



POOLE PARK | 12PM - 3PM  
SATURDAY 14 JUNE

P.14

# Welcome



Your support  
and kindness  
continues to  
inspire us  
every day.

Dear Friends,

As spring unfolds around us and we find ourselves gently moving towards the summer, this time of year offers a natural moment to pause, reflect, and reconnect - with nature, with each other, and with the memories of those we have loved and lost.

Our annual Tie A Yellow Ribbon memorial event (p.14), which takes place on Saturday 14th June, is one of the most poignant and uplifting dates in the hospice calendar as we invite our local community to Poole Park and gather together to reflect, share stories and celebrate the lives of loved ones that continue to live on in our hearts.

In addition to Tie A Yellow Ribbon, we also have our new Celebration Tree (p.10), located within reception at Forest Holme, featuring plaques in the shape of leaves and birds that can be engraved with a personalised dedication in exchange for a donation, creating a lasting tribute to your loved one.

Each dedication supports Forest Holme Hospice Charity, helping us provide compassionate care for patients and their families.

Thank you for being a part of our hospice family - your support and kindness continues to inspire us every day.

Very best wishes,

*Hannah*

Chief Executive  
Forest Holme Hospice Charity

*"From the minute I stepped foot onsite at Forest Holme, it became very clear what a caring, supportive and dedicated facility it is, run by an incredibly passionate team."*

Read more on P.20

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# In Memory

by Louise Nicolson

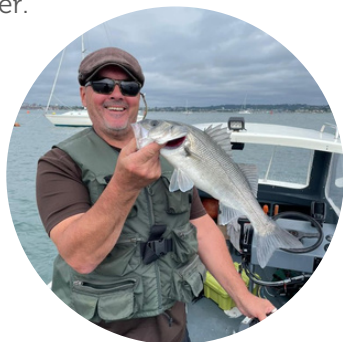
## Mark Nicolson 1965 - 2024

My husband Mark was much liked and loved by all who knew him. Mark was a positive and happy man who loved his family and enjoyed life.

He was well known in our community as someone who always had time for others. He would always be out and about taking the dog for a walk or on a bike ride and chatting endlessly with everyone around. People loved his stories and knowledge on all topics, with his favourite being Hamworthy.

Mark loved living in Hamworthy. He loved being close to the sea where he would spend hours out and about in the harbour. One of his favourite places was "Little Shore" - this was where he would spend time working on his boat, preparing for a day's fishing and also to spend time with his fishing mates. Mark always said he'd been as far as Australia but there was no better place than Hamworthy or as Mark would say "amworthy".

In March 2019 we had the devastating news that Mark had metastatic lung cancer.



Mark was under Dr Bayne and his team in oncology at Poole Hospital. Dr Bayne explained to us and our children about Mark's cancer and the treatment available to him.

The cancer was incurable but treatable. The first few months were difficult as Mark was so unwell. He was admitted to Poole Hospital and had a visit from Pauline Warren from Forest Holme. She suggested Mark may be more comfortable staying at Forest Holme. He would have an ensuite room and patio area which was much nicer than being in a ward that was very busy and noisy. We always believed Forest Holme was for end-of life-care but we learnt that they did so much more; respite stays for people that needed pain management and many other ways to help people.

It really is an amazing place with a fantastic support system. Whilst Mark was in Forest Holme, friends and family could visit anytime of the day or night. Even our dog Alfie was welcome to visit, too. Everyone was lovely and kind and nothing was too much trouble.



Mark started radiotherapy and was also tested for an immunotherapy drug to which he matched and was able to start straight away. This soon helped and Mark was able to pick up quite quickly. Eventually both the radiotherapy and the immunotherapy drug made Mark's cancer stable.



Mark was a man that could put his hand to anything. He always had a project on the go. If you needed any advice or help on DIY, Mark was the one to go to.

Mark loved photography, fishing and bike riding. He had a collection of bikes and his favourite was the tradesman bike of which he had two. Mark loved a flat cap too and we all had a nickname for him which he quite liked - "Flat Cap Mark".

One of Mark's greatest wishes was to be a Grandad. This came true in October 2019 when we welcomed our grandson Sonny. We were then blessed again with a granddaughter in May 2020 when Mia-Lou arrived. Mark loved the grandparent life. We made as many memories as we possibly could.

Those years were very special for us both. The grandparent life is beautiful, fun and so full of happiness. Mark always said being a grandad helped keep him positive and strong.

There were still things Mark wanted to do including a trip to Malta and a day trip on the world's last seagoing paddle steamer, The Waverley. We went to Malta and to the places Mark wanted to see and we had a great time and made lots of memories. As soon as we heard The Waverley was coming to Poole, we got that booked up.

I arranged a message for him over the tannoy and Mark thought that was so funny. After that everyone knew Mark on the ship. Again, we had a great time and created many more memories.



Another project came up; an extension on our home. Mark was determined to be involved and do as much as he possibly could. In fact he was so involved he would be called 'The Foreman'. He loved being with the lads working again and enjoying all the banter on the job. It was sheer determination and so much love and support from his family that Mark achieved so much in the last 5 years of his life whilst fighting cancer.

In the last few weeks of Mark's life he was still pottering around and determined to do small jobs. Even when we all told him to rest, he just wanted to be busy and that was the kind of person that Mark was. Mark never complained about his illness, he fought it with so much strength and dignity. He just wanted to carry on and do as much as he could while he could.

Mark was quite often described as a bit of a character and he really was. He was one of a kind. He was a great husband, dad and grandad. We had 32 years together before he was taken far too soon.

Mark was asked a couple of times if he would like to stay at Forest Holme towards the end. However he had already made his mind up about what he wanted. He wanted to stay at home and we wanted that too. We were determined to keep Mark at home as it was his wish to be in the home that he loved so much and to be with his family. Mark fell asleep and passed away on Thursday 22nd of August peacefully at home just where he wanted to be.



*As Mark's 60th birthday was approaching, a friend of ours offered his band Diagramz to perform in memory of Mark.*

*It so happened the date available at our club fell on Mark's 60th and this was the perfect way to celebrate Mark's birthday and also raise money for Forest Holme. So myself, my son Kane and daughter Carly, along with Lake Road Social Club, put together in Mark's memory a charity fundraising evening for Forest Holme.*

*Family and friends all rallied round and donated prizes for the raffle. The club booked Elvis that night too, as he was a favourite of Mark's.*

*It was a great evening and a large turn out of 200+ people and we raised an amazing £3,140 for Forest Holme.*

*Louise, Carly, Kane, Sonny and Mia-Lou*

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*"Mark had so much more life left to live.*

*So many more memories to make.*

*So much more love to receive.*

*It will forever break our hearts that he didn't get that time.*

*We will forever love and miss him and keep him in our hearts always."*

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If you would like to organise an event in memory of a loved one, please contact the charity on 01202 670644 or email [fundraising@forestholmehospice.org.uk](mailto:fundraising@forestholmehospice.org.uk)

ONLY  
£2.00



forest  
holme  
hospice

# Summer PRIZE DRAW

**1st prize**  
£500 cash prize!

**2nd prize**  
Summer hamper!

**3rd prize**  
Wine hamper!

## £2 a ticket

Closing date for purchasing tickets and returning counterfoils to the charity office is Friday **27th June** with the draw taking place on Wednesday **2nd July**.

**2 books enclosed with newsletter!**

[foresthalmehospice.enthuse.com/SummerPrizeDraw2025](http://foresthalmehospice.enthuse.com/SummerPrizeDraw2025)

Scan here to  
purchase your  
tickets



With thanks to



WESSEXMARINE





## Family Carer podcast

Consultant Dr Beverley Lee recorded an episode of Bluebird Care's 'The Family Carer Podcast' discussing the role of the hospice, steps that families should take to prepare for emergencies, plus the holistic therapies and services that are available at Forest Holme.



## MP visit

We were delighted to welcome Vikki Slade, MP for Mid Dorset & North Poole, to Forest Holme for a tour of the hospice and to meet with our dedicated staff, learning first-hand about the challenges and positive outcomes of palliative care.



## 'Life & Loss' podcast

The charity has announced a third series of the 'Life & Loss' podcast due out soon, featuring more truly remarkable people who have shared their personal experiences of life-limiting illnesses, death and grief. (see p.23)



## Fan-omenal donation

Thanks to the generosity of corporate donor Ramzi Al-Masri and the nine donors he rallied, 100 rechargeable handheld fans were delivered to the hospice, which have been greatly appreciated by the clinical teams for patients struggling with breathlessness.



## Community Award

Congratulations to Anna Doyle, former landlady of The Lord Nelson in Poole, who scooped the 'Doing Good Is Good For Business' gong at the recent Community Action Network awards at Lighthouse Poole for her amazing work in raising over £65,000 for the hospice in memory of her friend Donna.

Special mention also to charity Trustee, Rosemary, who was shortlisted in the 'Paul Payne Award For Trusteeship' category for her outstanding contribution and commitment to the work of Forest Holme and the community it supports.



## New physiotherapist

A warm welcome to Claire, who has joined Forest Holme as a full time physiotherapist for the in-patient ward, which is a role funded by the charity with a very generous contribution from Danny's MND Foundation.

Claire's role will focus on improving the comfort, mobility and overall quality of life for patients facing a life limiting illness.



## Dying Matters

As part of the forthcoming annual Dying Matters Awareness Week, End-of-Life Care Practice Educator Liz Reynolds, who is based at Forest Holme, was instrumental in organising an education day at Poole Hospital, bringing together healthcare professionals to foster deeper understanding of end-of-life care through the sharing of lived experiences and collaborative learning with talks, discussions and presentations.



# Celebration Tree

## Introducing Our New Celebration Tree.

*Honour someone special with a lasting tribute at Forest Holme.*

We are proud to unveil our stunning new Celebration Tree, now taking pride of place in the entrance to Forest Holme. This beautifully handcrafted piece offers a meaningful and lasting way to remember someone special, with personalised dedication plaques in the shape of elegant leaves and birds.

Whether you're honouring the memory of a loved one, marking a significant date, or celebrating someone dear to you, the Celebration Tree offers a unique way to do so while supporting local hospice care. Each plaque is engraved with your personalised message and displayed on the tree for one year.



After that, you'll be invited to renew your donation or receive your plaque back as a cherished keepsake. Every dedication helps Forest Holme continue providing compassionate care and support to patients and families across our community.



*(L-R) Andy Rice (Elite Fabrication) and Neil Ball (previously of Dolphin Marine)*

We are incredibly grateful to Elite Fabrication, Dolphin Marine, NB Powder Coating Services, and The Twins FX for their generosity in bringing the Celebration Tree to life — donating their time, skills, and services completely free of charge in support of Forest Holme.

To make a dedication or find out more, please visit our website  
[forestholmehospice.org.uk/celebration-tree](http://forestholmehospice.org.uk/celebration-tree)

(See p.11)







forest holme  
celebration tree

# Remember Someone Special with a Dedication Plaque

Our Celebration Tree provides a beautiful way to remember someone special with a dedication plaque. Proudly displayed at the entrance of Forest Holme, this stunning tree features plaques in the shape of leaves and birds, creating a lasting tribute to your loved one.

In exchange for a donation, your choice of plaque will be engraved with a personalised dedication in memory of someone special. Your plaque will remain on the tree for one year, after which you will be invited to either renew your donation to keep it displayed or have it returned to you as a keepsake.

Each dedication supports Forest Holme Hospice Charity, helping us provide compassionate care for patients and their families.

## Plaque & Donation Options

■ Leaf - £15 monthly | £40 quarterly | £150 annually

■ Bird - £25 monthly | £75 quarterly | £250 annually

## Apply Online

Scan the QR code to apply online or visit:

[www.forestholmehospice.org.uk/celebration-tree/](http://www.forestholmehospice.org.uk/celebration-tree/)



forest  
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hospice

Charity No: 1038021



# Spreading Joy Through Song



Nearly a decade ago, after working as a vocal coach on BBC's *The Voice*, Tim launched his first community choir, the Citrus Singers in Rossmore, Poole. What started as a single group of passionate singers has now grown into a vibrant network of eight choirs, bringing joy, community, and healing through music.

Tim's choirs cater to a wide range of people - his youngest member is just five years old, and his oldest is a spirited 91. He even runs a choir specifically for people with Parkinson's and collaborates with Parkinson's UK to promote singing across the UK as a form of therapy and connection.

"We sing mostly popular music from the past five decades," Tim explains. "But the real magic isn't just the music - it's the people. I believe anyone can sing, and it's my job to help them discover that." His choirs rehearse weekly, aiming for 48 sessions a year, and some members even sing in multiple choirs.

However, the COVID-19 pandemic brought a significant challenge.

"I'll never forget the day I got around 60 calls and emails from choir members saying they didn't feel comfortable coming anymore," Tim recalls. "Choirs were among the first to close and the last to return. I tried to run sessions over Zoom, but it just wasn't the same." Despite this, Tim kept the spirit alive and eventually brought everyone back together - often for large performances without a single joint rehearsal.





Beyond the performances and rehearsals, the choirs have become a lifeline for many. Tim has seen first-hand how singing helps with anxiety, boosts confidence, and even supports mental health recovery. "I've had members who've come off medication for depression because choir gave them purpose and joy again. It's more than music - it's family."

Tim's mission is simple but powerful: to help people leave each choir session happier than when they arrived. "Great friendships are made here. If someone's not at rehearsal, people notice, they call, they care. It's a community that looks out for each other."

And that's the heart of Tim's choirs: voices united in harmony, not just in song, but in spirit - coming together to support one another and give back to the community through supporting Forest Holme.

One of the causes closest to the hearts of Tim and his choir members is Forest Holme Hospice. "A few years ago, several of my choir members had loved ones cared for at Forest Holme," Tim shares. "The stories I heard were deeply moving, and I knew we had to support them." Since then, the choirs have performed at numerous fundraising events, including their Church Tour 25 concert series and the annual Tie a Yellow Ribbon event.

Tim emphasises the emotional significance of these performances. "Yes, it's about the music, but it's also about remembering loved ones and supporting each other. Even when it rains, like last year at Poole Park, people show up. That sense of community is everything."



If you are a member of a local community group and would like to find out how you can get involved with Forest Holme, please contact [kirsty@forestholmehospice.org.uk](mailto:kirsty@forestholmehospice.org.uk)





**POOLE PARK | 12PM - 3PM**  
**SATURDAY 14 JUNE**

# Tie a YELLOW RIBBON 2025



**forest  
holme  
hospice**

**In memory of your loved one.**

Refreshments | Choir Performances  
Craft stalls | Free activities for children

**Scan here for details**



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# We'll meet again

by Christine Cross with Linda Moore

A story about how two friends met up again after 22 years, thanks to volunteering at Forest Holme.

Linda and I met at the school gates, where our girls were attending. This was way back in 1990 - we would chat and laugh but when the girls left school, Linda and I went our separate ways.

Many years later I saw Linda and we chatted and said goodbye, saying we must get coffee soon, but life was busy, and we never got that coffee.

Fast forward to the summer of 2023 at the hospice's annual Tie a Yellow Ribbon event in Poole Park, and I was volunteering and arranging the ribbons on the pergola when Linda, who had just been singing with the Citrus Singers choir, came up to say 'hi'.

We chatted and I said to her, "you should look at volunteering for Forest Holme."



(L-R) Christine Cross and Linda Moore

A few weeks later I had a call from the office to advise me of a new lady who was joining the local fundraising group, who I might know - it was Linda! And now we volunteer together, it's like we have never been apart.

We are always laughing, fooling around, having a great time, going out and enjoying life as best we can. We both enjoy fundraising and assisting Forest Holme where possible and, because we have both lost someone who has cared for at the hospice, it holds a very special place in our hearts.

Our girls often comment, "have you two been out again", because we bring joy and laughter to each other. And are always uplifted after a day out together.







Linda was first aware of Forest Holme in 2009 and saw first-hand the amazing work they do treating patients with care and dignity as well as being there for family. Over the years she has supported Forest Holme by doing a Moonlight Walk and helping at events at her place of work. Volunteering is a way for Linda to thank them for all they do.

I was never aware of Forest Holme until April 2022, when my husband was admitted, and I spent 6 weeks practically living there. The care and support they gave my husband and myself and daughter was unfaltering. Sadly, he passed in May of that year and in September I became a volunteer - I love being out there advising, and raising awareness and money for this gem of a hospice.

But to be reunited with a long-lost friend is just one of the best things that I could have from grief and I thank Forest Holme for this.

I started volunteering in September 2022 and it's my way of repaying the hospice for all the care given during our time there. Linda has returned to Forest Holme to perform with the local Citrus Singers choir, who will once again be performing at this year's Tie A Yellow Ribbon event.


So, thank you Forest Holme for bringing two old friends back together again.

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*"And now we are volunteers together, it's like we have never been apart."*

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If you would like to find out more about volunteering for Forest Holme, please scan the QR code for details. 



# Corporate & Community



## BBQ On The Green

The BBQ On the Green team visited the hospice to present a cheque for £4,764 raised at their latest annual event, held in memory of Mandy Ross-Read and Kevin Boon, both of whom were cared for by Forest Holme.

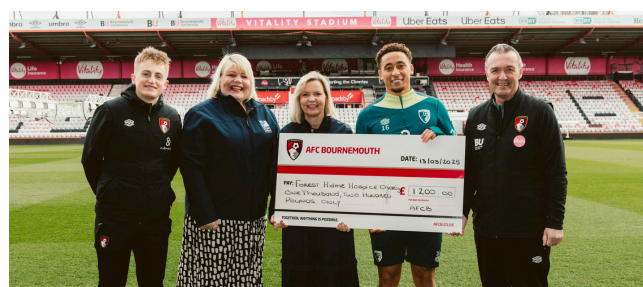
This generous donation will help us refurbish The Bubble (our Ward Staff Room) and provide new dinnerware for patients, enhancing comfort for both our staff and those we support.

*\*This year's BBQ On the Green will take place on May 10th on the intimate green adjacent to Charborough Way and Railway Drive, Sturminster Marshall.*



## Spring Fayre

Thank you to everyone who attended the Barchester Healthcare Upton Bay Care Home Spring Fair, which raised £526 for the hospice.



## AFC Bournemouth

Our charity team visited AFC Bournemouth's Vitality Stadium for a special photo opportunity with staff and Cherries midfielder Marcus Tavernier to receive a £1,200 grant through the AFC Bournemouth Community Fund, which will help us provide six months of yoga classes for people living with cancer.



## Harbour View

Harbour View Crematorium donated £11,384 raised through their specialist recycled valuable metals scheme.



# Corporate & Community



## Easter Treats

Poundland donated a selection of Easter Eggs and gifts for our patients, their families, and our staff, as well as future raffle prizes.



## Corporate volunteers

Corporate supporters from Allianz UK spent a day volunteering at the hospice to help the charity with a number of tasks including stickering collection tins and putting 100 plaques on the new Celebration Tree. (see p.10)



## Seafood & Sounds Festival

Forest Holme Hospice has been chosen as the charity partner for the Seafood & Sounds Festival 2025.

The event takes place on September 13th-14th across Poole Old Town and The Quay, for a weekend full of community spirit. Created by five local businesses - Coastal Cruises Poole, The Customs House, The Poole Arms, Saint Tropez Restaurant, and Truly Scrumptious - the festival is back for its third year.



## Saturday Night Takeaway

Supporter Paul Payne, who has raised over £31,000 for Forest Holme by organising Charity Golf Days at Knighton Heath Golf Club, got a surprise when he received a place on the plane during Ant and Dec's final Saturday Night Takeaway for all his incredible fundraising, all thanks to his son Ryan's secret nomination. Paul wants to express his thanks to the sponsors, players and fellow organisers who also put their time and money into the golf events.



# Seeds of support

Matt Evans from The Garden Room Studio took on both the Bath Half Marathon and Bournemouth Bay Run in support of updating the hospice garden.

Matt has also recently designed a garden for Lighthouse in Poole, which will feature at the BBC Gardeners' World Live Spring Fair.

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## Tell us about your challenge for the hospice?

I ran the Bath Half Marathon and Bournemouth Bay 10k Race in March. I originally entered the race to give myself something to train for over the winter, but having visited the hospice over the winter, and having got to know the team, it made sense to raise some money for a fantastic cause.

This has turned into an ongoing set of challenges so we can continue to fundraise for the venue's garden space which has huge potential. The next challenge is in the process of being worked out!



## Why are you doing it for Forest Holme?

Through family bereavement I've seen first-hand how valuable hospice care can be when loved ones really need it. From the minute I stepped foot onsite at Forest Holme, it became very clear what a caring, supportive and dedicated facility it is, run by an incredibly passionate team.

At the heart of our community here in Poole, it feels like something worth supporting. The team and I are excited to help implement the first phase of the courtyard update.



## Tell us about your landscape design business?

The Garden Room is a young creative design studio founded by partners in life and design, Matt and Elle Evans.

Located just a stone's throw from the shores of Poole Harbour and the Jurassic Coast in Dorset, we work extensively across Dorset, London and the South of England.



We offer soft landscaping, specialist consultancy and project management, as well as full scale garden and landscape design. We create beautifully bespoke garden spaces with the help of our national network of specialist suppliers and contractors. From modest urban gardens to large country estates. We also offer bespoke interior design consultancy.




*The Beacon Garden at Lighthouse design by Matt Evans*

## What are the benefits of a garden for hospice patients?

Gardens can offer numerous benefits. From emotional and psychological wellbeing to social interaction and physical activity.

A well-designed garden space can create a calming environment, interaction with nature and connection with other people. In helping Forest Holme Hospice, we're hoping to assist in creating a simple, sensory space that provides a distraction from pain, encourages visitors and residents to enjoy fresh air and sunlight, and offers a space for peaceful reflection, creating legacy and creative interaction through an ongoing phases of volunteering work and updates.



If you would like to participate in a challenge event to support Forest Holme, please scan the QR code for details. 







Over  
£10,000 raised...



# LIFE & LOSS



BY FOREST HOLME HOSPICE CHARITY



forest  
holme  
hospice

Charity Number 1038021

## PODCAST Series 3

offering support and  
guidance for individuals  
facing a life-limiting illness  
or navigating grief



Find all 'Life & Loss' podcasts on  
YouTube and audio channels

In a world where life-limiting illnesses and grief can often leave individuals feeling isolated and overwhelmed, Forest Holme Hospice Charity has a groundbreaking podcast series, which provides valuable insights, advice and resources for those living with a life-limiting illness or are experiencing the complex journey of grief.

'Life & Loss' brings together individuals of different ages and backgrounds with unique first-hand experiences, alongside healthcare professionals, to share their stories, knowledge, information and strategies for coping with the many challenges associated with life-limiting illnesses and bereavement.

Scan  
here



Watch or listen via: [www.linktr.ee/forestholmehospicecharity](http://www.linktr.ee/forestholmehospicecharity)

# Upcoming Events

MAY  
**17/18**

## JURASSIC COAST ULTRA CHALLENGE

Corfe Castle/Bridport

MAY  
**22**

## FOREST HOLME CHARITY QUIZ NIGHT

Hamworthy Club

JUN  
**07**

## POOLE PARK DRAGON BOAT FESTIVAL

Poole Park

JUN  
**12**

## DANNY'S MND FOUNDATION GOLF DAY

Ferndown Golf Club

JUN  
**14**

## TIE A YELLOW RIBBON

Poole Park

JUN  
**28**

## ASCOT NIGHT

Lytchett Minster Rugby Club

JUL  
**19**

## WING WALK

Henstridge Aerodrome

JUL  
**19**

## THE BIG SING CHURCH TOUR

Good Shepherd, Poole

SEPT  
**13/14**

**SEAFOOD & SOUNDS FESTIVAL**

Poole Quay

SEPT  
**25**

**COLES MILLER QUIZ NIGHT**

Hamworthy Club

SEPT  
**26**

**THE BIG SING CHURCH TOUR**

St Peter's Church, Poole

OCT  
**11/12**

**RUN BOURNEMOUTH**

Bournemouth Pier

OCT  
**23**

**BINGO NIGHT**

Hamworthy Club

NOV  
**01**

**NORTHERN SOUL - COMIN' HOME BABY 7**

Canford Heath Community Centre

DEC  
**11**

**CHRISTMAS DINNER & DANCE**

The Italian Villa, Compton Acres

**BOOK YOUR  
OWN DATE**

**SKYDIVE**

Old Sarum Park, Salisbury

For more details on our events and how to book please head to the Forest Holme website or call the Charity office on 01202 670 644.

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





forest  
holme  
hospice



# POOLE PARK Dragon Boat Festival 2025



dragon boat  
events ㊦㊧㊨

## SATURDAY 7 JUNE 2025 POOLE PARK

- Fast-Paced Racing, Fierce Competition!
- Teams of 13 - 17 (one drummer)
- Teams will battle it out over a 200m course, with each race lasting 60-90 seconds.
- Compete in three timed races
- If you qualify, you'll go head-to-head in one last all-or-nothing race to claim the championship!
- Fundraising Target: Minimum of £500 per team

FROM

**£23.50** per person

Scan here to book  
or find out more



01202 670644 | [forestholmehospice.org.uk](https://forestholmehospice.org.uk)



- PREMIUM SEAFOOD -

FREE  
ENTRY

SEAFOOD AND SOUNDS

◆ POOLE ◆  
◆ QUAY ◆

- LIVE MUSIC -

13th & 14th September 2025

LOCAL FISH, PRODUCE & ARTISAN MARKET  
LOWER HIGH STREET & POOLE QUAY  
FROM 11AM

THE DOLPHIN

Poolebid

[www.seafoodandsounds.co.uk](http://www.seafoodandsounds.co.uk)

 SeafoodandSoundsFestival

Supporting



forest  
holme  
hospice

Charity Number 1038021





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)



## Ways to donate



By phone: 01202 670644



By post: Scan QR code to download donation form

Scan To Donate



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