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Dawsongroup | finance

**Christmas
Challenge**

2 - 9 December | Save The Date

BigGive

P.06

Welcome



Thank you for
your generosity
and care.

Dear Friends,

As the year draws to a close, I want to take a moment to thank you all for being part of the Forest Holme family and for helping us continue to provide compassionate care when it's needed most.

This winter, we invite you once again to join us for our annual Light up a Life memorial service (*p.12*) in the beautiful new venue of St James' Church in Old Town Poole, which will be an opportunity to come together in remembrance and reflection during the festive season.

We're also proud to be taking part in The Big Give Christmas Challenge (*p.6*), where every donation made between December 2nd – 9th will be doubled, helping to strengthen our Hospice at Home service and provide support to more families across our community.

This issue also includes inspiring stories of courage and remembrance, and we take a moment to pay tribute to Dame Annette Brooke, our former Patron, who sadly passed away recently. Her lifelong dedication to the people of Dorset and her steadfast support of Forest Holme will never be forgotten.

From all of us at Forest Holme, thank you for your continued generosity and care. Wishing you peace, love, and comfort this Christmas and into the New Year.

Very best wishes,

Hannah

Chief Executive
Forest Holme Hospice Charity



Dame Annette Brook
1947 - 2025

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In Memory

by Karen Mason

Bob Affleck 1937 - 2023

Forest Holme turning darkness into light

Dad was in his 80s when his dementia took a dramatic decline, and due to the excellent care provided by my Mum he was able to remain at home albeit in his confused world. Then one day Mum called to say Dad had picked up a chest infection and was put on antibiotics and hopefully would be on the mend soon.

Due to Dad's dementia decline I would normally visit my parents every other day to help and support, so noticed quite quickly that Dad was deteriorating and clearly struggling to breathe, so called 999. Once the paramedics arrived, they decided Dad needed to be checked out at the hospital, so I accompanied Dad as my Mum's mobility was not great, and we thought he would be home again after some treatment.



Unfortunately, this was not the case as it was decided Dad needed to be admitted, which with dementia was very distressing for him and upsetting for me to watch. Within 24hrs we had received a call in the early hours to tell us Dad was not responding to treatment, and did not have long to live, which was a complete shock!!!!

The ward Dad was on did not initially have a private side room, and at this time we were not aware that we could have opted for a local hospice or even to have taken Dad home. The next day we had been given a side room, and Tanya, the end-of-life nurse based at Forest Holme, came to see me. She was absolutely wonderful in my darkest moments. She explained that there were no available beds at Forest Holme at that time but would be popping in frequently to check on us and gave us a phone number to call if we needed anything.

Although Dad was sedated, he hung on for another five days. My brothers and I sat with him day and night and were





exhausted but were supported by Tanya. Finally, after seven days in hospital, I made a call to Tanya as I did not want my Dad dying on a hospital ward and wanted him to pass somewhere with dignity and respect. Tanya and her colleague Vanessa managed to arrange a bed at Forest Holme, and from the minute we arrived we knew we were in the most incredible and special place.

I remember taking a huge sigh of relief whilst they made Dad comfortable, and it felt like a huge black cloud had lifted and suddenly there was light. Dad slipped away peacefully two hours later with the dignity and respect he deserved.

The Forest Holme Consultant recognised we had been through a

traumatic eight days and offered us counselling at Forest Holme, and six months later after some very dark days dealing with grief, I attended my first session.

The counselling sessions with Liz provided me a safe space to open up about the events surrounding my Dad's death, and air my frustrations. I am so thankful for these sessions as Liz helped me move forward and turn the negatives into a positive and it was at this point I decided to set up My Safe Place Southern Ltd in memory of my Dad.

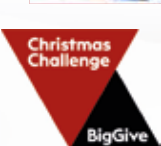
Inspired by his kindness and care for others, we now work with neurodivergent families and care providers to design sensory and garden spaces that bring comfort, calm, and a sense of belonging to those who need it most.



If you would like to share your story about a loved-one and the care they received at Forest Holme, please contact paul@forestholmehospice.org.uk



**Double the
Donation.
Double the
Impact.**



2 - 9 December | Save The Date

What is the Big Give Christmas Challenge?

The Big Give Christmas Challenge is the UK's biggest match funding campaign. For one week only (December 2nd - 9th) all donations made through the Big Give platform are matched pound for pound — turning your generosity into twice the impact.

What are we raising money for?

This Christmas, we're aiming to raise **£18,000** to support our Hospice at Home service.

Forest Holme's Hospice at Home team provides specialist palliative care in the comfort of patients' own homes, helping them spend their final days with dignity, surrounded by the people and things they love most.



Your support will help us:

- Provide expert nursing and symptom management at home
- Support families and carers 24/7, including overnight visits
- Reduce hospital admissions and ease pressure on the NHS
- Ensure patients can die at home if that is their wish

By donating during the Big Give Christmas Challenge, you'll help us deliver this compassionate care where it's needed most — and your donation will be doubled, making twice the difference.

How to donate?

Donations **need to be made** during 'Big Give Week', which this year is **December 2nd to December 9th.**

Donations must be made through our online 'Big Give' platform - please scan the QR code below or visit:

www.forestholmehospice.org.uk/biggive

£180 funds a home visit from our dedicated team of caring professionals.

£1,370 funds 24-hours of Hospice at Home care.

Hospice at Home makes approximately **2,700** visits per year.



Christmas
Challenge

BigGive

Thank you



Hospice News



Hospice at Home

Having already made a huge difference for patients at our sister hospice, the Macmillan Unit in Christchurch, Forest Holme Hospice Charity is expanding the Hospice at Home service into Poole for patients under our palliative care.

This means more people can now receive expert, specialist care in the comfort of their own home, with 24-hour support and regular visits from our dedicated team. The service gives patients greater choice about where they spend their final weeks, surrounded by the people they love most and focus on what truly matters: being present, sharing memories, holding hands, and simply being a family again.

The Hospice at Home team provides hands-on clinical care across Christchurch, Bournemouth, Poole and the surrounding areas, managing physical symptoms and easing emotional distress for people with life-limiting illnesses. The team ensures comfort, dignity and compassionate care within the familiarity of home, available 24 hours a day, 365 days a year

You can help support the Hospice at Home service through the Big Give appeal where every donation to Forest Holme Hospice Charity made through our Big Give page will be doubled – at no extra cost to you! (see p6)



Fond Farewell

The charity recently bid a fond farewell to Rosemary, expressing sincere thanks for her exceptional service following the completion of her nine-year term as vice-chair and treasurer of the board of trustees.



All Our Love



Hospice staff took part in the video for Tim's Singers' reimagining of Coldplay's 'All My Love' – retitled 'All Our Love' – which is raising money for the hospice.

Watch video ↗



FOREST HOLME HOSPICE CHARITY

Christmas Prize Draw

1ST PRIZE £500 CASH PRIZE

2ND & 3RD PRIZE 2 X CHRISTMAS HAMPERS

TO BE DRAWN

DEC | 19 | 2025



*Scan To
Play!*



Kindly sponsored by
Wessex Marine

*Closing date for purchasing tickets and
returning counterfoils to the charity office is
Monday 15th December 2025 with the draw
taking place on Friday 19th December 2025.*

01202 670644 | forestholmehospice.org.uk

Soulful Tribute to Absent Friends

by Robin Williams



With the soft hum of vinyl and the steady beat of Northern Soul, a room fills with music, memories, and a whole lot of heart. For the past decade, Robin's "Comin' Home Baby" charity night has become more than just a dance event; it's a tribute to friends lost, a celebration of life, and a powerful way to give back to Forest Holme Hospice.

The now annual night began with a simple idea born from grief and friendship. When Robin's dear friend, Gillian Mowlam, passed away after a long illness, the compassion she received at Forest Holme left a lasting impression. "After her passing," Robin recalls, "another friend, Dee Notley, mentioned it would've been lovely to have a Soul Night to remember Gill by."

Within days, a hall was donated, DJs volunteered, and a team of helpers came together. The night was such a success, Robin was gently nudged into making it an annual tradition.

Ten years later, with a slight pause during Covid, the event has raised over £10,000 for Forest Holme, offering both financial support and a connection to the community.

"But the night isn't just for Gillian anymore. Over time, the tribute has grown to include Maureen Gillingham, Robin's sister, and Mark Hazelgrove, a longtime friend from the scooter scene. And, quietly, it has become a space for everyone who's ever lost someone special.

Grief is a deeply personal thing," Robin says. "But we try to make it a celebration of life. I hope it's becoming a celebration of love and life for everyone who has lost someone and also enjoys soul music."

Held at the Canford Heath Social Club, "Comin' Home Baby" draws soul music lovers from across the BCP area. It's more than just a good night out, becoming a place where rival events are set aside, and the shared love of music brings people together as friends and fundraisers.

"Soul music gets people to dance," Robin smiles. "And dancing makes people momentarily forget the sad things in life and the worries we all have."

The event's magic lies in its atmosphere, which is a perfect storm of enthusiastic volunteer DJs, passionate music lovers, and a room full of people united by purpose. The DJs are never paid, and yet Robin always has more volunteers than he can fit into one night.



Each DJ is given complete freedom within the genre, and the result is a soundtrack as vibrant and passionate as the people on the dance floor.

Of course, pulling it all together each year isn't without its challenges. Robin admits he's a "bit of a last-minute person," but credits a loyal team of helpers, DJs, and the supportive venue staff for making it work every time.

Looking ahead, Robin hopes the event will carry on, even if one day he can't run it himself.

"I'd like to think it's gaining a momentum of its own. It doesn't need to be bigger as it might lose its community feel. But I know a lot of people take comfort that they're supporting Forest Holme, while others just come for a great night out. That's good too."

And so, every year, the music plays on and for Robin and everyone who gathers under the banner of Northern Soul, it's more than a party. It's a promise that love, once felt, never truly fades.



If you're 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

Remember a loved

Tree of Remembrance

28th November – 19th December
Dolphin Centre, Poole
10am – 3pm daily



Big Give Christmas Challenge

Your donation will be matched,
making double the difference.
Between the 2nd – 9th December



Light Up a Life Service

6th December 2025 at 4pm
St James' Church, Poole



Unable to make it?

You can make your donation &
dedication online.



Kindly sponsored by:

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one this Christmas

Light Up a Life



forest
holme
hospice

Order your keepsake

Pre order your Light Up a Life tree decoration. *(see also P14)*



Dedication & Keepsake Order Form

Title _____ Full Name _____

Address _____

_____ Postcode _____

Email address _____

Phone number _____

By providing your email address you are 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.

ref:LUAL25/NL/HQN:

Donation Amount (Keepsake lanterns are free of charge, however donations are warmly welcome)

☐ £5 ☐ £10 ☐ £20 ☐ £50 **Other Amount**

Keepsake order: Please reserve ☐ keepsakes for collection at Light Up a Life Service on the 6th December 2025.

Payment Details

☐ Cheque enclosed (made payable to 'Forest Holme Hospice Charity')

☐ Card

Name on card

Card number

Expiry

Security code

Cardholder's signature: _____

Please 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.

Tick the box below after reading the terms and conditions to allow Forest Holme to claim gift aid on your donation.

☐ 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.

Write your dedication for the Tree of Remembrance:

Signed _____ Date _____

Please return this completed form to us 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 about your rights, how we use your personal information and how we keep your details safe and secure by reading our Privacy Policy at foresthalmehospice.org.uk/privacy.

Remembering Phil at Christmas:

A Family's Story of Love, Loss and Light



Christmas has always been a season of laughter, family traditions, and togetherness. Yet for those who have lost someone they love, it can also be a time of quiet reflection, a mixture of warmth and longing. For the Ballard family, Christmas changed forever after losing Phil, a devoted husband, father, and grandfather, whose humour and kindness lit up every room.

When Phil was diagnosed with pancreatic cancer, Forest Holme Hospice became more than a place of care; it became part of the family. The nurses supported Phil with dignity and compassion, ensuring he could remain at home surrounded by love. They were there not just for him, but for everyone who loved him, sharing in the laughter, the tears, and the countless small moments that mattered most.

After Phil's passing, his family discovered solace in Light up a Life, Forest Holme's annual service that brings people together to remember loved ones at Christmas. As candles flicker and music

fills the air, the Ballards feel Phil's presence more deeply than ever.

The service offers something profoundly simple yet powerful, which is a space to pause amid the season's bustle, to reflect, and to reconnect with the love that endures beyond loss.

For the Ballards, this has become a cherished tradition that celebrates Phil's life, to share stories, and to find comfort among others who understand. Each glowing light represents a story, a memory, a bond that time cannot break.

As the lights shine this Christmas, the Ballard family will once again raise a glass to Phil, grateful for the laughter he inspired, the love he gave, and the memories that continue to guide them. Light up a Life reminds us that love, once shared, never truly leaves us. It simply changes form but continues to shine on.



My Worst News Ever

by Sharon Applin

Wimborne resident Sharon Applin has published a memoir, 'My Worst News Ever', telling the powerful true story of her journey through a devastating stage 4 cancer diagnosis, life-changing surgery, and life with both a Colostomy and Urostomy bag.

She credits Forest Holme's counselling, lymphoedema, and complementary therapy services as key to her recovery and, as a thank you, is donating over 50% of proceeds from books sold via the charity office back to the hospice.



☹☹ I was diagnosed with a skin cancer in 2020 which was initially treated successfully with chemotherapy and radiotherapy. However, by the start of 2022 I began feeling unwell with bleeding, diarrhoea and severe pain. Tests confirmed I was suffering again from the same cancer, known as Squamous Cell Cancer, that was now affecting the abdomen and pelvis which would require major surgery.

I was told the operation, known as a total pelvic exenteration, would last for around 15 to 20 hours and involve removing all organs within my pelvis, including the bladder, rectum, part of the colon, along with my uterus, fallopian tubes and ovaries and part of my pelvic and pubic bones. In addition to this, I was informed I would need skin and muscle removed from my abdomen to repair the areas affected, and fill in the void left in the pelvis.

After being treated successfully at Poole

Hospital just a couple of years before, it was devastating to find out my cancer had returned. I was sent onto an amazing team at University Hospital Southampton, who conducted scans and tests. They explained very clearly that without major surgery I had only six months to a year to live, but also that there was no guarantee that I would come round from the operation given the extent of the surgery involved.

I had no intention of not having the surgery, though to come round from the operation and have the realisation of what had been removed and what I didn't have any more was an emotion I never wanted to experience.

However, while the operation has left me with a life-changing condition - I now have two stoma bags which I will have for the rest of my life - I am alive and I will be forever grateful to the team for making that possible.



Life has been difficult since the operation and I have had to change the way I think about my everyday routine.

Where am I going and is there a toilet nearby? Can I park my car nearby? How long am I going to be away from home? I need to make sure I have my stoma bags stocked up just in case of an emergency and a change of clothes in case of any leaks. I can't just walk out the door anymore. I have to think about it. This is a mental strain all the time and has changed my life.

When I was in hospital, I was asked if I would be interested in helping with cancer research, including donating my organs and helping with the REMACS study. I agreed to this and I have been involved with the research ever since. Being involved has helped me come to terms with what I've had done, what I have been through and to understand how pelvic exenteration is done.

Being involved in the research and providing my own input into what I feel is important to the operation and seeing what others think, will hopefully help people undergoing treatment and surgery in the future.

My overall experience of this treatment has been a very hard journey, but with the correct care and support of the nurses and doctors, you can achieve anything. One of the things I felt helped me with my recovery was the support I had from Forest Holme. I was offered complementary therapies which included, lymphoedema treatment and advice, reflexology and reiki.

Having these complementary treatments helped with my recovery, not only physically but mentally. I am truly grateful for the support I received. The important thing now is ensuring the best reconstruction and quality of life that can be achieved for patients in this situation. This is why I decided to write about my cancer journey in a book. ”



My Worst News Ever is available for £6.50 from the charity office. Please contact us via email fundraising@forestholmehospice.org.uk or call 01202 670644 to reserve a copy.

CHARITY CHRISTMAS CARDS

10 cards per pack including envelopes.
£4.95 per pack of 10 cards

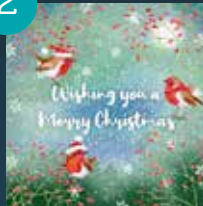
Greeting inside the card reads
'Merry Christmas and a Happy New Year'

1



Colourful Christmas Village
108x155mm

2



Three Little Robins
126x126mm

3



Poole Quay Xmas
108x155mm

4



Merry Christmas Wreath
126x126mm

5



Skating Guardsmen
108x155mm

6



Robins On Sign
126x126mm

£2 LIGHT UP A LIFE BADGES

7



8



9



10



ORDER FORM

NAME	
ADDRESS	
PHONE	
E-MAIL	

ITEM	DESCRIPTION	QTY	PRICE	TOTAL
1	Colourful Christmas Village		£4.95	
2	Three Little Robins		£4.95	
3	Poole Quay Xmas		£4.95	
4	Merry Christmas Wreath		£4.95	
5	Skating Guardsmen		£4.95	
6	Robins On Sign		£4.95	
7	Remembrance Robin		£2.00	
8	Remembrance Star		£2.00	
9	Christmas Tree		£2.00	
10	Tree Of Life		£2.00	
Postage & Packing		1	£4.95	£4.95
Optional Donation (<i>see p.14 for Gift Aid details</i>)				
TOTAL				

Corporate Giving in Action

by Dawsongroup



At a local networking lunch some years ago, Kevin Wills, Managing Director of Dawsongroup, found himself deeply moved by a talk from Forest Holme Hospice Charity CEO, Hannah O'Hare. Her words, filled with compassion and purpose, resonated with Kevin in a way that he knew immediately would echo across his team.

"The presentation was incredibly moving," Kevin recalls. "I knew straight away that my colleagues would want to support this fabulous organisation."

That emotional spark soon turned into action. After a visit to the hospice, a partnership began, built on care, mutual respect, and a shared commitment to making a difference. Since then, Dawsongroup has become one of Forest Holme's most dedicated and actively involved corporate supporters.

This year, they once again serve as headline sponsors for the hospice's annual Light Up a Life memorial service, and for the first time, they are also supporting the Forest Holme Christmas Party at Compton Acres.

"There was some initial trepidation, mostly around how well we could represent Forest Holme," Kevin admits. "But the moment we experienced the warmth of the hospice community, we knew we were in the right place."

That first Light Up a Life event became more than a sponsorship, it became a cherished tradition. "The sense of reward and achievement we took from the event was incredible. It's now a firm favourite every year."

Dawsongroup | finance



Dawsonsgroup's involvement quickly extended beyond donations.

"Many of the team volunteer at the Tree of Remembrance stall in the Dolphin Centre, offering their time to connect with members of the public and listen to heartfelt stories.", Kevin reflects.

"So many people stop to share their deeply personal experiences of Forest Holme. Everyone we meet speaks so highly of the hospice and the wonderful people who have treated them and their loved ones with such kindness and compassion,"

These face-to-face encounters made a profound impact. "Experiencing this for the first time took our desire to support Forest Holme to an even higher level. And all the volunteer supporters are fabulous and it's like we all become friends instantly!"

"From helping at events to tackling the Jurassic Coast Ultra Challenge, the Dawsonsgroup team hasn't shied away from physical fundraising either. "Cancer doesn't discriminate," Kevin says. "Helping Forest Holme in our own way is highly motivating."

The passion of the hospice team only added fuel to their efforts. "Seeing the love and dedication the staff have for their purpose, and hearing directly from the community about the care they've received, took our inspiration to a whole new level."

That inspiration hasn't just shaped how they support Forest Holme, it's changed the company culture too. "Working for a charity, even for a short time, shows a different side of people. It strengthens our friendships and brings us closer as a team."

As for what's next? Kevin has big hopes. "Wouldn't it be wonderful to reach a 10 or 20-year anniversary with Forest Holme? That's our hope. As for new ways to offer support, well, that's a really exciting challenge. I'll be putting that to my colleagues to create something local and innovative!"

Dawsonsgroup's story is proof that when business values align with community compassion, remarkable things happen. In Kevin's words, they may be a corporate partner on paper but in spirit, they are family.

If you're a local business who would like to get involved with Forest Holme, please contact kirsty@forestholemehospice.org.uk

Volunteer News



Going for Gold

Forest Holme's Bereavement Café scooped Gold at the Poole Business Awards in the Community Support category before going on to win Gold again at the BCP Business Awards.



Volunteer Celebration

The annual Volunteer Celebration was kindly hosted by Colten Care at their Bourne View Care Home to recognise the invaluable contributions of all hospice volunteers. Congratulations to our six Hidden Heroes - Karen, Maureen, Margaret, Christine, June, and Mary - who were each presented with awards courtesy of the Room to Reward charity.



Former AFC Bournemouth chairman Jeff Mostyn gave a speech in which he highlighted their value perfectly, saying, "Volunteers are big cogs in a small organisation – never underestimate your value."



Country Walk

Forest Holme volunteers enjoyed a day out in the beautiful Dorset countryside, joining Andy from Jurassic Jaunts for a scenic walk around Worth Matravers. It was a wonderful chance to connect, chat and share experiences of being part of the Forest Holme family.



Poole In Bloom

Forest Holme won Gold in the Loving Care Homes category at Poole in Bloom for the third year running, with our volunteer gardeners also earning two Bronze Awards in the Sensory Garden and Hanging Baskets & Containers categories.





Poole Park

Every Monday

6:30pm - 7:30pm

10 week programme

£25.00



Starts Monday 12th January

Scan here for
more info and to
book your place



VITALITY BAY RUN CHARITY PARTNERS 2026



forest
holme
hospice



Run for Forest Holme Hospice Charity!

Half Marathon

10km

5km

1km Kids Run

Free Charity Places

We're offering limited FREE entry places for the 10km and Half Marathon when you register with the code VBRR26-FHH

Visit the Bay Run website to register:
www.bournemouthbayrun.co.uk/



Scan here for
more information



forestholmehospice.org.uk



**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

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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