

# Forest Holme Hospice Charity needs to raise £900,000 during 2021/2022 to fund:

- **A Bereavement Counsellor** to support individuals and families, including children, who are coming to terms with life without their loved ones.
- **Bereavement support** via our 'Pop-In' group, Bereavement support group, literature and children's books.
- **A Counsellor** to support local people following their diagnosis of cancer or who are receiving palliative care
- **A Staff Nurse** on the in-patient ward to manage pain and other symptoms associated with life-limiting illnesses.
- **2 x Additional Health Care Assistants** to help enhance the quality of care overnight on the in-patient ward.
- **A Receptionist/Ward Clerk** to greet visitors with a friendly smile and sensitively liaise with distressed patients and families.
- **A MND Nurse** to provide support and advice to people living with Motor Neurone Disease to work within the integrated palliative care team.
- **Additional nursing resource** for the Hospital Palliative Care team to provide specialist palliative care within Poole Hospital.
- **Respiratory resources** via a practical pack including different coping mechanisms and resources to help tackle episodes of breathlessness including hand-held fans.
- **2 x Specialist Development Nurses** which is a training role to help provide palliative and end-of-life care to people with advanced disease wherever and whenever they need it in a variety of settings.
- **Staff welfare** which includes physical and emotional wellbeing through designated rest areas, self-care techniques, personal development and training opportunities to help build resilience.
- **A Complementary Therapist** to provide relaxing aromatherapy, reflexology and massage for those living with the uncomfortable physical and emotional side effects of treatment.
- **An Education Coordinator** to facilitate and co-ordinate the training of staff across various care settings to ensure they can best support patients and their families towards the end of life.
- **A Therapies Technician** to help patients regain some independence by ensuring that they are stable on their feet and can complete daily tasks such as washing and dressing.
- **A Yoga Instructor** to provide relaxation and natural pain relief through regular yoga classes for people undergoing cancer treatment at Poole Hospital.
- **A Palliative Care Conference** where leading experts will discuss the latest approaches to caring for the terminally ill to share knowledge and help upskill clinical staff.
- **Items for patients** such as daily newspapers, magazines, toiletries, Christmas gifts, android tablets, Virtual Reality headsets, televisions, and Birthday presents.
- **Furniture, fittings and medical equipment** on the ward, as well as mattresses, fans and chairs to ensure patient comfort.
- **Ongoing costs** such as curtain cleaning, fish food and TV licences, as well as maintaining the Relatives' Room and The Bubble staff room.

**Your on-going support will ensure that we are in a position to provide consistent and unconditional care not just now, but also in the future**