

Challenge yourself in 2026 with our overseas challenge!

Join us in May 2026 for an extraordinary adventure in the High Atlas Mountains of Morocco. We're seeking daring adventurers to conquer the highest peak in North Africa: Mount Toubkal, standing tall at 4,167 meters. **Are you ready to rise to the challenge?**

This exhilarating five-day journey includes three days of trekking. The ascent is demanding, with steep, rocky paths and the added challenge of high altitude. Yet, the breathtaking views from the summit, stretching across to the Sahara Desert, and the immense sense of accomplishment will make every step worthwhile. For more details, visit arhc.org.uk/mount-toubkal-trek

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For information about all our shops,
go to arhc.org.uk/shops

Registered Charity No. **1133354**

Follow us on [!\[\]\(95b425611cbd2b8716a140cf67c81822_img.jpg\)](#) [!\[\]\(98475352b625a273242ad989dd0cabc3_img.jpg\)](#) [!\[\]\(116076dec7d8ea5879a528db6ccb1b4b_img.jpg\)](#) [!\[\]\(685418701da331caa157259fe4627617_img.jpg\)](#) [!\[\]\(904cfc748c23794f11a6e4ab579709c0_img.jpg\)](#)

Dates for your diary

March

Sun 9: TTP Cambridge Half Marathon

Sat 22 and Sun 23: Thriplow
Daffodil Weekend

Sat 29: Cambridge Singers;
Music of Myth and Creation.
Jesus College Chapel

April

Fri 4 or Sat 5: Spring Wreath
Making Workshops

May

Sat 10: Mission Mud

Sat 17: Star Shine Night Walk -
Wisbech

Sat 24: Family, Dog and Car show

June

Sat 21: Star Shine Night Walk -
Cambridge

September

Sun 14: Bridge the Gap

See also events at Arthurs Shed:
arhc.org.uk/arthurshed

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



Arthur Rank Hospice Charity

News

Issue 136 Spring 2025

Star Shine Night Walk in 2025 - join us! (page 11)



Welcoming our Community (page 10)



Welcome to your Spring Newsletter

As the daffodils start to bring us colour again this spring, I hope this Newsletter brings you renewed optimism. We are always pleased to find new opportunities to engage with our community and you can read more about how we have been doing this on page 10.

It is always a pleasure to hear about how our staff and volunteers are continuing to learn, try new things and share these for the benefit of our patients and their families. You can find out more about training for our Health Care Assistants on page 3, the 'Love to Move' sessions on page 5 and useful tips for maintaining your independence on page 4.

We are always keen to work collaboratively with others to help us raise the money needed to fund our Charity and to support others in our wider community. Thank you to all organisations who took part in the Money Multiplier (page 5). It is a pleasure to work with Sue Ryder to host the 'Grief Kind' bereavement sessions, in our Bistro, for people who would like support.

Look out for the 'This is Hospice Care' TV advert due to reach our screens in the last two weeks of February. We are thrilled to be part of this Hospice UK National Campaign. Remember you can write your

will for free with our partners Farewill (read more on page 3).

Have you signed up for Star Shine Night Walk yet? You have not one, but two opportunities this year - see page 11.

And finally, never underestimate the power of knitting (and baking! page 7) Find out how much our passionate and dedicated 'Knits of the Round Table' have raised over the past eight years to support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care on page 10.

We can't do it without you, so I thank you for all your support.

Best wishes



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Bereavement Support

Each of us experience grief in our own individual way. Many people find it helpful to learn a bit about what to expect when experiencing grief in the weeks and months after somebody dies. The Charity has a range of free to access resources and support which can be found at arhc.org.uk

Health Care Assistants awarded Care Certificates

Health Care Assistants, Alice Johnson and Sarah Wallis, were delighted to be presented with their Care Certificates following completion of their online training with the Hospice at Home Service Team. The Charity's values of compassion, caring, community and excellence are woven through the outstanding care given to all patients. This is sustained by ensuring

the Charity's goal of developing and retaining an engaged and motivated team is achieved. The Care Certificate, based on the standards set by Health Education England, Skills for Care and Skills for Health, enables people, who are passionate about caring for patients, to work as a Healthcare Assistant with no previous clinical qualifications.

Sarah shared: "I am very grateful to Arthur Rank Hospice Charity for the encouragement and support I've received to complete the Care Certificate. It's been a really good experience and I look forward to putting everything I've learned into practice!" If you would like to join Alice and Sarah visit: careers.arhc.org.uk



Can you help hospice care live on for all, for now, forever?

Look out for the 'This is Hospice Care' TV advert due to reach our screens in the last two weeks of February. We are thrilled to be part of this Hospice UK National Campaign, joining 142 other hospices to shed light on the wonderful work hospices do in supporting their communities.

You will have no doubt seen how challenging it is, for hospices, to raise funds to provide the continuous care for patients and their loved ones. This campaign highlights the importance of writing a will to ensure that your wishes are respected and loved ones are cared for and if you are able to, leave a gift to your local hospice, to support others.

Just as this incredible support would not exist without hospices across the UK,

hospice care would not exist without you. A gift in your will helps ensure care at the end of life is there for everyone who needs it, both now and in the future. It's ours to protect.

For more information about the campaign and will writing, including our free will writing offerings visit arhc.org.uk/iwill or call **01223 675881** or email r.brown@arhc.org.uk



Maintaining your independence

Maintaining Your Independence Patients visiting the Living Well Service, picked up some useful tips in a session led by Nurse, Anne-Marie Lydon and visitor Moira Hegerty. Anne-Marie, who works closely with the Physiotherapists and Occupational Therapists to support patients on how to Stay Steady and keep mobile, advised patients to avoid sitting for too long.

Planning ahead in case of a fall was also discussed. Moira explained: *"I've always had bad knees which led to mobility issues. I pay for an alarm service in case I fall. I will be linked to a person, by pressing a button on a pendant. They can summon help if I need it."* Key safes, located outside the home, are a consideration if you are at risk of falling or needing support and can't get to the door. Anne-Marie suggested some sensible precautionary measures people can put in place in case of a fall: place cushions, blankets and a bottle of water in a handy place in the home.

The Bobby Scheme also offer advice, information and guidance to increase confidence whilst living in your own home. More information can be found at thebobbyscheme.org/ or by telephoning **01480 413311**.

Tips to reduce the risk of falls:

- Good lighting
- Use cable tidies
- Use non slip underlay under rugs
- Put things at reachable levels
- Install grab rails
- Avoid steps
- Consider moving downstairs



- Put bells or bright coloured collars on your pets
- Never store things on the stairs
- Make sure nothing is trailing from your clothing
- Take care of your feet
- Make sure your shoes are fitted correctly and replace slippers before they are worn out
- Avoid walking with just socks or tights
- Avoid shuffling when walking
- Avoid caffeinated drinks
- Avoid multiple medications
- Avoid alcohol
- Get your eyesight and glasses regularly checked.

What to do if you do fall:

- Lay still for a minute to see if you have injured yourself anywhere
- See if you can get on to all fours, or bottom shuffle to summon help

Whilst you wait for help:

- Stay warm
- Keep moving where you can
- Keep up your fluids

A useful leaflet called 'Get up and go' can be downloaded at arhc.org.uk/maintainingindependence

Love to Move

A science backed programme, developed by the British Gymnastic Foundation, 'Love to Move' is a chair-based movement group with a focus on cognitive wellbeing and physical movement, set to music. Patients have been taking part on alternate Wednesday mornings at the Alan Hudson Centre in Wisbech, since August 2024. Complementary Therapist, Sarah-Fay was delighted to access the training and funding via Active Fenland, to roll out these groups at the Centre, with the support of three volunteers.

The movements used during the 'Love to Move' programme can help to develop coordination, balance, core strength and flexibility. It consists of several different coordination exercises and involves gross motor and fine motor skills, visualisation exercises, tapping rhythms and speech. Some activities include crossing the mid-line with focus on bilateral asymmetrical movements (which means doing different things on each side.) These more

challenging movements can help build cognitive reserve, which is the brain's resilience to illness and ageing. Did you know, even the act of trying to do something difficult, increases coordination skills and can lead to the development of new neural pathways in the brain?

Sarah commented:

"The most important thing is that classes are fun, and we laugh a lot. We also have some well-deserved refreshments and a chat afterwards, as the social aspect is equally important for wellbeing."

To find out more visit arhc.org.uk/ahc or telephone **01945 669620**



Local businesses show support completing the Money Multiplier Challenge

Back in October 2024, The Money Multiplier Challenge began with all Corporate Teams eager to see how much they could raise from their £50 seed fund. We were delighted they raised a total of **£5,647.65**, to support the Charity's 'Outstanding' services across Cambridgeshire.

A massive thank you to Bidwells, C4B Media, Softwerx and Springboard for their dedication, hard work, and innovative fundraising. **If you know a business who would like to take part in 2025 email partnerships@arhc.org.uk**



Meet Joanna from our Bistro

You might have met Joanna, our sunny Bistro Assistant. She has been with us for three years, bringing her warmth and energy to every shift.

"The best thing in my role is meeting people and interacting with visitors to the Hospice."

Joanna says. She especially loves seeing returning families.

A little fun fact about Joanna: she's originally from Nigeria, where food plays a huge role in family gatherings! Recently, the Bistro served African and Caribbean dishes to celebrate Black History Month, including Jollof rice, a favourite from Joanna's home.

"Jollof rice is usually eaten at weddings, parties, Christmas, all the time - everyone loves rice and meat in Nigeria and there's no party without it!"

Joanna's love for her team and the compassion they share shines through:



"Everybody here has their own personal life, but we all come here with one kind of compassion to work together. Our team are very close - it's more of a family than colleagues!"

She also appreciates the work-life balance the Charity provides her as a mum.

"I can start at 9:30 and finish at 2. This job caters to you. It's another thing that's really good."

It's clear that Joanna's warmth and dedication make a lasting impact. Next time you visit the Bistro, be sure to say hello to her and use the 10% off main meals - see below.



Arthur Rank Hospice Charity

10% off

main meals in **the Bistro**

Terms and conditions - for use on main cooked meals only, expires **31st March 2025**, no photocopies, no cash alternative, 1 voucher per person.

Popular Floral Workshop returns

Following the success of our festive wreath-making workshop, join us for our first **Spring Wreath-Making Workshop** lead by Eco-Florist Flora Laura Flowers. **Book your place for 4 or 5 April at arhc.org.uk/whatson or call 01223 675888.**



Bereavement Support with Grief Kind

Bereaved Cambridge residents can access free, informal support, as the Charity hosts a new Grief Kind Space, in association with Sue Ryder, held at the Bistro, every Friday from 10am until 12 noon.

By collaborating - with the Hospice hosting the space and Sue Ryder providing trained Grief Kind Space Volunteers - the two charities hope to tackle the isolation and loneliness felt by many people following a bereavement.

Annalie Graham, Bereavement Lead at ARHC said:

"Almost every home in the UK has experienced or will experience the loss of someone. Research from Sue Ryder, found that 86% of people who had been bereaved said they felt alone in their grief. By working together, we hope we can fulfil this unmet need by offering a safe, welcoming and supportive place for anyone to share their experiences of grief, helping them to feel heard and less alone."

"Attendees have told us how coming to the space each week makes the week ahead easier to face. Many have also shared

how family and friends just don't always understand what they are feeling, but the people they meet at the Grief Kind Space do and it's of enormous help to them."

The Grief Kind Space is open to anyone over 18 who has experienced a bereavement. There is no need to register or book.

"Whether you want to attend regularly for the full two hours, or pop in to connect with others in a similar situation for a quick chat when you need to, you will receive a warm welcome from our team of Sue Ryder trained volunteers, who are there to support anyone who has experienced any kind of loss at any time."

For further details visit arhc.org.uk/griefsupport



Cake anyone?

Hosting a coffee morning (or afternoon) is a wonderful way to get involved with our mission and help make a positive impact. You'll be spreading joy and making memories, all while raising vital funds to support people in the community. Whether it's in your living room, local café, or village hall, putting the kettle on is the perfect way to connect with your community and raise much-needed funds for patients. Get in touch to learn more about hosting your own coffee morning cf@arhc.org.uk or call **01223 675888**.



Thank you to our Challengers

11 year old Thomas Hall, who completed a 30 day dress-wearing challenge in memory of his friend's father, and raised **£1,085** for the Charity and Cancer Research UK.

Julie Smiths for completing a 12 month challenge, in memory of her brother Mark Bamforth and donating **£10,443**.

Jake Raven for running 5km every day throughout October and donating **£1,789**.

Marcus, Neil and Matilda for taking part in the Cornwall Lighthouse marathon in memory of Jack Taylor and donating **£1,675**.

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



Trekking in memory of Grandad Dave

The Percival family's legacy of fundraising continues to shine brightly, with Emma and Simon Percival recently completing a challenging trek across the Sahara Desert. Their journey, undertaken in memory of their beloved Grandad Dave, has surpassed all expectations - raising an incredible **£5,745** for the Charity.

From organising car boot sales and photoshoots to running raffles, they've tirelessly rallied their community to support their mission. The heartfelt response has highlighted not only the community's deep affection for Grandad Dave but also its recognition of the exceptional care he received during his final days.



Thank you to our Community

Thank you to everyone who supported the Christmas Tree Recycling Scheme, from registering your Christmas tree to be collected, volunteering your van and time and sponsoring the event and raising £102,000! to support patients.

The Three Horseshoes in Stapleford for donating **£840** from their New Year's Eve celebration.

Meridian Golf Seniors for their year long fundraising and donating **£5,170**.

The Cambridge Rotary Club South for continuing to support the Charity with their Annual Jazz Night.

Saffron Walden Golf Club Ladies team for choosing us as their Charity of the Year and donating **£10,000**

The Ely Rotary Club for donating **£322.63** from their Ely Sleigh Ride collection.

Tony Cronshaw who hosted a Strictly Dance Night in Arbury and donated **£360**.

Great Shelford Country Market for donating **£900** from their refreshment sales.

Students of Coleridge Community College who held a 24 hour Music-a-thon, donating **£1,250**.

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

Walking in the Woods at Millfield Orchard, Haddenham who donated **£1,023**.

Fulbourn lodge who donated **£3,706** from their New Years Eve Ball.

Rampton Horse Show for donating **£700** from their Charity Day.

Black Cat Residential Property, Letting Agent for hosting the Volunteer led Giving Christmas Tree, so that 40 Alan Hudson Centre patients received gift bags.

If you are inspired to fundraise your way please email Sarah at cf@arhc.org.uk



Knitters raise £12,000!

Knits of the Round Table, is made up of volunteers (including Alice Zeitlyn, who celebrated her 100th birthday last year), staff and supporters. It was founded, in 2017, with the aim of getting people together socially whilst making items for the Charity. Including items such as knitted hearts for the Inpatient Unit Compassionate Kit Bags, bears for the Patient and Family Support Team and creations to be sold at Fundraising Events and our Receptions, to raise funds to keep our services free of charge for patients. To date they have raised over £12,000!

Founder, Chris Barker and Caring Communities Coordinator commented:

"We have had up to 14 people at a meeting and also have some 'home knitters' who



can't make it to the Hospice but still like to contribute. It's not all about the funds we raise, it's the smiles we put on people's faces. A huge thank you to the 'Knitters' for all their hard work and time over the last eight years and we look forward to seeing what they come up with next."

If you are inspired to take up knitting or crocheting, join Suzanne in Arthurs Shed. Visit arhc.org.uk/arthursshed or call 01223 675777 for more information.

Welcoming our Community

We have been busy speaking to our community about services - open to all, at the Charity. CEO, Sharon Allen OBE and Jenny Oakes, Ward Manager had the pleasure of visiting the **Khidmat Sisters**, a group for Muslim women who meet in Cherry Hinton and later showing them around the Hospice.

We were, also pleased to welcome Wei Sun and colleagues from **the Chinese Community Centre**, including Chunmei Jian, Manager of **Cambridge Manor Care Home**.

Building connections with our elected **MPs**, so we can inform them about the work we and the hospice sector do. We were very pleased to welcome Pippa Heylins and her colleague Mark



Brooks to a visit to the Hospice. CEO, Sharon Allen OBE, and Director of Clinical Services and Deputy CEO, Sara Robins were delighted to show Pippa and Mark around before hosting a lunch in our Bistro. They were very impressed and said how much they had learned. It is always a pleasure to show visitors around the Hospice and share more about the Charity's services and we are delighted that they are all keen to support our work.

If you would like to visit the Hospice or learn more about our services visit arhc.org.uk/hospiceopendays or telephone 01223 675777.

Save the dates in 2025

Star Shine Night Walk in 2025 in Cambridge and Wisbech!

Star Shine Night Walk will be back with two events this year. Our flagship Cambridge event will take place on Saturday 21 June at 7pm. Choose between a 10- or 5-mile route, starting and ending at Shelford Rugby Club, and

get those steps in as you watch the sun set on the longest day of the year.

Or, for the first time ever, you can join us for our Wisbech Star Shine which is taking place on Saturday 17 May at 7pm. This 6km route starts and ends in the beautiful grounds of Elgood's Brewery and is sure to be a talking point of the town!

Whichever walk you choose and whichever distance you go, you'll be helping to raise much-needed funds for hospice care. A big thank you to everyone who joined us for last year's Star Shine Night Walk - between you, you raised an incredible £46,840! For more information, visit arhc.org.uk/ssnw



Family Fun for a Purpose

Get ready for a day of fun, teamwork, and unforgettable memories with your friends and family! Mission Mud isn't just about tackling obstacles - it's about coming together to create lasting moments while supporting adults in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care. Whether you're an experienced mud runner or trying it for the first time, this event is open to everyone aged seven years and up.

Join us in Waterbeach on Saturday 10 May by signing up at theplaygrounduk.com/mission-mud or call 01223 675888.



Swing into Action: Join Our Golf Day!

Our popular Golf Day returns on Thursday 26 June at the stunning Gog Magog Golf Course. Gather your team for a day of friendly competition, fun challenges, and the chance to win great prizes, all while supporting a fantastic cause.

For £300 (up to 4 players), enjoy 18 holes of golf, including the nearest the pin challenge and putting competition. Afterwards, relax with a delicious BBQ at Arthur Rank Hospice and socialise with fellow participants. Spaces are limited, so book your spot today by emailing partnerships@arhc.org.uk or if you are interested in sponsoring part of the event.