



Living with Grief
*A guide to help you through
the grieving process*

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Arthur Rank Hospice Charity

making every moment count

01223 675777

Introduction

Following a bereavement, we experience something called Grief.

Grief is unique to us. There is no timetable and how long we grieve for can vary considerably from one person to another. Even following similar losses, such as the loss of a parent for siblings, grief may be experienced in a different way for each sibling. Who we are and the relationships we have are unique and so is our grief.

In early stages, soon after the death of a friend or relative, the pain of grief can feel brutal, intense and unrelenting, almost as if it will never end. The majority find that this pain does lessen over time. It doesn't go away completely but, we learn to live alongside the grief and our lives expand and grow around it.

For some, thinking of grief as a metaphor can help. Like the waves in the sea, grief can come and go, ebbing and flowing.

At times, we can be caught off guard by a huge wave of emotion, and it can feel like our grief is overwhelming and uncontrollable. Other times it may feel calmer and more manageable.

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Emotions

Grief can bring a huge range of emotions to the surface. You may experience sadness, emptiness, guilt, anger, peace, confusion, misery, relief, anxiety, shock, helplessness, denial and many other emotions. It's not uncommon to feel mixed emotions, at multiple times throughout the day. This can feel unsettling and exhausting. Acknowledging your feelings when they come is important and knowing there is no wrong way to feel during this time, can help.



Thoughts

Grief also affects our thoughts and behaviours. You might have trouble concentrating or making decisions. Many have trouble sleeping, either falling asleep or waking in the night for hours. You may experience disturbing or vivid dreams, for some dreaming of the deceased can be comforting, for other's dreams are upsetting. You may have reoccurring memories from when our loved one was unwell or dying and these can be understandably upsetting and frightening. Reoccurring memories, or 'flashbacks', are common and occur because our brain is trying to process difficult and disturbing events. But, for many, after 3 months following the death of a loved one, these memories/flashbacks do lessen in frequency. However, if you find your memories/flashbacks do not lessen after 3 months, they remain the same or increase, then it is important to seek support from a specialist therapist or counsellor who has experience working with trauma.

In grief feelings of hopelessness and thoughts that your life is not worth living can surface. It is important to share how you are feeling with a loved one, a family member or friend, and to reach out for support. It is not uncommon to have these thoughts in grief but, it is important to share these feelings and to be supported. If you are having suicidal thoughts do contact your GP or call 111 and press option '2'. You can also contact the Samaritans on 116 123.

For those with prior mental and physical health conditions grief can compound symptoms and seeking support from your healthcare provider, such as your GP, can help.

Physical health

When we grieve it doesn't just affect our thoughts and feelings, we also experience grief in our bodies. Common physical symptoms are aches and pains, appetite changes, lower immune system, lethargy, fatigue, feeling breathless, digestive issues. Many of these symptoms are common in grief but, for those who have cared for a loved one, over a period, their own health needs might have not been prioritised so, it is important to seek medical advice from your GP if you have symptoms you are concerned about.

What you can do to look after yourself

- Ask yourself, what does my body need? What do I need right here, right now? Rest, move, cry, eat
- Release the tension from your body through movement Walking, yoga, shouting, shaking, or try breathing out for longer than inhaling
- Do things you enjoy, it is ok to smile. It is important and can support you to function when grieving
- Eat regularly and nutritiously
- Cry – music, photos can help
- Find safe ways to release anger (boxing, chopping wood, computer games)
- Reach out for support when you feel alone
- Acknowledge how you feel and allow it, it's ok to not be ok

What influences our Grief

There are multiple factors that can influence the grieving process. For example, past life experiences, relationships, family dynamics, age, health, cultural and religious backgrounds and belief systems. The amount of support we have around us can also play a significant role in how we adapt and learn to live with our grief. Identifying the factors, unique to us, that might be influencing our grieving can help. It can enable us to make sense of our grief response and find more compassion for ourselves during such a difficult time.

It is also possible to start grieving before the death of a loved one, this is called anticipatory grief. Many who have cared for a loved one for a number of years, in the lead up to their death, find their grief experience following the death is not as expected. This tends to be because they have already begun to grieve months or even years earlier.

What can support our grief

Whilst Grief is a painful part of life, we all express our grief in our own way, the rituals and practices for expressing grief vary across cultures and religious backgrounds.

These practices are often adopted by a person or group of people without consciously thinking about them. In the immediate period before and after death, it may be helpful to think about the differing needs of those who knew your loved one and to plan. Where you know people from different cultures or religious beliefs who also grieve, you may need to manage different expectations.

In most secular and religious communities, groups of people may also mourn and so extra support might be given as a way of showing care. Timings for these activities may be prescribed carefully because it is a religious ritual or simply occur on an informal basis, depending on belief or resources. People may accompany those who grieve, cook or eat meals together in community and speak in varied ways about the person who has died (e.g. kindly, honestly, sharing humour together, talking about beliefs in the afterlife or sharing special memories). For the religious, prayers of thanksgiving or a particular piece of scripture or gifts may also continue to be offered by people to the bereaved, either individually or in groups and this can help find comfort or peace. For many, these types of support are helpful and for others, it can be more difficult as they would prefer to grieve separately in their own way. In circumstances where the person who has died is well known, it may be useful to ask a trusted person to act as the main point of contact to prevent becoming overwhelmed by well-meaning contact.

Different generations, families and friendship groups may choose to mark special anniversaries or milestones in particular ways as a mark of respect. These may be personally designed to reflect the person who has died or culturally determined. They may include rituals or religious practices at the graveside, such as placing a stone, lighting a candle, holding a conversation, writing a message, saying a prayer or placing flowers. However you choose to mark these times, most people find that it helps them to remember and reflect on the person they have loved, the time they spent together and how they continue to influence your life.

Consulting a local faith leader or the chaplain may be helpful for advice, pastoral care or signposting you to local groups that may be able to support you in your grief, offer opportunities for friendship or pursue leisure interests.

For some, their friends, family, community groups and colleagues support them through their grief. For others, talking to someone new like a counsellor/therapist or grief support worker can be supportive. Talking with others who are going through a similar experience can also help, there are many different options.

Supporting Children and Young People

One metaphor that can help us to understand grief from a child or young person's perspective is 'puddle jumping'.

The puddle represents all the feelings associated with their grief for example, sadness, misery, longing, anger, guilt. A young person jumps into their grief in the same way they jump into a puddle. But children can't cope with sad feelings for too long, so eventually they need to jump out and do something completely different that distracts them, like going for a walk, playing, singing.

The speed that young people can jump in and out of their grief can be difficult for adults to keep up with. But it is important to be led by the child. When they are in their grief try and stay alongside them, don't encourage them to jump out before they are ready.

When children are happy and playing it can appear like they are not grieving but, they are. It is important they jump out of their puddle so they can function, and this is how they manage their grief effectively.

Children's understanding of illness and death will also vary according to their age and development and naturally what they may find helpful by way of support will also vary.

As a guide:

Birth to 2 years

- Aware of absence of loved one (physical and emotional) Notices change in routines and family emotions. Limited understanding of language.
- Longing misses familiar touch, sight, smell and sounds of loved one.
- Crying, irritable, sleeplessness or extra sleep.

What can help: Physical contact, maintain routines, attend to physical needs, encourage quality time with parent/guardian where possible.

3-5 years

- No understanding of permanence of death, questions where the loved one will go to, will they see them. Worries about the other adults. May think they are to blame.
- Fearful, sad, insecure.
- Regressive behaviours, withdrawn, physical complaints, repetition of questions, factual questions about dying.

What can help: Physical contact, allow regressive behaviours and questions, give simple and truthful answers to questions, information in small chunks, expect emotions to change frequently. Allow safe ways of expression. Avoid euphemisms like “gone to sleep”. Be honest and clear whilst still gentle.

6-9 years

- May understand that death is final, wonder who will look after them, might think death is a punishment, will understand that parent or loved one will not see them grow up.
- Sad, angry, lonely, anxious.
- Regressive behaviours, need detail and find uncertainty especially hard, can hide feelings, change in school attainment, acting out.

What can help: work with school to tailor workload, a mentor, intentional time together, ensure no confusion.

9-12 years

- Understands finality of death, may experience denial, guilt, heightened death awareness, worried about own death, worried about death of others around them.
- Emotional turmoil heightened by physical changes, isolated from friends, abandoned.
- Fluctuating moods, acting out, nightmares, concentration difficulties.

What can help: encourage play/expression through activities, peer support groups, be truthful

12 up to teenage years

- May need to be in control of feelings, dependence versus independence, spiritual concepts. May feel self-conscious about being different, isolated
- Mood swings, hides feelings, role confusion, school attainment changes, impulsive or risky behaviour, arguing and fighting, changes in eating

What can help: Be available to listen, share grief, be alert to risky behaviour.

A common occurrence, particularly following the death of a parent, is a young person stepping into a more parental role and taking on more adult responsibilities within the home, from providing emotional support to the remaining caregiver or carrying out more practical tasks. This is understandable. However, it is helpful to notice if and when this happens so that you can explore what support might be needed to maintain the young person's wellbeing.

What can help bereaved children with Neurodivergence:

- Grief can make a neurodivergent child feel even more out of control. Offering choices helps reduce anxiety. For example: whether they want to attend the funeral or not., different ways to express feelings (drawing, sensory toys, talking, etc.), a safe space or person to retreat to.
- Be mindful that some neurodivergent children may appear unaffected or react in unexpected ways e.g. laughter, shutdowns, meltdowns. This doesn't mean they are not grieving.
- Grief may amplify sensory needs or dysregulation - use tools the child already finds helpful
- Maintain routines where possible to provide safety and predictability.
- Encourage communication by whatever is the child's preferred method e.g. talking, drawing, play, writing a letter to the deceased.

Support for Neurodivergence

What can help a bereaved Autistic person:

- An Autistic person may find it difficult to express their own feelings around bereavement and may struggle to understand the concept of death and loss and how they are supposed to behave when someone dies.
- It is helpful for an Autistic person to talk about what is happening and how they are feeling with their friends and family.
- It might be helpful to visit the place that the funeral will be held before it happens or look at pictures of the place where the funeral or wake will take place.

If you are concerned, contact your GP, our Bereavement Support Service or other professional agencies for help and advice.

Resources

Sometimes books can be supportive when explaining the death of a loved one to a child. Here are some examples:

'This letter says I love you' by Lucy Rowland & Matilda Handy. A heartfelt book about a 10 year old who find ways to connect and share her love for her Grandma, following her death. For children aged 2 – 6 years.

'The Invisible String' by Patrice Karst, offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace. Suitable for children aged 3+.

'Badgers Parting Gift' by Susan Varley. Suitable for children aged 7+.

With support and information, children and young people can be helped to understand what has happened and can slowly learn to live with their loss.

Support for Children and Young People at Arthur Rank Hospice

Unfortunately, we do not offer individual bereavement support to children and young people, under 18 years, at Arthur Rank Hospice. We are looking to develop a service in the future.

However, the Patient and Family Support Team run a number of one-day workshops throughout the year, aimed at children aged 8-16, called 'Sharing What It's Like'. The workshop is facilitated by a Music and Art Therapist and aims to bring children together to share their experience of grief through creative means. If you would like to find out more about this workshop, please contact the Patient and Family Support Team on: 01223 675 770.

Bereavement Support at Arthur Rank Hospice

Grief is a normal reaction to any major loss in our lives, and it is natural to feel distressed following a bereavement. There may be many practical tasks to carry out, and feelings can be overwhelming. People who are closest to you may be able to help the most, friends and relatives can offer support and share memories with you, which can be comforting. Sometimes, too, it can be difficult to talk with family and friends.

The bereavement support options on the following pages are open to anyone, at any time, whether you have a prior connection with Arthur Rank Hospice or not, and without any need for a referral .

Understanding Grief

This is a session for those who have experienced a bereavement and would like to understand more about the grieving process and how best to look after themselves during this time. This is a relaxed, informal session, that includes a presentation.

The session is aimed at adults. Sessions are monthly and alternate between online and face to face at Arthur Rank Hospice, CB22 3FB. Booking is essential as spaces are limited. Anyone is welcome to attend.

You can book via the Arthur Rank website or by calling 01223 675 770.

Griefchat

GriefChat is a completely free service and is available Monday-Friday, 9am-9pm (except Bank Holidays). It provides emotional support for bereaved people, access to trained bereavement counsellors, via a webchat and referral into other specialist bereavement services. Please be aware, GriefChat is a third-party service and not an Arthur Rank Hospice Charity service. It can be easily accessed via the hospice website.

Griefkind Space

Griefkind Space is an informal drop-in session supported by trained volunteers that takes place each Friday in the bistro at the hospice between 10am-12.00noon. It provides an opportunity to meet with others who have been bereaved, to share feelings and experiences. It may not be so suitable for those in the very early stages of grief as you may not feel ready to hear others talk about their grief when trying to manage your own.

Pastoral, spiritual or religious support

Pastoral, spiritual or religious support is also available for those who feel that they might benefit. This may be helpful to consider during the period after death and before counselling or psychological support. Our chaplain offers chaplaincy support for those who have a connection with Arthur Rank Hospice Charity. Contact Kate via email or telephone (Kate.young@arhc.org.uk / 01223 675 771), leaving a name, contact number and/or email address where you can be reached and the team will aim to contact you within 2 weeks.



Further Bereavement Support at Arthur Rank Hospice

If after a few months you find that you are not coping with your emotions or your grief is overwhelming it would be appropriate to seek help from either your GP or from the Arthur Rank Hospice.

At the Hospice we offer bereavement support to the family and friends, aged 18+, of patients previously under the care of Arthur Rank Hospice services. Our team of therapists offer 1:1 and group bereavement support options, ranging from Creative Therapy to Counselling to Complementary Therapy.

To self-refer you can call the Patient and Family Support Team on: 01223 675 770 or complete the self-referral form which can be found on our hospice website.

www.arhc.org.uk/supporting-you/care-services/patient-family-support/bereavement/

Or go to Page 17 to find self-referral form.

Please note some bereavement referrals may be directed to services nearer to the individuals place of residence if their address is not in the locality of the Hospice in Cambridge.

You can also seek help at a later date, as and when you would feel you would benefit from support.

Bereavement Support Self-Referral Form for family and friends of patients known to Arthur Rank Hospice Services



Today's date:

Your name (in full):

.....

Address:

.....

.....

.....Postcode.....

Daytime Telephone Number.....

Can we leave a message? Yes No

Mobile Number

Can we leave a message? Yes No

Your date of birth:

Name of patient:.....

Date of death:

Place of death:

Arthur Rank Hospice [] At home [] Other:.....

Please sign below to confirm you have read and understood our privacy notice overleaf.



Signed: date:

Please remove this page carefully

Local and National Bereavement Support Services

Hospital bereavement care services

If a person died in hospital, support for the bereaved is offered by the hospital bereavement care services and the chaplaincy teams. Please note that chaplaincy services in all the hospitals are for people of all faiths, or none.

Addenbrooke's Hospital

Chaplaincy Team

- Email: chaplaincy@addenbrookes.nhs.uk
- Tel: 01223 217 769

Bereavement Care Services

- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 217 537 (extension 3537)

Hinchingbrooke Hospital

Chaplaincy

- Email: nwangliaft.HinchChaplaincy@nhs.net
- Tel: 01480 847 474

Bereavement Care Services

- Tel: 01480 847 494

Peterborough City Hospital

Chaplaincy

- Email: nwangliaft.chaplaincy@nhs.net
- Tel: 01733 673 115

Bereavement Centre

- Tel: 01733 673 543

Queen Elizabeth Hospital, Kings Lynn

Chaplaincy Team

- Email: chaplains@qehkl.nhs.uk
- Tel: 01553 613 441

Bereavement Care Services

- Tel: 01553 613 878

Royal Papworth Hospital

Chaplaincy

- Email: papworth.chaplaincy@nhs.net

Bereavement Care Services

- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 217 537 (extension 3537)

Bereavement support for children

Centre 33

Provides free counselling to young people aged 13 to 25 years in Cambridgeshire and Peterborough. There is also support for young carers aged 8-18.

- Email: hello@centre33.org.uk
- Tel: 0333 414 1809
- Website: www.centre33.org.uk

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- Email: helpline@childbereavementuk.org
- Website: www.childbereavementuk.org
- National support & information line: 0800 028 8840

CRUSE Bereavement Care

This voluntary organisation has a specialist team providing support to children and young people

- CRUSE National helpline: 0808 808 1677 • Mon to Fri 09:30-17:00
- Email: helpline@cruse.org.uk
- Website: www.cruse.org.uk

Stars Children's Bereavement Support Service

Provides specialist counselling for bereaved children and young people aged 4-19, living in Cambridgeshire. Also provides support for families and professionals. (Service not provided to those living in Peterborough).

- Email: enquiries@ormistonfamilies.org.uk
- Tel: 01473 724517
- Website: www.ormiston.org

The Young People's Counselling Service, Wisbech

Provides free and confidential counselling for young people aged 11-16 years old who are dealing with emotional distress - such as bereavement, loss, loneliness and anxiety, low self-esteem, bullying, self-harm, abuse, addiction or depression

- Email: admin@ypcs.uk
- Tel: 01945 479956
- Website: www.ypcs.uk

Winston's Wish

Supporting bereaved children, their families, and the professionals who support them.

- Email: ask@winstonswish.org
- National helpline: 0808 802 0021 (Freephone)
- Website: www.winstonswish.org

Bereavement support and counselling services

Bereavement UK

Provides bereavement support and information, including podcasts, articles and free e-books.

- Email: support@bereavement.co.uk
- Website: www.bereavement.co.uk

BIG-C in Kings Lynn

Offers support for people affected by cancer including bereavement

- Email: enquiries@big-c.co.uk
- Tel: 0800 092 7640
- Website: support.big-c.co.uk/our-centres/kings-lynn-centre

Caring Together

At Caring Together, we provide information and advice, run services in our local communities and campaign for carers' rights, so that carers have choices. Our support for carers can continue after their caring role has come to an end.

- Email: hello@caringtogether.org
- Tel: 0345 241 0954
- caringtogether.org

Cogwheel Trust for Children

Provides subsidised counselling in Cambridgeshire to couples, families and individuals of all ages.

- Email: admin@cogwheel.org.uk
- Tel: 01223 464 385
- Website: www.cogwheel.org.uk

CRUSE Bereavement Care

CRUSE bereavement care promotes the wellbeing of anyone bereaved by death to enable people to understand their grief and cope with their loss.

- CRUSE National helpline: 0808 808 1677
- Mon to Fri 09:30 to 17:00 with hours extended to 20:00 on Tuesday, Wednesday and Thursday.
- CRUSE National website: www.cruse.org.uk
- Local branches in Cambridge, Huntingdon and Peterborough.

WAY - Widowed and Young

Provides a social and support network for widows and widowers up to age of 50. Members can meet and chat online through a secure website.

- Website: www.widowedandyoung.org.uk

The Loss Foundation

The Loss Foundation is a grief support charity offering a range of free resources for anyone navigating loss.

- Website: thelossfoundation.org
- Tel: 03002004112

The New Normal

The New Normal provides free non-judgemental peer support for adults facing life's difficult moments, particularly bereavement.

Local Cambridgeshire Support

For Men to Talk

For Men to Talk organises informal online and in person groups for men with anxiety, depression and grief to support each other. Weekly online zoom calls and informal in person meetings in Gamlingay and St. Neots

- Tel: 07709 446480
- Website: www.formentotalk.co.uk
- Email: formentotalk@hotmail.com

The Grief Café at St. Andrews Church Centre

You can talk and share your experiences, or just listen to others over a cup of tea and a piece of cake

Tel: 01223 242954

- Email: office@standrews-cherryhinton.org.uk
- Website: www.standrews-cherryhinton.org.uk

Cambridge Widows and Widowers

- www.cambridgewidows.com

Peer support including a widowed choir, walks, lunches and evening socials.

“How are you Cambridge”

Up to date online directory including listings for end of life and bereavement support

- www.haycambridge.co.uk/support

The Good Grief Trust

This website directs you to other organisations that can offer you support

- www.thegoodgrieftrust.org

Good Grief Soham

A warm and inclusive space for anyone who would like support with their grief. For further information email info@viva-group.org.uk or call 01353 722 228

Arthur Rank Hospice Charity

Arthur Rank Hospice Charity supports people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end-of-life care. Its 'Outstanding' services are provided free of charge to patients and their families. The aim is to provide the highest quality care, helping them to make every moment count.

Almost 4,000 patients are cared for each year at the Hospice in Cambridge, the Alan Hudson Day Treatment Centre in Wisbech and in patients' own homes via the Arthur Rank Community Team. This care supports people to improve their quality of life and fulfil their end of their life choices.

Alongside the care provided by the Inpatient Unit, Day Therapy and Hospice at Home teams, patients can access: patient and family support; lymphoedema care; complementary therapy; medical and pain outpatient clinics; and advice from the clinical nurse specialists within the Specialist Palliative Care Home Team. Programmes are practical, holistic, and tailored to the individual patient, family member or carer and may also include rehabilitative support, physiotherapy, occupational therapy and psychological support.

It will cost over £14 million in 2025/26 to run services, which are provided free of charge to patients and their loved ones. The Charity is extremely grateful to the local community for the continual dedication, commitment and generosity they show in supporting towards meeting this target.

For further information, please visit www.arhc.org.uk

Remembrance

There are several ways you can remember your loved one, and for many, it is an important part of the healing process. Here are a few ways you might like to pay tribute through the Arthur Rank Hospice Charity to someone dear to you who has died.

Light up a Life

Every year the Arthur Rank Hospice Charity organises a Light up a Life Service. It usually takes place around the first weekend in December and is held in the hospice car park. It's a spiritual service rather than specifically religious and anyone is welcome to attend, whether you have used our services or not. It is an opportunity to come together for the purpose of sharing the sense of loss, whilst celebrating those we have loved. The music, poetry and thoughts make it a very special event and the people who join the service always find it a poignant and moving experience. This is a popular remembrance event, and colleagues from within the Charity can share more information with you to enable us to ensure it is a special experience for you.

Star Shine

Our annual evening walk gives people the opportunity to walk in memory of someone they have lost while raising much needed funds for the hospice. Participants can choose to do either the 5-mile or the 10-mile route. This event typically takes place in June.

Sunflower Memories

Each August we hold our Sunflower Memories remembrance event at the hospice. An opportunity for people to dedicate a sunflower to their loved one which are displayed throughout August. We hold an afternoon event to remember those that are no longer with us together with copious amounts of tea and cake.

Remember a loved one

If a loved one of yours was cared for by the Arthur Rank Hospice, you may want to honour their memory by making a gift. There are different ways in which you can do this. The most immediate is by requesting that those attending the funeral make a *donation in lieu of flowers*. You can request special envelopes to give to families to distribute among mourners and ask for them to use Gift Aid, if possible.

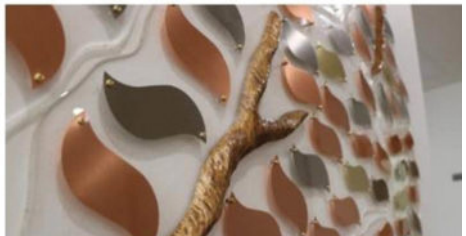
If you would prefer to do something more long-term then please take a moment to consider setting up a Forever Loved Tribute Fund. These memorial funds give relatives an opportunity to celebrate a person's life whilst helping others. The funds build up in a variety of ways, such as asking friends and relatives to donate on special anniversaries like your loved one's birthday, or through getting involved in fundraising events. If you would like to set up or be involved in a fundraising event, our fundraising team will work with you to make it a success. Often a Forever Loved Tribute Fund is created by relatives of a former patient to fund a specific piece of equipment or a specific service at the hospice, such as Hospice at Home or Day Therapy. There is often comfort to be gained from knowing that your gift will help support others in the future. We do not expect anyone, patient or relative, to make a donation; however, the work of the hospice is only possible thanks to public goodwill.

If you would like the opportunity to take part in any of our remembrance events, or would like further information about making an in memoriam donation to Arthur Rank Hospice Charity, please contact the Charity by email **fundraising@arhc.org.uk**

You can also complete the form at the back of this booklet if you would like to hear about our other events.

Memory Tree

This is a tangible and beautiful way to remember a loved one. Choose a bronze, silver or gold leaf to accompany the hundreds of leaves which adorn our tree. If you choose to dedicate a leaf, your loved one's name will be engraved on your chosen leaf. It will be displayed for a period of twelve months. You will then have the option to renew your leaf at the end of the year.



Keeping in Touch

Many people like to keep a connection with the hospice by electing to receive the Charity's newsletter. We value our ability to communicate with you to share our news and would be pleased to send you updates via email. If you would like to be kept informed of our work, please complete the form below:-

I would like to receive the Arthur Rank Hospice Charity newsletter and be kept informed of forthcoming events. I am happy to be contacted by the Charity by email, post or telephone.

Name:.....

Address:

..... Postcode:.....

Email:

Telephone:.....

The Charity will not share your details with any third parties, and are committed to complying with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) 2018.

You can also visit the Charity's website www.arhc.org.uk for further information.

Please complete and return to Arthur Rank Hospice Charity, Cherry Hinton Road, Shelford Bottom, Cambridge, CB22 3FB or e-mail us at **fundraising@arhc.org.uk**

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Arthur Rank Hospice Charity

making every moment count