARHC.

Continuing his example, Emma and Simon have decided to trek across the Sahara Desert in November 2024. Their goal is to raise £5,000 for the Hospice, reflecting Dave's dedication to making a difference. Through car boot sales, photoshoots, and raffles, they are diligently fundraising to reach their target.

Emma commented

**// We decided after he passed it would be nice to do something else to raise money in his memory. My godmother was telling me about the time she did the Sahara trek for ARHC and it sounded very interesting so I decided to do some more research about it and here we are!"**

To support **Emma** and **Simon's** cause, or to find out how you could take on an overseas challenge contact

[cf@arhc.org.uk](mailto:cf@arhc.org.uk) and visit [www.justgiving.com/page/emma-simon-saharatrek-1691423493313](http://www.justgiving.com/page/emma-simon-saharatrek-1691423493313).





## Celebrating Dr Tim Hunt

**Dr Tim Hunt, who sadly died on 1 March 2024, was the co-founder, with David Bratherton, of Arthur Rank Hospice Charity in 1981. Tim's connections with the Arthur Rank Foundation secured the initial funding to set the Hospice Charity up. Tim was the first Medical Director of the Hospice until he retired in 2002.**



Tim was born in India to British parents and was educated in Edinburgh and London. Tim was awarded a Marshall Bursary (awarded to help build relations after the Second World War between the West and Germany). He worked in the Humboldt University in East Berlin and witnessed the poverty and devastation in the city caused by the war. Whilst there he met Johanna, they later moved to West Germany where they married and then returned to England.

Sadly a few years later, Johanna developed breast cancer. During her illness Tim noted the poor medical care she received and the poor standard of communication from doctors and nurses; it was this experience that made him change his career from medical research to practising medicine.

Having succeeded in setting up the Arthur Rank Hospice Charity in Cambridgeshire, Tim was active in supporting the establishment of six other hospices in the East of England. During this time, he developed two medicines which are still widely used today; one a topical gel for fungating tumours and the other a liquid form of morphine known as Oramorph.

Tim was invited to care for members of the Royal Household and for this was admitted to the Victorian Order.

He also established teaching programmes for medical professionals to improve care for people who were dying. These programmes ran for over 30 years and more than 7,000 nurses and medics attended.

In addition to his formal teaching programmes, Tim's skill, and ability to help people because of his sensitivity and breadth of knowledge were renowned. He put people on career paths, inspired people, and could talk to anyone on any subject.

He died unexpectedly at home and is survived by his wife Athene whom he met when she was working as a nurse at Old Addenbrookes Hospital. A celebration of his life was held at Holy Trinity Church in Hildersham on Wednesday 3rd April. At the celebration event, Keith Day, former Executive Director at Addenbrookes and friend and neighbour of Tim, paid wonderful tribute, speaking of Tim's inspiration and determination to establish the Hospice in Cambridgeshire and of his pioneering work in so many areas of clinical care and academia. Athene, Tim's widow, eloquently shared stories from his childhood and early career, and of their initial meeting and life of love shared together.

Sharon Allen, CEO of Arthur Rank Hospice Charity commented

**I first met Tim and Athene in 2022, Tim had written to me in late 2021, telling me some of this background and expressing his wish to visit the unit at Shelford Bottom. There was no hesitation on my part in inviting him and Athene to visit. It was a pleasure and privilege to show them both round, share how our services have developed and to enjoy lunch with them in our Bistro on a lovely sunny day. Since then, Tim and Athene have been regular attendees at our Insight Days where we share presentations from different services across the Hospice Charity. We are so pleased to have reconnected.**

**Long serving colleagues at the Hospice were delighted to be in touch once again with Tim and I am personally very grateful to have known Tim, with his insight, wisdom, and wit, albeit for a short time"**

All of us who have experienced the compassionate care provided by Arthur Rank Hospice Charity have reason to be very grateful to Tim for his vision, his skill, and his determination. Thank you for everything Tim, rest in peace.

## Complementary Therapy

Patients and carers referred to our Charity are supported by a range of different services. One of these is Complementary Therapy, which is offered to patients on the Inpatient Unit, as part of the Living Well Services and for patients in the community.

Complementary Therapist, Laura Hawksley, recently spent an informative and fun hour, in a Living Well Service session, to explain more about the service to the patients. They enjoyed an interactive morning where she gave out soft balls and jelly babies! The welcome props enabled her to talk about how people's wellbeing can benefit from tuning into one or more of the seven senses: touch, smell, sight, taste, sound, proprioception and interoception.

Tips such as giving yourself a hand massage (videos can be found on our website here: [arhc.org.uk/videos](http://arhc.org.uk/videos)), keeping your favourite smell close by, looking at fond photographs, tasting different foods – hot or cold, and

listening to your favourite music or bird song were some of those shared to de-stress at times of worry or anxiety.



Laura said:

**Complementary Therapy is relaxing, creates a sense of calm and keeps you in the moment. We aim to offer the maximum benefit whilst disturbing the client as little as possible: comfort is everything. You should feel yourself becoming lighter. It's an opportunity to interconnect to our bodies and can calm our natural fight or flight response."**

She also shared the importance of a positive waking and a bedtime routine for good quality sleep.

More information can be found on our website [arhc.org.uk/complementarytherapy](http://arhc.org.uk/complementarytherapy)



## Thank you, community.

**We are so grateful to all our community supporters for fundraising so we can be there when local people need our care and expertise. With special thanks to:**

Plough and Fleece for raising **£250** at their Burns Night supper.

Anne-Marie Hoare for organising 2 successful "souper Saturdays" raising **£840** in memory of Marley Hoare.

The Balsham Singers for donating **£450** from their concert and raffle.

Muriel and Sue for running a laughter yoga fundraiser and now joining the Arthur's Shed schedule.

Paul and Trevor who organised Orwell Community Tree collection raising an impressive **£1,201.20**.

Cavendish Court residents who raised **£1,600** throughout 2023 for ARHC.

Back2Back community for raising **£1,700** at their recent event.

Cambridge Widow's total of **£1,389.50** from The Big Sing held at St Pauls in Cambridge.

Dunstan Court coffee morning made **£327** in the spring.

Rat pack ball hosting for the residents of Langdon House raised over **£200**.

The AHDTC is very lucky to have been the chosen charity by two Wisbech Freemasons Lodges. Thank you for hosting a Hog Roast, Raffle and Auction, and raising **£2,700** for the AHDTC.







The Bridge Inn Pub chose the AHDTC as their charity of the year, as we supported one of their customers. Their fundraising ambitions included a hair shave, auction, quiz, and fun day. They had a brilliant year and raised over **£6,000**.

If you are inspired to fundraise your way, please contact [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)

## Corporate

From 8-9 March, Full Circle Fitness, a small-group coaching gym based in Dry Drayton, carried out a 24-hour fundraiser for ARHC.

The gym owner, **Simon Goswell**, ran classes all through the night (almost all of which were fully booked!), bringing the community together to raise an enormous sum of **£11,815**, which could fund our patient transport for one whole year. What a feat!

**Thank you, Simon and the FCF Team!**

## GriefChat

**We are now able to offer free online bereavement counselling via GriefChat.**



GriefChat was created by bereavement experts and by clicking on the online box directly from our website, people can chat directly to a specially trained bereavement counsellor. GriefChat professional counsellors are experienced in supporting bereaved adults and will listen to their story, explore how their grief is affecting them and help them to find any additional support they might need, including referral into other specialist bereavement services.

People can remain anonymous or provide their name, whichever they prefer. It is a completely free service to those who are 18yrs old and over and is available Monday to Friday, 9am-9pm.

GriefChat can be found on our Bereavement Resources page on our website here: [www.arhc.org.uk/bereavement-support](http://www.arhc.org.uk/bereavement-support)

## Celebrating Challengers

**Dedicated thrill seekers and ambitious supporters in our community push themselves through various challenges to support local people who need our care. With special thanks to:**

**Ely Tigers under 13's** saddled up for a 24-hour Bike a thon in memory of Sam – a Tiger's Mum who was cared for by ARHC raised **£1,621**.



**Julie and Helen** decided to take on the Winter Walk Ultra Challenge on their first walk for Mark Marathon in memory of Mark Bamforth.

**Lauren Wilson** ran the Brighton Marathon in memory of her mother Maryann Thwaites and James Bloomfield who were both cared for by ARHC. Lauren has raised over **£2,295** from sponsorship.

**Cleve Roberts** also ran the Brighton Marathon in memory of his mother Sheila Roberts who was a much-loved member of the clinical team at ARHC for over 30 years raising **£1,280**.

**Lisa Hadley** took on She Ultra in loving memory of her mum Christine Brooks collecting **£1,060** in sponsorship.

In memory of her family friend Matthew Last, **Xin Yi Ng** ran the Paris Marathon in April raising **£655**.

**Matthew**, who works at the Hospice in our Facilities Team completed the Manchester Marathon in loving memory of his dad Tony Weaver and collected over **£1,676** in sponsorship.

14-year-old **Sam** from **Wisbech** took on a challenging task during half term. Attending Thomas Clarkson Academy, he cycled 35 miles over five days to fundraise for the AHDTC. Motivated by a family member's cancer diagnosis, Sam aimed to cycle a mile for the care of 32 local people. Sam's brother joined him on Monday, with different supporters each day. He successfully completed the challenge, raising over **£800**. A huge thank you to him and his supporters.

**Darren McCarthy** is doing the virtual **Land's End to John O Groats**, he will be running the 876 miles over 8 months. Darren's Dad was a patient at the AHDTC, Darren said this is his way of keeping fit, but more importantly supporting us. Find out more at [denis-william-mccarthy.muchloved.com](http://denis-william-mccarthy.muchloved.com)

## Hospice heroes: over 50 dedicated runners complete the Cambridge Half Marathon!

**#TeamArthur** runners rallied together at the TTP Cambridge Half Marathon, raising over **£31,000** in support of our Charity.

**Matt Ford**, running in memory of his lifelong friend Ed Hallum, spoke of the impact the Hospice's care had on both Ed and his family.

Reflecting on their shared history, Matt recalled,

**“I saw first-hand the work and support they gave not only to Ed but to his family too.” Ed, Matt’s childhood companion, passed away at 40, leaving behind a wife and young daughter. Matt emphasised the significance of the Hospice’s care, stating, “As I move into the years Ed never got to experience... I understand how important it is that the team at ARHC is making sure those difficult moments are made as easy as possible.”**

The event witnessed the participation of 13,000 runners, navigating through the iconic 13.1-mile route encompassing historical landmarks like St John’s, Trinity, King’s, Jesus College, The Bridge of Sighs, and The Wren Library. Gina Thomas, Events & Challenges Manager at the Charity, expressed gratitude to the runners,

saying, “This is a fantastic achievement and we are so proud of all our runners and their hard work and dedication which will continue to support patients in Cambridgeshire.” The #TeamArthur cheer squad, stationed outside the Mitre Pub on Bridge Street, providing runners with an extra boost toward the finish line. A huge thank you to all our runners for their dedication and fundraising.



If you are inspired to fundraise your way, please contact [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)

## London Marathon 2024: Love, Dedication, and making every moment count!

The streets of London echoed with the resounding footsteps of compassion as the TCS London Marathon unfolded, leaving behind a trail of inspiring stories and heartfelt journeys. Among the throngs of dedicated participants, were individuals with a mission beyond personal triumph – they ran for cherished memories, for the ones they loved, and for the care they received.



James, a first-time marathoner, embarked on this monumental journey in memory of his beloved Uncle Terry. “My Uncle Terry who sadly passed away in March 2021 at home surrounded by his loving wife and family. He received the most amazing care and support from the Hospice at Home Team after suffering an aortic rupture. I feel it’s right for me to give something back to this amazing charity for the service they provided and also for them to keep continuously helping other families at their time of need.”

Similarly, Sam, brimming with nerves and excitement, embraced the opportunity to fulfil a lifelong dream while supporting the Alan Hudson Day

Treatment Centre, an ARHC service. He commented “To be able to raise money that will support patients and families in my own hometown, makes me feel extremely emotional.”

Ellie, another #TeamArthur runner said “I am honoured to be running in memory of my beautiful Nan, Terry Kirkham. My Nan sadly passed away in April 2023, after a 2-year battle with an aggressive form of NET cancer.

During my Nan’s time at the Hospice I can only describe the Hospice and its staff as angels. She could not have been more looked after, and I truly believe that it is because of the amazing staff and facilities that we had another 5 months with her, rather than the few weeks we were told we would have. My family and I will forever be so grateful for the Hospice’s outstanding care and support.”

Though illness had sidelined some runners, thanks to the generosity of ballot runners, the Arthur Rank Hospice Charity welcomed four additional champions to #TeamArthur. Collectively their dedication and fundraising efforts will ensure continued support for patients and their loved ones in need.

If you would like an application form to take on this iconic challenge as a ‘Golden Ballot Runner’ in the 2025 London Marathon, please contact [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk).



## Step a Million

This year's **Step a Million** reached new distances with participants taking part from Canada, New Zealand and beyond. So far, our amazing steppers have raised **£6,125**, with more sponsorship due to come in. We're excited to see the final total. Our thanks to everyone who took part and who sponsored our million steppers!

One participant was so inspired by the physical and mental benefits of the

challenge on her Enthuse page she posted:

**"To those who know me well, it'll come as no great surprise to hear that I'll be continuing my stepping for the rest of the year, with a personal goal to average 10,000 steps a day. Great for my mental well-being, my middle-age spread (4kg down so far!), and my butt & calves!!"**

## Sunflower Memories 2024

This special memorial event allows people to come together to celebrate their loved ones, by making a Sunflower dedication to be displayed in our beautiful hospice gardens throughout August. With the opportunity to attend our Sunflower Memories non-faith service, held in our Cambridge Hospice on Saturday 10 August to gather to remember and see the dedications proudly displayed. Donations from Sunflower Memories will go on to provide care and support for our patients and their loved ones.

To learn more, and make a dedication visit [arhc.org.uk/sunflower-memories](https://arhc.org.uk/sunflower-memories)

## Bridge the Gap 2024 – see, discover & experience!

Taking place on Sunday 15 September this year, we are delighted to be, once again, working with Romsey Mill to bring you this fantastic event. If you've not joined us before, this is a very special walk taking in seven iconic colleges, with some exclusive access along the way. A family friendly walk of around 4 miles is a great way to explore the historic colleges in Cambridge on a Sunday morning. Fully marshalled by our amazing volunteers and sponsored by The Cambridge Building Society.

If you'd like to take part, you can sign up online here: [arhc.org.uk/btg](https://arhc.org.uk/btg) or if you're able to volunteer on the day, please email us on [events@arhc.org.uk](mailto:events@arhc.org.uk)

## Retail update

Exciting news as our new shop is due to open in March, raising funds for Arthur Rank Hospice Charity and spreading awareness of our care.

Our Pampisford Retail Outlet has also relocated to a brighter, more spacious spot a few doors down. Head to our Hub and Outlet to explore their hidden treasures!

Thank you to our generous customers for continuing to support our much-needed care by donating quality clothes, furniture and goods.

To find your local shop please visit [arhc.org.uk/shops](https://arhc.org.uk/shops)



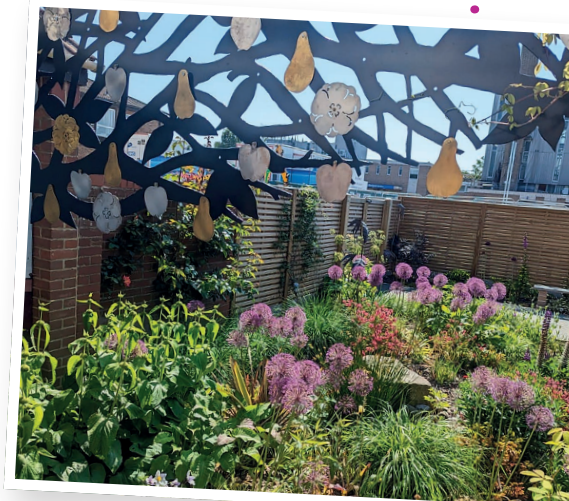
## Memory Tree

The Friends of Wisbech Hospital have generously funded the new Memory Tree that sits in the refurbished garden at the Alan Hudson Day Treatment Centre.

The bespoke design features Apples and Pears, to coincide with Alan Hudson being a fruit farmer and their generous donation towards our renovation.

Your loved ones can feature on this beautiful sculpture by engraving their name, which will be displayed on the tree for one year, for £60 per name.

To celebrate this garden sculpture, we hosted an Open Day and unveiling in April.



To find out more about how you can make a dedication, please contact [toni.bird@arhc.org.uk](mailto:toni.bird@arhc.org.uk) or call **07435550995**

## Star Shine Night Walk is back!

We are pleased to announce our **Star Shine Night Walk**, sponsored by Hamberley Care Home, is back for 2024, with a new date and a new start venue. You can expect the same unique celebratory and uplifting atmosphere as we walk together and turn the streets of Cambridge green for Arthur Rank Hospice Charity on **Saturday 22 June**.

Join us for this special walk as the sun sets over Cambridge on one of the longest days of the year. We have a choice of routes, with the 10 mile option taking in many sights in the city centre and 5 mile option too.

Registration is now open, sign up here [arhc.org.uk/ssnw](https://arhc.org.uk/ssnw)

If you would like to support us on the night by volunteering, we have a number of roles available and would love to hear from you. Please contact us on [events@arhc.org.uk](mailto:events@arhc.org.uk) to find out more.



## Time for a cup of Tea?

Come together this summer to raise funds for local people who need our support, by hosting your own 'Time for Tea' event.

Catch up with friends over a coffee or enjoy cake with your colleagues and help support our patients and their loved ones. Your event can take place any time that suits you, and be as big or small as you like, every cuppa counts for hospice care!

Request your fundraising pack today! Contact **Vic** and **Sarah** on [cf@arhc.org.uk](mailto:cf@arhc.org.uk) or call **01223 657888**

## Summer Super Draw – A chance to Win £2,000!



You can now enter our **Summer Super Draw** for a chance to win the fantastic prize of **£2,000** or one of our runner up cash prizes in this raffle. Each ticket is £1 and is a perfect opportunity for you to have some fun whilst supporting us! Tickets and more information can be found online on [arhc.org.uk/raffle](https://arhc.org.uk/raffle), or if you prefer, please call us on **01223 675888**. Best of luck! Over-18s only, we support responsible gambling. T&Cs apply.

## Laughter Yoga in Arthur's Shed

**Meet Sue and Muriel, our lovely volunteers who will bring a new, joyous session to Arthur's Shed in April. They shared a little sneak peek about this new activity, Laughter Yoga.**

### How did you get involved in Arthur's Shed?

"Sue raised money for the Hospice some years ago when involved with cycling and triathlons, and both of us live in Cambridge so when we were looking for a place to run laughter sessions, the Hospice was an obvious choice."

### What can the participants expect from your sessions?

"Lots of laughter, de-stressing, and bonding with others! Laughter Yoga uses group exercises to combine laughing with yogic breathing to increase the supply of oxygen to the brain and body, reduce stress, and boost resilience and well-being. It can be done seated, there is no stretching involved and you do not need any special clothes - just bring a drink of water and your sense of fun!"

### What do you like most about running your sessions?

Sue: "Seeing people laugh, for no apparent reason, and their bodies relax as they can just be with themselves with no expectation is very special! Being able to help people feel good and breathe deeply is very worthwhile. We also like the silliness!"

Muriel: "The joy it brings people, making them forget their problems for a while and giving them tools to stay more positive outside of the sessions."

### Has anything surprised you about your volunteering?

Sue: "The other volunteers - an awesome bunch all with something to add, it feels like a very special community to be part of."

### Anything else you would like to add?

"If you are worried that you won't like the session, that you will look silly, are too shy, etc then we would say come and give it a go! No one is judging anyone, this is a non-religious and non-political movement of laughter, and we will do everything we can to make you feel comfortable!"

**Head to our website to book your spot now: [arhc.org.uk/arthursshed](https://arhc.org.uk/arthursshed)**





## A double celebration!

Lana Matthews, Events Officer in our Fundraising Team, was named Cambridge Regional College's **'Business Administration Apprentice of the Year'** in February 2024. Lana joined the Charity in 2016 and worked across various teams, including Retail, Fundraising and Hospice at Home. Lana started her apprenticeship in September 2022 and was supported by her line manager Pat White, who retired in December 2023 after a decade with the Charity. Lana completed coursework, an exam, and a project for the apprenticeship, totalling 414 study hours. We are proud of Lana and all she has achieved. Both Lana and Pat attended the awards ceremony where Pat also collected the **'Employer of the Year for Business Disciplines Award'** for the Charity. If you are interested in opportunities to work for the Charity visit: [arhc.org.uk/vacancies](https://arhc.org.uk/vacancies)

## Contact us

### ADDRESS

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Bottom, Cambridge, CB22 3FB  
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**WEB ADDRESS** [arhc.org.uk](https://arhc.org.uk)

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### TELEPHONE NUMBERS

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

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

Registered Charity No. **1133354**

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## Dates for your diary

### May

- 24 **Freemason's Golf Day, Tydd**
- 24 **Girton Golf Day, Girton Golf Club** – From 9am onwards, Fee £10 Girton club members, £40 non-members, contact [terry@tasdean.plus.com](mailto:terry@tasdean.plus.com) to book
- 25 **The Big Breakfast, Hauxton Centre,** 9am onwards, no booking required
- 31 **ADHTC Fire Walk** – Thorney 8pm

### June

- 22 **Star Shine Night Walk** – See page 14
- 29 **Rose Fair,** walking parade in Wisbech Town with entertainment, stalls, floral decorations and fundraising for Alan Hudson Day Treatment Centre.

### July

- 7 **Dr Dolittle Picnic Performance,** **Fulbourn Manor,** 6:30pm, adults £18, children £12, book via Fulbourn Arts or link [www.ticketsource.co.uk/illyria/t-zzjkarj](https://www.ticketsource.co.uk/illyria/t-zzjkarj)
- 13 **Hospice Open Day** 11am-1pm, visit [arhc.org.uk/openday](https://arhc.org.uk/openday)

### August

- 10 **Sunflower Memories** – See page 12

### September

- 1 – 30 **Lead On Dog Walking Challenge** – month long challenge, free to register at [arhc.org.uk/leadon](https://arhc.org.uk/leadon)
- 15 **Bridge the Gap** setting off at 9.30am. The approx. 4-mile route takes in 7 of Cambridge's beautiful colleges and gardens.