

Have you visited Arthur's Shed yet?

Arthur's Shed is a (home studio style) community space based in the grounds of our Cambridge site. From here we run wellbeing related workshops - from Astronomy, to Laughter sessions to Meditation and much more. Sessions are free and open to the public. You don't need a connection to the Charity to join.

Did you know we now offer this space to local community groups/organisations and individuals in return for a small donation? The space can hold 10 people for virtual meetings or an open space can be created, perfect for yoga, meditation or floor work. For more information email arthurs.shed@arhc.org.uk or tel: **01223 675777**.

Contact us

ADDRESS

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Bottom, Cambridge, CB22 3FB

Alan Hudson Centre,
North Cambs Hospital, The Park,
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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**

Follow us on

Dates for your diary

May

Sat 17: Star Shine Night Walk - Wisbech

Tues 27: Understanding Grief
(Online 7 - 8.30pm)

June

Thurs 19: Open Day at the Hospice
(12am - 1pm)

Sat 21: Star Shine Night Walk - Cambridge

Thurs 26: ARHC Charity Golf Day

Thurs 26: Understanding Grief
(Face to face 11am - 12.30pm)

Sat 28: Family Fest at St Neots Rugby Club

August

Sat 9: Sunflower Memories

September

Sun 7: Running Challenges - Great North Run, The Big Half and Vitality 10k

Sun 14: Bridge the Gap

October

Wed 1: Start of the Money Multiplier Challenge

2026

16-20 May: Mount Toubkal, Morocco - massive 5 day trekking adventure!!

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



Arthur Rank Hospice Charity

News

Issue 137 Summer 2025



Jane's Alan Hudson Centre experience (page 6)

Welcome to your Summer Newsletter

As you sit down to read this Summer Newsletter, to both reflect and look forward, grab your diary as we have lots of opportunities for you and your loved ones!

The Bistro will be serving dishes to recognise Eid al-Adha on Saturday 7 June, the second of the two main celebrations in the Islamic calendar. You can read about Farah, one of our Hospice at Home Health Care Assistants and how the Charity supported her during Ramadan to enable her to carry out her Muslim practices whilst working (page 7).

On Saturday 17 May, join us for Star Shine Night Walk (page 11) in Wisbech for the very first time and on Saturday 21 June (the longest day of the year) you can help turn the streets green for the return of Star Shine Night Walk in Cambridge. Plus, on Sunday 14 September you can experience a brand new walking route around the Cambridge colleges for Bridge the Gap (page 11) - all to support people living in Cambridgeshire with an advanced serious illness or a life-limiting condition and those in need of end-of-life care.

As ever, a big thank you to must go to all supporters who enable us to continue supporting people and their families in your community at no cost to them. People are motivated to support the Charity for many different reasons, some because they like to say thank you for the outstanding care they have received, such as Brad Morris (a lymphoedema patient)

and Craig Brown (whose Mum received our care), who both ran the London Marathon in April (page 4) and Amber Dyra who is taking on a year of challenges in memory of her Dad (page 3). A big thank you to all of them and also the 95 TTP Cambridge Half Marathon challengers who joined over 13,500 runners in March (on what felt like a summer's day) and raised over £50,000 collectively! (page 8).

However you support, whether that is collaborating in community events, like the Cambridge Chinese Community (page 3), taking on Mount Toubkal (page 10) or Lead On (page 11), visiting our shops, buying or knitting chicks (page 10), taking part in our raffles or lottery (page 6), visiting our Bistro, volunteering your time (page 10) or sharing your story and our news from this newsletter or social media, I, my colleagues and our patients and their families are extremely grateful to you - thank you.

Best wishes



Sharon Allen OBE
Chief Executive
X @sharonallenarhc
sharon.allen@arhc.org.uk



Collaborating with Cambridge Chinese Community

Engaging with our diverse community is one of our key values, so Carly Wills, Matron of Clinical Services and Hannah Touhey, Voluntary Services Manager were delighted to have been invited by Maggie from the Cambridge Chinese Community Centre to a 'Peaceful Aging' event recently, to speak about end of life and palliative care. Carly and Hannah were able to answer questions about available services, referrals and the importance of advance care planning. They were joined by Chunmei Jian from Cambridge Manor Care Homes, who spoke in depth about the process of exploring the needs of the individual,

the types of care homes available and funding. Around 15 people attended and asked some excellent follow up questions. Hannah and Carly were also treated to wonderful music. To read more visit arhc.org.uk/chinesecommunity



Amber's year of challenges in memory of her Dad

When Amber Dyra's Dad, Daniel aged 47 years old, died from breast cancer in October 2024, it was a heartbreaking loss. In his final days, the team on the Inpatient Unit provided care that meant everything to Amber and her family.

Amber shared:

"Dad was only there for four days, but the care was amazing. They made it so personal - even when he couldn't

communicate, the nurses put Formula 1 on TV because they knew he would have wanted that. The Hospice helped us in so many ways, from supporting my youngest brother to simply being there with a cup of tea or a hug. I could never thank them enough."

Daniel, a caretaker at Cottenham Village College, was known for his kindness and humour. Now, Amber is dedicating 2025 to raising money for the Charity in his memory. Her year of challenges includes running 100km in January, swimming 21 miles in February, cycling 100km in March, and tackling runs, obstacle courses, and endurance events throughout the year. October will be a significant challenge to mark the anniversary of her Dad's death. To donate and support Amber, visit arhc.org.uk/amberdyra



You can visit our shops in Burleigh St, Mill Rd, Regent St, Cottenham, Ely, Gt Shelford, March and Pampisford for the Retail Hub and Retail Outlet.

Supporters give back via the London Marathon

There are many reasons why our supporters are motivated to raise funds for the Charity. Brad Morris and Craig Brown, who both ran the London Marathon in April, along with seven other #TeamArthur challengers, demonstrate this perfectly.

Brad, aged 36, was involved in a serious motorcycle accident in 2022 and almost lost his left leg. Very fortunately, the plastic surgery team at Addenbrookes Hospital were able to save his leg and perform a skin graft. But, even as a previously fit and keen athlete, his recovery involved progressing from a wheelchair to walking unaided again. As his mobility was still limited by swelling, months after the accident, the hospital referred him to the Lymphoedema Clinic, at the Hospice to help get things moving. Brad shared:

'At the time I had never heard of such a clinic, but they changed my life!

Following a number of appointments, check-ins and hours of physio, I am fortunate to have made a near full recovery and am back to practising the sports that I love. At a time when I was worried I'd never run again, the Charity gave me the boost I so desperately needed. Today, thanks to their help, I'm nearly fully recovered and back to doing the sports I love.'

For more information visit arhc.org.uk/bradmorris

As a Driving School instructor, based in Wisbech, Craig is more comfortable on four wheels than a pair of trainers. He took part in the London Marathon



Brad Morris



Craig with his family

in memory of his Mum, Kay Brown. Craig shared:

"The Charity provided the most amazing palliative care to my Mum. Not only was that so important for her but also it helped us as a family be able to spend every possible second with her in the comfort of the family home. Every day for three weeks the ladies from the Hospice at Home Team came to see my Mum. They always had time to chat to us and even used to put my Mum's favourite perfume on for her too. Without these amazing people our last weeks with Mum wouldn't have been as peaceful and easy.

To be completely honest I would run to the ends of the earth to have Mum back but seeing as that's not possible, raising as much as I can for this amazing cause is my goal! There will never be enough we can do to say thank you [to Arthur Rank Hospice Charity] but if we can help to ensure these amazing people are still able to provide the best possible care for people and their families then I will do whatever I can."

For more information visit arhc.org.uk/craigbrown

Saying it by rhyme

Graham Hartwell has enjoyed making up poems and rhymes for many years. He shared a poem with his fellow Living Well Service patients and most recently shared his thoughts about the Bistro, which he and his wife enjoy visiting at least once a week.

*The Bistro here at Arthur Rank
Is the best you will see
Serving cold drinks and hot chocolate
Or a lovely pot of tea*

*There's coffee, cakes and sandwiches
And other little snacks
Like bags of crisps and chocolate bars
Displayed on wooden racks*

*How about a baked potato
Now these will always please
Served with different fillings for example,
grated cheese*

*There's soup, quiche and salad
Or perhaps a cottage pie
Plus many other dishes
Here for you to try*



*Like fish and chips on Fridays
You'll find this one a winner
Or come along on Sundays
For a really nice roast dinner*

*This is just a small selection
There is indeed much more
Please come along and see us
Were open nine till four*

*You'll find the staff and volunteers
Work hard for you and me
Helping to raise money
For the Charity*

You can read Graham's poems, and those of previous contributors, who kindly shared their thoughts in rhyme at arhc.org.uk/poems

Summer Super Draw - win up to £2,000!

Spread sunshine to those who need it most while adding sparkle to your summer! For just £1, our Summer Super Draw on 7 August gives you a chance to win a dazzling £2,000 grand prize and other cash rewards, while helping provide comfort and dignity when families need it most. Each ticket purchased (which needs to be with the Charity by 1 August) goes towards supporting people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care.



This year we are excited to launch our online ticketless raffle alongside our usual raffle tickets. To find out more, visit arhc.org.uk/raffle or for paper tickets call **01223 675888** today. Open to those 18 and over only. We support responsible gambling. Terms and conditions apply.

Jane's Alan Hudson Centre experience

When hospice care is first mentioned to patients, it can be natural for them to feel apprehensive. Jane Albutt kindly shared her journey of acceptance and how this has benefited her.

"Hello its Clare here from the Alan Hudson Centre. I'm just ringing to make you an appointment." I said all the right words 'Yes, OK, thanks' but in my head, I was thinking, 'no thanks, I don't want to come.'

In November 2009 I was diagnosed with breast cancer. The guilt you feel after a life changing diagnoses is heavy - really heavy because it had a ripple effect on my husband, my young children, my mum, my family and my friends.

In 2020, after a routine scan, a cancer was found on my pelvis. That's when I had the phone call from the lovely Clare. A couple of appointments in I sobbed. I mean really cried. I thought 'I don't belong here!' In 2024 another scan revealed more cancer on my pelvis, but plans were put in place quickly and the journey continued. The support from the team never wavered. So, you see after initially believing I didn't belong - I know now I do belong there AND I need to be there. I, along with many other patients appreciate

staff who are professional, caring and empathetic and am grateful to them for offering me a safe space and allowing me to be myself.

The Alan Hudson Centre provide my pathway of treatment, they provide my emotional support, they share my down days, they wipe my tears, they share my laughter, they support my family, they are always on the end of the phone for the smallest niggles or the daftest question and believe me there have been many!"

To find out more about our services visit arhc.org.uk/services or tel: 01223 675777.



Lottery winner supports the Charity in memory of his wife

Just this year, three Arthur Rank Hospice Charity 'Your Hospice Lottery' players have had pay outs. After losing his beloved wife, Renwick Johnson, who won second prize in February, plays our lottery because he genuinely cares about the Charity's mission. Although his wife sadly didn't have the opportunity to use our services, Renwick's ongoing participation helps ensure others in our community can access the compassionate care they need during life's most challenging moments. Congratulations to Renwick on his win, and our heartfelt thanks to him and all of the Your Hospice Lottery players who play in aid of the Charity, for your continued support. To play Your Hospice Lottery visit arhc.org.uk/lottery

Health Care Assistant shares her Ramadan experience at the Charity



Farah Mogul started working for the Charity in 2023, after talking to our CEO, Sharon Allen OBE at an open day at the Cambridge Mosque. She first worked on the Inpatient Unit and now in the Hospice at Home Team. Farah shared how she is supported working, as a practicing Muslim, at the Charity.

"During Ramadan, Muslims fast from dawn until sunset, refraining from food and drink, not consuming anything, including smoking during the fast. We pray at regular times throughout the day and night depending on the sunset. It is also a time to give to charity

and to help people who are in hardship and do not enjoy the same benefits as we do.

Before praying we do Wudu (Ablution) - a way to cleanse ourselves physically and spiritually. After performing my Wudu, I place a headscarf on my head as a sign of modesty and respect for prayer. Sometimes, if I have my Abaya [simple overgarment], I wear it to fully cover myself before standing in prayer. When I worked in the Inpatient Unit I worked nights during Ramadan and went to the Sanctuary during my breaks to pray. The Hospice has prayer mats in the cupboard for anyone to use. There is also a wooden qibla on the floor which faces towards the Kaaba - the Sacred Mosque in Mecca. This year, I saved all my annual leave so I could take the last two weeks of March off as I usually like to go to the Mosque.

To mark the end of Ramadan we have a celebration called Eid ul-Fitr. We share roast lamb or chicken and pilau rice, curries and savoury and sweet dishes. We divide the dishes into three: one you keep for yourself, one for your family and friends and one for someone in need."

Join us in our Bistro on Saturday 7 June, when we will serve dishes to recognise Eid al-Adha, the second of the two main festivals in Islam.

Sunflower Memories

Our annual Sunflower Memories celebration returns in August. You can dedicate a Sunflower marker inscribed with a loved one's name to be displayed in the Hospice gardens, with a special commemoration event on Saturday 9 August 2025. Please visit arhc.org.uk/sunflower or telephone **01223 675888** to find out more.



Thank you to our Challengers

A big thank you to all of our challengers, including:

David Dalrymple who ran the Boundary Run in memory of Jon Williams and raised **£1,567**.

Ben Mitchell who ran the Manchester Marathon in memory of his Grandad Jake, raising over **£350**.

Wendy Bower who also ran the Manchester Marathon in memory of her Mum, Wendy Bruce and raised more than **£500** for the Charity.

Sharon Dence who took part in the London Landmarks Half Marathon 2025 in memory of her Mother-in-Law, June Gadsby and raised **£510** in sponsorship.

Leah Pawley who climbed Scafell Pike in memory of her Grandad and her partners Aunt Lisa and raised over **£500**.

Martyn Townsend who ran the Brighton Marathon in memory of his Grandma, Julie Townsend and raised **£416**.

If you are inspired to take on a challenge for Charity, email challenges@arhc.org.uk



#TeamArthur running events update

On Sunday 9 March an incredible 95 dedicated runners participated in the TTP Cambridge Half Marathon and together they raised a phenomenal **£50,000** between them. The fabulous cheer squads were out in force on the day at

two locations on the route, as well as at the start and finish. Our huge thanks to all the runners, volunteers, friends and family who supported them and everyone who donated and sponsored them.



Thank you to our Community

A big thank you to all of our community fundraisers including:

Chris Jones for collecting **£2,750** at the ARMS Reunion.

Supporters who visited the stall at Thriplow Daffodil Weekend, which raised **£2,163.10**.

Chris Richard's Cottenham Music Soul Night for donating **£475.00**.

Ruby Watts' Coffee morning in Little Thetford who donated **£1,370.17**.

Jo Clark who hosted her Evil Circuits and raised **£793.75**.

The Kings School Ely who donated **£1,161** of sale takings of toasties.

Lisa Ellis for donating over **£2,384** from the Grantchester Jumble Sale.

Comberton Utd for donating **£350** from a race night fundraiser.

If you are inspired to fundraise for the Charity, email cf@arhc.org.uk



Alice Brittain from St Neot's, who works at Bidwells in Cambridge, was one of the runners who took part for #TeamArthur, and she shared her reason why:

"I ran the Cambridge Half Marathon for the Charity in memory of our dear friend and colleague, Russell Catley. Russell, aged 47, was diagnosed with a brain tumour in 2004 and sadly passed away in December 2020. He spent his final months under the amazing care of the Charity. Russell kept working and battled bravely, courageously and optimistically over the years. We wanted to be able to give something back to thank the staff for the wonderful care they gave to Russell and many others."

If you've been inspired to take on a challenge yourself, we are already



taking registrations for Cambridge Half Marathon 2026 and we have charity places in three fabulous events this September - the Great North Run, the Big Half in London and the Vitality 10km.

For more information see arhc.org.uk/run or email challenges@arhc.org.uk

Spring chick success!

Our knitted chicks flew out just in time for Easter, helping to raise over **£4,000** to support people living in Cambridgeshire with an advanced serious illness or a life-limiting condition and those in need of end-of-life care. Sold in our shops and at local events by dedicated supporters, each chick found a loving home while making a real difference to those we care for.

A huge thank you to all the talented knitters who created these adorable chicks and to everyone who donated chocolate eggs to fill them. Your generosity and support means so much. If you would like to knit or sell for the Charity email fundraising@arhc.org.uk



Would you like to volunteer?

It was lovely to meet with some of our volunteers for a cup of tea and biscuits in March. Our volunteer socials are an opportunity to come together, meet new people and spend some time with the Voluntary Services Team. We run these every month and it's always a treat for the team too!



With the introduction of our most recent shops in Ely and March we have welcomed over 30 new volunteers to our team! Volunteering in our shops is not only a way to raise vital income but volunteers are often the first interaction our community has with the Charity - a warm and welcoming experience helps set the tone for the outstanding care we provide. In addition, they form part of a tight knit team, making friends and enjoying conversations with regular shoppers.

We are always looking for volunteers to join us in one of the many roles. To find out more email volunteer@arhc.org.uk or tel: **01223 675872**

Challenge yourself in 2026 with our first overseas challenge of the decade!

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 metres. This exhilarating five-day journey includes three days of trekking across rocky paths to reach the summit.

Find out more about the challenge at the **Information Evening on Tuesday 10 June**. Meet trekkers already signed up and hear about what's involved. Email gina.thomas@arhc.org.uk to register your interest or visit arhc.org.uk/mounttoubkal

Coming up...

Have you booked your place at Star Shine Night Walk?

As the sun sets on the longest day of the year on Saturday 21 June, join hundreds of walkers on a 10 or 5 mile route to support patients in your community.

Starting and finishing at Shelford Rugby Club, help us turn the streets of Cambridge

into a sea of green and, most importantly, raise vital funds for people accessing the Charity's services. We hope the event will raise **£60,000** this year (to support the £5.5 million we need to raise to keep our services free for patients) and we need your help to achieve it.

Depending on when you read this you may still have time to book onto Star Shine Night Walk to walk in Wisbech on Saturday 17 May.

Whether you're walking in memory of a loved one (like 'Init Together' walking for Sherrall), for the challenge itself, or simply to support the Charity's services, every one of your steps will make a difference. Sign up now to be a part of this incredible event at arhc.org.uk/ssnw or tel: **01223 675888**.



Brand new colleges route for Bridge the Gap

Bridge the Gap, Cambridge charity walk is returning for its special 25th year on Sunday 14 September and registrations are now open!

Join us for a walk on a brand new route featuring a selection of Cambridge colleges, all while raising funds for Arthur Rank Hospice Charity and Romsey Mill. Sign up at arhc.org.uk/btg and don't forget three under 16's go free with every paying adult.



Lead On is back for its third year!

Join us for the return of 'Lead On' dog walking challenge this September. Commit to walking your dog for 3km a day, or aim to complete 90km over the entire month. Every step you take helps provide crucial services and care for those who need it most in our community.

As a thank you for your efforts, any participant who raises £30 or more will receive a special Team Arthur dog bandana for their furry friend. So, grab your lead and sign up for 'Lead On' this September. Let's make this month one to remember while having a tail-wagging good time! For more information visit arhc.org.uk/leadon

