

NEWSLETTER



Dear friends...

Chief Executive,
Hannah O'Hare



As we approach the festive season, we understand that Christmas can be a poignant and challenging time for those who have lost a loved one.

It's a time when cherished memories intertwine with the pain of absence, and the longing for their presence is felt more deeply.

At Forest Holme Hospice Charity, we recognise the importance of offering comfort, support, and a sense of togetherness during this time of year.

We invite you to join us for our annual 'Light up a Life' service, a heartfelt occasion that provides an opportunity to honour and remember those who have touched our lives but are no longer with us.

This service brings our community together in remembrance and solidarity. Light up a Life Service details can be found on page 7.

In addition to our special service, we invite you to visit our Tree of Remembrance within the Dolphin Shopping Centre. You can dedicate a star on our tree to remember your loved one.

Each star is a symbol of the light that continues to shine in your heart, a symbol of the love and memories that endure.

Scan To Donate
to Forest Holme!



This winter, let us come together as a community to support one another, to find strength in our memories, and to celebrate the lives of those we hold dear.

Thank you again for your unwavering support.

With best wishes,

Hannah



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In Memory of Deanna June Hall

By the Hall Family

Mum's cancer was a bolt from the blue, unexpected verging on disbelief.

Her daughter Vanessa was currently undergoing chemotherapy for a second time following a revisit from this most unwelcome guest. It made us question could our family really be this unlucky?

Receiving such a diagnosis is deeply stressful for all concerned and led to some very dark moments.

Whereas, Forest Holme Hospice brought nothing but light and comfort at the end of something that had proved anything but.

Although the cancer moved swiftly through mum to take her, we shall always be indebted to the freedom Forest Holme Hospice gave our family to enjoy our mum's last moments on this earth largely free from pain, stress and in a loving envelope of care.



In a word, Forest Holme Hospice means "everything" to us. It's a debt that cannot ever be repaid. As a family, we are so very grateful for the wonderful care that mum received at the hospice and shall endeavour to do whatever we can to help you continue with the fabulous work you do.

Mum adored car boot sales later in life, so it seemed the fitting way to raise money doing what she loved. In fact, she loved them so very much that some of her ashes are now spread on one of her favourite car boot sale pitches, although I dare not say which one!



SCAN ME!





Mum was such a character, so sweet and kind natured. It was quite something seeing complete strangers in floods of tears, sharing our grief, but it wasn't all sad. Just as many great stories and humorous anecdotes were exchanged as money and old belongings.

It's our experience that often those that can least afford it, give the most, and thus it was so at the car boot sale. Very little bartering was observed, just a good cause, with money often given without anything in exchange and we managed to raise an amazing £1527.82.

“If you are considering supporting Forest Holme don't hesitate, just do it. Angels do walk among us and they either work or volunteer at the Forest Holme Hospice. ”





Volunteer Update

At Forest Holme Hospice Charity, we are thrilled to share the exciting developments that have taken place within our dedicated volunteer teams. As we continue to grow and expand, we are proud to announce the addition of the ward volunteers to our volunteer teams.

Our ward volunteers are a remarkable group of individuals, who offer their time, compassion, and skills to make a meaningful difference on the ward. You can read all about our ward volunteers in our volunteer spotlight (Page 10)

Hidden Heroes

Room to Reward recognises Hidden Heroes – inspirational volunteers who give up their time to make a difference to those who need it most.



Congratulations goes to Doug King, Paul Morris, Tiff Watson and Judith Breakwell who have received the award giving them an opportunity to stay at one of a selection of hotels across the UK.



Local Fundraising Group

We are also delighted to share with you one of our newest initiatives: our Local Fundraising Group. Comprised of nine fundraising volunteers, this group gather once a month and has a three-fold purpose:

1 Building community:
The group offers a space where volunteers can meet socially and build friendships with one another around a shared sense of purpose.

2 Boosting fundraising efforts:
By pooling idea, creativity and resources, the group plan and organise their own events or take part in other planned community events on behalf of Forest Holme Hospice Charity, helping raise vital funds.

3 Making a meaningful impact:
Members of the group work together to be great ambassadors for Forest Holme Hospice Charity in their local community, helping promote the charity's work, events, and larger fundraising activities.

The group have already hosted two successful events, and supported several local community events.

Their "Coffee at Rick Steins" was a huge success raising a fantastic £750!

Watch this space for more events in the pipeline!

Our vision is to establish local fundraising groups across Poole, Wimborne and the Isle of Purbeck.

If you'd like to find out more, get in touch with our Volunteer Coordinator, Heidi. We'd love to hear from you!

To find out more,
contact

heidi@forestholve
hospice.org.uk



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holme
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Light up a life 2023

Remember a loved one this Christmas

Memorial Service

Thursday 30 November | 18:30 pm

Sunday 10 December | 10:30 am

Harbour View, Lytchett Minster

Tree of Remembrance

1st - 15th December

Poole Dolphin Centre

Scan here for
details



WINTER WONDERLAND

Christmas Party

FRIDAY 8 DECEMBER 2023

Doors open at 7:00 PM

Hamworthy Club, Canford Magna, BH21 3AP

£40 per person

2 Course dinner
(vegetarian, vegan and gluten free options available)

2 glasses of wine per person

Coffee & mince pie

DJ

Scan to book



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Volunteer Spotlight



Welcome to the Ward Volunteers!

We are so excited to welcome all the current ward volunteers to our growing team of volunteers within the charity. We grabbed a minute with a couple of the newer volunteers from the ward, Jennie and Chris:

How long have you been volunteering on the ward?

Jennie: "I have been at Forest Holme for a year now."

Chris: "I have been at Forest Holme since February this year."

Why did you choose to volunteer at Forest Holme on the ward?

Chris: "Forest Holme for me, is a positive chance to repay the NHS for all the care, help and support my family and I have received over the years, still ongoing."

Jennie: "In November 2013, I lost my dad to pancreatic cancer after a six-month short battle. At the time my whole world had fallen apart. I was only 30 and I could never imagine a life without my dad, my hero."



"After losing my dad, I attended grief counselling at Forest Holme Hospice for five months to help with the grief and the anger I felt."

"After both my boys were at school, I wanted to give something back and do something to help the hospice after losing my dad and other friends there too. I love being in the hospice, as strange as that might sound! I love being there to talk to people and help the nurses."



"If I can put a smile on someone's face for 10 minutes of that day, then I know I am doing a good job."

What kind of things do you do whilst you are here?

Jennie: "My morning consists of making breakfast and hot drinks for the patients that can eat or drink. Refreshments for any visitors, including family. I also help the nurses by washing up, loading the dishwasher, changing the flowers or giving them fresh water. I love being able to sit and chat to people, listen to their stories and be there for the family when their world is falling apart."

The patients have called me the lady with the sparkly eyes."

Chris: "I spend my time assisting patients and relatives with things including lunches and liquid refreshments. The staff and patients' kitchens need to be constantly clean and tidy, which also takes time. I also ensure that I give strong support to all the nursing staff, by looking after them in the same way."

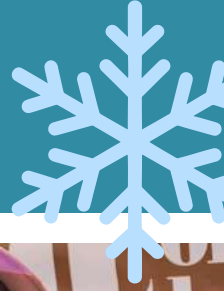
Is there a particular moment or memory that stands out for you?

Chris: "I have many memories which are still forming. The stoical way in which the patients address their fate and that of the relatives. The dedication, constant attention, and compassion of the staff."

Jennie: "There was one moment when I was sat with the wife in a room of a gentleman who was very unwell. The gentleman's breathing became very shallow. I went and called the ward sister Sarah to come into the room and held his wife's hand while he sadly passed away. I sat with her after for a little while to comfort as much as I could. I feel a great privilege of being there to support people."

**If you are interested in volunteering, contact
heidi@forestholtmehospice.org.uk**

Community Fundraising Feature



BBQ On The Green is an annual community fundraiser. Hosted on Charborough Way Green in Sturminster Marshall, the event raises money for breast and prostate charities in Dorset

The first BBQ on the Green took place in 2015, inspired by a lifelong friend of organiser Louise Scrivener, Mandy Ross-Read, who was diagnosed with a rare type of breast cancer.

The event has grown year-on-year from one band to a whole line-up across two stages and many stalls.

BBQ on the Green has donated £4,000 to Forest Holme from the last event in May 2023, in memory of Mandy Ross-Read and Kevin Boon.

This incredible donation will be used to purchase two riser recliner chairs and a dining room set for the hospice lounge.

Organiser Louise Scrivener: "We have been very pleased to donate funds to Forest Holme Hospice in Poole, who looked after both Mandy and Kevin with amazing care and dignity."



“Forest Holme Hospice looked after both Mandy and Kevin with amazing care and dignity.”



BBQ on the Green has raised over £30,000 to date for cancer charities and a fantastic £9,138 so far for Forest Holme. A very special thank you to Steve and Louise Scrivener, Bev and Ron Elliot, Cheryl Williams, Aimee Fish, Paul Levett and the whole BBQ On The Green Team.

Support us and play the Forest Holme Hospice Lottery



You could win £25,000!

Scan To Play!




**All
Weathers
Lottery**
GambleAware



Corporate Fundraising Feature

Oakley Village Butchers in Merley, brought home the bacon and raised a whopping £2,900.00 which was divided equally between Forest Holme Hospice and Macmillan Caring Local.

The proceeds came from the butchers' second breakfast bap and cream tea event hosted at its Merley store.

The goodwill, donations, and generosity from the local farmers, bakers and suppliers made it possible for Oakley Village Butchers to cover all the costs, ensuring that every penny of the proceeds went directly to the charities.

Table and chairs were loaned from the local church, the local community pulled together to help make this event a resounding success.

The day would not have been possible without all the fantastic helpers, volunteers, customers, suppliers and staff past and present.

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to Forest Holme! ↘



Fundraising for Forest Holme

Sisters are doin' it for Forest Holme

Sisters Macy, aged 9, and Pippa, aged 7, completed the phenomenal challenge of a 40-mile bike ride, raising an incredible £1,026 for Forest Holme so far.

The girls set themselves this fundraising feat in memory of their Aunty Becky Frizzell, who was cared for at the hospice, as was her husband before her, who also died from cancer.

To kick off the fundraising, the sisters held a bake and sunflower sale outside their mum's house at the beginning of the summer. Before the sisters had even put a foot on a pedal, they had managed to smash their target of £500 by over £100.

Chaperoned by their mum and stepdad, the girls set off early on the Sunday morning, raring to go! Although the girls had been training for this challenge, none of their previous rides had come close to 40 miles, so they knew they had a serious undertaking ahead of them.

By the time the girls reached Ringwood everyone's behinds were getting a bit sore. But fuelled by snacks and sisterly encouragement, the tenacious girls dug deep and found the inner strength to complete the challenge.

The sister team made it home via the scenic route of Poole harbour. They were worn out and thrilled to learn they had raised over £1000!





Remembering 'Stevo' Saunders



Emma Brannigan and Matthew Saunders arranged a memorial golfing day to honour the memory of their late father, Stephen, fondly known as, Stevo. Friends and family gathered at Meyrick Park Golf Course to tee off in tribute to Steve, who was cared for at Forest Holme. The day raised £625 in support of Forest Holme Hospice. Emma talks to us about her father.

“ Our Father was diagnosed with bowel cancer in May 2019. He had lots of treatment, operations and did everything he could. But during April 2020 it was clear there was nothing more the medics could do. This is when we were introduced to Forest Holme Hospice. It was very strange times at the beginning of the pandemic, but the team were so kind and caring.

They did everything they could to make him comfortable and to support us in our darkest days. We were living in uncertain times where we had so many restrictions and the team were amazing at helping us navigate through these difficult circumstances.

We know most people think they have the best Dad, but we had the strongest bond with the most kind and loving Dad you could ever wish for. We laughed until we cried and then cried until we laughed together.

Dad was a popular local. He knew everyone and would always have time to talk and listen to everyone he met. He is missed by so many, so it was lovely there was such a good turnout for his golf memorial. This has made up for not being able to have a full funeral as only 10 attendees were allowed due to the Covid restrictions. ”

Christmas

PRIZE DRAW

ONLY
£2



1st Prize

£500 Cash prize

2nd Prize

A 32" LG TV

3rd Prize

3 x Christmas wine hampers

£2 a ticket

Closing date for purchasing tickets and returning counterfoils to the charity office is Monday 11th December with the draw taking place on Thursday 14th December



2 books enclosed
with newsletter!

With thanks to Wessex Marine for generously funding the prizes for this year's draw



In Memory of Shaun Dixon

On a bright sunny Friday morning at Old Sarum Airfield, a group of ten friends took to the skies to raise over £3800 (to date) for Forest Holme by jumping 15,000 feet in memory of their very good friend Shaun Dixon.

Shaun began to feel unwell in October 2009 and was sadly diagnosed with bowel cancer at just 27 years old. After trying various different treatments to fight this awful disease, Shan and his family were given the devastating news in 2011 that his cancer was terminal.

Shaun lost his battle with bowel cancer in 2014 when he was only 32 years old, leaving behind his son Jake, who was just 22 months old.





Family friend Clare Troke said: "He will always be remembered as the life and soul of the party and a true inspiration to so many of us.

"Even when he was battling this disease and knew it was terminal, he didn't let that stop him from enjoying life.

"Shaun spent time in and out of Forest Holme. The care they provided for Shaun was second to none and they were also a huge support for Shaun's family.

"We are doing this to keep Shaun's memory alive and to raise as much money as we can to support Forest Holme Hospice."

Alison Thomas joined the group to jump in memory of her father.

Alison said "My dad suffered with many health battles. From a very young age all I remember is my dad being in and out of hospital. My dad was the strongest man I know... after all the health problems he had, he would always have a positive outlook on life.

He taught me never to give up even when everything is against you. Life is too short!

"Please take the time to donate to Forest Holme Hospice Charity who looked after my dad for the last few months of his life."





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hospice

Charity No: 1038021



DID YOU **KNOW?**

Forest Holme Hospice Charity was founded almost 30 Years ago in **1994**.

1 in 4 of our services are funded thanks to voluntary income, including gifts in Wills.

A gift of 1% to Forest Holme Hospice charity in your Will means that those closest to you inherit the remaining 99%.

The only information your advisor needs is our charity name and registered charity number; **1038021**

Michael's Story



Michael Richer's wife Sandra was cared for at Forest Holme and he explains why he has chosen to leave a gift in his Will.

We were living in France in 2014 when my wife Sandra was diagnosed with leukaemia on my 67th birthday. I was already filled with a sense of foreboding for this particular anniversary as my father had passed away on his 67th birthday.

A trip to the dentist to examine a small red mark on Sandra's gum led to a referral to a specialist for a blood test, which confirmed the diagnosis. When the treatment proved unsuccessful, we started making arrangements to bring her back home. It was not our wish for Sandra to die in France.

My daughter Nicole was living in Lilliput, Poole at the time and it was she who found Forest Holme Hospice to care for her mum. We flew Sandra the four and a half hours by air ambulance from Albi in France to Forest Holme.

My wife was cared for at Forest Holme for nine days before she sadly passed away. The reason I am leaving a gift in my Will for Forest Holme is because she could not have received better care, the staff were amazing. As I have said to others, if you had interviewed 1000 people you may have found one as good as the staff at Forest Holme.

If you have had someone in Forest Holme, please think about leaving a gift in your Will. Even if it is just a few hundred pounds, every little will help. It is only with donations that it survives for those that are entering Forest Holme today and tomorrow.

Our free Will service makes it easy to leave a gift in your Will, all you need is the charity name Forest Holme Hospice Charity and the charity number 1038021. Scan the QR code to make your free Will.



Meet the Reiki Practitioner

Kay Spears

Reiki specialist practitioner Kay Spears works alongside the Complementary Therapies team at the hospice.

Recognising the importance of Kay's work for the wellbeing of our patients, their families and staff, Forest Holme Hospice Charity will be part funding her role alongside the Harry Edwards Healing Sanctuary. We chatted to Kay about reiki and her role at the hospice:

As an introduction for those who aren't familiar with the practice, what does reiki involve?

Reiki is a safe, gentle, non-intrusive energy therapy dealing with imbalances that occur in the body when we suffer from illnesses, stress and anxiety. It is a therapy that can be carried out in the patient's bed, in a chair or on a therapy couch. As practitioners, our role is to rebalance the energy flow and we do this with hands on touch, on or off the body or a mixture of both. The patient is fully clothed throughout the session and no massage, manipulation or pressure is used.

What are the benefits of Reiki?

Our minds and bodies are complex



structures and work very hard indeed. Our energy can slow and the effort to perform everyday tasks becomes laboured. Reiki can help us to relax, clear blocks and rebalance our energy systems. It can help to quieten busy minds, reduce anxiety, and bring a sense of peace and calm.

How does Reiki benefit Forest Holme patients specifically?

Reiki is a wonderful therapy for medical settings, especially hospices. As previously mentioned, it is non-intrusive, gentle and does not require any pressure to the patient's body. Reiki can very quickly draw in a beautiful, calm peaceful energy to what may be a tense and frightening situation. It can be used in whatever practical setting is best for the patient, in their chairs or laying comfortably in their beds.

In what way does reiki support more traditional medicine?

Reiki is a therapy that complements main stream medicine. The benefits of engaging in complementary therapies is to hopefully enhance the quality of a patient's life by working with the emotional and physical side effects, that can sometimes arise with medication.

What drew you to becoming a Reiki practitioner?

As an adult, I have been part of meditation and connection groups where I was fascinated by what we can't always see but somehow just know. It was in this setting I was introduced to reiki. I have always been aware that I tended to separate my mind from my body, and slowly began to realise that if I treated them as a whole, everything seemed to flow.

Reiki was my way forward. With a great deal of time, effort and practice, reiki has helped to remind me of the need to work with the mind and body as one.

"By now the traditional medicines had run their course. The medicine had brought mum some physical comfort but I also believe the reiki brought my mum some inner peace. It added vital ingredients to the cocktail of care that we both received."

Jon Webb's mother Daisy was cared for at Forest Holme



"When Kay is on the ward there is a wonderful and palpable sense of calm. When I chat to patients after their sessions, they consistently tell me they feel an increased sense of calmness in their body, increased pain control, reduced anxiety levels and breathing can be more relaxed. It doesn't seem to matter if the person is sceptical towards reiki, the potential for benefit is there regardless."

Dr Kevin

If a patient was dismissive or reluctant to try reiki, why should they try it?

If a patient was dismissive or unsure whether to try reiki, I could understand that. For a high percentage of patients, reiki is not a part of their world and it can seem intimidating.

If they are able to come along they will receive a full explanation of the therapy, what will happen through out the session, and be offered a calm safe space that will give a level of lightness and peace.

CHARITY CHRISTMAS CARDS

10 cards per pack including envelopes.
Each card measures between 125mm & 150mm
£3.95 per pack of 10 cards

Greeting inside the card reads
" Merry Christmas And a Happy New Year"

1



Candy Cane Santa

2



Rudolph

3



London Wheel

4



A Child Is Born

5



Santa's Christmas Eve

6



Presents Under The Tree

7



Winter Cottage

8



Robin Wreath

9



Bird Table

LIGHT UP A LIFE BADGES

10



11



12





ORDER FORM

DATE _____

ORDER No _____

NAME	
ADDRESS	
PHONE	
E-MAIL	

ITEM	DESCRIPTION	QTY	PRICE	TOTAL
1	Candy Cane Santa			
2	Rudolph			
3	London Wheel			
4	A Child is Born			
5	Santa's Christmas Eve			
6	Presents Under the Tree			
7	Winter Cottage			
8	Robin Wreath			
9	Bird Table			
10	Tree Badge			
11	Dove Badge			
12	Teddy Badge			
Postage & Packing		1	£3.95	£3.95
Optional Donation				
TOTAL				

Payment details

Total payable

Cheque (made payable to 'Forest Holme Hospice Charity') Card

Name on card

Card number

Cardholder's signature Expiry CVV

giftaid it

Boost your donation by 25%, 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 to 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 _____

Send it back

Freepost RUCG-BZRL-CZRH

Forest Holme Hospice Charity, 5 Seldown Road, Poole, BH15 1TS



[forestholmehospice.org.uk/shop](http://www.forestholmehospice.org.uk/shop)



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Hospice News

Awards Finalist

Congratulations to our Complementary Therapy team for being shortlisted as a finalist for the Palliative Care category in the southwest Great British Care Awards 2023.

The team are being recognised for their work treating patients with peripheral neuropathy, which causes damage to the nerves carrying messages between the brain, the spinal cord and the rest of the body.

During a two-year trial, they have treated 20 patients, free of charge, and have seen some truly remarkable results. We are looking forward to cheering them on at the awards ceremony in November.



Refurbishment Update

We are delighted our Forest Holme refurbishment project is set to be complete in time for the Christmas period. The improvements, which have transformed the hospice for patients, staff and visitors, include the installation of two patient hoists, adding ensembles to the multi-bedded bays, and an internal redecoration of the hospice.

None of this work could have been done without the generosity of our supporters and the grants received to make this project a reality.



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



Charity No:
1038021



Ways to donate

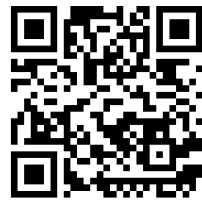


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By post: Scan QR code to download donation form

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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