

NEWSLETTER



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Wedding bands to
remember Christine

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Support our
Refurbishment
Appeal



Dear friends...

Chief Executive,
Anne Currie



This newsletter's introduction is one of nostalgia for me as we embark on a new refurbishment, for some areas of the hospice building, in the Spring of 2023.

My first day at Forest Holme Hospice Charity was a beautifully crisp autumnal day at the end of September 2013. I was met at the front door by my colleagues Hannah and Kathy. They were the only two people left in a very empty shell of a building site as we embarked on an ambitious extension and update of the hospice's facilities. I was promptly given a hard hat, a high vis jacket and the warmest of welcomes to the team.

As you will read later in the newsletter, we are now undertaking a subsequent refurbishment to help improve the day-to-day facilities for patients, their families and the hospice's staff. You will appreciate that we have welcomed thousands of people to Forest Holme and this has resulted in nine years' worth of considerable wear and tear. We would like to ensure that we provide the best possible environment we can for those the hospice cares for.

It's safe to say that with the current worsening economic climate and the almost weekly increase in cost of building materials, that time is of the essence for us to achieve our goal. We empathise that this is affecting everyone at present. You have been kind enough to support us before, but if you are in any position at all to be able to contribute to our fundraising target, it would be greatly appreciated.

Scan To Donate
to Forest Holme!



As always, there are so many inspiring stories shared in our newsletter and some wonderful fundraising achievements. It never fails to amaze me how kind people are who offer their time, expertise or money to the charity to help it have the impact that it does within the local community. The teams at Forest Holme couldn't do what we do, without your valuable support. Thank you.

There are lots of ways in which you can get involved from placing collection tins out about in your local community, attending some of our fundraising events, setting up a monthly direct debit or simply just talking to people about Forest Holme Hospice and the wonderful work it does.

Every bit of support helps us as a charity to meet our financial commitment to the running of the Hospice alongside University Hospitals Dorset NHS Foundation Trust. If you feel you would like to get involved, please don't hesitate to get in touch on 01202 670644 or email fundraising@foresthalmehospice.org.uk - we'd love to hear from you!

It started with a refurbishment and it ends on a refurbishment for me. It has been an immense privilege to be a part of Forest Holme Hospice Charity and work alongside all of the teams based at Forest Holme, and partner organisations, to help enhance the services for patients and their families across East Dorset. My sincere thanks go to everyone in our community who has supported the hospice to date in one form or another. You all help to make it the special place that it most certainly is.

I would also like to thank my fantastic colleagues and Board of Trustees for being such a pleasure to work alongside over these last nine years. I have many fond memories and Forest Holme will always have a special place in my heart. I wish all those associated with it continued success in the future.

With best wishes,

Anne

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In memory of Elaine Kirsch Edsall

By Mark Edsall

Hello my name is Mark Edsall, and Elaine my wife for 25 years, had cancer and died at Forest Holme hospice early last year.

So what you may say, that's not very remarkable, so do others. True, but what is remarkable is that Elaine fought a relentless battle with the illness for the last 30 years of her life.

A lump in her breast when she was 35 led to a confirmation of cancer; so a small operation followed, backed-up by radiotherapy, and she was pronounced all clear. But as many know the doubts remain long after the wounds have healed.

Sure enough, the eve of our wedding December 1995. Its 7pm and in the consulting room we learn that cancer is back - with a vengeance.

Radical surgery plus chemo' followed and a thread was being spun which was to weave throughout the rest of our lives together. I have lost count of all the operations, chemo' and other indignities she had to endure; cancer became the third partner within our marriage.

How did we cope? Well we supported one another from the start and she possessed a deep and dark sense of humour which



brought laughter so many times when tears should have flowed; plus Elaine was a fighter. Despite the odds she would not give up.

Life being too precious with so much to do, she didn't have time to die, and though treatments took a heavy toll, Elaine would never broach any sympathy from others.

"See me, see the woman first not the damn cancer."

Elaine's love for and ownership of horses was a constant joy; despite the hard work (and expense!) it brought a purpose to life where cancer played no part. Her last horse, Bruce, arrived injured 13 years ago; it was Elaine or a bullet. She never gave-up and nursing him through his problems, both physical and psychological, bizarrely brought her a greater understanding and acceptance of her own situation.

By 2016 cancer had reached her lymph system and was shadowing her liver. We were told it was now classed a 'terminal condition' and hoped for maybe 5 years. But that wasn't going to stop Elaine.

She had always enjoyed writing and joined an online group based in America. She was good, very good, and about a year before her death



started writing a weekly blog - 'A Horse A Husband and Cancer'.

In it she wrote of her shrinking world with wry observations on life and people, always accomplished with wit and style; as word spread it picked up followers around the globe.

Encouraged by myself and friends she started writing a book about her life and the long battle with cancer, hoping it may help others in similar situations not to give-up.

"If I can fight this and still enjoy life then so can they."

Towards the end of 2020 the illness progressed rapidly. Both Elaine and I had previously attended Forest Holme for counselling (I still go) and sensing the end was near she wanted to go into the hospice as, "I'll be safe there."

She was there just over two weeks. I spent the last six days and nights beside her, holding her hand to the end.

The meticulous care and dedication of all the staff towards us both, is beyond any words of praise that I can write; humanity alive and thriving behind the masks.

Being in Forest Holme allowed my wife the dignity to meet death head-on as she always wanted.

It may have come for her like a speeding train in the night but it found her defiant, stood in the middle of the track, bags packed, all lights blazing, no fear just curiosity (she never shed one single tear for herself in the hospice) "I'm off to start a new adventure Mark, but this time you can't come with me."

I gladly would have, the grief was and is horrendous, even now, thank God for good friends including Kathy my counsellor at the hospice.

After Elaine's death I continued the blog, I don't want her to be forgotten; and her book, sharing its title with the blog, was published late last summer.

Elaine was neither saint nor sinner. She just endeavoured to make the best of what fell at her feet throughout her life whether good or bad. Her survival over three decades depended as much on the unrelenting spirit within her as it did on any of the drugs or medical treatments she sustained.



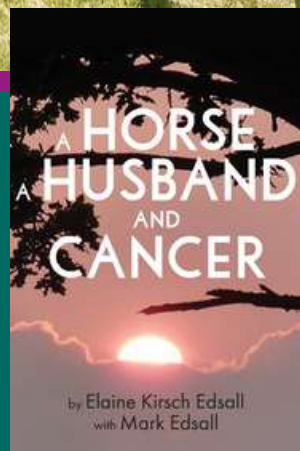


Scan To Visit
Amazon!



This is not a book about horses; nor is it a book about husbands and it is certainly not a book solely about cancer.

This book written by local Wimborne resident Elaine Kirsch Edsall, is a candid, thought-provoking but humorous and often irreverent account of her life covering 30 years of fighting and surviving cancer until her death aged 65 at Forest Holme in January 2021.



Elaine, who was encouraged and supported by a friend and husband Mark to publish the book, discovered her love for writing and also began to write a blog, from which this book gets its title, a short time before her death.

Mark has continued the blog to this day as he wanted her readers to know of her strength and bravery to the end despite the odds she faced. The first thirteen of these blogs were subsequently included in the book.

“

"If you have an interest in horses, husbands or cancer there is something here for you to chew over; but if you want to hear of the unrelenting human spirit even knowing the fight is unwinnable, then read on, there is a feast before you."

”

The blogs are all available via
www.horsehusbandcancer.com

'A Horse, A Husband And Cancer'
is available to buy on Amazon

Tie A Yellow Ribbon



It was so lovely to be able to welcome visitors again during Hospice Awareness Month in June to Tie A Yellow Ribbon in memory of a loved-one in the hospice garden. The appeal raised a total of £4,611.



Rob, head nursery gardener at Stewarts Garden Centres, kindly delivered a donation of plants for the garden in time for the annual event.

The Elective Admissions team at Poole Hospital wore yellow to mark the occasion.



Thank you to everybody who kindly baked and donated delicious cakes, including Nicola from Rustic & Retro Cakery, Vicky Ridley, our volunteers and the Butt family.

The LV= IT Department, who have chosen Forest Holme as their Charity Of The Year, kindly volunteered their time to paint all the hospice garden fencing.





Charity Update

We were delighted to welcome the team from new charity partner O-IM to take a tour of hospice. Katie and Matt have already been fundraising by taking part in our charity abseil down the Spinnaker Tower, while Matt is also competing in the Strictly Extravaganza.

The O-IM team also spent a volunteering day at the hospice. They all worked hard cleaning blinds in the lounge and windows in the ward, as well as building a large shelving unit and removing all weeds in the courtyard garden.



Congratulations to Hannah and Kathy, who were presented with Forest Holme family trees by the charity to mark their 10th anniversaries in the fundraising team.

Congratulations to 12-year-old Fraser Burnet, who won the Fundraiser category at the recent BBC Radio Solent Make a Difference Awards.

When Fraser was 10 he swam the equivalent of English Channel to France and back in a swimming pool during lockdown, raising £11,095.





A very special thank you to our wonderful supporter Neil and the team at Dolphin Marine for this beautiful addition to our Celebration Tree in the hospice garden. The new plaque is a tribute to our wonderful Queen Elizabeth II.

We would also like to extend our thanks to Elite Fabrication & Welding Ltd for providing the brass and custom bolt for this project.

Our Knit & Natter group is back following a break due to the pandemic. Volunteer Margaret Lewis has kindly started the group again, which meets every Friday morning at Lighthouse.



We also want to take this opportunity to remember Pat Ireland, who sadly passed away at Forest Holme in June. Pat was not only a volunteer at the Secret Wardrobe charity shop but also ran the original Knit & Natter group in Beales which raised nearly £2,000.

LEWIS SCOTT ACADEMY OF ARTS PRESENTS

Strictly EXTRAVAGANZA *Gala Dinner*

IN SUPPORT OF FOREST HOLME HOSPICE

WWW.LSACADEMY.ART/STRICTLYEXTRAVAGANZA

SATURDAY 28TH JANUARY 2023
THE HILTON - BOURNEMOUTH

Lewis Scott Academy of Arts is hosting a Strictly Extravaganza Gala Dinner to support Forest Holme in memory of Lisa Hopton, who was cared for at the hospice.

The Gala promises to be a fabulous night filled with glitz and glamour and will be taking place on 28th January 2023 at the Hilton in Bournemouth.

The event will follow a similar format to BBC's Strictly Come Dancing, with each Forest Holme dancer performing alongside a professional dancer. All the volunteer dancers have either little or no previous dancing experience.

We want to wish Karen Johnson, Matt Hull, Georgia Hulls, Natasha Broughton, Jason Edwards, Naomi Cook, Lynn Makeham, Sarah Alderton, Fiona Dixon and Rob Jones the very best of luck as they compete for the glitterball trophy, while raising funds for Forest Holme Hospice Charity.



Lewis Scott Academy of Arts with Forest Holme fundraiser Kirsty

The Gala evening will begin with a drinks reception followed by a three-course dinner, while the audience will be treated to dance demos from the professional dancers and performances from some special VIP guests. Forest Holme's Palliative Care Team nurses and consultants will also be performing a special group dance.

Tickets for this event are limited but it will also be live streamed, with full details to be announced soon.

Hospice News



Our counsellor Dania scooped the Bournemouth and Dorset Echo 'Dorset Hero Awards' gong in the Mental Health Care Award category in recognition of her work setting up and delivering our 'Living With Loss' bereavement sessions.

Thank you to the 'Not Just WI Lytchett Matravers' group for the large donation of men and ladies nightwear for the patients as part of the Jubilee Charity community collection bags.



A warm Forest Holme welcome to Sally, who has joined the team on reception, having previously worked at the Dorset Breast Screening Unit at Poole Hospital.

We were delighted to welcome the Jubilee Folk Orc from Coda Music Trust, who were performing at local care homes, hospices and schools as part of the Queen's platinum celebrations.





Our Complementary Therapists Christine and Chantal got to meet the inspirational Dr Rupy Aujila when they went to the Integrative and Personalised Medicine Conference in London.

We said goodbye to Phil Pampoulov, a trainee Clinical Psychologist, who has been studying with our Counselling Team and is now continuing his training with Child and Adolescent Mental Health Services (CAMHS).



We were also very sad to say goodbye to Sharon, who has been our much-loved Education Administrator at Forest Holme for nearly six years. Sharon is now looking forward to a happy retirement.



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to Forest
Holme!



Fundraising for Forest Holme

Janet's Story



At the recent wedding of his daughter Jodie and son-in-law Tom Lapham, Richard Spencer made the traditional father-of-the-bride speech. While honouring family loved-ones who were no longer with them, he made a special tribute to his mum (and Jodie's nan) Janet, who was diagnosed with bowel cancer in 2017. While making a dedication to Janet, Richard promised that there would be a "Happy Ending", but not the sort of happy ending the guests might of been expecting.

Following the diagnosis, Richard's mum chose to let the cancer take its own course, with his dad honouring his own wedding vows and looking after her at home. In early 2020 her condition deteriorated and she was admitted to Forest Holme.

In his speech Richard told the guests, *"Dad was still able to be by her side day and night in a luxury reclining chair next to her bed. The care was fantastic. I do remember one of the nurses Carmel talking to me and telling me that all the patients are treated like prince and princesses. She was right, but to me her and her team were the Angels; very dedicated and caring nurses. Mum sadly passed away a couple of weeks later in no pain on 17th March 2020."*

Knowing that the hospice now relies on the Charity for £1 million in funding each year, Richard contacted the fundraising team and bought Forest Holme branded wristbands for every single wedding guest, with an extra donation on top.

The happy ending?

Each guest was given a wristband by Richard and his Granddaughter Rose to get free drinks and food at the bar for the rest of the night to honour the memory of his Mum and to highlight the care, love and dedication the staff at Forest Holme gave to Janet and the family.



Christmas Cards

£3.95
per pack

1



2



3



4



5



6



Cards measure 15cm x 15cm and come in packs of 10, including envelopes.

Christmas Cards Order Form

To order Christmas cards you can either complete and return this form to us, call us on 01202 670644 to place your order over the phone or order via our online shop

www.forestholmeospice.org.uk/shop

Scan to visit online shop



Your details

Title _____ Full Name _____

Address _____

Postcode _____

Email _____

Telephone _____

Design	Quantity	Total (£)
1 - £3.95		
2 - £3.95		
3 - £3.95		
4 - £3.95		
5 - £3.95		
6 - £3.95		
	Postage per order	£3.95
	TOTAL incl. postage	£

Please enclose a cheque payable to 'Forest Holme Hospice Charity' and return with completed order form using the Freepost envelope provided.

We take your privacy seriously and promise to never sell your data. You can find out more by reading our Privacy Policy at www.forestholmeospice.org.uk/privacy

Light Up A Life

Thursday 1st (6.30pm) & Sunday 4th (10.30am) December 2022

Forest Holme is delighted to announce that this year there will be two Light Up A Life services taking place in December to allow our supporters an additional opportunity to come together to remember and reflect on the wonderful moments spent with our loved-ones.

Both of these services will once again be taking place at Long Barrow Ceremony Hall, Harbour View in Lytchett Minster and are open to anyone, not just people whose loved ones were cared for at Forest Holme.

Each service will be a mixture of carols, readings and reflection, followed by refreshments and it would be lovely if you could join us.

It is free to attend but we request that you pre-register (see below) to ensure that we can accommodate everyone.

Both services will also be streamed live online for those who cannot make it to either event and will be available to view afterwards for a limited period.

The service signals the start of our Light up a Life Appeal, which continues in the run-up to Christmas with a special Tree of Remembrance in the Dolphin Centre in Poole. The appeal raises money to support the work of Forest Holme Hospice, helping to enhance the lives of patients and their families from across Poole, Wimborne and Isle of Purbeck.

To confirm your place at Light Up A Life or to request a link to watch the service, please email fundraising@foresthalmehospice.org.uk

Or you can register your place at Light Up A Life online by visiting www.foresthalmehospice.org.uk/Light-Up-a-Life

Tree of Remembrance

The Dolphin Shopping Centre
5th - 17th December
10am – 4pm

This Christmas we invite you to remember a loved-one by dedicating a star on our Tree of Remembrance.

The tree will once again will be in The Dolphin Shopping Centre, Poole, outside the former M&S store, where you can visit us to make your dedication.

If you are unable make it to the Dolphin Centre to make your dedication, you can donate and make a dedication online via our website or please complete the form on the next page.

Your loved one's name will then be handwritten on to a Light Up a Life star and displayed on our Tree of Remembrance.

You can make a dedication and online donation via our website
forestholmehospice.org.uk/tree-of-remembrance



Scan to visit our Tree of Remembrance page

Donate to our Light Up a Life appeal



I would like to make a donation and enclose a cheque made payable to 'Forest Holme Hospice Charity' for £ _____

Title _____ Full Name _____

Address _____

_____ Postcode _____

Email address _____

By providing your email address above you confirming you are happy for us to contact you by email with news, events, projects, information about volunteer opportunities and fundraising. We promise that we will never sell or trade your details and you can opt-out at any time.

I would like to dedicate a star in memory of:

Your star will be displayed on the tree in The Dolphin Shopping Centre throughout December.

Boost your donation by 25%, at no cost to you. *giftaid*

Tick the box below after reading the terms and conditions to allow Forest Holme Hospice Charity to claim Gift Aid on your donation at no cost to you.

Yes, I want my gift and any future gifts to go further.

I am a UK taxpayer and would like Forest Holme Hospice Charity to claim Gift Aid on my support. I confirm that I am happy to treat all donations I have made with Forest Holme Hospice Charity for the past 4 years and any future donations I make as Gift Aid donations until I notify you otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Signed _____ Date _____

Please return this completed form to us using the Freepost envelope provided.

We take your privacy seriously and promise to never sell your data, You can find out more by reading our Privacy Policy at www.forestholmehospice.org.uk/privacy

Fundraising for Forest Holme

Emma's Story



Earlier this year Emma Griffen decided to abseil 100 metres down the Spinnaker Tower in Portsmouth to support Forest Holme in memory of her Dad.

Tell us about your challenge for the hospice

Dad always loved high buildings and vantage points, "you can see for miles", he would say. After Dad's death I desperately felt the need to raise money and create awareness of the charity to as many people as I could, and this led me to signing up to abseil down the Spinnaker Tower. I did it dressed as a penguin as this was one of my Dad's favourite birds (I think the

Pompey locals thought I was a bit 'nuts' on the day, walking round Gunwharf Quays dressed as a penguin), but I felt it made it more personal for me.

Why did you do it for Forest Holme?

I wanted to find a way to give back to the hospice because of all the help and support they had provided my family. Not just at the end of my Dad's life, but in the several years leading up to it; counselling, reflexology and support. Dad was ill for so long, struggling with the dreadful disease COPD (Chronic obstructive pulmonary disease).



Emma's Story continued...



It resulted in the need for full time oxygen in the last couple of years but, he was so strong in his desire to keep going. He wanted to follow the lives of his family, two children and four grandchildren, of which he was very proud, for as long as he possibly could.

However, during this time he was very certain that given the opportunity, he would like to end his life in the care of the staff at Forest Holme Hospice; he felt safe there.

What does Forest Holme mean to you?

Forest Holme is a special place, full of special people, staff and volunteers. Nothing is too much trouble. From the moment my Dad set foot across the threshold to the final time, they put him and us at ease. They enabled us as a family to turn from carers back into family members for the final few days of his life. This was such a gift to him and for us.

What would you say to someone considering supporting the Charity?

Forest Holme Hospice provides the community with an invaluable service and support to local people at a time when they need it most. To have a facility with the level of care they provide so close to home is priceless.

Sadly no one will know when they will need this facility and support, you could need it at any age, with any disease or illness and we know that these things do not discriminate.

This is why I think it is so important to support this charity. Give a little, or a lot, and have fun doing it or take part in one of the challenges or events that this amazing group of people organise on a regular basis. One of my favourite events is 'Tie A Yellow Ribbon', where you visit the hospice garden, make a donation



and dedicate your ribbon to someone you have loved and lost. There are often tears, but everyone around you 'gets' how you are feeling.

It is like being part of a club that no one wants to belong to, but there is unity and strength in knowing you are not alone in your grief.

Christmas Prize Draw



Tickets are £2 each or £10 per book.

Please complete your raffle ticket stubs fully and return to us with payment using the Freepost envelope provided.

Or you can also purchase tickets online via:

raffleplayer.com/fhnc

Prizes will be drawn on Friday 15th December 2022

A big thank you to Wessex Marine, who have once again kindly funded the prizes this year as part of the Platinum Jubilee celebrations and in remembrance of Her Majesty The Queen.





Forest Holme Hospice Charity presents
the ultimate Christmas Party

DANCE THROUGH THE DECADES

Friday 9th of December

Hamworthy Club in Canford Magna

Doors open at 7pm with carriages 12am

Tickets are £40 per person and include:

A two course Christmas themed meal
(vegetarian, vegan and gluten free options available)

2 glasses of wine per person

Coffee served with a mince pie

plus disco playing party hits from across the decades



Forest Holme Nurse Development Role

Nurse Amy Wood (above, second left) talks about how the charity funded Development Role at Forest Holme has helped further her career.

What did you do before you came to Forest Holme?

Before coming to Forest Holme I worked on General Intensive Care at University Hospital Southampton as a Sister there for 4 years.

Tell us more about the Nurse Development role and how it has helped you?

The Nurse Development role for me was an incredible way to build on the palliative and end of life skills that I already had from my previous job as an intensive care nurse. Although the roles are contrasting there also a huge amount of similarities and transferrable skills.



Amy has recently raised money for Forest Holme by taking part in the 57km South Coast Ultra Challenge.

The development role gave me the time and support required to learn more about specialist palliative and end of life care.

Congratulations on becoming a Specialist Palliative Care Nurse – how are you finding it?

I LOVE IT! This is a job I have dreamed about doing for years. It came at the best time in my career. Whilst I loved working in Intensive Care - this role sees me working with patients who have a life-limiting condition and really focusing on what is important to them and what matters most. Our focus is to support the patient holistically to provide a better quality of life for them and their families. I am incredibly passionate about being able to provide the care and support they need to make this happen and have been grateful to be given this opportunity.

Finally, what would you say to someone considering the Nurse Development role?

If you have a passion for specialist palliative and end of life care – this is the perfect opportunity. DO IT!!

Refurbishment Appeal

Please help us to continue providing the best possible care for those who need it most

GOAL!

£703,000

We still need
£218,000

We have raised
£485,000

£0

With the current cost of living crises and high inflation, we understand the financial strain families are under right now. However, our hospice still needs to provide invaluable support to those impacted by life-limiting illnesses, and we're asking for any financial help people can provide, no matter how little.



The care services provided at Forest Holme are under increasing demand, with over 1,500 patients and loved ones receiving much-needed care and support during the most difficult of times. As you can imagine given the footfall since the hospice was first built in 1993 it has endured significant wear and tear, with some rooms untouched over nearly 30 years of use.

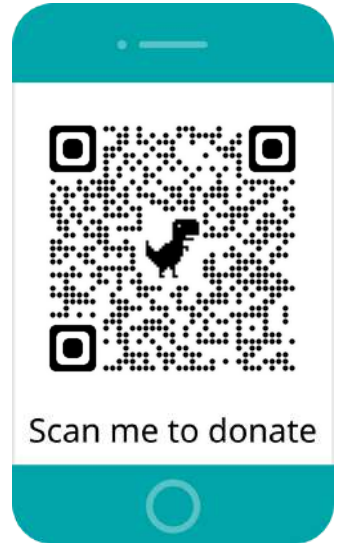
Our refurbishment appeal is to help us in updating the building to provide a cleaner, safer, and more pleasant environment, for those going through even more significant challenges than the financial crises that is impacting all of us.



The budget for the project is £703,000 and so far we have managed to raise £485,000, leaving a shortfall of £218,00 with a deadline of January 2023 when the works are due to commence. If you can provide any financial help we would be incredibly grateful.

To donate either go to our Just Giving page at www.justgiving.com/campaign/renovate alternatively scan the QR code with your smartphone, or you can complete and post back the form below.

We appreciate any donation you can give.



I would like to make a donation to the Refurbishment Appeal and enclose a cheque made payable to 'Forest Holme Hospice Charity' for £ _____

Title _____ Full Name _____

Address _____

_____ Postcode _____

Email address _____

Yes, I want my gift and any future gifts to go further.

Tick the box below after reading the terms and conditions to allow Forest Holme Hospice Charity to claim Gift Aid on your donation at no cost to you.

Boost your donation by 25%, at no cost to you

I am a UK taxpayer and would like Forest Holme Hospice Charity to claim Gift Aid on my support. I confirm that I am happy to treat all donations I have made with Forest Holme Hospice Charity for the past 4 years and any future donations I make as Gift Aid donations until I notify you otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Signed _____ Date _____

Please return this completed form to us using the Freepost envelope provided.



Charity No:
1038021



Contact Us

If you would like more information about the care the hospice provides or how to fundraise for us, we would love to hear from you.

Forest Holme Hospice

5 Seldown Road, Poole, Dorset, BH15 1TS

T: 01202 670644 (Charity)

T: 0300 019 8147 (Hospice)

E: fundraising@foresthalmehospice.org.uk

foresthalmehospice.org.uk

Ways to donate

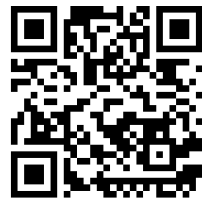


By phone: 01202 670644



By post: Scan QR code to download donation form

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