Arthur Rank Hospice Charity

News

Issue 142 Winter 2026

Bereavement support

Our friendly and welcoming weekly bereavement drop-in group is now called 'Grief Connections' (previously 'Grief Kind Space'). We meet every Friday from 10am to midday in the Bistro at our Cambridge Hospice.The session is open for anyone who would like to talk to someone about grief and meet others in similar situations. **For more information visit arhc.org.uk/griefkind or telephone 01223 675777.**



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

WEB ADDRESS **arhc.org.uk**

EMAIL

fundraising@arhc.org.uk
lottery@yourhospicelottery.org.uk
retailhub@arhc.org.uk
reception@arhc.org.uk
Education and Conference Centre
venuehire@arhc.org.uk

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

November

Fri 6: Great Shelford Parish Fireworks
13 & 14: Festive Wreath Making Workshop
Sat 21: Hospice open day 11-12 (page 2)
Sat 28: Cambridge Light Up a Life (page 7)
Sun 29: Wisbech Light Up a Life

January

Mon 4: Christmas Tree Bookings close (Page 5)
8-11: Christmas Tree collections
Wed 20: Hospice open day 10-11am

February

Sun 7: Fulbourn Snowdrop Walk & Concert

March

Fri 5: Hospice open day 10-11am
13 & 14: Thriplow Daffodil Weekend
Sun 14: Cambridge Half Marathon (page 7)
Sun 21: Cambridge to Ely Trek (page 7)

April

Sat 10: Cambridge United Charity Match

May

Sat 8: Mission Mud

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



Light Up a Life (page 7)

Welcome to your Winter Newsletter



As we approach the end of 2026, I would like to show my gratitude to everyone who supports the Charity and enables us to continue to deliver our outstanding services at the Hospice, at the Alan Hudson Centre and in people's own homes.

Thank you to over 2,000 people who joined us at Bridge the Gap and to everyone who came to the face-to-face Shape Our Strategy events. If you haven't already done so, please can you share and complete the online or paper survey to help us as we plan and look forward.

It is wonderful to see how our patients benefit from collaborations such as the Museum of Archaeology and Anthropology and Gorefield Alpacas and Carter Jonas and COEL. We are excited to be a Platinum Charity Partner at the Cambridge Half Marathon in March - please share with your running friends.

There are many opportunities for you to support people living with serious advancing illness and end of life care during the festive season. Whether you are giving while you shop, signing up for Gift Aid, buying our Christmas Cards, donating to the Big Give during 1-8 December, signing up your Christmas Tree to be recycled or volunteering, be reassured that you will be making every moment count for people we support.

I look forward to seeing some of you at one of our Light Up a Light events in November, where people of all faiths or no faith, can remember loved ones.

Wishing you all a peaceful season.

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

Hospice Open Days

Have you been to one of our regular one hour 'Open Day' sessions? They are open to anyone who would like to know more about our services. The tour starts with light refreshments in our Bistro followed by a brief talk and a guided tour of our award-winning building - which is celebrating it's 10 year anniversary. **For more information or to book your place visit arhc.org.uk/openday or telephone 01223 675777.**



Collaboration with Cambridge Museum

Patients and their loved ones from the Living Well Service have been enjoying weekly Museum Wellbeing sessions. The events held in Arthur's Shed, situated in the Hospice garden and at the museum, provide an opportunity to explore artefacts from the Museum of Archaeology and Anthropology in Cambridge.

Facilitated by Sophie Wakefield, Art Therapist and Life Celebration Coordinator at our Charity, and Museum Education staff, Rosie and Sarah, patients and loved ones learnt more about the collection together, through touch, conversation and art-making. Sophie shared:

"Research studies have shown therapeutic object-handling can be an impactful mediator of fears around death and dying, by encouraging connection with our cultural legacies and a sense of continuity. The group really bonded and engaged with the process and it has been great to see the connections that have grown out of the project, both socially between members and in participants' ability to recognise the importance of their own life stories. They have used the space to speak honestly about the losses they are facing and regrets and hopes around what a 'good death' might involve."

For more information about our services visit arhc.org.uk/service or telephone 01223 675777.





Celebrating 10 years in our Great Shelford shop

Customers visiting our Great Shelford shop in August joined our CEO, shop managers and volunteers to celebrate its 10-year anniversary of opening! Have you visited any of our nine charity shops and outlets in Cambridge, Cottenham, Ely, Great Shelford, March and Pampisford? **Visit arhc.org.uk/shops for more information.**

Can you help 'Shape our Strategy'

We want to hear from the people who matter most. Your opinion is very important to help shape how we continue to provide care and support for people across our communities now and in the future, whilst we develop our next five-year strategy. Whether you have used our services directly, supported the Charity in another way, or simply want to share your views, we would value your feedback. Please complete our online or paper survey. **Visit arhc.org.uk/shape-our-strategy or telephone 01223 675777 for more information.**



See your kindness go twice as far!

This winter, we are delighted to be taking part in **The Big Give** Christmas Challenge for the very first time. As the UK's biggest collaborative fundraising campaign, it offers an incredible opportunity to make your support go twice as far. For one week in December, every donation made to the Charity through the Big Give Christmas Challenge will be doubled, thanks to the generosity of our Pledgers and Big Give Champions.

This year's campaign, Protect and Widen Access to Arthur Rank Hospice Care, aims to safeguard capacity within our Inpatient Unit while expanding access to our expert services across Cambridgeshire. The funds raised will help more patients and families receive compassionate, specialist palliative and end-of-life care.

If you are considering donating this festive season, we encourage you to support us during the challenge week. Simply donate online by scanning the QR code below between 1 and 8 December, and your gift will be doubled at no extra cost to you. That means every pound you give will have twice the impact for local people facing advancing illness and needing end of life care.

SCAN ME



Charity Christmas Cards

It's easy to buy our Charity Christmas Cards online, from your local Arthur Rank Hospice Charity shop, the Hospice or the Alan Hudson Centre. Please note, to save costs, paper order forms will not be sent out this year but can be requested by phoning **01223 675888** or visiting one of our shops. The full range can be viewed online at **arhc.org.uk/onlineshop**. Every card sold helps us provide care to people in our community.

Let us take care of your Christmas Tree Recycling



Planning to buy a real Christmas tree this year? Let us take care of it in January for you. Simply book your tree collection, leave it outside your home and our volunteers will collect it in exchange for a donation. It's an easy, environmentally friendly way to dispose of your tree whilst supporting hospice care. Last year, we collected a record-breaking 4,370 trees and raised an incredible £119,000 to support patients and their loved ones. This year, we're aiming even higher and would love your support to make 2027 our most successful campaign yet.

- **Bookings open**: 14 November 2026
- **Bookings close**: 4 January 2027
- **Tree collections take place**: 8 to 11 January 2027

Be sure to book your collection to secure your place at arhc.org.uk/trees

Raffle News



Thank you to everyone who entered our Summer Super Draw. It raised over £20,000 to support people in Cambridgeshire who need our care. Huge congratulations to our eight lucky winners.

If you are feeling lucky and inspired and want to support hospice care in Cambridgeshire - good news! You can now buy tickets for our Winter Raffle and have a chance to win some incredible prizes including a family ticket for Anglesey Abbey and tickets for two to a London show. Every ticket sold helps to ensure patients and their loved ones will be supported over the winter season and beyond. The winning tickets will be drawn on Thursday 28 January 2027. Tickets are £2 each and sold in books of five. They can be ordered by calling **01223 675888** or emailing **fundraising@arhc.org.uk**. Alternatively, you can enter online at **arhc.org.uk/raff es**

For full terms and conditions and list of prizes visit arhc.org.uk/raff es

Support Arthur Rank Hospice Charity while you shop online

If you're planning your Christmas shopping, why not raise funds for Arthur Rank Hospice Charity at the same time? By signing up to **Easyfundraising** and choosing us as your cause, you can generate donations every time you shop with participating retailers. The retailer makes the donation, so there is no additional cost to you. With thousands of retailers taking part, it's a simple way to support our care and services throughout the year.
Scan the QR code to sign up and start making a difference today.

SCAN ME

Thank you to our Community

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





Cambridgeshire Freemasons who donated **£3,000** from their pantomime.

Kings Ely Osmond House who raised **£13,000** throughout the 2025/26 school year with various activities.

The Peacemakers of Isleham who donated **£1,636** from their Craft De-stash.

Georgie Noble's Annual Big Breakfast which raised **£1,950**.

Students at Soham Village College who raised over **£3,000** though the academic year.

Sutton Conservative Club who donated **£1,343** from their Quiz Night and Raffle.

Fen Ditton Cricket Club who donated **£2,072** from Music bingo events throughout the 2025/26 seasons

To find out more about community fundraising for the Charity, visit arhc.org.uk/fundraiseyourway or email cf@arhc.org.uk or telephone 01223 675888.

Are you a knitter?

We sell knitted items throughout the year to support people with an advancing serious illness and end of life care. Last Easter we rehomed over 4,000 knitted chicks and we are looking for people to help continue this tradition. **If you would like to get involved by knitting chicks or hosting an adoption site, please visit arhc.org.uk/knitting or email cf@arhc.org.uk or telephone 01223 675888.**



A lucky year for 'Your Hospice Lottery' (YHL) supporters

This year four of our YHL players have won the top prize of £1,000. We have also celebrated five second-prize winners, each receiving £200. Every ticket helps us provide vital care and support for people in our community living with advancing serious illnesses and in need of end-of-life care.

Fancy joining our winners? **Sign up to Your Hospice Lottery today for the chance to win cash prizes while supporting your local hospice at arhc.org.uk/yhl**

Coming Up!

Light up a Life



Again, this year we will be hosting two Light up a Light services which give people an opportunity to remember loved ones in a poignant way. Services (open to people of all faiths or no faith) will be held on **Saturday 28 November in Cambridge** and **Sunday 29 November in Wisbech**. Everyone is welcome to attend or contribute to the booklet or appeal, no matter what part of the journey you are on and whether you have or haven't received our care. **Please visit arhc.org.uk/LUAL or telephone 01223 675888 for more information.**

Cambridge to Ely Trek 2027: Registrations Open!



Take on our spectacular Cambridge to Ely Trek on Sunday 21 March 2027 and help raise vital funds for Hospice Care. Join #TeamArthur for a 17-mile riverside challenge along the Fen River Way, starting in Cambridge and finishing beneath the iconic skyline of Ely Cathedral. Whether you're trekking in memory of a loved one, with friends and family, or as part of a workplace team, every step will help support people across Cambridgeshire living with an advancing serious illness and those needing end of life care. Registration costs £25, with a minimum fundraising target of £150. We'll be with you every step of the way with fundraising support and advice. **Sign up today at arhc.org.uk/cambridgetoely and make every mile matter.**

Run for a Platinum Charity Partner at the Cambridge Half Marathon!

We are delighted to announce that we are a Platinum Charity Partner of the Cambridge Half Marathon for 2027. As we look ahead to what we hope will be our biggest and most successful fundraising year yet, we're calling on 300 incredible runners to join #TeamArthur and help us go the distance for hospice care across Cambridgeshire.



Whether you're an experienced runner aiming for a new personal best, taking on your very first race, or simply looking for a challenge with a purpose, this is your opportunity to be part of something truly special. Every mile completed and every pound raised will help ensure local people living with an advancing serious illness and those who need end of life care, receive the compassionate care and support they need, when they need it most.

Register your place at arhc.org.uk/CambridgeHalf

Alpacas bring smiles to Hospice patients in Wisbech

Patients visiting the Alan Hudson Centre enjoyed a visit from a pair of local alpacas - Banksy and Buster. With Krystal and Gina, from Gorefield Alpacas in Wisbech, they visited the Centre and garden to bring a few smiles to the faces of patients living with advancing serious illnesses. The patients had a fabulous time feeding, stroking and learning all about alpacas. The staff also enjoyed a very therapeutic session. **To find out more about ARHC services, visit arhc.org.uk/services**





Could you volunteer?

We have a range of volunteer opportunities at **arhc.org.uk/volunteer** and over 600 of them are essential to support our outstanding services. Our Christmas Tree Recycling campaign wouldn't be possible without additional volunteers. If you'd like to be part of the team who collects trees in January we'd love to hear from you. **For more information about volunteering to collect trees, please email christmastrees@arhc.org.uk.**

Volunteer shares eclipse images

One of our volunteers, Peter Howell who runs Astronomy sessions in Arthur's Shed, shared these amazing photos of the recent eclipse.
To join Peter or any of the sessions in Arthur's Shed, please visit arhc.org.uk/Arthurs-shed



Volunteers win 'Gold' at the BBC Gardeners' World Autumn Fair

Our volunteer gardeners, led by Garima Chandra and Adam Saunders, Head Volunteer Gardener at the Hospice, were delighted to win a 'Gold' accreditation for their border garden at the BBC Gardeners' World Autumn Fair in September. Garima entered and won the ballot and then with Adam and the volunteers spent many months planning, co-ordinating and preparing the wonderful garden which 'told a story of care and human connection, inspired by the volunteers of the Hospice.'





Festive Bistro

Did you know that our Bistro is open to the public seven days a week? Conveniently placed next to the Babraham Road Park and Ride, you can pop into our bright and spacious accessible areas. We serve hot and cold drinks, lunches, teas and cakes. Christmas Lunches are bookable for 29 November, 6, 12 and 20 December. Christmas themed Afternoon Tea is bookable for 2, 9, 16 and 23 December.
Visit arhc.org.uk/bistro or pop in or telephone 01223 675777 for more information.

Complementary Therapy



The Charity has four Complementary Therapists who work across the Inpatient Unit, the Living Well Service, the Alan Hudson Centre and in people's own homes in the community. Laura, Marianna, Nicky and Sarah-Fay support patients and their carers with Aromatherapy, Massage, Reflexology, Reiki, Fascial Unwinding, Bowen, Sharon Wheeler's ScarWork and Indian Head Massage. Sandra, a carer, shared her experience at the Hospice:

"The session itself was unbelievable; I think it was the only time I relaxed the whole time I was caring for my husband. It gave me the message that I matter too. It gave me purpose and hope and it had a knock on effect on everyone around me."

For more information about our services visit arhc.org.uk/services

Disability Confident Leader status

We are delighted that we have been awarded Disability Confident Leader status (Level 3) - the highest level of the UK Government's Disability Confident scheme. The scheme recognises employers who are committed to creating inclusive workplaces where disabled people and those with long-term health conditions can thrive. This achievement reflects our long-standing commitment to ensuring everyone feels they belong, are valued and have the opportunity to succeed. **If you would like to work at ARHC please visit arhc.org.uk/joinus**



Celebrating Challengers

A BIG thank you to everyone who has taken on a challenge for the Charity, including:

Witchford Village College for their sponsored walk in memory of former staff member, Andy Carruth, which raised **£3,910**.

Kevin Roberts who completed a 100km Ultra Challenge in the Lake District raising **£1,695** in sponsorship.

Sarah Schechter who used her appearance at Maccabiah Games to raise **£1,047** for the Charity.

Tom White, Rachael Caton and George Wilson who together raised over **£2,350** at Tough Mudder.

Huntingdon Pickleball Team who held a 12-hour event in memory of Emma Cundell, which raised **£2,548**.

Emily, Maria, Myles and Grace who completed the Great North Run for #TeamArthur generating over **£4,683**.

Marius Sumanaru who completed the Peak District Ultra Challenge and raised **£2,000** in sponsorship.

Volunteer, Debbie Whitfield and her husband, Seamus Doherty, from Cambridge who completed the London to Paris bike ride in July and raised an incredible **£6,403.**

Shyla and Darren who walked from Silverstone to the Alan Hudson Centre (AHC) and raised over **£4,000** for the AHC and Emma's Purse.

Kate Robb and Jack who climbed Kilimanjaro and raised over **£2,900** for the AHC.

To find out more about taking on a challenge for the Charity, visit arhc.org.uk/challenges or email challenges@arhc.org.uk











26th 'Bridge the Gap' a great success

A huge thank you to the 2,000 walkers who took part in the 26th Bridge the Gap on Sunday 13 September which **raised over £57,000**. It was wonderful to see so many people enjoying this special Cambridge walk while raising vital funds for our Charity and Romsey Mill. Thank you also to everyone who volunteered or supported the event and helped make the day such a success. We'd also like to thank the colleges that opened their gates, our headline sponsor, The Cambridge Building Society, and sponsors Cambridge University Press & Assessment and Rotary Cambridge for their invaluable support.







Carter Jonas vs COEL Charity Cricket match raises over £55K for 3 Cambridge charities

For the last four years COEL has worked with Carter Jonas to host a Charity Cricket Day at Fenner's cricket ground in Cambridge. This year, the crowds gathered to see guest speaker, ex-England cricketer, Phillip DeFreitas, watch the sporting action and support with fundraising.

Congratulations to the Carter Jonas team on securing the 2026 win and a huge well done to the COEL team for an outstanding effort and a brilliantly competitive match.

The money raised has been shared between the three nominated charities; ARHC, CamSight and The Phoenix Trust. Thank you to everyone who supported the event.

For more information about Corporate Partnerships visit arhc.org.uk/corporate

CUFC choose ARHC as Charity of the Year

There was a very welcome buzz at the Hospice when Cambridge United's First Team players visited to announce the Football Club's Charity of the Year Partnership for 2026/27. Players Dom Ball, Pelly Ruddock Mpanzu, Kell Watts, Shane McLoughlin and Patrick Bauer were given a tour of the Hospice and stopped to talk to patients, families and staff to hear about the difference the Charity has made to them and their loved ones. Excited fans were waiting for them in the Bistro, where the players signed memorabilia and posed for photos before moving to the Hospice garden.

