

# NEWSLETTER



Winter / Spring Issue | 2025

Forest Holme Hospice



Strictly Extravaganza P.14

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# Welcome



Thank you for  
your continued  
support of our  
charity

Dear Friends,

As we step into 2025, I want to express my heartfelt gratitude for all the support we received last year as Forest Holme Hospice celebrated its 30th anniversary.

Reflecting on this milestone, I feel so proud of what we've achieved together and now look forward to the next 30 years and the opportunities ahead.

This year, Forest Holme is one of 143 hospices across the country participating in Hospice UK's National Hospice Legacy Campaign to encourage people to consider leaving a gift in their Will to their local hospice.

Having an up-to-date Will is one of the most important steps you can take to provide peace of mind for your loved ones and on page 12 we are offering supporters the opportunity to write a Will for free.

We are already off to an exciting start to the year with our sold-out Strictly Extravaganza raising over £80,000 (see P.14) to help ensure that everyone in the local community affected by a life-limiting illness or bereavement gets the care and support they need, either at home or in our dedicated hospice facility.

Thank you for being part of our journey so far, here's to making 2025 another remarkable year!

Very best wishes,

*Hannah*

Chief Executive  
Forest Holme Hospice Charity

*"You hear about the fantastic work that Forest Holme does but its not until you have a loved one there that you appreciate just how amazing they really are."*

Read more on P.04

# In Memory

by Deborah Palmer

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## Malcolm's story

My husband Malcolm was one of life's true gents; kind, understanding, quiet and he had a gentle soul. We were very lucky to have known each other for most of our lives and to have been happily married for almost 44 years.

His story began on September 26th in 2024. He had not been feeling too good, a crohn's flare up we thought, slightly out of breath and puffy ankles, but something told me that maybe he should get checked over. As his GP surgery was closed we went to Urgent Care at Poole Hospital and by 11pm he had been admitted. The following morning he had a CT scan, and that very afternoon we were told that he had Lymphoma.

Malcolm was then told that although he could not be cured it was treatable with chemo but that would mean being transferred to Bournemouth Hospital as an in-patient. So one week after being admitted to Poole we were on our way to Bournemouth. Two days after he got there we were told the totally unbelievable news, "sorry but we cant do anything for you", followed by "where would you like to spend your last few days/weeks?" Without a second thought he replied Forest Holme if I can? A phone call later and a bed had been arranged.



On the Monday we were taken to Forest Holme where we were warmly welcomed by the receptionist and taken to his room. I had already decided that I wanted to stay with him day and night and help look after him as much as I could. The staff were wonderful in letting me do so, for which I will be eternally grateful to them for.

Our family; daughter, son, their partners, grandchildren, my dad, Mal's sister and husband were all made to feel welcome, while the grandkids loved the fact that ice cream was always being given to them!

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***"We, as a family, will never be able to thank all of the staff at Forest Holme enough for their compassion, dedication, kindness and understanding"***

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On the evening of October 23rd, with myself and our two children by his side, my wonderful husband peacefully and quietly took his leave of this world. Nurse Carmel was our knight in shining armour that evening, telling us that she was just outside of his door should we need her.

We stayed with Mal for a few hours, saying our goodbyes and having a last cup of tea with him before we in turn took our leave, and with our heads held high walked out into the cool late autumn evening air.

We, as a family, will never be able to thank all of the staff at Forest Holme enough for their compassion, dedication, kindness and understanding that they showed, not only to Malcolm, but also to us, his family, especially Carmel, Clair, Annie and Dr Naz; our Angels.

As our son, Rob, said, you hear about the fantastic work that Forest Holme does but its not until you have a loved one there that you appreciate just how amazing they really are.

So thank you all so very very much from the bottom of our hearts.



# News



## Touch of TLC

Provincial Grandmaster Steve James and his wife Louise from Dorset Freemasonry delivered TLC teddy bears to help relieve children and grandchildren of stress and anxiety while visiting loved ones at Forest Holme.



## Tribute to Nan

19-year-old Katie Russell wrote and released 'A Christmas Song To My Nan' on streaming platforms in tribute to her Nan to raise money for Forest Holme, where her Nan spent her last few days when Katie was just 11 years old.



## Light up a Life

Despite the adverse weather conditions, there was a phenomenal turn out for Light up a Life, which due to the wind and rain took place inside The Dolphin Shopping Centre and featured performances from Poole and Parkstone Productions and a 115 strong choir, while the Mayor of Poole also kindly visited and made a speech.

The charity is delighted to announce that Light up a Life, along with the Tree of Remembrance, Christmas Prize Draw and Christmas Appeal, collectively raised nearly £30,000.



## Ice Cream Treats

Forest Holme Hospice had a lovely surprise when a best friend organised a visit from Ice Cream Bournemouth for a patient who was craving a Mr Whippy. Not only did owner Rob come and visit, he very kindly supplied free ice cream to all patients, visitors and staff.





## 12 Days of Christmas

A visit from Dermot the therapy donkey concluded the hospice's annual 12 Days of Christmas series of activities, which also saw the Citrus Singers, Dr Kate's Military Wives Choir plus Kitty Stewart and The Land Girls perform, as well as gifts of staff treats and visits from the coffee van.



## Jeff Mostyn visit

Former AFC Bournemouth Chairman Jeff Mostyn visited Forest Holme for a tour to see all the services the hospice provides for the local community.

Jeff was incredibly generous with his time and even took a moment to chat with a patient and their family about football, creating a truly special memory for them.



## Captain Fantastic

Former England Rugby Union Captain, Will Carling OBE, surprised hospice newlyweds by sending a message of congratulations after discovering he was the bride's sporting idol.



# Fundraising



Anna Doyle retired as landlady at The Lord Nelson pub on Poole Quay at the end of last year.

For nearly 10 years Anna, with her staff and patrons, has supported Forest Holme to raise funds in memory of much-loved local friend Donna Turner, and through various live music events, parties, boat trips and collection tins raised over £65,000.

Anna has subsequently been shortlisted for a Community Action Network (CAN) 'Doing Good is Good for Business' award, due to be announced at a ceremony in March.

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## Tell us about the fundraising you've been doing and what it means to you?

All of my fundraising has been through charitable events held at my then pub, The Lord Nelson. It was a fabulous way to bring the local community together and assist a cause that means a lot to everyone. It was a way of making fundraising accessible to everyone.

## What inspired you to start fundraising?

Forest Holme themselves and their treatment and care of my dear friend Donna inspired me to start fundraising for them.

## How do you think your fundraising has impacted the community or organisation?

Happily, I feel that through the events and the media coverage, we have helped raise not only funding but maybe more importantly awareness about Forest Holme and the amazing work they do.

## How has fundraising influenced your personal growth or changed your perspective?

It's something I'm very proud to have achieved and it's very humbling to be able to 'give back'.

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***"Forest Holme themselves and their treatment and care of my dear friend Donna inspired me to start fundraising for them."***

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## Have there been any people or moments that have inspired you during your fundraising?

Several. My friend Donna, who I mentioned earlier, started everything off. She loved a local rock band and just wanted to see them one more time, and Forest Holme said yes to them playing for her at the hospice!!

Unfortunately, she had to leave us before the gig, but I think just knowing they were going to play was enough.

And just short of two years ago, my friend Chris Tucker was cared for at the hospice.

Every event spurred on the next because of the reception from the local community, making them grow year on year.

## What advice would you give to someone considering fundraising?

In the words of Nike 'Just Do It'. I have held events that have raised from £46 to over £5,200 in a day. You may think that £46 isn't worth it, but I wouldn't have raised £65,000 without it.



If you could describe your fundraising experience in three words, what would they be?

Extremely worthwhile endeavour.



### Gallagher

Thanks to the generosity of their staff and clients, the team at Gallagher in Poole raised £17,478 during 2024 through a series of events, including an 18-mile sponsored walk plus Quiz and Bingo Evening, which Gallagher kindly match-funded.



### Wessex Marine

Wessex Marine kindly sponsored our Christmas Prize Draw again which included a top prize of £500.



### Lemur Attractions

As charity partners last year, Lemur Landings and Splashdown in Poole fundraised a total of £2,536.



### Cobbs Bar & Restaurant

Cobbs Bar & Restaurant have chosen the hospice as their charity in 2025, having raised £5,387 during 2024's partnership.



### b4b Marketing

b4b Marketing picked Forest Holme as its charity partner for 2024 and donated £517.



### Buttons & Bows

Button & Bow Events raised £1,091 in 2024 and will once again be supporting the hospice again in 2025.



## Colten Care

Residents at Bourne View Care Home were treated to a performance by professional dancer Oli Beardmore and his partner, Eva Beardmore.

Oli, who coached the 10 contestants for the Forest Holme Strictly Extravaganza 2025, shared an exciting preview of the event with Eva following an invitation from Colten Care, who were headline sponsors for the event at Lighthouse. (see P.14)



## Dawsongroup

Dawsongroup Finance played an integral part in Light up a Life by being headline sponsors for the main event in December.

The team also kindly volunteered their time to help run the Tree of Remembrance stall, working alongside hospice charity volunteers in the Dolphin Centre.

## Canford School Golf Club

Forest Holme has been chosen as the Charity of the Year by Canford School Golf Club and Sara and Kirsty from the charity team met with Lady Captain, Lynda Kett, to discuss exciting plans for the year ahead.



## Parvalux Electric Motors



Parvalux Electric Motors has chosen Forest Holme Hospice as their charity partner for 2025 and have already raised £888 through a Christmas raffle and Christmas Jumper Day.





# THIS IS HOSPICE CARE

It's allowing anyone, anywhere, to embrace  
the life they have left.

**Help hospice care live on for all, for now, forever.**

**Leave a Gift in your Will at**  
**[forestholmehospice.org.uk/leave-a-gift-in-your-will](https://forestholmehospice.org.uk/leave-a-gift-in-your-will)**



Charity Number 1038021

# Free Will Writing Service

Planning for the future is one of the most meaningful steps you can take to provide peace of mind for yourself and your loved ones.

Forest Holme Hospice Charity is proud to offer a Free Will Service, giving you the opportunity to create or update your standard Will at no cost.

This service is provided in partnership with trusted professionals, ensuring your Will is legally sound and tailored to your needs.

There's no obligation to leave a gift to Forest Holme, but any legacy, big or small, can make a lasting difference to those who need our care.



## Online or over the phone

Complete your Will from the comfort of your home with our easy-to-use online service, or speak directly with a professional Will writer, who will guide you through the process step by step.

## FREE Will options



## In Person

A limited number of in-person appointments are available for those who would prefer a face-to-face discussion. Call us on 01202 670644 to book.

**SCAN ME**



[www.forestholmehospice.org.uk/leave-a-gift-in-your-will](http://www.forestholmehospice.org.uk/leave-a-gift-in-your-will)

# Strictly Extravaganza raises over £80,000!



The ballroom sparkled and there were standing ovations aplenty as the Strictly Extravaganza Gala Dinner brought the house down, raising a staggering £80,387.



This spectacular event, sponsored by Colten Care, dazzled a crowd of more than 350 attendees at the Lighthouse in Poole. Ten amateur dancers took to the floor alongside professional partners, delivering jaw-dropping ballroom and Latin routines that embodied weeks of dedication and training under the expert guidance of Championship pro dancer Oliver Beardmore.

Staff from Forest Holme and Colten Care teamed up for a lively curtain raiser to start the evening, with a Charleston group dance they had all learnt and rehearsed in their own time.

The glitterball trophy went to Tom Redman and his professional partner Diana Coojacar, whose high-energy jive captivated the audience and judges alike.

Tom was dancing in memory of his wife Clare, who was under the care of the hospice.







## Winner Tom Redman with Professional Partner Diana



Charlie & Mason



Kerry & Adam



Trudy & Marek



Harry & Sophia



Tiff & Oli



Jennie & Mason



Robin & Maddie



Ness & Luke



Marbellys & Nathan



# Volunteering

Forest Holme Hospice Charity launched the Bereavement Café last year to support people who are dealing with the loss of a loved one, irrespective of any connection to the hospice.

Taking place twice a month in the Café at the Lighthouse in Poole, it offers an opportunity to share or reflect with others, informally over a cup of coffee and cake, who are experiencing similar emotions and challenges following the death of a loved one.

Jo is a specialist volunteer who helps facilitate the Bereavement Café and here explains how she got involved and about the Café itself.

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## How did you first get involved in the Bereavement Café?

I first got involved when I applied to Forest Holme to do some Volunteering. Heidi (Volunteer Manager) mentioned the possibility of a Bereavement Café and that immediately interested me. I have had experience both personally and through my job.

## Can you explain what the Bereavement Café is?

I would encourage anyone considering joining us at the Café to come along. Loneliness after losing a loved one can be incredibly hard but hopefully we can help with talking and a coffee and a pastry.



## Who attends the café and what happens during a typical session?

Most people who attend the cafe have recently lost a loved one and sometimes they bring a family member or friend for support. During a typical session we as volunteers welcome them in and introduce them to the other people who have come on that day. During their time there we mingle amongst them and are happy to talk about anything they would like.

## What's the most rewarding part of your role?

The most rewarding part of my role is seeing people who sometimes come regularly grow and chat to the others. It's so warming to see them come out of a dark place into a little piece of light.

## What advice would you give to someone considering attending?

The Bereavement Cafe is for newly bereaved people either through Forest Holme or elsewhere. We welcome anybody who has recently lost a loved one.



*Scan for Bereavement Café details*

# Community



## Tim's Singers

As a 2024 charity partner, Tim Dowland supported Forest Holme with amazing performances throughout the year from the Citrus Singers, Sing & Grin Choir, Balance Choir and Academy Junior Singers, raising a total of £2,527.



## Northern Soul Night

Robin Williams organised his annual Comin' Home Baby funk 'n' soul night in memory of loved ones, which raised £2,120 for Forest Holme.



## Opera Metropolitan & Friends

Opera Metropolitan & Friends held a 'With Love' concert raising £1,420 and have announced that the concert will now be an annual event fundraising for Forest Holme.



## Coffee Morning

Caroline and Liz, along with fellow charity volunteers and friends, plus Frankie and Sally from Canford Cliffs Library, hosted a Coffee Morning raising £706.



## Fundraising Quiz

Kate and Richard Coombs hosted a Charity Quiz & Supper Evening, raising £1,175.

## Bloxworth Village Hall



Bloxworth Village Club & Memorial Hall chose Forest Holme as their 2024 charity and raised £1,353 in memory of Phil Ballard.



# Fundraising

Last year Steve Mills completed the Beachy Head Marathon, which included a challenging 4000ft climb, in an impressive 4 hours and 50 minutes, raising nearly £1,000 for Forest Holme.



## Tell us about your challenge for the hospice?

40 years since I ran my first Marathon. I decided to take on The Beachy Head - "a great challenge in your 60th year" they said! 26 miles, 4000ft of climb, gates, stiles, walls, steps, bridges and lots of mud! The South Downs and The Seven Sisters Coast Path are the perfect place for a stunning trail race.

*"Supporting Forest Holme has been a rewarding and fulfilling experience."*

## Why did you do it for Forest Holme?

When my Mum, Philippa, passed away at Forest Holme after only a 10-week diagnosis of Acute Myeloid Leukaemia, I knew that I wanted to use my challenge to raise awareness and funds for this special place.

30-years ago my Grandad, Reg, was one of the early patients in Forest Holme and so the hospice has always seemed to have a place in the family.

## What does Forest Holme mean to you?

After a year of training and races along the way, Marathon Day arrived - dry, still and overcast- perfect conditions for a perfect day! The race lived up to its billing - a huge challenge with a huge heart! There were lots of moments on the route when I thought of Mum and what she had endured in those final weeks, yet always comforted by thoughts of Forest Holme and the support they continue to give my Dad.

There is no doubt that fundraising helped me to look forward in the months after losing Mum. Support from old friends and new and from my workplace, Ferndown Forest Golf Club, made a big difference.

## What would you say to someone considering supporting the charity?

Supporting Forest Holme has been a rewarding and fulfilling experience. The team were always there with encouragement and appreciation along the way.

# Christmas

The Body Shop in The Dolphin Centre, Poole, supported Forest Holme Hospice during the festive season, with customers generously donating gifts for patients and staff through their Christmas Giving Tree initiative.



Haskins Garden Centre generously donated - and put up - beautiful Christmas decorations, lights and trees, which brought so much joy and warmth to the hospice over the festive period.



Shan and Suz and the team at Amirez Developments Ltd donated £4,080 as the headline sponsor of the hospice's 12 Days of Christmas to help make the festive season truly magical for patients, their families, and our staff.



Liz and Lesley from the West Dorset branch of Project Linus UK donated 20 handmade quilts for patients.



Staff and customers at Dunelm Bournemouth Community Support partnered with Forest Holme through their Delivering Joy Scheme, purchasing and wrapping Christmas gifts for patients.



Staff at Poundland in Poole, generously funded gift hampers themselves to ensure every patient in the hospice received a gift on Christmas Day, plus items for patient comfort packs and sweet treats for staff.



Primark in Poole chose Forest Holme Hospice as their December charity partners through their Bring the Joy initiative, generously donating £500 worth of items to help create comfort packs for patients, gifts for volunteers, plus raffle prizes to raise vital funds.



## Bereavement Befrienders

Our Bereavement Befriender Volunteers were recognised for their commitment to the new hospice service by being presented with the 'Andy Jacobs Award for Mental Health and Wellbeing' at the Volunteer Centre Dorset Celebration evening in Dorchester.

## Eco Award

Forest Holme was presented with a Sustainable Business award in recognition of taking positive steps to become more sustainable and reduce its impact on the environment.



## Room To Reward

Eight long-standing volunteers were presented with Hidden Heroes awards courtesy of Room to Reward charity in recognition of all their hard work and dedication in supporting Forest Holme over many years.



## Shine A Light

Forest Holme was nominated at the inaugural The Good Grief Trust 'Shine A Light' Awards in recognition of the hospice's bereavement support services.

## Poole In Bloom

Forest Holme scooped the top Gold prize in the Loving Care Homes category at the Poole in Bloom awards for the second year running, which is recognition for volunteer gardeners, David, Viv, Petula and Simon, who were awarded the plaque and certificate during the presentation evening at Compton Acres.





LAST YEAR, WE SUPPORTED OVER 1,500 FAMILIES FACING HEARTBREAK

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275 PEOPLE RECEIVED DEDICATED, COMPASSIONATE CARE ON OUR IN-PATIENT WARD IN 2024

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Our Impact



1,764 TUBS OF DONATED PURBECK ICE CREAM ARE EATEN AT THE HOSPICE EACH YEAR

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DURING 2024 FUNDRAISERS WALKED OR RAN A COMBINED TOTAL OF 1,137 MILES IN MEMORY OF A LOVED ONE

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EACH YEAR, MORE THAN 600 PATIENTS ARE REFERRED TO THE COMMUNITY PALLIATIVE CARE TEAM AT FOREST HOLME HOSPICE

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THE COUNSELLING TEAM PROVIDE 1,500 COUNSELLING OR PSYCHOLOGICAL THERAPY SESSIONS ANNUALLY

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89 COMMUNITY FUNDRAISING EVENTS TOOK PLACE IN 2024, SUPPORTED BY OUR CHARITY TEAM

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IN 2024 THE HOSPITAL PALLIATIVE CARE TEAM DIRECTLY SUPPORTED 700 END-OF-LIFE PATIENTS IN POOLE HOSPITAL

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11 DAYS IS THE AVERAGE LENGTH OF STAY FOR A PATIENT IN OUR IN-PATIENT UNIT

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782 COMPLEMENTARY THERAPY SESSIONS WERE PROVIDED LAST YEAR

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OUR 'LIFE AND LOSS' PODCAST WAS VIEWED OVER 75,000 TIMES ON YOUTUBE IN 2024

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THE CHARITY NEEDS TO RAISE OVER £19,000 EVERY WEEK

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# BOURNEMOUTH BAY RUN CHARITY PARTNERS 2025

**SIGN UP AND TAKE ON A CHALLENGE FOR 2025!**



Run for Forest Holme Hospice Charity!

Sign up for the 5K, 10K, or Half Marathon and make a difference today.

Kids distances also available!

Visit the Bay Run website to register:  
[www.bournemouthbayrun.co.uk](http://www.bournemouthbayrun.co.uk)



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Join 3,000 adventurers of all experience levels & ages and Walk, Jog or Run the spectacular Jurassic Coast – a World Heritage Site. Choose from the full 100km challenge, 75km, a 50km half challenge, a 25km quarter, Jurassic Marathon or even a 10km distance.

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more



As Forest Holme Hospice Charity are an official partner on this event, you get a 50% discount on the 'Full Sponsorship' registration fee when signing up to support us.



forest  
holme  
hospice

Charity Number 1038021

# TAKE ON A CHALLENGE IN 2025



## Skydive

5th April 2025

Old Sarum, Salisbury



Scan here  
to find out  
more







**forest  
holme**  
hospice

Charity Number 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@forestholmehospice.org.uk](mailto:fundraising@forestholmehospice.org.uk)

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



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