



Arthur Rank Hospice Charity

News

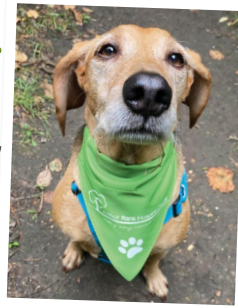
Issue 134 Autumn 2024

Calling all furry friends and their owners!

We are inviting you to grab your lead and walk 90km this September for Hospice Care. 'Lead On' - The Ultimate Dog Walking Challenge - is back! You have from 1-30 September to see how far you can walk and how much you can raise to support patients and their loved ones in Cambridgeshire. It is free to register,

and once you raise £30, your dog will receive their Arthur Rank Hospice Charity bandana which they can proudly wear on their sponsored walks.

Sign up now at arhc.org.uk/leadon



Contact us

ADDRESS

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Bottom, Cambridge, CB22 3FB

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

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TELEPHONE NUMBERS

Hospice Reception	01223 675777
Alan Hudson 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

Registered Charity No. **1133354**

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Dates for your diary

September

Sun 1 - Mon 30 'Lead On' Challenge

Sun 15 Bridge the Gap (see pg 11)

October

Fri 11 Open Day

November

Fri 15 or Sat 16 Wreath Making
Workshops (see pg 4)

December

Sun 1 Light up a Life (Cambridge)

Sun 8 Light up a Life (Wisbech)

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

Join the Rudolph Run...

It's a fantastic opportunity for children to learn about the importance of palliative care and the value of giving back to the community whilst having fun throughout November and December. It is open to schools, and community and uniformed groups in Cambridgeshire, including the Wisbech area.

**Find out more at arhc.org.uk/rudolphrun
or email cf@arhc.org.uk**

Mick Swales is Living Well on his bike (page 10)



New charity shop opens in the Fenlands (page 3)



Welcome to our Autumn Newsletter

In this issue you will read about our amazing supporters and how you can help people in your community, such as signing up to Bridge the Gap (page 11), walking with your four-legged friend(s) for the 'Lead On' Challenge (back page) or joining us for a Wreath Making Workshop (page 4). As well as getting useful tips and information, such as Writing for Wellbeing on page 4 and hearing more about Mick's Story on page 10. Thank you for supporting people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care.

Hearing people's experience is so important to us, so I was thrilled to have the pleasure of meeting people in March on a beautiful sunny June morning, when we opened our newest shop. It was heartwarming to see lots of people gather as Carol West cut the ribbon, to say thank you for the care of her husband George. Customers enjoyed first picks of the new stock and shared their personal reasons for supporting the Charity (page 3).

'Making Every Moment Count' in these ways is also dependent on our committed and caring colleagues and volunteers. We are very pleased to spotlight Shan E Zahra who joined our HR team last July (page 6-7) and Brenda Evans who has volunteered for the Charity for over 25 years! (page 5).

Our community continues to amaze us with their support. Thank you to everyone who joined us for Star Shine Night Walk this year, helping us to support more

people needing Hospice services, by raising over £40,000!

You can also read how Sixth Form students from The Hive, Granta School raised funds in memory of their fellow student (page 11), about how Julie Bamforth completed an amazing set of Ultra Challenges in memory of her brother (page 7) and about Carrie Key who did a Wing Walk in memory of her cousin (page 3).

Make sure you get your Christmas Cards in good time as we look ahead to Christmas events, including our annual Light Up A Life events in Cambridge and Wisbech.

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

Best wishes



Sharon Allen OBE
Chief Executive
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New Charity Shop opens to support people in the Fenlands

Customers were queuing at the door as the ribbon was cut by Carol West to officially open our newest shop at 20 Broad Street in March, on Thursday 20 June 2024. Carol's husband, George West, was cared for by the Hospice at Home team before he died in October last year. Carol explained the difference the team had made to her and her husband of nearly 60 years:

"They were wonderful. Because of them, during the last two weeks George was alive, I could stop being a carer and become a wife again. I could just be with him."



Health Care Assistants, Leah Turner and Kerri Stukins who cared for George and supported Carol were at the opening, along with Arthur Bear!

Carol continued:

"I am now volunteering at the shop and have been helping to get it ready as I want to give back to the charity who really helped me and George."

All proceeds from our shops across Cambridgeshire go towards people 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 the patient and their families at the Alan Hudson Centre in Wisbech, in their own homes in the Community, or at the Hospice in Cambridge.

If you would like to volunteer at the shop or if you have any pre-loved items you would like to donate, please pop into the shop or telephone 01354 577001.

Carrie braves a Wing Walk for Jamie

On Friday 21 June Carrie Key took on a brave and risky challenge - a Wing Walk! Carrie's motivation was for her cousin Jamie Bittles, who had a glioblastoma multiforme brain tumour which was not responding to treatment. Sadly, Jamie died on 5 June 2024. Both the Brain Tumour Charity and the Alan Hudson Centre in Wisbech supported Jamie and his family and Carrie wanted to raise funds to say thank you for all they did for them. Carrie's challenge raised over

£5,000 to support people via the Alan Hudson Centre.

If you would like to take on a physical challenge, please visit our website:
arhc.org.uk/events-challenges



Writing for Wellbeing

Did you know that writing for just 15 minutes a day can improve sleep, boost the immune system, help with forgetfulness, help people learn better, improve your social life, help you be a better friend and support you to talk and laugh more? These are some of the things that Health Care Assistant Emily Ward shared recently at a Living Well Service session with patients who visit once a week for 12 weeks.

Emily explained that writing can take place in many forms: on the computer, an iPad, writing with your finger, or notebook, or using voice recordings etc. and does not have to be written with perfect grammar or spelling. It is the act of writing which is beneficial to wellbeing. Emily shared different writing aids that the Occupational Therapists use to support those who might need some physical assistance with writing. Emily shared ideas for writing:

Journaling - scribble your thoughts onto paper. There are no rules - write continuously.

Unsent letters - write a letter to yourself now, your younger self (about what you wish you had known then), to someone you



love or loved and lost, or write to your pain or illness.

Gratitude - write down the things you are grateful for, such as: birds singing, hot water, sunshine, family, spring flowers, etc.

Poetry - write a Haiku (pronounced Highkoo) - a Japanese poem that consists of three lines, with five syllables in the first line, seven in the second, and five in the third.

Each patient was given a notebook to write in and given time to think of five things they are grateful for or to write a Haiku. Kathryn Webster, who attends the sessions, shared a Haiku that she wrote, reflecting on a personal memory in Northern Spain:

"Memories, cycling in sunny climbs through beauty, reflecting on life."

You can read more on our website: arhc.org.uk/writingforwellbeing

Join us for a Festive Wreath Making Workshop!

Laura Turner from Flora Laura Flowers will be running a Wreath Making Workshop for you in November. This is a fantastic opportunity to learn a new skill, meet with friends, and enjoy a fun atmosphere whilst supporting the Charity's services.

Laura is an eco-florist and has been a dedicated supporter of the Charity since her mother was cared for by the Hospice services. Her passion for sustainable

floristry will guide you through to creating your own beautiful wreath, perfect for the festive season.

The cost of £49 per person includes all materials and a welcome drink on arrival. Spaces are very limited, **so book your place for Friday 15 or Saturday 16 November at arhc.org.uk/events/detail/festive-wreath-making or call 01223 675888.**

Brenda shares her 25 years' volunteering experience



Many of you have probably met Brenda Evans, as she has been volunteering for the Charity for over 25 years, in many volunteer roles!

She currently volunteers at the Regent Street shop, at the Retail Hub, delivering sugarcraft sessions in Arthur's Shed, at the Living Well Service, and has been a volunteer driver. She is also a Caring Communities volunteer and visits patients in their own homes for conversation and company. Brenda kindly explains more:

How did you first get involved with the Charity?

I started volunteering at the old Hospice on Mill Road.

Why did you volunteer for Caring Communities?

During COVID, it was masks, Zoom, and telephone calls, which I find difficult because I am deaf and lip read. I heard about the Caring Community volunteer roles and joined the team.

What does a visit look like?

Typically, each visit is about an hour. I have seen all of them at different times of the day. I offer a hand massage to all of my patients and they are very appreciative of it as it does help them relax!

Can you tell me more about the patients you have visited?

Every patient I've seen has been completely different and have different

needs. I always go in open-minded because I need to get used to them and them to me.

How long do you visit the patients for?

I visit somebody once a week for eight weeks. There are a team of volunteers, so patients can have a different volunteer after the eight-week sessions finish. So, they still get the benefit of feeling that somebody cares to go and check on them.

What difference, do you think, the service makes to the patients you visit?

All of them have been very grateful for the visits. They were always pleased to see me. They've all really appreciated somebody going in and just chatting to them. All of them, except one, have lived on their own and therefore it is very valuable for them to have somebody to talk to.

What is your husband's connection to the Charity?

My husband, Stuart Evans, was a Trustee and Chair of Trustees during many of the major changes at the Charity. There is a commemorative glass sculpture, 'The Journey', in the Bistro, which brings together the old and new Hospice with my husband's name on it.

You can read Brenda's full interview on our website: arhc.org.uk/team/detail/brenda-evans-volunteer

A video showing how to give someone a hand massage or how to give yourself a hand massage, can be found on the webpage: arhc.org.uk/supportive-wellbeing-videos/

If you would like to volunteer for Arthur Rank Hospice Charity, please see the current volunteer opportunities on our website: arhc.org.uk/volunteer

Colleague Spotlight

Shan E Zahra started working as an HR Administrator in July 2023. She explains more about her role:

What inspired you to join #TeamArthur?

I knew the word "Hospice" vaguely as a very limited facility is provided in my home country for palliative care. My mother was diagnosed with ovarian cancer in 2002. Since then, I always wanted to be a part of a healthcare organisation that contributes to care for those in need or are diagnosed with an end of life illness.

What's the best thing about what you do?

My role is critical in ensuring the smooth functioning of HR operations and supporting the organisation's mission - 'Making Every Moment Count: supporting people with a life-limiting illness, caring for people and their loved ones at the end of life'.

Can you describe the most rewarding aspect of your role?

The opportunity to provide compassionate care, make a positive impact on the community, and experience personal and professional growth while working with some awesome superstars in HR.

What is your experience of Ramadan and Eid ul Fitr while working at the Charity?

Observing Ramadan and celebrating Eid ul Fitr while working at the Charity was a deeply enriching experience for me. I felt truly valued and respected for my beliefs, which was incredibly affirming, in such a diverse and compassionate environment.

The accommodation for more time to work from home during Ramadan allowed me



to maintain a delicate balance between fulfilling my professional responsibilities and observing my religious duties of prayers and fasting throughout the month.

The Hospice environment provided a space where my religious traditions were not only acknowledged but embraced, fostering a sense of unity and mutual respect among colleagues of diverse backgrounds. Colleagues expressed genuine interest and respect for the significance of the occasion, which was heartwarming.

It exemplified how organisations can create an environment where individuals of all faiths feel valued, respected, and supported in honouring their beliefs while fulfilling their professional responsibilities.

What advice would you give to someone considering a career or volunteering opportunity with #TeamArthur?

Whether you're a colleague or volunteer, remember that your contribution, no matter how small, can make a significant impact on someone's journey. Embrace empathy, kindness, and a willingness to learn, as each interaction holds the potential to bring comfort and dignity to patients and their families. Together, we can create meaningful moments that resonate long after they've died.

How much can you multiply £50 to?



Who do you know who is up for a Money Multiplier Challenge?

From 1 October - 31 December we are giving organisations £50 to see how much they can grow it... all while having lots of fun of course!

Do you know an organisation that has what it takes to compete with local businesses to become the Ultimate Money Multiplying Team to support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care?

For more information visit
arhc.org.uk/moneymultiplier

Who will you treat to Afternoon Tea?



Since May, over 70 supporters have been enjoying a special Afternoon Tea in our beautiful Bistro on Wednesday afternoons. For £15.50 per person, you can enjoy tea, sandwiches, scones, and cake on quaint and individual crockery, kindly donated via our shops, whilst supporting the Charity to raise funds for Hospice services. Book your table now by calling **01223 675777** or visit our main reception desk (just a short walk from the Babraham Road Park & Ride).

Celebrating Julie's Year-Long Ultra Challenge

In September we will see the conclusion of Julie Bamforth's year-long Ultra Challenge which has spanned a total of 526 km - equivalent to 12 marathons, as a heartfelt tribute to her brother, Mark Bamforth.

Mark was a beloved husband, father, brother, and friend who died last September at the age of 56 years old. Members of the Hospice at Home team cared for Mark and provided practical support for the whole family. Julie wanted to raise funds to say thank you and provide services for families, via the Charity, in the future.

The tribute to Mark has been a collective effort. Friends and family members joined forces, organising a successful golf day, quiz and raffle in his memory. The initial fundraising target of **£5,000** was surpassed and is now over **£6,500!**

If you would like to take on a physical challenge, please visit our website:
arhc.org.uk/events-challenges



Thank you to our Challengers

All Ford RideLondon cyclists: Carol Boston who took part in memory of her parents, raising **£720**, Thomas and Johnathan Fleming who raised **£500** and Caroline and Noah Harris who raised **£1,740**.

Bonny Weaver and Sam who completed an Ultra 50km raising **£1,085** walking for Mark Bamforth.

Darren Runham who ran the Edinburgh Marathon in memory of his Dad, David Runham, raising **£255**.

Rob, Carly, Trev, James, and Suzy, who walked the perimeter of the Isle of Wight in memory of their friend Clare, raising over **£3,000**.

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



Events update

Muddy Fun Participants of the 2024 Mission Mud truly got stuck in at The Playground in Waterbeach, raising over **£4,200**. Individuals, families, and groups of friends, of all ages took part, each with their own personal reason for joining the muddy challenge.

The next Mission Mud is scheduled for 10 May 2025.

Sign up at theplaygrounduk.com/cambs or email cf@arhc.org.uk for more information.

Star Shine Night Walk A BIG thank you to everyone who joined us for Star Shine Night Walk 2024. Over 400 of you set the streets of Cambridge aglow as the sun set on the longest day of the year. It was a special way to remember and celebrate loved ones while raising over **£40,000** for Hospice care to support people in your community.

You will be excited to know that super early-bird registrations are NOW open, for Star Shine Night Walk 2025 participants, at a reduced cost. **Sign up for your place at arhc.org.uk/SSNW**



Thank you to our Community

The Thriplow Daffodil Trust, who donated an incredible **£10,500** as one of the 2024 weekend charity beneficiaries.

Georgie Noble for hosting the circus-themed Big Breakfast 24 and donating **£1,050**.

Helen Lemmon's family and friends who held the Helen Lemmon Memorial Pool Tournament and donated **£1,520**.

Ivor Sanderson for donating **£600** raised in memory of Owen Ambrose at a music event held in Over.

Rebecca Bond who donated **£1,625** collected at her music nights in memory of her mother, Christine Whitehead.

Verity Haines, who held an 'Art in the Garden' event, which raised over **£300**. Christine Ruffles and Penny Saich for donating an amazing **£1,639** from their annual wine and canapés afternoon.

Wisbech Lions for supporting Nurse's, Sarah-Jayne Grimwood and Claire Walpole, by sponsoring them **£250** for completing the Firewalk in Wisbech.

Thank you to everyone who took part in the Firewalk in Wisbech in June. You braved the heat and raised over **£2,500** for people across the Fenland area.

Wisbech Freemasons for donating over **£2,600** from their Golf Day. Walsoken Village Hall for donating **£262** from a raffle at an event.

Thank you to all of our community fundraisers, if you are inspired to fundraise please email cf@arhc.org.uk or Toni.Bird@arhc.org.uk if you are in the Wisbech area.



TTP Cambridge Half Marathon returns in 2025

This year over 50 #TeamArthur runners joined some 13,000 runners in the run, and we're aiming for more on Sunday 9 March 2025! We have 60 places to fill and places are expected to go quickly, so please do get in touch to secure yours today. We ask you to commit to raise £350 and there's a registration fee of £24 to pay. Alternatively, if you already have your own place in the event and would like to support us, please do get in touch.

For more information and to register visit: arhc.org.uk/cambridgehalf



Mick is Living Well on his bike at the Hospice

Mick Swales, aged 84 years old, has muscular dystrophy and visits the Living Well Service. He always makes time to go on one of the Medimotion bikes in the gym when he visits, and kindly shares his story and why this is important to him:

When were you first diagnosed with muscular dystrophy?

When I found out I had muscular dystrophy I was 32 years old. I went to a physio who could see a physical disability on my right shoulder.

How were you diagnosed?

They referred me to Addenbrookes to Neurology and sent me for a muscle biopsy. They told me I'd got facioscapulohumeral muscular dystrophy (FSHD), which my mother probably had given me.

What do you like about the Living Well Service?

The people you're with and what they offer you. I like to go on one of the bikes in the gym as I have spent most of my life on a bike. From about 2-3 years old, I was carried on the kiddie's seat on the front of

my Mum's bike. I would sit there singing 'the White Cliffs of Dover', kicking my feet and getting rid of my welly booties.

At seven years old I learned to ride a bike and at aged 14 years old I rode my first 25-mile time trial. Since then, I've done thousands of miles [cycling] and been halfway round the world - New Zealand, South Africa, France, Belgium, Holland, Morocco, the Atlas Mountains, Spain, Italy, Germany, Gibraltar.

One day in the Hospice Gym, the physiotherapist put a film on for me on the Medimotion bike and I felt like I was riding on this bit of road that I knew because it looked like it was set in the 'Garden Route' from Johannesburg to Cape Town in South Africa. I'd been on that bit of road on my bike physically and now I felt like I was riding it on the bike in the gym at the Hospice.

You can read Mick's full story on our website: arhc.org.uk/micksstory



Your VIP invite to look around the beautiful Cambridge colleges!

On Sunday 15 September 2024, you are invited to take a privileged stroll around the gardens of some of the stunning University colleges in Cambridge at Bridge the Gap Charity Walk, starting and finishing on Parker's Piece.

Over 650 walkers have already signed up to join us on this specially designed four-mile route where you will get a close-up view of the city. Meander through the beautifully manicured gardens of six University colleges, all whilst raising funds for Arthur Rank Hospice Charity and Romsey Mill.

One previous participant commented:

"It's wonderful seeing parts of Cambridge you don't normally see - even as a resident."

Sign up now on our website: arhc.org.uk/btg



Granta School, sixth form students fundraise in memory of their fellow student

Sixth form students at The Hive, Granta School in Little Abington, are working towards their bronze Duke of Edinburgh Awards. For the fundraising module they have been busy raising money for the Charity in memory of their much-loved fellow student, Kieran Tetlow, who passed away in 2023. Keiran and his family were supported by the Charity's services.

The students organised a cake sale and printed tote bags to sell, successfully raising £225.85. Community Fundraiser, Sarah Clayton, along with Arthur Bear, the much-loved charity mascot, had the opportunity to visit the students, who are aged between

16-19 years old and have Special Educational Needs (SEN). Class teacher, Allison Darken, commented: *"Giving back to the Hospice and knowing where Kieran was looked after helps the students to process their grief. We were delighted when Sarah suggested a visit."*

Visits to schools (with or without Arthur Bear) can be arranged by visiting the website arhc.org.uk/fundraising/fundraise-your-way/

If you, younger members of your family, or your school would like to fundraise please email cf@arhc.org.uk or call **01223 675888**.

