

Gog Magog Golf Club Charity Day

On a warm and sunny day in June, the Charity were delighted to welcome 96 golfers across 24 teams to the beautiful Gog Magog Golf Club for its bi-annual Charity Golf Day, which raised over £10,000 to support hospice care across Cambridgeshire.

The day was enjoyed by all who took part, with players celebrating at a barbeque at the Hospice Bistro, where prizes were awarded,

raffle winners announced and auction bids placed.

A heartfelt thank you goes to Bidwells, the event's main sponsor, for their generous support, all hole sponsors and one of our previous Trustees, Stephen Kay for helping to make the day a huge success.



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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

1-30: 'Lead On' Dog Walking Challenge

14: Bridge the Gap

14: George Culling Concert

October

1: Start of the Money Multiplier
Challenge

3: Hospice Open Day

4: Big Sing

November

14-15: Festive Wreath Making Workshop

29: Light Up a Life Cambridge

December

6: Light Up a Life Wisbech

2026

8 March: Cambridge Half Marathon

22 March: Cambridge - Ely Trek

16-20 May: Mount Toubkal

16 May: Star Shine Night Walk, Wisbech

20 June: Star Shine Night Walk
Cambridge

8-12 July: London to Paris Bike Ride

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



Arthur Rank Hospice Charity

News

Issue 138 Autumn 2025



Our first charity shop celebrates 30 years (page 3)

Welcome to your Autumn Newsletter

Thank you for taking the time to read this Autumn edition of the newsletter. Thank you also if you were one of the hundreds of supporters who took part in Star Shine Night Walk in Wisbech or Cambridge this year (page 4). Both events were well supported and blessed with warm, sunny weather. You have raised over £80,000 to enable us to continue to support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care. People like Viv Killingworth who was remembered by the 'Ksteppers' who walked in her memory in Wisbech, and motor neurone disease patient, Sherrall, in whose memory team 'Init together' walked in Cambridge.

During a recent Quality Assurance visit (page 7) it was lovely to hear positive feedback from patients, supporters, volunteers and colleagues. It was good to have it confirmed that staff love the work they do and feel they make a real difference to patients. People like Ali (page 9) who was cared for by the Hospice at Home team.

It was great to recognise our volunteers during Volunteers Week in June and it was a pleasure to spend time with some of them at the Thank You party in the Bistro (page 5). Anna Elliot, a long-term volunteer at the Alan Hudson Centre, brought unexpected joy to the Unit when she visited with her pony (page 7). Good luck to Jon Dowrick, one of our PAT dog volunteers who is living with Stage 4 Cancer and will be riding the Tour de 4 in September (opposite). Volunteers

are essential to the success of our nine charity shops and outlets and we were proud to celebrate 30 years of serving loyal customers in our first ever shop in Regent Street, Cambridge this year (opposite).

Remember there are many ways that you can continue to support people cared for by the Charity. You can take on a challenge, like Lauryn Barrett who wants to say thank you for the care her Grandad received, by registering her dog to walk during Lead On in September (page 8); you can sign up to become a 'Friend of Arthur Rank Hospice Charity' (page 9); donate to support items to make every moment count, like the Cuddle Bed (page 5) or simply share our news and services with your family, friends and networks.

I look forward to seeing you if you have signed up to join us at Bridge the Gap (page 11), on Sunday 14 September, or perhaps in the Hospice Bistro and in our community.

Thank you for your ongoing support.

Best wishes



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



Arthur Rank Hospice's first Charity Shop celebrates 30 years!

Our Regent Street Charity Shop celebrated 30 years this year! Shop Manager, Helen Sheppard who has been working at the shop for over 15 years, joined celebrations along with Janice Doyle (part time Manager) and other colleagues, supporters, volunteers and customers. They all enjoyed a piece of commemorative cake which was kindly made and donated by Brenda Evans, a long serving volunteer for the Charity. The city centre shop which opened in 1995, was the first of nine retail outlets for the Charity. The others are situated in Burleigh Street and Mill Road, Cambridge; Cottenham, Ely, Great Shelford, March and there is a Retail Hub and Outlet

in Pampisford. All proceeds from the shops keep the Charity's services free for patients. For more information about our shops visit arhc.org.uk/shops



PAT dog volunteer takes on Tour de 4

For the past two years, Jon Dowrick has brought happiness to patients, visitors and staff at the Hospice with his four-legged companion, Hercules one of our much-loved 'Pets As Therapy' (PAT) dogs. Jon is also living with stage 4 prostate cancer but, despite the challenges that

come with that, this September, he and his wife, Ros will be riding the Tour de 4 - a cycling route that begins at the Sir Chris Hoy Velodrome in Glasgow, Scotland. The Tour de 4 was born from Sir Chris Hoy's vision to change perceptions around stage 4 cancer following his own diagnosis. Encouraging those affected by cancer directly or indirectly to come together for this inaugural event, anyone who can ride a bike is encouraged to take part. Jon explained:

"I've seen first-hand the care that patients receive at the Hospice, it's something special. That's what made me want to do something to give back."
You can support Jon at arhc.org.uk/Tourde4



Thank you to our Star Shine Night Walk supporters

Huge thanks to the hundreds of supporters who walked the streets of Wisbech and Cambridge at the Star Shine Night Walk Events this Summer. Between them, and our generous sponsors, you have raised **over £64,500** to support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care. Whether you were one of the Ksteppers who walked in memory of Viv Killingworth, who was cared for by the Alan Hudson Centre,

one of the 'Init Together Team' who walked in memory of motor neurone disease patient, Sherrall, or walking for your own personal memories and reasons, we and our future patients and their families are very grateful. Registration is open already for Star Shine Night Walk 2026, register now at arhc.org.uk/ssnw



Sherrall



Supporting Lymphoedema Patients in India

Last year we gave one of the doctors from the Motor Neurone Disease Clinic some of our old hosiery, which were out of date, or patients had returned to us, to be taken out to India to help patients there. The doctor said that they have lots of patients who have swelling and these garments could be used by the clinicians to help people who have very limited access to compression. She collected them from us and a colleague who was traveling there delivered them to the clinic. You can see the patients were very grateful.

If you have any old hosiery, please bring them into the Hospice Reception or one of our shops (please label them for Lymphoedema) so they can then be recycled and sent out to India a couple of times a year.



Saying thank you to our wonderful Volunteers

Volunteers were recognised and celebrated during National Volunteers Week in June which was an opportunity to thank the very special 600 plus volunteers who support the Charity. Some of them joined us at a special Thank You afternoon in the Bistro and at the Alan Hudson Centre. They are all integral to the Charity and donate their time in a wide variety of roles across the Charity. For example; at the Inpatient Unit; in our Living Well Service; in reception;

the garden; Arthur's Shed; in our Bistro at the Hospice in Cambridge; at the Alan Hudson Centre in Wisbech; at our nine retail opportunities across Cambridgeshire and at our flagship and community events. Hannah Touhey, Voluntary Services Manager shared: ***"The Charity is incredibly privileged to be supported by so many wonderful volunteers. What I love most is the way they are truly considered part of the team. We take great pride in providing a flexible and tailored volunteering experience which makes the most of their expertise, interests and motivations. It's not uncommon for someone to start one role and swap to another! We don't simply assign roles, we matchmake!"***



Cuddle Bed at the Inpatient Unit

Colleagues at the Charity are always looking for ways to help people feel at home. Following a very generous donation, patients and their families in the Inpatient Unit can now stay even closer in a Cuddle Bed!

Ward Manager, Jenny Oakes explained: ***"This is literally an all singing and all dancing bed that makes a real difference to patients and their families at a really important time. It has all the features of a hospital bed with many added safety components and can easily turn from a single to a small double bed. Just before it arrived, we had a Mum with five children who were visiting her - it would have been perfect for them to snuggle alongside her. A couple who had been***



together for over 20 years, have already found it beneficial to feel close, just as they would, if they had been at home."

The supporter, who wants to remain anonymous, was motivated to donate as they had experienced care of a spouse in the Inpatient Unit and wanted to say thank you. We are extremely thankful for the donation - you have helped make every moment count for loved ones.

Thank you to our Community

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

The New Cambridge Singers who, since last November, have held concerts across Cambridge, raising an amazing **£2,573**.

Christine Ruffles and Penny Saiche who raised **£2,150** at their Wine and Canapé event.

Hills Road students who raised over **£1,130** during their Social Action Week.

Zak Clayton who donated **£441** from the Break the Record music night.

Yelsel Bradley's raffle which raised **£979** at Royston Soul night.

The Cambridgeshire Provincial Pantomime Company Freemasons who donated **£1,000**.

Celia Fisher for organising Linton Lent Lunches and raising **£1,269**.

Littleport Ex-Servicemen's Club which raised **£506** in the Stevie B Memorial Cup.

The Lee Taylor foundation for hosting Family Fest, held in memory of Lee Taylor and John Wood.

Supporters of The Bruce Robinson Cup which was held at Cambridge City Football club and raised **£2,697**.

Georgie Noble who hosted 'The Big Breakfast' and collected donations totalling **£2,035**.

Mark Allen who donated **£629** from a Doorstep Booksale.

Marion Judd who organised a wonderful fashion show because the team had cared for her sister, which raised **£1,500**.

The 'Men of March', who held a fundraising weekend, in memory of Louvain's Mum Viv Killingworth.

G. Webb Haulage Ltd, who raised an outstanding **£16,249** through a thrilling skydiving challenge.

HSBC bank in Wisbech, who match funded an annual Easter event hosted by the bank.

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



Positive Quality Assurance visit

The Charity was delighted with the feedback from a recent Quality Assurance visit, as part of the Cambridgeshire and Peterborough Integrated Care Board scheduled visits. A number of areas were inspected, risks and challenges were identified to support future planning and successes were recognised. The Inspection Team had an opportunity to speak with patients and their families who shared their experience of excellent care. They noted the atmosphere in the Living Well Service lounge was very interactive and relaxed. The visiting team spoke to colleagues, who reported that they love the work they do and feel they make a real difference to patients. The Hospice



at Home and Community Services were also visited. The North and South Teams provide specialist nursing care and support in people's own homes or place of residence during their end of life. Colleagues collectively agreed it was a good place to work and that the Charity is very supportive to their needs. Volunteers observed were said to be 'very pleasant in their tasks and evidently part of the team. They spoke with kindness and enthusiasm'.

Sara Robins, Clinical Services Director and Deputy CEO commented:

"We are delighted to receive such a positive report, that reflects our values and dedication to providing outstanding care to our patients and those who visit our Hospice. Our wonderful and committed colleagues and volunteers are what makes our Charity special and my thanks go to all of them."

You can read the full inspection report at arhc.org.uk/qualityassurancevisit

The Alan Hudson Centre receives an unexpected visit!

Colleagues and volunteers are masters at making every moment count for patients and their families at the Charity. Anna Elliot has been volunteering for the Charity at the Alan Hudson Centre for over 12 years. She is a familiar face at the Centre but colleagues and patients were delighted when she arrived with her four-legged friend recently! Anna owns a gorgeous miniature pony called Quartz and he was happy to say hello and put a smile on everyone's face.



Lauryn and Zack take on 'Lead On' in memory of Grandad Alan

Lauryn Barrett and her pup, Zack are taking part in 'Lead On' for the second year in a row. For Lauryn, the challenge means more than just getting her steps in. It's about giving something back to the team who helped her family through one of the hardest moments of their lives. In August 2023, her Grandad, Alan Stringer, fell seriously ill. After some time in hospital, he stayed with Lauryn's mum in Wimblington. The family knew he didn't have long and that's when the Hospice at Home team stepped in:

"Two lovely ladies from the Hospice came to help us during the day. They were so informative, caring and kind. They helped me, my mum, and my grandad through the hardest few days of our lives."

Alan died peacefully in September 2023. Now, almost two years on, Lauryn will be joined by her husband Tom, in completing 90km in September, walking in her Grandad's memory.



'Lead On' is a pet walking challenge where your pet becomes the fundraiser and is for anyone who loves walking with their four-legged friend. Whether you're walking in memory of someone special, in support of a loved one, or simply because you love an adventure, every step you take helps support people supported by our services. So, take the lead (!) and sign up your pet today at arhc.org.uk/leadon or telephone 01223 675888.

Hospice plant stall gets a fresh look

Thank you to the brilliant team from Endomag (a global Health Tech Company) who gave our much-loved plant stall a full makeover for the spring and summer season. Just in time for the students from St Faith's to fill it with their plants and pots which they had lovingly painted in memory of their Teacher, who was cared for by the Charity. The plant stall, located outside the Hospice, raises vital funds for patient care. We welcome donations of plants and local produce, or you can pick something up for a small donation.



Supporting personal and religious beliefs

We know that, when the time comes, many people would prefer to die at home with their loved ones and familiar things around them. Our Hospice at Home teams work closely with your GP and District Nurse to make this possible.

One such patient was Ali (not his real name), a 90-year-old man, who was referred to Hospice at Home (H@H). He was a Muslim by faith and Punjabi was his first language and also spoke Urdu and a little English. He was very well supported by his family who translated for him. The short time from diagnosis to referral had a significant psychological impact on both Ali and his family and the H@H team were able to support. During the initial assessment, reassurance was given about the support that the H@H team would give to them, in a collaborative way, to allow Ali to continue to observe his personal beliefs and pleasures and to achieve the best outcome for them all.

Carers were introduced slowly to support someone he called 'Aunty' to care for him. The H@H team continued to offer him choice, which was important



to his religious and cultural belief, i.e. offering water to wash his hands prior to washing his face and limbs. They continued to talk to him in a few simple words of Urdu, taught by his Grandson. The H@H Team Lead, Sheetal, was also able to speak to Ali in his native language to continue to review his care needs and offer support. When Ali passed away peacefully and pain free at home, the family were extremely grateful for the support the H@H team provided. Sheetal commented:

"This is a great example of how the Charity makes every moment count for individual patients and their families. It was a pleasure to care for Ali and support his family, at the same time as respecting his personal and cultural beliefs."

Are you a Friend of Arthur Rank Hospice Charity?

This summer we launched Friends of Arthur Rank Hospice Charity - a special community of people who choose to support the Charity with a regular gift.

Many of our kind supporters already give in this way - and we're so grateful. The Friends initiative is our way of recognising that generosity and building a community of people whose on going support helps us plan confidently for the future, protect limited reserves and keep services free for patients and families across Cambridgeshire.

By becoming a Friend, you'll be helping to make every moment count for those we care for at the Hospice, the Alan Hudson Centre and in people's homes when they need us most. As a token of thanks, Friends can choose to receive a small gift and invitations to special events throughout the year.

Will you join us? Visit arhc.org.uk/regular-giving to become a Friend today.



Celebrating Challengers

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

Will Bel who took part in 'Tough Mudders 15k' in memory of his mum, Annette Bel and raised **£986**.

Rhianna Ryan and friends who walked the Seven Sisters Cliffs in memory of her mother, Tracey Ryan and collected **£1,148** in sponsorship.

Gregor Kennedy who ran the Edinburgh Marathon in memory of his brother, Fergus and mother-in-law, Sandy and raised **£1,065**.

Richard Trigg who completed 72 holes, during four full rounds of golf in a single day, raising over **£600**.

Miles Evans who took part in the Prague Marathon in memory of his mother, Rachel Evans, and raised **£1,170** in sponsorship.

Rosie Gribble who ran GEAR10K in memory of her nephew, Kieron Tetlow and raised **£1,315**.

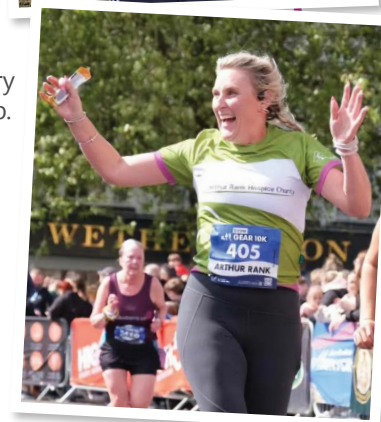
Bryan and Joshua Shaw who completed an 11-day Coast to Coast trek in memory of Angela Stearn - Bryan's wife and Joshua's mother - raising an incredible **£1,052**.

The Haslingfield Walkers who raised **£780** in memory of David Jukes on their walk to Cambridge and back.

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



Gregor Kennedy



Rosie Gribble

What will be your next challenge?

Mount Toubkal 16 - 20 May 2026

We already have eight intrepid climbers registered to take on Mount Toubkal in Morocco, including our very own Matron from the Alan Hudson Centre in Wisbech! There are still places available, so come and join the team.

Find out more and register at: arhc.org.uk/mounttoubkal

London to Paris Bike Ride 8 -12 July 2026

Are you up for a cycling challenge to Paris?

Find out more and sign up at: arhc.org.uk/Londontopariscycle

Cambridge Half Marathon - Sunday 8 March 2026

Join #TeamArthur's biggest team in the Cambridge Half Marathon 2026.

Find out more at: arhc.org.uk/cambridgehalf

Coming up...

Celebrating 25 years of Bridge the Gap

There is still time to sign up to this year's Bridge the Gap Walk. Join us on Sunday 14 September and explore seven Cambridge colleges and their beautiful gardens. Take in the views across the Backs and explore a secret tunnel (!), all while supporting Arthur Rank Hospice and Romsey Mill. Tickets are selling fast so don't delay! Sign up at: arhc.org.uk/BTG or tel: **01223 675888**.



Join us for a Festive Wreath Making Workshop

Laura Turner, Eco-Florist from Flora Laura Flowers will be returning to the Hospice for 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. £55 per person includes all materials and a welcome drink on arrival. Spaces are extremely limited, so book your place for Friday 14 or Saturday 15 November at arhc.org.uk/festive-wreath-making or call **01223 675888**.



Rudolph Run returns for Festive Fun

Open to schools, community and uniformed groups in Cambridgeshire, including the Wisbech area. Rudolph Run is 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. Find out more at arhc.org.uk/rudolphrun or email cf@arhc.org.uk



NEW for 2026 - Cambridge to Ely Trek

Would you like to embark on an exhilarating adventure with the Cambridge - Ely Trek on 22 March 2026? This exciting new addition to our event programme invites you to challenge yourself with a stunning 18-mile trek. Starting in the heart of Cambridge, you'll join the scenic Fen River Way, taking in the beauty of the countryside as you make your way to the historic city of Ely. Whether you're an avid hiker or looking for a new challenge, this trek offers the perfect opportunity to explore picturesque landscapes, connect with fellow trekkers and achieve a personal milestone. Find out more and sign up at: arhc.org.uk/Cambridgetoelytrek

