



Saturday 21 July will be a bubble-bonanza, with 'Finn the Bubble Fish', the 'Incredi-bubble' and Bubble Rush 5K at Huntingdon's Riverside Park!!

Arthur Rank Hospice Charity's Bubble Rush 5K - a bubble-tastic fun-run for all the family - returns to Huntingdon's Riverside Park for a third year, on Saturday 21 July. There are some exciting new additions to the colourful event for both the younger and older (!) kids in the family this summer!

Arthur Rank Hospice Charity has just announced that 'Finn the Bubble Fish' will be making his first ever appearance at this Huntingdon fun-run. The bright-sky-blue fish with dark blue fins and red-rimmed sunglasses is looking forward to meeting his younger fans and is inviting them to become 'Finn's Friends' before the day takes place. Children who register will be sent a special 'Finn's Friends' bubble-pack which includes The Bubble-izer (a fun way to keep track of sponsorship raised), a colour-in Sponsorship Money Saving Box and a colouring-in picture which can be sent back for public display.

Another new addition for 2018, will be the amazing 'Incredi-bubble' – a clear PVC igloo, full of blowing bubbles and the smell of bubble gum, which 'Bubblers' can climb into, for fun and selfies, before or after their 5K fun-run. Senior Events Officer, Tasha Hills comments: *"We've nearly sold out Wave 1 – which takes place at 10.30am - we're expecting that Wave 2 at 12.00pm, Wave 3 at 1.30pm and Wave 4 at 3.00pm will quickly follow suit.*

"Bubble Rush 5K is such a brilliant fun family activity for summer! There's five foam stations on the 5K course which lines the riverside and they pump out 30 cubic metres of yellow, green, blue, pink and white foam per minute. Everyone really gets in the spirit and will be wearing colourful tutus, sunglasses, neon headbands, fun visors & lei flower garlands as they run, jog, walk, dance, hop, wheel or push-chair the 5K route. Now, with 'Finn the Fish' and the 'Incredi-bubble' added to the line-up, I'm not sure how we could possibly squeeze any more fun in!"

Philippa Hickman from Haddenham took part last year for the first time, with her sister from Bury St Edmunds. She can't wait to take part again and says it's a great event for the local community:

"Bubble Rush is such a well-planned event and it's got a lovely vibe. Anyone can take part – little people to older people, fit or unfit, pushchair or wheel chair – everyone cheers you on and gives you a boost when you're out of breath. People you don't know will be talking to you – it's like one big family!"

She explains why the whole family are so pleased to get involved:

"We did Bubble Rush for the first time, last year and it was great fun. It's a family thing for us - without the support of the Hospice we'd have been lost - so we're very passionate about giving back to the Hospice in any way we can.



"My Mum, Shirley Smith passed away in Arthur Rank Hospice in 2016, before it moved from Mill Road. She went in first for four weeks to get her pain under control, but she was terrible at settling for the night. My stepfather took chocolate in for her, but she'd go through to the nurses with a big bag of it, instead of resting!

"Everyone from the nurses to the volunteers – who made us cups of tea and toast with marmalade – they all just really looked after Mum, and us as well. You're almost in a protective bubble there and you forget that life is going on outside and we really needed that.

"Towards the end we stayed five days and five nights with Mum, and we stayed overnight sat up in recliner chairs. We could stay on the floor if we liked – they didn't have all the facilities of the new hospice then - but it didn't matter because we were so looked after. It's such a terrible situation to be in, knowing your Mum is going to slip away. But the Hospice gave us time. We felt really supported and loved and Mum felt that too. You just never know when you're going to need it. We just want to do as much as we can for any other families who might need the Hospice's help."

Arthur Rank Hospice provides vital services to thousands of people who need its specialist end-of-life care at the [Hospice in Cambridge](#) and in patient's own homes through the Arthur Rank Community team. The Hospice needs to secure £7.45 million every year to deliver services free of charge to patients and their families. About half of this comes from statutory sources, with the remainder raised thanks to the whole-hearted fundraising efforts of the wider local community who are motivated to ensure that the work of the hospice continues, by taking part and supporting events like the Charity's Bubble Rush 5K.

Philippa adds: *"Last year I did Bubble Rush 5K with my sister, son, daughter and niece and we raised £500. We're all doing it this year too, but I've also roped in my husband and brother in law and my Dad will come along to cheer us all on. If everybody did that and got one new family member or friend to join in, the Hospice would raise so much money and it would help to spread the word. That's what it's all about really – supporting a local charity that you may need some time in the future."*

Registrations is £20.00 for adults and £10.00 for children with each wave due to be closed off as it fills up (Wave 1 – 10.30am, Wave 2 - 12.00pm, Wave 3 - 1.30pm, Wave 4 - 3.00pm). Sign up online at www.arhc.org.uk/bubble-rush-registration.asp or over the phone by calling Arthur Rank Hospice Charity on 01223 675888. Registration fee includes a t-shirt, medal and a bottle of water. Family, friends and colleagues can form teams of up to 10 members if they wish, or individuals can sign up by themselves and will be given an equally bubbly welcome! For information on sponsorship and volunteering opportunities, please contact the Hospice's Events Team on 01223 675891.