



Supporters of our Charity who play the Your Hospice Lottery (YHL) have been lucky winners this year! One Arthur Rank Hospice Charity YHL player won first prize of £10,000 in the Summer Super Draw.

The lucky winner, started supporting the Charity through playing YHL because of the care, compassion and dignity a friend received at another hospice. She encourages everyone to support the Charity as a very important cause in itself and added "Who knows, you may be as lucky as I was!" Find out more at arhc.org.uk/your-hospice-lottery

Contact us

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

Registered Charity No. **1133354**

Follow us on    

Dates for your diary

November

18: Understanding my Grief - join for a relaxed informal presentation with advice and support (Online)

29: Light up a Life Cambridge

December

4: Understanding my Grief

6: Light up a Life Wisbech

February

8: Snowdrop walk and concert,
Fulbourn Manor grounds, 2pm

28: Ely Fashion Show

March

8: Cambridge Half Marathon

22: Cambridge - Ely Trek (page 11)

May

16-20: Mount Toubkal Trek (page 10)

16: Star Shine Night Walk, Wisbech

June

20: Star Shine Night Walk Cambridge

July

8-12: London to Paris Bike Ride

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



Arthur Rank Hospice Charity

News

Issue 139 Winter 2025



Devastating Funding Cuts (page 4-5)



Welcome to your Winter Newsletter

Welcome to this winter edition of our Newsletter as we both reflect and look forward. I am sure you have seen the devastating news about our funding cuts (pages 4-5) - we are extremely grateful for the support our community has shown to us. Please continue to share our 'Protect our Care' campaign.

At the heart of Hospice Care is people; showing respect, dignity and supporting them and their loved ones. Giving people the opportunity to celebrate milestone birthdays - whether they are 21 or 102, create positive experiences for their children to witness and replay as they carry on their lives without them. Giving loved ones the motivation and strength to move forward and give back by working, volunteering or fundraising. Showing people how to live well and negotiate a good death - not to fear it, and to honour people and their wishes, offering choice over where to spend their final moments.

This is why we are so grateful to people like Lindsey who continues to say thank you for the care of her Mum, Pat, at the Alan Hudson Centre (page 7) and Ben Blowes who took on an incredible HYROX challenge (page 7).

Thank you to you if you were one of the 2,156 supporters who joined us for Bridge the Gap this year (page 11). The weather was kind to us again, so we could all enjoy the entertainment and explore historic Cambridge.

But of course, it is fundraising events, along with individual challenges, activities and retail opportunities that help to make our care possible for people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care. Care for people such as Jenni's Dad (page 3) where she kindly shares

the difference the Charity has made to her and her family.

There are lots of opportunities for you (or someone you know) to take on a challenge for 2026. You could join Michelle Knight, Matron at the Alan Hudson Centre climbing Mount Toubkal (page 10) or something more local such as the Cambridge to Ely Trek (page 11). Whatever you choose, you can be reassured to know you are helping to make a difference to patients and those important to them and why 'This is hospice care' is so important to us (page 5), especially at this time.

Our volunteers are integral in helping make every moment count and it was lovely to hear how Peter Howell supported a patient in the Inpatient Unit (page 9) and how Living Well patients were entertained and energised by the Chinese Community dancers and performers (page 9). You can read more about our new Trustees as we welcomed them to join us (page 9).

It was great to see how colleagues embraced National Recycling Week and supported our green strategy (page 8) - remember to register your Christmas Tree to be recycled (page 8).

I look forward to seeing you if you are coming along to the Light Up a Life event in Cambridge or Wisbech (page 11). Please note, for logistic reasons, these will both be held on a Saturday this year.

Best wishes



Sharon Allen OBE

Chief Executive sharon.allen@arhc.org.uk



The scene of the last beautiful chapter

Jenni's dad, Ken Middleton, was cared for at the Inpatient Unit. She very kindly shared her experience and recently reflected on that period after his death.

"Earlier this year, my 87-year-old father was moved to the Inpatient Unit at the Hospice. I knew what I wanted for Dad: a dignified death, and a chance for Mum and the whole family to say goodbye to him in a way that felt right for both of them. I had high expectations walking into the Hospice, yet within seconds of stepping into the building, they were surpassed. I saw my Mum's shoulders finally relax after days of stress by his hospital bedside.

Being at the Hospice gave me a chance to do the right thing by them both. Everything is so comfortable for the people who come as in-patients and for their visitors. My family had lunch for my Mum's birthday in the Bistro the day before my Dad died and there was also enough peace and space for me to keep working there, so I could be with Dad every day.

All the staff talked to Dad and treated him with respect and made sure he was washed, dressed and comfortable. They were clear about what would happen when he died. We had brochures and information and access to a very supportive social worker, to help us navigate how to handle his death - logistically and emotionally. You really need people around you to help you when someone is dying and that is what Arthur Rank Hospice is for - it's about managing this limbo stage that can be frightening and devastating.

It was hard to wake up every day and not know whether this would be the day we'd say goodbye. But being given the chance to do it there is the biggest gift I could've hoped for, for Mum and Dad, and for all our family. This is a path well-trodden for that team, and yet it felt personalised and special.



It feels like you're enveloped in this massive bubble of kind people.

A doctor, came to see us and told me she thought my Dad was a strong man. She was so right - he really was. She saw the person, not the patient - all the staff did. Later that day, a hospital therapy dog, a whippet called Walnut, sat on Dad's bed and licked his hand. This is a moment I will treasure forever, and it's one we wouldn't have had without the Arthur Rank Hospice.

When he died, the nurse said to my Dad, softly and gently, "You don't need this anymore," as she removed his syringe driver. I will always remember those words and the way she spoke to him. He didn't need anything anymore, but she still gave him respect and kindness. This typified his care, and ours, during those final days. Nothing felt rushed. Nothing felt too much effort. Everything was decent, kind, compassionate and caring.

Since Dad died, my Mum has knitted for the Charity, and we returned to the Bistro, with our dog to celebrate Dad's birthday. We're looking forward to seeing my Dad's leaf on the Memory Tree next time we come. The Arthur Rank Hospice isn't a place of sadness for us - it's the scene of the last beautiful chapter of Ken Middleton's remarkable life."



Devastating funding cuts

We have been both humbled and heartened by the amazing response from our community, following the extremely difficult news announcing funding cuts.

We received notice on our contract at the end of September, from Cambridge University Hospitals (CUH), which runs Addenbrooke's Hospital, withdrawing £829,000 annually. This devastating loss will reduce the number of patients we can care for in our Inpatient Unit from 21 to 12.

The service, which started as a pilot scheme in December 2017, enables people in Addenbrookes who are at the end of life to transfer to the Hospice to be cared for, rather than in a busy acute hospital. The funding will cease in March 2026 - less than six months' time, removing patient choice for their place of death.

Thousands of Cambridgeshire patients have been cared for at the Hospice through this funding. Families have been able to stay with their loved ones without the additional concerns of parking fees, or restrictions on visiting hours and number of visitors. The Hospice's environment offers expertise and outstanding care provided by our experienced, compassionate palliative care nurses, privacy for patients and their loved ones, space for meaningful conversations and the opportunity to create lasting memories together, which are so important.

The aims of the service were to provide a different and better environment for patients last days, provide bed capacity for CUH, and improve the flow of patients from the hospital. CUH informed the Hospice that it is no longer able to fund the service due to financial constraints and stressed their decision was not a reflection of the quality of care we provide.



Carly Wills, Matron of Clinical Services at the Charity, shared:

"This is devastating for our patients and families. Our Hospice has always given patients and their loved ones the chance to spend precious time together in a peaceful setting, supported by specialist nurses and we only get one chance to get this right. Without this funding, many will lose the comfort and dignity they deserve at the end of life."

We are now in the desperate position where we need to seek alternative funding to keep these vital beds available. To give the charity time to explore new funding opportunities, plan for increased fundraising needs and bridge the immediate gap in income, we have launched our 'Protect our Care' campaign.

We are asking our supporters to urgently rally round us and support in any way possible to protect our care, now and in the future. Thank you to everyone who has already donated, shared messages of support, personal stories, examples of the care you have received from us and sadly stories from those of you who haven't been able to access the kind of care that we provide.

How can you help?

- Make a one-off donation
- Become a 'Friend of Arthur Rank Hospice' via a regular gift
- Attend one of our Charity events
- Support us through your workplace
- Visit our bistro for lunch, cake or a Sunday Roast
- Browse our shops, and donate quality goods
- Share our news with your networks
- Consider leaving a gift in your Will
- Write to your local MP

Your support will help our compassionate team of staff and volunteers, who work so incredibly hard, to continue to be there for the people of Cambridgeshire in their final days and continue to provide a choice of where to die. For more information visit arhc.org.uk/protectourcare



Help hospice care live on for all, for now, forever

Did you see the national TV advert 'This is Hospice Care' that reached our screens during September? We are thrilled to be part of this Hospice UK National Campaign, joining 142 other hospices to shed light on the wonderful work we all do in supporting our communities.

You will have no doubt seen how challenging it is raising funds to provide the continuous care for patients and their loved ones, and 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. 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 here 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

Thank you to our Community

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

Fulbourn Social Club who held a Hog Roast and raised **£353**.

Doddington Bowls Club who held a Charity Day and collected **£511**.

Volunteer, Nadia Macari-Brown who showcased sustainable dresses at Wimbledon raising **£1,177**.

Teversham Community Club Quiz and Bric a Brac Sale which collected **£1,840**.

Cambridge Scooter Club who donated **£350** from an Open Day.

Volunteers who held a stall at Girton Feast raising **£346**.

Hemingford Sports Club's Community Lunches who donated **£2,254**.

Fulbourn Arts Outdoor Theatre, for their Wind in the Willows production which raised **£409**.

John Drew and Elaine Kerry's Memorial Football Match where they collected **£1,364**.

George Culling's Young Persons' Music Concert which raised **£1,108**.

Cottenham Charity Cup who donated **£550**.

The Ghanaian Association in Cambridge who raised and donated **£200**.

The Freemasons in Wisbech who donated **£1,000**.

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



Do you have a Charity of the Year?

If your group, club or business is choosing a Charity of the Year, we would love to have your support. By partnering with us, you'll help fund expert care for people across Cambridgeshire and the Fens. Whether you're part of a sports team, WI group, rotary club or another community organisation, we'll support you every step

of the way from sharing fundraising ideas and materials to visiting your events and telling you more about the difference your support makes.

Visit arhc.org.uk/COY or email cf@arhc.org.uk to find out how we can work together.

Thank you to our Raffle Supporters

A massive thank you to everyone who bought tickets for the Summer Super Draw and helped to raise **£24,070** to support people in Cambridgeshire. Our first prize winner shared:

"Our support for the Charity stems from the excellent at home care extended to my father in January 2023, which proved to be invaluable support for my mother and our family at that time. We put our winnings towards a family holiday in October half term."

You can now buy tickets for our **Winter Raffle** and have a chance to win a selection of amazing prizes. Every ticket sold helps to ensure patients



SCAN ME



and their loved ones will be supported over the winter season and beyond. The winning tickets will be drawn on 29 January and tickets need to be with the Charity by 22 January.

Order yours by calling 01223 675888 or emailing fundraising@arhc.org.uk or enter online at arhc.org.uk/raffles

Pat's Dream Team

Lindsey Bothamley's mum, Pat was cared for at the Alan Hudson Centre and her daughter wanted to say thank you for her care. To show their gratitude Lindsey and her friends and family have been raising money in memory of her since she died. They took part in Wisbech's first Star Shine Night Walk earlier this year and walked under the team name of 'Pat's Dream Team' and recently Lindsey hosted an afternoon tea party at her home for 30 people. When Lindsey returned to the Centre to donate the £1,500 raised, she recalled:



"Mum and I felt instantly at ease with Michelle Knight, [Matron] who made lots of promises, all of which she fulfilled. We are very grateful."

Ben takes on HYROX challenge in memory of his Coach

A big thank you to Ben Blowes, who runs the Shark Tank in Newmarket, who completed an ambitious challenge and raised over £6,000. Ben was inspired by his previous coach, John Humphries, who was cared for by the Charity. Ben remembered:

"John and his family were full of praise for the Hospice, they were so grateful for the care and for the extra time they got together. That really stuck with me. I would like to thank everyone who has supported and donated."



Recycle your Christmas Tree for Hospice Care

Our popular Christmas Tree Recycling Scheme is back - and you can help support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care.

In partnership with Just Helping, teams of volunteers will be collecting real Christmas trees in CB1-CB5, CB21-CB24, CB25, SG8 and SG19 3 from 8-10 January. Registrations will open in mid-November and close promptly on 4 January.

Register your tree now at arhc.org.uk/tree-recycling and avoid Christmas Tree needles in your car!



If you have a van or are willing to hire a van and you can spare a few hours to drive and collect trees, the Charity would love to hear from you! Please email christmastrees@arhc.org.uk or call 01223 675888.

Health Care Assistant supports plastic free initiative

Following her annual appraisal, Health Care Assistant, Jenny Start, was inspired to find a green way to help the Inpatient Unit to go plastic bag free. She spoke to a couple of talented and generous volunteers and asked them if they would like to make some cloth bags for the Charity - and they jumped at the opportunity. They now regularly supply the Inpatient Unit with beautiful handmade cloth bags for patients' property, supporting people, places, and the planet.



Items Rescued for Recycling Week

During National Recycling Week in September our colleagues shared 'Rescue me' tips in line with the Charity's green strategy. Our shops also got creative as customers were treated to an artistic display of a skirt made of donated ties and scarfs in our shop in Ely (who also celebrated their first year anniversary in October), a robot made from vintage tins in Cottenham and knitted items made from donated wool in Regent Street.

Visit arhc.org.uk/ourgreenways for more information about our green ways.



Welcoming new Trustees

Our Board of Trustees share the huge responsibility of governing the Charity, overseeing our operations and directing how we are managed and run. Each one brings a unique set of skills and we periodically invite applications from new Trustees to join us. The board led by Chair of Trustees, Antoinette Jackson, were delighted to welcome Eduardo Prato, Rob Negus and Andy Rigby to their first board meeting in September. To find out more about our trustees visit arhc.org.uk/trustees



Chinese Community dancers and performers at the Hospice

Patients danced and tapped their feet to Chinese dancers while they performed a range of authentic dance, music and traditional British songs in the Living Well Service recently, from the Chinese Community in Cambridge and the 'Half Lecture Half Concert' group from London. Participants, ranging from children to adults, entertained the patients with a performance they titled 'Let every note be a gentle footnote to the final chapter of life'. Patients expressed their enjoyment by singing along to songs such as Mary Poppins' 'Feed the Birds' (Tuppence a Bag) and Abba's 'Dancing Queen'.



Volunteer shares Astronomy passion with patients



Peter Howell, has very kindly been volunteering to deliver Astronomy sessions in Arthur's Shed in the gardens at the Hospice for over five years now. He was delighted to make every moment count

and share his experience and knowledge in the Inpatient Unit, when a nurse found out about a patient's interest and arranged the meet up. The patient was very surprised to meet Peter at the Hospice and happy to share their common passion and discuss what first sparked their interest. For Peter this was after an aunt gave him a life-changing present - an early book by the late Sir Patrick Moore, on his 8th birthday!

You can find out more at arhc.org.uk/arthursshed or telephone 01223 675777 to book onto a session.

Celebrating Challengers

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

All our Star Shine Night Walkers who together in Cambridge and Wisbech raised over **£80,000**.

Jake Raven who donated **£1,154** and Caitlin Wade who donated **£375** from their sponsorship for running the Great North Run.

Emily Calvert who donated **£645** and Derrie-Mae Barfield who donated **£375** from running the Big Half.

Kerry Moore who conquered a Wing Walk as a tribute to her father, Dave Beeke, raising **£830**.

Elizabeth Groat who took part in an Aquabike event in memory of her mother, Christine Peck and raised **£1,404**.

The nine #TeamArthur colleagues who walked the Thames Bridges Trek Ultra Challenge, collectively raising over **£3,600** in donations.

Tandem Parachute Jumpers; Laura Saintey who took part in memory of her grandfather, Colin Saintey and raised **£570**, Beth Matthews whose Tandem Sky Dive raised **£545** and Drew Brendon whose Sky Dive in memory of his nan raised **£575**.

Molly Turner who climbed Mount Snowdon in memory of her Uncle, Piers Turner, raising **£1,000**.

Jon and Ros Dowrick who completed the Tour de 4 Cycle Ride and raised **£1,340**.

St Neots Cycling Club for raising **£730** in memory of Michael Stead.

Alex Neal who raised **£1,645** at the Paras 10 Challenge in memory for his Dad, Stephen.

To find your fundraising challenge visit arhc.org.uk/eventsandchallenges or email challenges@arhc.org.uk



Thames Bridges Trek Ultra Challenge



Jon and Ros Dowrick



Hospice Matron Signs up for Mount Toubkal

Michelle Knight, Matron at the Alan Hudson Centre, has signed up to climb North Africa's highest mountain with #TeamArthur in May 2026! She has already been busy fundraising. To join her to enjoy stunning views, make new friends, feel an incredible sense of achievement and support people with hospice care, sign up for just £199 and

commit to raising a minimum of £1,800 and we will support you all the way. Find out more at arhc.org.uk/mounttoubkal

Thank you for your Bridge the Gap support

A huge thank you to the 2,156 people who walked through Cambridge, exploring the colleges and enjoying a fabulous day, on Sunday 14 September, whilst raising over £53,000 for the Charity and Romsey Mill. Thank you to everyone who made the day so special, including friends of Amy Suggs who walked in her memory, our sponsors The Cambridge Building Society, the huge team of volunteers, including marshals and cake bakers, as well as all the tour guides and performers. Don't miss out next year and save the date for 2026 now - **Sunday 13 September**.



Looking for a New Year Challenge?

Whether you're climbing mountains, running the **Cambridge Half Marathon**, taking on the **Cambridge to Ely Trek** or cycling from **London to Paris** you can turn your 2026 goals into something truly meaningful.

We can support you with fundraising, training, connect you with others and cheer you on. For more information visit arhc.org.uk/eventsandchallenges



Join us at Light up a Life

We invite you to this year's Light up a Life event, either in Cambridge on **Saturday 29 November** or Wisbech on **Saturday 6 December**. Join us for a short service featuring carols, poetry and music, offering you a moment to pause and reflect on the love and memories you have of those who have died and who still live on in your heart and mind. Both events are free to join, and everyone is welcome, no matter what part of the journey you are on, whether you have or haven't received our care and for people of all or no faith. For more information, visit arhc.org.uk/lual

