

NEWSLETTER





Dear Friends...

Interim Chief Executive,
Hannah O'Hare



Dear Friends,

As many of you may know, we said a fond farewell to Anne Currie at the end of 2022, who has moved on to her next adventure in Liverpool. Anne was a much-loved and inspirational leader and will be greatly missed by us all.

I am honoured to have taken on the role as Interim Chief Executive at Forest Holme Hospice Charity. Whilst this is a new role for me, I have been part of the Charity team for almost 11 years and have worked very closely with Anne during this time. I am passionate and committed to Forest Holme and look forward to the months ahead.

I would like to say a heartfelt thank you to our supporters, donors, and volunteers for your continued support. The pandemic and subsequent cost of living crisis has certainly thrown some challenges our way, but you are helping us to weather the storm.

Please be assured that the clinical teams within Forest Holme will continue to be there for our local community, just as you are there for us, too.

Some of you have started 2023 by setting yourself a personal challenge. For some, this is motivation to get fit and healthy, and for others it is an opportunity to pay tribute to someone you have lost.

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We have been inspired by some of your creative ideas from a 24-hour kitchen disco to a 130km Zambezi Kayaking challenge!

We have many options available however, so if you would like to discuss something more bespoke, please contact our fundraising team who are on hand to support you, every step of the way.

Warm wishes,

Hannah



Correction in previous newsletter

The Charity would like to clarify an error that appeared in our previous Newsletter (Autumn Edition 2022)

The article entitled 'Christine's Story' should have been 'Janet's Story' and the person 'Dave' referenced in the story should have been 'R'

You can read the full article on our website via: www.forestholmehospice.org.uk/janets-story/

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In memory of Doreen Cox

by Lee Redwood

“*I am struggling to put into words exactly how incredible the entire Forest Holme team were throughout Nan’s illness. Although Nan was (very!) hesitant at first to accept help at Forest Holme, she grew to absolutely love everyone there and the care and facilities that were offered. When she was sat in Critical Care on Sunday morning and we told her the plan was for her to move to Forest Holme, she beamed and asked “did Dr Kevin ask for me to go there?” - to which, of course, we said yes!*

I’m honestly sat here not knowing how to express my thoughts, and there are too many people to thank that I fear I won’t be able to

successfully mention everybody who inputted and cared for Nan (and us) during her stays.

Firstly, Dr Kevin was wonderful - an absolute backbone to this whole situation and clearly sensed our need to be included in conversations and our desire to know the details wherever possible. His calm and reassuring manner meant that we always felt supported, and never felt an inconvenience. Even when delivering the fatal news, his words ensured that this difficult time was managed with as little heartache as is possible and his reassurance allowed us to make our own decisions on how to deal with the loss and how to best support Nan at the end of her life.

When Nan had been previously admitted to Forest Holme, her hearing was seriously deteriorating and Dr Kevin's patience was incredible - utilising a dry-wipe board to communicate difficult conversations and spending hours on end with her ensuring she understood. His manner when faced with delivering the news to Nan that she had been diagnosed with Dementia was so calm and allowed her to fully understand and accept what she was facing.

Claire, the Ward Sister, was similarly incredible with her communication and evident love and care for Nan and her family. She was always available for questions and gave us truthful and constructive answers. There was never a time when we felt she was unavailable or busy doing something else - her care was so personal and we will forever be grateful for that. Similarly, the other Ward Sister, Kate, was able to comfort Nan, and us, in her final moments and for this we will be ever grateful.

This brings me on to the last person I would like to personally thank, nurse Jacky. Oh, my goodness - where to even begin?! Put it this way; I would not have been able to get through Nan's last few days without her. Not only did she have Nan's best interests at heart, but ours as well and she did absolutely



everything in her power to make Nan's last days as comfortable as possible for us all. You never expect a nurse to remember all of our names, our partners names (who perhaps had not visited the hospice but were supporting us at home) or details of our likes, dislikes, wishes, Nan's wishes too, and she was able to talk to us about how Nan had been in her previous visits some two months earlier.

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Jacky's hugs and comforts turned our entire experience into one that we will remember, yes, with sorrow and heartache, but also as a time that was filled with so much love, care and compassion. She would reassure us of Nan's awareness of us being with her, but her unawareness of any pain or discomfort she may have been in. Her involvement in Nan's time at Forest Holme has, seriously, left an impact on us that we will never forget, and be ever grateful for.

Jacky was able to make us aware of what was happening and the limited time we had left with Nan, but somehow in such a caring way that we felt far more comforted knowing the outcome. The way she spoke directly to Nan (despite us all knowing she couldn't hear a thing, bless her - particularly once we removed her hearing aids), was a huge comfort to us - there was never a time that we felt left out and Nan was made a part of her own treatment, even when sedated at the end.

'I could go on for hours about Jacky's unbelievable support and comfort, but I know many will already be aware as she, somehow, manages to be like this with every single person who steps through that door.

'Recommend' is such an inadequate word for how we will continue to speak about Nan's time at Forest Holme, and you can rest assured that you have a new family who will endeavour to continue supporting the hospice into the future.

There's so much else I could say, so I'll finish this off with the biggest THANK YOU and, when my own time comes, I only hope I will be able to receive the care and dedication that Nan experienced in her final few weeks thanks to your wonderful hospice.

You are all amazing. ”





UHD Community Specialist Palliative Care Nurse Team

University Hospitals Dorset (UHD) community specialist palliative care nurses are based at two sites: Macmillan Unit (Christchurch) and Forest Holme Hospice (Poole).

Together, they provide complex symptom control and psychological support for around 400 patients at any one time who have life-limiting and progressing illnesses such as metastatic cancer, MND, and end stage renal, heart and liver failure. By ensuring effective symptom control, facilitating conversations around Advance Care Planning and anticipate potential crises, they avoid many inappropriate hospital admissions.

Seeing patients in their own homes, in care homes and in community hospitals, the teams are in a unique position to advise, support and

educate other health care professionals such as community nurses, paramedics and GP's to help keep patients at home.

Utilising their advanced assessment, communication and prescribing skills, they autonomously manage a caseload of up to 30 patients managing their symptoms with a combination of telephone support and advice, domiciliary visits and clinic appointments where appropriate.



They additionally provide a 24hr urgent palliative care advice line for patients, their families and healthcare professionals - last year, this involved a staggering 12,000 contacts.

Charity Update

Tree Of Remembrance

The Charity raised £6,000 from the Tree of Remembrance (right) in December.

Thank you to everyone that made a dedication, to the team at the Dolphin Centre and to our volunteers, who were on the stall every day over the two weeks.



Light Up A Life



Thank you to everyone that joined us for our Light Up A Life services at Harbour View (right), including the Mayor of Poole, Councillor Tony Trent, who attended with his wife, along with Councillor Mike Brooke, Sheriff of Poole (left).



Christmas Prize Draw

With the generous support of Caroline and David from Wessex Marine (right), who very kindly donated the prize fund, our Christmas Prize Draw raised £7,932.



Welcome To The Team

Sara (below, left), has joined the charity team as the new Fundraising Manager, while Heidi (below, middle) has become the new Volunteer Co-Ordinator and Chloe (far right), has joined as a part-time Fundraising Administrator.



Tie A Yellow Ribbon



We are delighted to announce that for the very first time this year's annual Tie A Yellow Ribbon event will take place in Poole Park on Saturday 17th June from midday to 3pm.

Plans are in motion for a Picnic in the Park style event to celebrate and remember our loved-ones, with live music and a choir performance. Full details will be announced in our next issue.

CHALLENGE EVENTS

Do something
amazing this year!



Skydive

Wing Walk

Plane Pull

Run, jog or walk



Scan to visit our
Events page!



Whatever you choose, you'll be achieving something special for Forest Holme and our experienced charity team will be on-hand to support and guide you through your journey.

www.forestholmehospice.org.uk/events/

Hospice News



Grant Support

A grant of nearly £14,000 awarded by the Morrisons Foundation has helped Forest Holme secure specialist therapy equipment for cancer patients with lymphoedema that is believed to be the first of its kind in Dorset.

The money has helped fund a piece of equipment made by Thor to administer a treatment known as Photobiomodulation, which applies light to tissues to reduce inflammation and improve healing.

While Forest Holme's Lymphoedema Service (above) already has a Photobiomodulation device, the latest version is shaped like a lollipop, making it much more versatile, which means that it can be used not just in the mouth but on other parts of body such as under arms, around ears and breasts.

The treatment is totally safe, with each session lasting about 20 minutes, and Forest Holme has begun using it on their lymphoedema patients with a particular focus on those who have had head and neck cancer, especially as it can help post-surgery lymphoedema and reduce the effects of radiotherapy damage.

Complementary Therapy Funding

Thanks to funding from The Sam Buxton Sunflower Healing Trust and Harry Edwards Healing Sanctuary, Kay (right) will be extending her stay with the Complementary Therapies team for a further year.

Kay specialises in reiki, often enhanced using crystal therapy, which has significantly helped cancer patients physically, mentally and emotionally.



Healthcare Conference

A conference for healthcare professionals hosted by Forest Holme Hospice and Macmillan Unit took place at the Hamworthy Club (right) in November.

The one day conference was aimed at healthcare professionals in Primary and Secondary Health Care, supporting patients with non-malignant conditions at end-of-life, such as diabetes, breathlessness and chronic kidney disease.



Bereavement Books

Charity funding has helped the Counselling Team based at Forest Holme (left) purchase practical guide book from Winston's Wish to help children affected by the loss of a loved-one through their grief journey.

12 Days Of Christmas

Staff organised a 12 Days of Christmas series of activities, treats and surprises to help leave lasting memories of Christmas cheer for those in our care, along with their families, and for staff.



In the run-up to the big day, the hospice arranged live performances from dancers, a young cellist, ukulele band and staff choir, distributed gifts including Lush bath sets and food hampers, as well as organised wreath making sessions, pizzas and luxury hot chocolate for staff.

The 12 Days concluded with a visit from a therapy donkey called Charlie (left), who visited and met with patients, visitors and staff.



Fundraising for Forest Holme

by Sarah Dallyn

Sarah Dallyn completed the Run Bournemouth half marathon last year to raise money for Forest Holme in memory of her younger brother, Tom.

Tell us about your challenge for the hospice

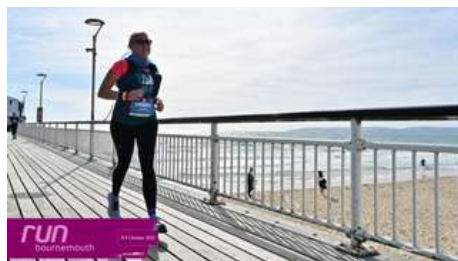
I decided to take part in the Bournemouth Marathon Festival on Sunday 9th October for two reasons. One was to set myself a personal challenge to run a substantial distance requiring stamina. I am a keen runner; running is a fantastic way to keep active but it also provides you with the opportunity for being outdoors, connecting with nature and much needed time to 'just be'. But the training needed to run a half marathon is challenging and requires a good deal of

commitment and perseverance; something I wanted to tackle head on. But what taking part in this event also provided me with was a fantastic opportunity to raise money and awareness for a charity very close to the hearts of my family and I.

Why did you do it for Forest Holme?

I ran the half marathon in memory of my younger brother, Tom. I ran for the hospice where Tom spent the last few weeks of his life.

Forest Holme Hospice is a place you never expect to find your loved ones, in particularly your sibling. But after Tom's courageous battle with cancer, Forest Holme was the place he went to for his end-of-life care.



Sarah's Story continued...

Tom, and his wife Jodie, were taken in and became members of the Forest Holme family; being looked after, fed, and supported through every day. Our Mum, our Dad, my sister Becky and I were also cared for and supported, through the most difficult time.

What does Forest Holme mean to you?

The staff at Forest Holme do this job every single day; they become part of your lives; they look after your loved one at their most vulnerable time, and your most vulnerable time. They care passionately for your loved one, ensuring they are as comfortable as they can possibly be, whilst also maintaining their independence, identity and dignity.



For us as a family, at a time in your life which is the most frightening and traumatic, this special place somehow makes you feel you are not completely drowning.

They told us, Forest Holme is a family you never want to be a part of, but once you are, you are a part of that family for life.

Their care and dedication continues long after your loved one has passed. Bereavement support for all family members is offered, as grief impacts your family in so many different ways. Counselling, workshops, phone call support, remembrance events...this support is vital when life continues without your loved one.



What would you say to someone considering supporting the Charity?

For these reasons, and so many more, I feel passionately about raising money to not only provide more funds for this local charity, but also as a small way of thanking them for the impact they have had, and continue to have, on us as a family.



If you'd like to participate in Run Boumemouth 2023, please visit www.forestholmehospice.org.uk/events/

Write Your Will For Free

Writing your Will can help give you peace of mind for the future – knowing that your loved ones will be provided for as much as possible.

That's why we've teamed up with Farewill to offer our supporters the opportunity to write or update your Will for free, either online or over the phone.

By leaving a gift to Forest Holme Hospice Charity in your Will, you're helping to ensure that everyone in our community affected by life-limiting illness or bereavement gets the care and support they need.

Farewill now write 1 in 10 UK Wills and can help you to create yours in as little as 30 minutes. Wills are checked by specialists and can be updated an unlimited number of times.

To write your Will online, scan this QR code. As a valued supporter of Forest Holme Hospice Charity, you can now write your will for free.

This is a limited offer, so please take advantage now if you're interested. Most of the people who use the service choose to include a gift to Forest Holme, however there's no obligation to do so.

This offer is currently only available to supporters who live in England or Wales, however supporters from Scotland and Northern Ireland are able to use the telephone Will writing service.



Scan To
Make A Will



www.farewill.com/fhnc-nl



My Legacy

by Tiff Watson

"Forest Holme will always be a part of my life whilst I'm alive and now also when I leave my life's journey on this planet. I decided that I wanted to leave a legacy of 10% to Forest Holme in my Will as a final thank you to their amazing work. My parents both passed away in the hospice and I will never be able to repay how beautifully they were cared for.

Since their passing I have done fundraising events and volunteer on a regular basis. This is my small part of giving back and leaving a legacy was an easy decision and felt the most natural path to take. Forest Holme is a supportive hug and a strong hand to hold.

This is why my legacy feels like a gift of love for the hospice."





Volunteer News

At Forest Holme Hospice Charity we have over 64 active volunteers who together have been fundraising for the charity for over 354 years!

In late autumn 2022 they met with Heidi our Volunteer Co-ordinator for a training session and charity update.

We have also welcomed 5 new volunteers just in the past couple of months!

2022 was another busy year for our volunteers, with our fundraiser volunteers assisting us with events like



Tie a Yellow Ribbon, Light Up a Life Remembrance Tree in the Dolphin Centre, quizzes, flower festival and running stalls at various events.



Our faithful garden volunteers have been busy keeping the Hospice's garden beautiful and tidy throughout the year, bringing in some lovely new plants. In the office we have a small group of volunteers who regularly assist in some admin tasks and lots of wrapping – we get through a lot of raffle prizes!

Then finally we have a group of volunteers who support our counsellors in various groups and sessions, such as the pop in groups. Our volunteers are really invaluable to us and we are so grateful for all their support.

Community is important to our volunteers, and we hope this year to be able to launch new local community fundraising groups. The Hospice covers a wide area, right across from Poole to Wimborne to the Purbecks.



These local groups will give our volunteers more opportunities local to where they live. It will allow them to meet on a regular basis and brainstorm and plan new fundraising efforts and help grow awareness of the Hospice charity in their local area; all with the charity teams support of course!



We are also looking at new initiatives of how we can provide more support to families and friends who are newly bereaved. We will be working with our counselling team on this; we look forward to sharing more news about this project late in the year!



Heidi - Volunteer Co-ordinator

Interested in volunteering?

Please contact Heidi on 01202 670644 or email heidi@forestholmeospice.org.uk

Donate to Forest Holme Hospice

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.

If you prefer not to receive future correspondence via email please tick here.



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Please also indicate if you would like to receive a 'Thank You' for your donation either by

Post Email No 'Thank You' required

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 make cheques payable to 'Forest Holme Hospice Charity' and return via FREEPOST to Freepost RUCG-BZRL-CZRH, Forest Holme Hospice Charity 5 Seldown Road, Poole BH15 1TS

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



Fundraising for Forest Holme

by Robin Williams

Robin Williams started his Northern Soul dance event in 2017 to raise money for Forest Holme in memory of his friend Gillian.

Tell us about your challenge for the hospice

A good friend, Gillian passed a few years back. Gill had been a fantastic supporter at soul events I had been involved with since the late 1970s. Another friend, Dee Notley, then said to me, "Wouldn't it be great to have a night to remember Gill?".

Next thing I know, I've managed to get a venue at Canford Heath Community Centre free of charge and then secured about half a dozen soul DJ volunteers, a load of girls to run the door and a stack of raffle prizes.

We named the night "Comin' Home Baby" after one of Gill's favourite tracks by Mel Torme.

We ran the night and it was a blinding success and we've done it every year apart from during the Covid lockdown.

This year, our running total is about £8,000 and we are hoping to hit the £10,000 mark in 2023.



Why did you do it for Forest Holme?

A few years back, I had no idea what Forest Holme was or did. Then my brother-in-law, Norman, was taken ill and spent time there. I visited him and saw what they did.

I'd lost my Dad over 30 years ago and he never had the chance to go somewhere like this. I really wish he had.

I can't change that, but hopefully with more awareness and funding, more people will find support there when needed.

What does Forest Holme mean to you?

My sister Maureen became ill and spent time there. I'll never forget the kindness shown when they agreed to let me take her beloved budgie in a cage to her on Christmas morning. The look on her face was priceless and will stay with me forever.

Forest Holme isn't about rules and regulations, it's about caring and compassion.



What would you say to someone considering supporting the Charity?

Please do. You'll never know when yourself, a friend or family member may need the support of Forest Holme.

I'll tell you what they really do. When someone you know and love is in a dark place, They shine some light. Light is comforting.

So, anything you can do, no matter how small, helps them to keep shining a light. And that's what matters.

If you would like to share your fundraising story with us, we would love to hear from you.

Please email fundraising@forestholmehospice.org.uk

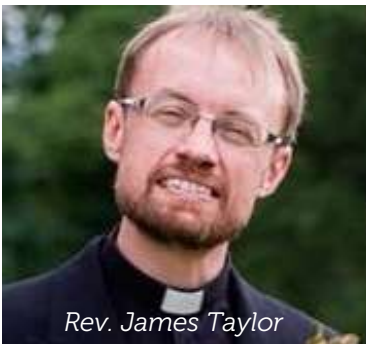


Meet The Chaplaincy Team

The Poole Hospital chaplaincy service covers Poole Hospital, St, Mary's Maternity Unit, Harbour Hospital and Forest Holme. They offer a confidential service for patients, relatives, friends and carers, irrespective of whether or not they have a religious faith.

Tell us about the chaplaincy team and what is their role with the hospital and at Forest Holme?

The Chaplaincy Team is made up of paid staff and volunteers with responsibility for delivering religious, pastoral and spiritual care across all the University Hospital sites which are Poole, St, Mary's Maternity Unit, Forest Holme, Royal Bournemouth Hospital and the Macmillan Unit at Christchurch.



The Team comes from a rich variety of Christian traditions and we also have access to a network of other Faith Leaders in the community including: Muslim, Jewish, Buddhist, Humanist and Pagan. Chaplains are registered members of a professional body and sign up to a code of ethics and conduct.



How do you adapt to different religious beliefs of patients or if they are agnostic or atheist?

Where possible, we endeavour to link a patient with a representative from their own expressed faith community, however Chaplains by their training and ethos are able to come alongside patients of most faith backgrounds or none and journey with them during their time at Forest Holme.

Do you think there are pre-conceived ideas about the role of a chaplain and is it a challenge to overcome them and gain trust?

Some patients may believe that Chaplains are only interested in evangelising them or cajoling them into a church. This is far from the role and approach of professionally trained Chaplains. With the patient's permission, Chaplains are privileged to be able to enter into the patient's space at a difficult time, spend time with them, listen to their story, meet the patient at where they are at and respond to their needs. That discussion may simply be about the World Cup final or about the meaning of life.

The Chaplain will respond to the needs of the patient at that time and will simply be led by the patient.



Deacon Brian Purchase



Rev. Declan McConville

Do you find your role more demanding at Forest Holme if you're visiting patients who are nearing the end of their life?

It is always a privilege to be allowed to enter into a patient's sacred space at this unique time. To use one's training and skills to hold both the patient and their loved ones in their pain. To be able to accompany the patient on that final journey and to enable the loved ones to say their goodbyes and to begin the grieving process well.

What would you say to a future patient and their family, who may be initially reluctant to have a visit from a chaplain?

Chaplains are non-medical people who can come along side patients and families and enter into the stories of the patient and families. We can create open space for patients and families to laugh and to cry. Chaplains can act as an intermediary or advocate on behalf of the patient between family, the Clinical staff and the Hospital if necessary.



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

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By post: Scan QR code to download donation form

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If you would like to update your preference, please get in touch by calling the charity office on 01202 670644 or email unsubscribe@foresthalmehospice.org.uk