



News

Issue 140 Spring 2026

Looking for some 'me time'?

Join an activity in our garden studio, 'Arthur's Shed', set in the beautiful grounds of the Hospice. From here we deliver sessions on a range of wellbeing related activities, including meditation, clay work, mindful drawing, astronomy, chair fit and knitting. All sessions are free of charge with materials provided. Everyone is welcome. **Visit arhc.org.uk/arthurshed for more information.**



Contact us

ADDRESS

Arthur Rank Hospice Charity,
Cherry Hinton Road, Shelford
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**

Follow us on    

Dates for your diary

March

- 21 & 22: Thriplow Daffodil Weekend
- 24: Understanding Grief - Online Session (pg 4)
- 28: Spring Wreath Making Workshop
- 28: The City of Cambridge Symphony Orchestra
- 29: Easter Bingo at Walsoken Village Hall

April

- 11: Acoustic Connections, Soham
- 15: Free Legal Advice Session (pg 9)
- 21: Understanding Grief (pg 4)

May

- 3: 3 Counties Charity Walk, Bartlow (pg 7)
- 9: Mission Mud Challenge (pg 11)
- 10: Sawston Fun Run
- 16: Hospice Open Day
- 16: Star Shine Night Walk Wisbech (pg 7)
- 16-20: Mount Toubkal Challenge
- 20: Free Legal Advice Session (pg 9)

June

- 20: Star Shine Night Walk Cambridge

More information for all our events can be found at arhc.org.uk/whatson



Protect our Care (page 4)

Welcome to your Spring Newsletter

I think you will agree that we are all ready to welcome spring and all it brings - colour in our gardens and longer, sunnier days. Thanks to our amazing community, the future for our patients and their families is also looking much brighter. You can read more about the progress of our 'Protect Our Care' Campaign and plans and wishes to stabilise our future on page 4. Thank you to everyone who has supported and continues to support us, you have made a huge difference to patients and their family's lives.

There are so many opportunities for people and businesses to support. Thank you to everyone who took part in the Money Multiplier Challenge (below), our community supporters (page 6) and challengers including Craig Kitching who climbed Mount Kilimanjaro (page 10) and the 115 Team Arthur runners (and cheer squads) who took part in the TTP Cambridge Half Marathon - you were amazing! If you want to take on a physical and mental challenge read more about our TCS London Marathon places (page 11), Mission Mud (Page 11), Star Shine Night Walk in Wisbech and Cambridge (page 7) or something of your choice (page 11).

Money Multiplier challenge winners

Savills, Cambridge Estate Agents, were awarded winners of the Money Multiplier Corporate Fundraising challenge 2025. From 1 October until 31 December, ambitious and creative companies were tasked with competing to raise the most money from their £50 seed fund - generously supported by Pure Resourcing Solutions. From bake sales and quizzes to bingo, tombolas, raffles, snooker competitions, craft workshops and even origami making sessions, Abzena, BHL Removers, Savills, Telefónica Tech (EN) and Voisin Consulting Life Sciences **collectively**

Thank you also to everyone who supported our Christmas Tree Recycling Scheme back in January and our Winter raffle (page 8).

It was a pleasure to award Rosemary Hall with her long service award to recognise 40 years of volunteering for the Charity! (opposite) You may see her in the Bistro if you pop in. We are so lucky to have over 600 volunteers who every day help make every moment count by giving us their time across the Charity.

Take some time to enjoy this issue and please share the information with your friends and families.

We can't do it without you, so, on behalf of everyone here, I thank you for all your support.

Best wishes



Sharon Allen OBE

Chief Executive sharon.allen@arhc.org.uk



raised an amazing £4,245 for patients and their loved ones. To everyone who took part, supported a fundraiser or encouraged a team along the way, thank you. **If your business would like to find out more about how to work with our Charity, please contact partnerships@arhc.org.uk.**

Volunteer for over 40 years!

Rosemary Hall has been volunteering for the Charity for over 40 years and she shares her experiences:

"My first experience of Arthur Rank Hospice was in 1983, after my Dad was diagnosed with stomach cancer. Of course, back in that time we didn't have Hospice at Home and I remember going with him and my Mum in the ambulance to the Hospice at Brookfields.

As soon as we got him to the Hospice he seemed like a new person and sat up in bed. He was quite lively. The next morning, he passed away and in that short time I had seen what hospice care was like.

After my Dad died, I thought I would really like to help at the Hospice. After two years had passed and I had my interview, I started to work on the Tea Bar. It was absolutely lovely. When visitors came, they could have a cup of tea before or after spending time with their loved ones. It's lovely here [at the Hospice at Shelford Bottom] now too that we've got more space. I also volunteered by making meals for visitors to have at the Hospice when they were visiting loved ones.

When we moved to the Hospice at Shelford Bottom, I volunteered serving the tea and cakes on the Inpatient Unit and became a Meet and Greet volunteer on Reception. I also helped the fundraising team as well. During Covid I made up art packs that the Life Celebration Coordinator sent out to the Living Well patients. I have also run sessions in Arthur's Shed. We made hedgehogs from recycled paperback books.



I also volunteered as a Caring Community Volunteer and phoned and visited patients for a chat and did crafts with them.

My late husband Steven, also volunteered for the Charity. He was a PAT tester and a Meet and Greet Volunteer and we both became Volunteer Ambassadors.

Because I've retired from my work and I like to be busy I'm now helping in the Bistro. I also help in the Education and Conference Centre, helping with the food, if they need people to help with an event. I like all my volunteering roles. Working in all the different departments you get to meet lots of different people, staff, patients and visitors. **Volunteers are all part of Team Arthur - staff appreciate that too.**

After my shift I feel glad, happy that I've been able to speak to somebody in the Bistro for five minutes or so. It makes you feel good - it's better than sitting at home watching TV. People can't always give money but we can give our time."

For more information about volunteering or working with us visit arhc.org.uk/joinus



Want to go paperless?

Did you know we have a digital newsletter, called 'Arthur's Update', which is sent out via email every 6 weeks? To sign up or to update your preferences please visit arhc.org.uk/newslettersignup

12 month reprieve for nine inpatient beds

Thanks to you (our amazing community) the nine beds which were under-threat from closure on 31 March 2026, our Inpatient Unit, can remain open for another 12 months for patients.

Thank you from all of us here at the Charity, to all of you who have supported us. The removal of the funding has been a significant worry. We continue to be grateful to those who have rallied around us and committed to financial support for the next 12 months whilst we seek stable funding options. Local people deserve the outstanding care our colleagues can offer, and we are grateful that, for now, we are in a position where beds are not reduced. We must find long-term, sustainable funding for hospice care on a national basis. We do not want to be in this same position in a years' time. The future is still uncertain, and the ending of this service would, without doubt, have huge implications for our local community and must be protected at all costs.

This is a welcome but temporary reprieve until March 2027, so our work and the



support we need doesn't stop here. Over the coming months we will continue to explore new sustainable funding opportunities and plan for increased fundraising needs. Our next step is to look at different service models and how these could be funded, accepting that unfortunately there are no guarantees this will be possible.

Our thanks, as always, go to our supporters and our outstanding team of staff and volunteers who continue to care and support each family who come through our doors. Offering dignity and personalised care to each patient is what makes every moment count. **Visit arhc.org.uk/POC for more information.**

Understanding grief

Join us for a FREE relaxed, informal presentation for adults who have experienced a bereavement and would like to understand more about the grieving process and how best to look after yourself during this time. With the opportunity to connect with others who may be going through a similar experience. No prior connection to the Charity is needed. Booking is essential as spaces are limited for the sessions, online on Tuesday 24 March from 7:00-8:30pm or at the Hospice on Tuesday 21 April from 10-11:30am. **Book your place at arhc.org.uk/understandinggrief or call 01223 675777.**

Further support for grief can be found at arhc.org.uk/bereavement



"I like it here Mum"

Anne-Marie Hoare's son, Marley, was cared for at the Inpatient Unit in 2018. She kindly shares her experience.

"Marley was 24 years old when he was diagnosed with a nerve sheath tumour after months of tests. He was born with neurofibromatosis which was diagnosed when he was 12 and he had no other symptoms until he was 24, after gaining his degree in music production at BIMM University in Brighton. He was incredibly brave and radically changed his whole lifestyle. He did remarkably well, attending CrossFit within eight weeks of major surgery. He had a good year of great health, but the tumour grew back very aggressively after nine months.

After a week's holiday in Ibiza his symptoms were starting to show. His care worker from a charity came to visit, she saw he was exhausted and spiralling so made the call to the Hospice. Marley never regretted his decision and said he had had a wonderful year.

So, my inspiration to share is gratitude. Gratitude that I got to be with my son as he was dying, many do not get that opportunity with their loved ones, and it has helped us as a family that we had that.

I am thankful that a call was made, a bed was offered [at ARHC], and he accepted. I am thankful that, as he walked around his tranquil room and ensuite, he said, "I like it here mum." I am thankful that the staff were so calm, kind and experienced. They found him a drug to help with his digestive tract that had stopped working so he could eat again without pain.

I am thankful of the photo he sent at 11pm of him sitting in a hydro bath with disco lights, that the staff happily offered and ran for him, as he was overwhelmed and it calmed him. For the lady who



brought him tea and toast in the middle of the night because his body did not know night and day anymore.

For the beautiful apartment above the unit, our family used so we could be with him and get some rest and give him space too. I am thankful for the Hospice letting us bring his puppy in and sharing him with other patients, making them smile too. I am thankful to the consultant that explained clearly and with such kindness, the process and what we might experience. I am grateful to the Chaplain that came every day and was sent away by Marley, until that last day when he walked onto the patio and spoke with him for a long time.

Also, for the massive table in the hall that was surrounded that evening with his grandma, aunts, uncles, cousins and friends who were able to keep vigil all night as we soothed him, and as his sister sang for him until he left us.

I am thankful for the quiet presence of the staff who let us be with him for as long as we liked with no rush or pressure to leave. His father pushed his bed into the moonbeams coming through the huge glass windows so his body could be in their glow until the morning.

Nobody wants to talk about death. I don't really like to go back there, to those five days. But I will. I will relive every part and share it, if it will help people understand about the Arthur Rank Hospice."

To support visit arhc.org.uk/protectourcare

Thank you to our Community

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

Tony Cronshaw and the 'Strictly 4 U' Ballroom dancers who each year donate their proceeds to the Charity and this year donated **£505**.

Soham Pumpkin Fair for donating **£1,000**.

Haddenham beer festival for donating **£500**.

KD Theatre Productions who collected over **£3,800** at their Pantomime at Ely Maltings. (photo)

Fulbourn Annual Snowdrop Walk and Concert for donating **£3,000**.

Rotary Club of Cambridge Rutherford for donating **£4,500** from their Golf Day. (photo)

Waterbeach 'Carols on the Green' who collected and donated **£638**.

Parish of Fen Drayton and Fenstanton who donated **£3,579** through their fundraising activities throughout 2025.

Millbrook House in Soham whose craft sales raised **£2,362**.

The Hop Bind, Cottenham who donated £1,063 from their Festive and New Year's Eve celebrations.

Wisbech Freemans who donated **£500**.

Black Cat Residential, who hosted a Christmas Giving tree and collected enough items to give all treatment patients at the Alan Hudson Centre a gift and a few for patients in the community. (photo)

Sarah-Fay, (Alan Hudson Centre, Complementary Therapist) along with **Paula and Melissa** who hosted an Enchanted Movement showcase and raised **£983**.

Katie Jolly who hosted a New Year's Eve party at a local village hall and donated **£500**.

Debbie Fryett, Craig Brown and Kealeigh who baked and sold cakes and donated **£600**. (photo)

Peter Freeman who hosted numerous Father Christmas sessions and donated **£166**.

For more information about fundraising for the Charity please email cf@arhc.org.uk



SAVE THE DATE

Registrations OPEN for Star Shine Night Walks 2026

Join us at one of our most meaningful events of the year, as we come together in support of hospice care across Cambridgeshire.

You can book two unforgettable sunset walks on Saturday 16 May in Wisbech and Saturday 20 June in Cambridge.

Whether you're walking in memory of someone special, joining with friends and family, or simply wanting to support local hospice care, Star Shine Night Walk offers a beautiful moment of reflection, connection, and community. As the sun sets, we'll walk side by side, honouring loved ones, celebrating life and helping raise vital funds for patients across Cambridgeshire.

Sign up now at arhc.org.uk/SSNW and be part of something truly special.



3 Counties Charity Walk

The Bartlow 3 Counties Charity Walk, on Sunday 3 May, is an annual event that brings together the local community in support of three local charities including Arthur Rank Hospice Charity this year.

For more information visit arhc.org.uk/whatson

Sawston Fun Run

We are very grateful to be the main beneficiary of the Sawston Fun Run & Walk this year. The community will come together on Sunday 10 May to enjoy some healthy exercise while helping to raise much needed funds for a special "cuddle" bed which allows families to be together at the most difficult of times. Thank you to everyone who helps to make this possible.

For more information visit arhc.org.uk/whatson



Sunflower Memories event

Our Sunflower Memories event will be taking place on Saturday 15 August. A time and space to come together to remember loved ones.

Please visit arhc.org.uk/sunflowermemories for more information.



Thank you for supporting the 2026 Christmas Tree recycling scheme

In January, 170 amazing volunteers collected 4,370 real Christmas trees, travelling more than 110 routes - in everything from vans and trucks to Land Rovers and camper vans. **Our community helped to raise an incredible £119,000 to support hospice care across Cambridgeshire.**

This community powered initiative, now in its eleventh year, was supported by numerous local businesses, organisations and drop off sites, as well as dedicated chipping teams who turned the trees into reusable chippings. We're immensely grateful to everyone



who donated to have their tree collected, volunteered on the day provided vehicles and support or who helped us to promote the scheme. Your generosity made this such a huge success, thank you!

School children take part in Rudolph Runs

At the end of 2025, children attending schools across Cambridgeshire, took part in Rudolph Runs, with pupils wearing festive antlers to **raise over £17,000 to support patients and families across Cambridgeshire.**

Alongside the runs, pupils took part in school assemblies, with Arthur Bear, helping to spread awareness of what a hospice is and who it supports. Children asked thoughtful questions and were encouraged to talk with their families about hospice care.

If you know a school who would like a visitor to their assembly, please visit arhc.org.uk/bookarthurbear or email cf@arhc.org.uk



Thank you to our Winter Raffle supporters

A massive congratulations to all our winners in the Winter Raffle, we hope you enjoy your prizes. **You helped to raise over £34,000 to keep our vital services running for our patients and their families.** A big thank you goes to all the businesses who donated prizes for our raffle: Paus, Cellini, Novi, The Lab, Histon FC, The Jockey Club, Bedford Lodge Hotel and Spa, Strawberry Fields Care Home, Malgosia Benham, Hot Numbers, Unity Campus and Cambridge City Football Club. **Look out for more information about our Summer Raffle at arhc.org.uk/raffles**



Energy saving tips

Helen and Julia from the Community Disability Energy Advice team at SCOPE, kindly visited patients at a Living Well session, to share energy saving and budgeting tips and advice and information about the Priority Service Register (PSR).

Top tips included:

- Save around £29 a year by washing clothes at 30°C and waiting for a full load. Save around £60 a year by drying clothes outside when you can or on a clothes airer.
- Save around £55 a year by turning off sockets and appliances such as the Microwave or TV when they are not in use. Use timers for appliances for when you are not using them.
- Save around £95 a year by fitting draught excluding foam to windows, letter boxes and keyholes.
- Close your curtains to keep heat in during winter and out during summer.

Save ££'s by keeping your thermometer for your heating set between 18-21°C. Set individual radiator settings for each room you use - or turn off for rooms you are not using.

- Use hot water bottles or an electric or weighted blanket when you are sitting still. Hot water bottles should be replaced every two years (there is a date on the neck of the bottle to let you know it's age).
- Boil only what you need in the kettle.
- Use an air fryer or microwave instead of the oven.
- Electric blankets can cost as little as 1p an hour to run but make sure you get them checked regularly. The library or fire service may have information to support you with this.



Free legal advice sessions

Solicitors from Tees Law and Thomson Webb & Corfield are kindly hosting monthly free legal advice sessions at the Hospice. These are open to anyone who would like to have a chat about personal enquiries such as Wills, lasting power of attorney, probate and trusts. **To find out more visit arhc.org.uk/iwill or contact Rachael, Future Gifts Manager at r.brown@arhc.org.uk or 01223 675881.**

Write your Will for free

We are delighted to have partnered with Farewill and the National Free Wills Network to provide free online, telephone and in person basic Will writing to our supporters, colleagues and volunteers. **Visit arhc.org.uk/freewillsservice or call 01223 675881.**

Gifts in Wills

Gifts in Wills play a huge role in helping to fund vital services delivered by the Charity. Your legacy will leave a lasting imprint, enabling us to provide crucial compassionate care and support when it is needed most. We would be so thankful if, after you've looked after your family and friends, you would consider leaving a gift in your Will to Arthur Rank Hospice Charity. Any gift of any size will make a lasting difference to patients and their loved ones. If you have already decided to leave a gift in your Will, thank you so much.

For more information visit arhc.org.uk/GIW or email Rachael, Future Gifts Manager at r.brown@arhc.org.uk or call 01223 675881.

Celebrating Challengers

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

The pupils and staff at Osmond House, The Kings School in Ely, who raised over £5,985 by completing their Steps to Everest event.

Alice Fawcett who raised **£1,240** at her UWCB Boxing Match.

Chantelle Bates who raised **£650** by running the Herts Half Marathon.

Eve Hedley who raised **£545** by walking 270k in 54 days.

The Snowden challengers who walked in memory of Angela Stearn and raised **£4,620**.

Lauren Faillettaz who ran 60 miles in memory of her Dad and raised **£1,280**.

Emma Braithwaite and Zoe Knight walked 100 miles in January and raised over **£1,370**.

To register your challenge email challenges@arhc.org.uk



“I can’t let them down”

Craig Kitching took on the ambitious challenge of climbing Mount Kilimanjaro in Africa to give back to the Alan Hudson Centre for caring for his Mum, Tina and his father-in-law, Tom. Craig shared:

“My Mum had terrific support from Emma Warner, who is a Specialist Nurse. She does wonderful work in the Wisbech community as well as all the team at the Alan Hudson Centre. My father-in-law, Tom, also visited the Centre for his treatment and Living Well days. It is in their memory and to help all current and future patients, who are in the care of the Charity, that I took on the challenge of climbing the highest free-standing mountain in the world.

This gruelling task took me eight days to complete in January. I was mentally and physically shattered. I started getting altitude sickness at around 4,000 metres, and when I was on the summit, it was really bad and I was partially losing my vision.

“The more I got into it, I just kept thinking, I can’t let them down. There was too much weight on my shoulders to quit.”

If I can put a smile on someone’s face for one more day, that would make me very happy with what I have achieved.” To support Craig visit arhc.org.uk/craigkitching



115 Amazing charity runners

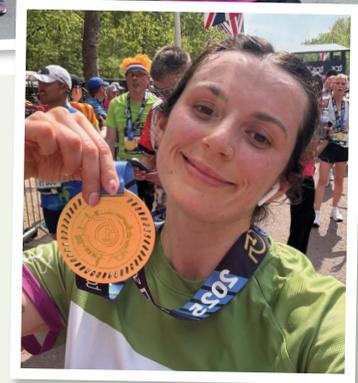
On Sunday 8 March, an incredible 115 Team Arthur runners took to the streets of Cambridge, for the TTP Cambridge Half Marathon, proudly raising funds for the Charity. As one of the city’s biggest and most vibrant events, it was inspiring to see so many of our supporters out on the course. A huge thank you to everyone who ran, donated, sponsored a runner or came along to cheer! Our brilliant cheer squads brought fantastic energy from two locations along the route, giving our runners the boost they needed.

Registration for the 2027 event is now open, and we’d love to welcome more of you to join #TeamArthur next year. Find out more at arhc.org.uk/halfmarathon



TCS London Marathon 2027 applications

Are you ready to take on the ultimate running challenge next year and make a life-changing impact? We have a limited number of charity places available for the TCS London Marathon 2027, and we’re inviting passionate supporters to apply to join #TeamArthur. We can give you lots of fundraising support to help you commit to raise over £2,000. If you, or anyone you know is motivated, determined, and excited to run for the Charity, we’d love to hear from you. **For more information** **visit** arhc.org.uk/TCSLondonmarathoninformation



Looking for a fun adventure or challenge?

Whether you enjoy running, walking or testing your strength and stamina, there are plenty of ways to challenge yourself while raising money for the Charity. You could sign up for anything from a local 5K or half marathon to a longer distance walking challenge or take part in a HYROX or hybrid fitness event. We welcome all abilities, whether you are taking on your first challenge or looking to push yourself further.

Mission Mud, in Waterbeach on Saturday 9 May, is all about taking on messy obstacles together, cheering each other on and heading home with big smiles and stories to tell. Whether you’re a seasoned mud runner or giving it a go for the first time, Mission Mud is open to everyone aged 7 years and over. **Sign up at** arhc.org.uk/missionmud

Through our partnerships with Run for Charity and Ultra Challenge, you can also browse a wide range of organised events taking place throughout the year. **Visit** arhc.org.uk/challenges **and find the one that is right for you.**

