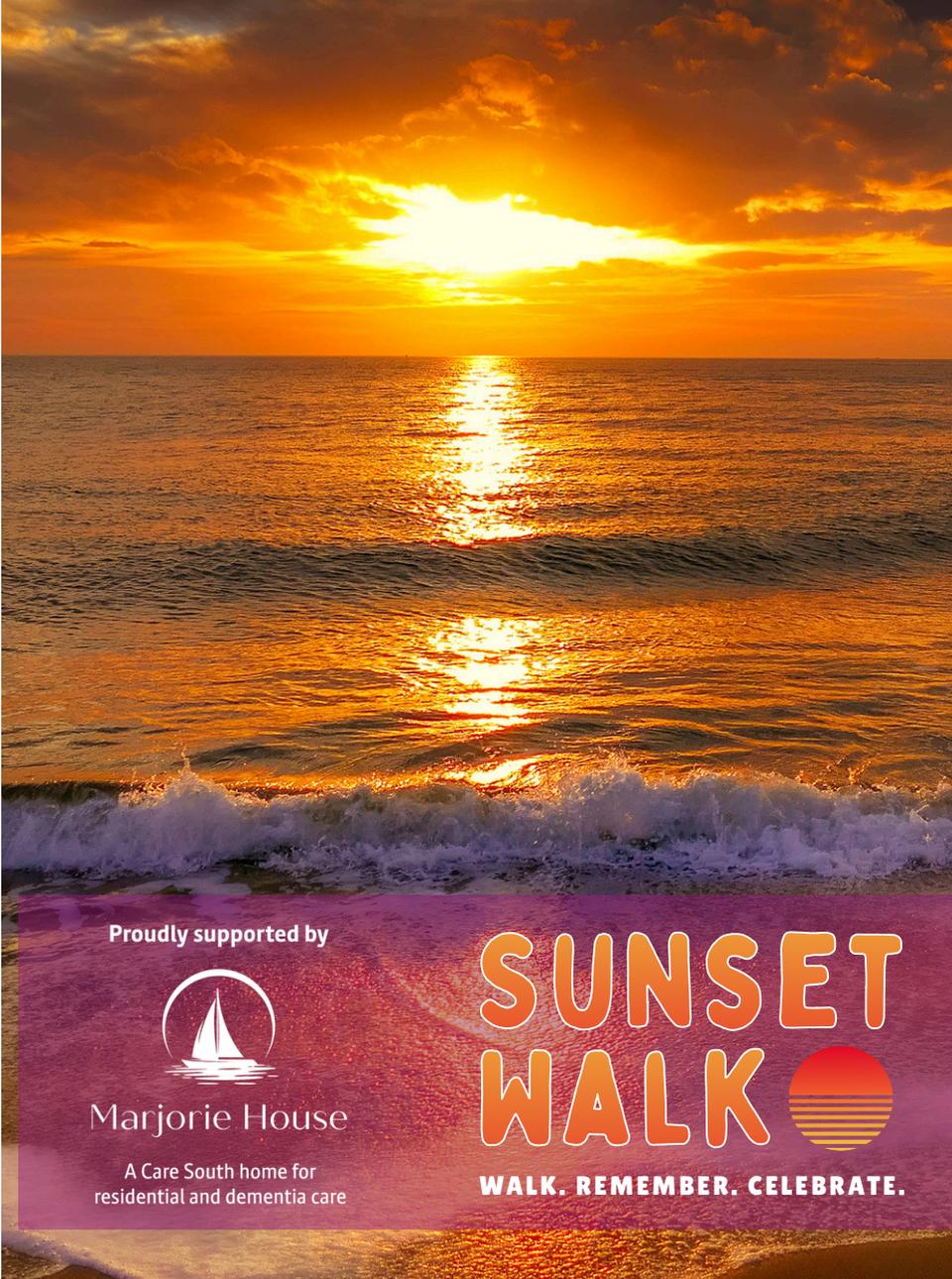


NEWSLETTER



Winter Issue | 2026

Forest Holme Hospice



Proudly supported by



Marjorie House

A Care South home for
residential and dementia care

SUNSET
WALK 

WALK. REMEMBER. CELEBRATE.

Remember at Sunset | 17 April 2026

P.14

Welcome



Because of your support, the team at the hospice can be there for patients and families when they need them most.

Dear Friends,

As we look ahead to another busy year, thank you for the continued commitment you show Forest Holme. Because of your support, the team at the hospice can be there for patients and families when they need them most.

This edition of our newsletter shares stories from people who have been touched by our hospice care, including two from those who attend our Bereavement Café, alongside fundraising stories from both community and corporate supporters. Together, they remind us why our work matters and the difference your support makes every day.

We are excited to be launching our **Sunset Walk** in April, which offers an opportunity to come together and remember our loved ones as the sun sets across Sandbanks. It will be a very special evening of reflection and togetherness that brings our community together.

You will also find information about our **Free Will Writing Service**, alongside details of the many events we are planning for 2026. There are lots of ways to get involved, whether you are supporting us for the first time or returning as a familiar face.

From all of us at Forest Holme, thank you for your continued generosity and support.

Very best wishes,

Hannah

Chief Executive
Forest Holme Hospice Charity

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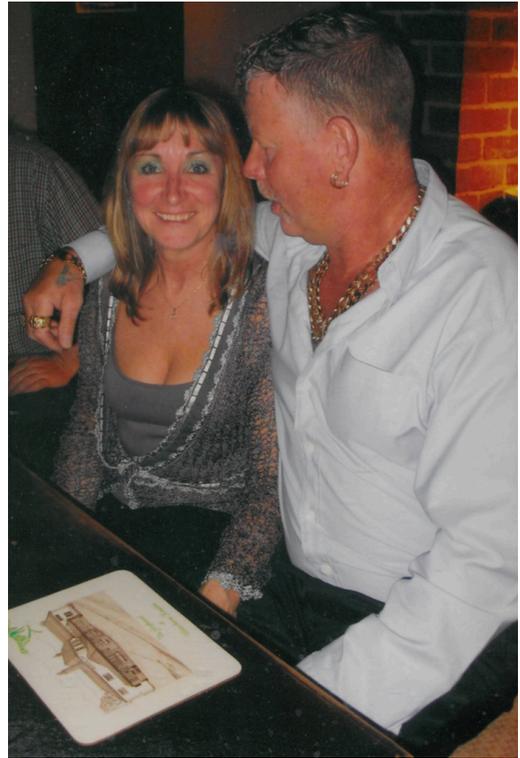
In Memory of Ceri

by David Davies

Nearly eleven years ago, David Davies lost his beloved partner, Ceri, to cancer. In her final days, she was cared for at Forest Holme Hospice, which is now somewhere that holds a special place in David's heart for the compassion shown to her and to him. David continues to support the charity with regular donations, helping to ensure that others receive the same care and comfort that meant so much to them both.

David and Ceri's story began more than three decades earlier, when their paths crossed through local concerts she helped to organise. Their friendship grew into a deep and lasting love, and they went on to share over 30 years together.

Both hardworking and determined, David and Ceri built a life that reflected their shared values of resilience and commitment. After living together in Bournemouth, they took on an ambitious challenge: buying a derelict farmhouse in Lytchett. The property had been left in disrepair, but together they rolled up their sleeves, lived in a caravan for more than three years, and painstakingly restored it.

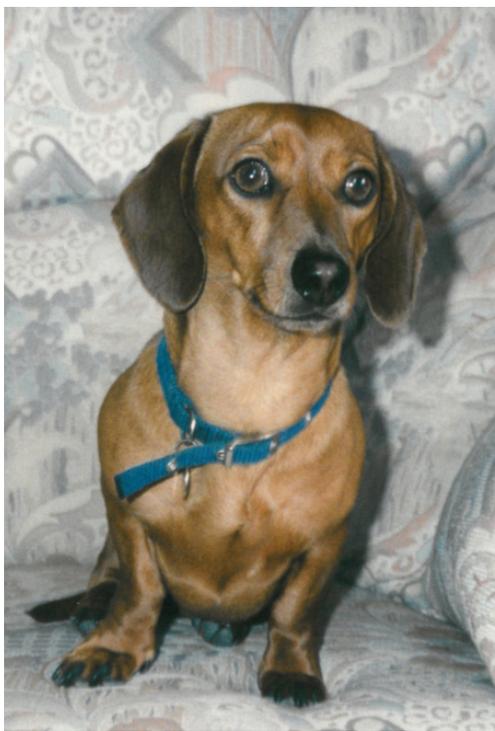


The farmhouse eventually became their family home and later a welcoming B&B, which Ceri ran with her trademark warmth. Guests often returned not just for the comfortable stay, but for Ceri's kindness and her gift of making everyone feel like part of the family.

Ceri's creativity extended beyond the B&B. She had a natural flair for design, furnishing their converted barns with a homely style that turned them into popular holiday cottages. David recalls that while he took care of the heavy work outside, it was Ceri's eye for detail that truly brought the interiors to life. Together, they created a little world of their own on the farm filled with purpose, love, and laughter.



Animals were also at the heart of their life. When David once surprised Ceri with a dachshund puppy, Rugby, it was the beginning of a passion for dogs that became a constant source of joy. Over the years, their home was filled with the happy chaos of dachshunds, each adored by Ceri, and even today David's dogs carry forward her memory. One is poignantly named Lady Ceri Jane, in her honour.



Ceri's dachshund puppy Rugby

Ceri was diagnosed with breast cancer and faced her illness with extraordinary strength. Even through years of treatment, she continued running the B&B and holiday lets, determined to live life as fully as possible. In her final days, she was admitted to Forest Holme, where David was able to be by her side. Though her time there was short, the care and compassion shown made an indelible mark.



After...

Ceri was just 57 when she died. For David, the grief of losing her remains, but so too does the pride in the life they built together, from the derelict farmhouse they transformed, to the warm home they filled with love, guests, and dogs. Forest Holme was there when it mattered most, and although David has moved on from the home they built together, he holds Ceri's spirit with him and honours the love and years they shared in everything he does.

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

News



Volunteer Coffee Morning

Many Forest Holme volunteers came together for a Volunteer Coffee Morning, giving them an opportunity to catch up over coffee and cake while talking with the charity team about their plans for the year ahead.

12 Days of Christmas

Haskins Garden Centre in Ferndown once again transformed the hospice during the festive season, filling the space with warmth, comfort and festive cheer through beautiful Christmas trees, decorations and twinkling lights throughout the building.

This seasonal transformation marked the start of the much-loved 12 Days of Christmas activities for patients, families and staff, with visits from the Bovington Military Wives Choir, Tim's Singers, Kitty Stewart and her ukelele, plus Primark with patients gifts and the popular therapy donkey.





forest
holme
hospice

Charity Number 1038021

SPRING Prize Draw

2nd APRIL 2026

£500 Cash Prize!

Plus Easter hampers to be won!

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or from the charity office

call: 01202 670644

fundraising@foresthalmehospice.org.uk



**ONLY
£2.00**



Kindly sponsored
by Wessex Marine

Closing date for purchasing tickets and
returning counterfoils to the charity office
is Monday 30th March 2026 with the draw
taking place on Thursday 2nd April 2026.

GambleAware



Ten Years Making a Difference

by BBQ On The Green (Aimee, Steve, Louise, Bev, Ron, Cheryl, Paul and Claire)



What began as a small gathering of friends around a few barbecues has grown into one of the most loved community events in the local calendar. Now marking its tenth year, BBQ On The Green shows what can happen when people come together with generosity, purpose and a shared desire to make a difference. For Forest Holme Hospice Charity, the event has been a loyal and valued source of support, raising vital funds while bringing people together in celebration, remembrance and hope.

BBQ On The Green was first held in 2015, inspired by deeply personal experiences. For the organising committee, cancer was no longer something distant. It had touched their lives directly. Mandy Ross-Read, a close friend of one of the team, was diagnosed with Triple Negative Breast Cancer, while committee member Kev Boon was

diagnosed with Prostate Cancer. Alongside these experiences, others within the group had already lived through loss. Together, these moments created a determination to do something positive for charities that support people when they need it most.

The first event was modest but full of purpose. With borrowed gazebos, a few barbecues and a small stage for live music, around 200 people came together and raised £2,000. More importantly, it showed what was possible when a community rallies around a cause.





Each year since, the event has grown, supported by volunteers, performers and local businesses who generously give their time and resources.

Today, BBQ On The Green is a vibrant family friendly festival. Alongside live music and food, it includes an established bar, raffles, an afternoon tea and cake tent, a family fun zone and space for local stalls. Attendance has continued to rise, matched by increasing generosity, resulting in more funding for causes that matter and a day that offers something for everyone.

Alongside growth, there has also been loss. Both Mandy and Kev sadly died from their cancers. Their absence is felt deeply, but their memory remains central to the event. Each year, BBQ On The Green is held not only in their honour but in memory of countless partners, parents, children and friends lost to cancer, giving the day a depth beyond fundraising alone.

In 2025, the organisers launched their first spin-off event, working with the Graham Fulford Charitable Trust to host a prostate cancer testing day. Early detection tests were provided for

128 men, with some results indicating the need for further investigation. It was a powerful reminder that early action can change lives.

Supporting local causes has always been central to BBQ On The Green, with Forest Holme Hospice Charity holding a special place. Several organisers have personal connections to the hospice through loved ones who received care there. Seeing first-hand the compassion, dignity and comfort provided shaped their commitment to ongoing support.

Fundraising like this helps make real differences, from bedside recliner chairs and improved staff spaces to simple details that help reduce the feel of hospital life. These changes support patients, families and staff at the most important times.

Entirely community led, BBQ On The Green exists because of volunteers driven by kindness and determination. Looking back over ten years, including a record £17,388.19 raised in 2025 and over £80,000 in total, the legacy is clear. It is a celebration of community, compassion and what ordinary people can achieve together.



www.bbqonthegreen.com

Finding A Safe Space After Loss

by Jon Gascoigne

The Bereavement Café offers a safe and welcoming space for people to come together after loss, whether to talk, listen or simply be among others who understand.

For Jon, attending the café became an important part of life after a period of profound grief. His story shows how shared experience, support and companionship can grow in unexpected and meaningful ways.

Grief can feel overwhelming, especially when loss comes in quick succession. For Jon, 2024 was a year that tested him in ways he never expected. "I had a bad year," he says simply. "I lost my wife, my dad, a cousin, and my dog all within six months of each other." By the time he first attended the Bereavement Café in October, he was willing to try anything that might help.

"I was trying to throw everything I could at the wall and see what would stick," Jon explains. He went along with an open mind but no real expectations. If it helped, he would come back. If it didn't, at least he had tried.

Walking into the café for the first time was not easy. "I was apprehensive. I didn't know what to expect. Am I going to get on with anybody? Am I going to break down and cry?," he recalls. There were only nine people there that day, which meant conversation was unavoidable. What helped most was the atmosphere created by the volunteers. "They made it easy. Very welcoming," he says, adding that they gently supported

Bereavement Café
POOLE



people who were quieter or unsure how to begin.

As the weeks passed, the café became a constant in Jon's life. One of the biggest surprises was friendship. "I don't think that crosses your mind when you're in a dark place," he reflects. "Did I ever think I'd make friends? No. Am I glad I have? Yes." The café brings together people who might never otherwise meet, all at different stages of grief. Jon values that mix. "If someone is struggling or wondering if their



Jon and his wife Lynne

feelings are normal, you can bet others have been there and can listen and reassure them."

Those connections soon extended beyond the café itself. A WhatsApp group set up by one of the regulars allows people to keep in touch between sessions. "If someone goes quiet then we notice," Jon says, "and one of us will contact them." From this have come quiz nights, shared meals, trips out and theatre visits. "All this is because of connections made at the café."

Jon believes what makes the Bereavement Café special is its informality. "You don't have to talk about bereavement," he says. "That sounds odd at a bereavement café, but no subject is off the table." Conversations might be about music,

rugby or films. "That isn't to say we don't talk about grief. It's just some days we don't have to." He has seen people arrive in tears and leave smiling, supported simply by being among others who understand.

Recently, Jon has also shared his love of music with the group, using technology to help turn his lyrics into songs. Writing a piece for another café regular was a new experience. "She put the jigsaw pieces on the table and showed me the end picture," he says. "All I had to do was put it together."

For anyone unsure about attending, Jon's advice is clear. "Give it a go. It might not be for everyone, but you don't know until you try." While coffee and cake are part of the experience, he knows what really matters. "I'd rather have the friendships and support," he says. "I know I would have struggled a lot more without it."

About Bereavement Café

The Bereavement Café is open to anyone who is newly bereaved, whether or not your loved one was cared for by Forest Holme. It offers a welcoming, relaxed space to share and be listened to in confidence. Sessions are supported by trained volunteers who can also help signpost to further support if needed.

The Bereavement Café runs monthly in Poole at two locations. Sessions take place on the 2nd and 4th Saturday of the month from 10am to 11.30am at the Beacon Café, Lighthouse, and on the 1st Monday of the month from 2pm to 3.30pm at Colin's Nest Coffee Shop, Eagles Mount Care Home.



Taking Care of Tomorrow, Today.



USE OUR FREE WILL-WRITING SERVICE

Online, phone call or in person, at no cost to you.

Planning for the future is one of the most meaningful steps you can take to give peace of mind, to yourself and those you care about.

Making a Will ensures your wishes are clearly set out, how your assets are shared and legally recognised, helping to protect the people and causes that matter most to you.

A Will allows you to decide how your assets are shared and who is looked after, in line with your wishes.

Forest Holme Hospice Charity has proudly partnered with the UK's number 1 online Will-writing service and a local law firm to offer a Free Will Writing Service, giving you the opportunity to create or update your standard Will at no cost.

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.

www.foresholmehospice.org.uk/free-will-writing-service/





Easter Open Day | Saturday 11 April | 2 - 4pm



Marjorie House

A Care South home for
residential and dementia care

Rated 10/10

by residents and their families*



Recognised as a Top 20 care home,
South West England 2025

1 Crichel Mount Road | Poole | BH14 8LT
01202 148221 | care-south.co.uk

Proud to be part of Care South, a not-for-profit charity and leading provider of residential, dementia and nursing care, as well as care at home services across the south of England. Registered Charity No. 1014697. *On the independent care home review site, carehome.co.uk. Correct at time of print.

Marjorie House is a residential and dementia care home with views over Poole Harbour and Brownsea Island.

With superb facilities, a variety of luxurious ensuite bedrooms, a cafe, bar, hair and beauty salon and landscaped gardens, Marjorie House is a very special place to live.

Watch residents' testimonials and take a fly-through tour of Marjorie House here



Care South

It's the care that counts...

SUNSET WALK



**FRIDAY
17 APRIL
2026**

WALK. REMEMBER. CELEBRATE.

Proudly supported by



Marjorie House

A Care South home for
residential and dementia care

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8KM**

**START & FINISH AT
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**REGISTRATION
FROM JUST
£10.00**

**T-SHIRT
PIZZA
REFRESHMENTS
MEDAL**

**FIND OUT MORE &
BOOK YOUR PLACE**



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fundraising@forestholemospice.org.uk
01202 670 644



Charity Number 1038021



forestholemospice.org.uk

15

REGISTRATION FORM



MAIN CONTACT INFORMATION

Title _____ Full Name _____

Address _____

_____ Postcode _____

Email address _____

Phone number _____

By providing your email address above 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.

	Price	Quantity	Total
Adult Ticket	£15.00		£
Child Ticket (age 3-15 years)	£10.00		£
Under 3's	FREE		£
		Optional Donation	£
		Total:	£

ATTENDEE DETAILS

	Full Name	Distance (5km/8km)	T-shirt Size (XS - XXL)	Dietary Requirements
1				
2				
3				
4				
5				

If you have additional walkers, please provide their details on a separate sheet of paper.

PAYMENT DETAILS

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

Card

Name on card _____

Card number _____

Expiry Security code _____

Cardholder's signature: _____

Please return this completed form to us via FREEPOST to Freepost RUCG-BZRL-CZRH, Forest Holme Hospice Charity, 5 Seltdown Road, Poole, BH15 1TS

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.

Signed _____ Date _____

News



Light up a Life

The community came together before Christmas at St James' Church in Old Town Poole for the annual Light up a Life service to remember loved ones. The service was once again kindly sponsored by Dawsongroup Finance and was attended by the Mayor and Sheriff of Poole.

Led by Revd. Lucy Holt, the service featured music from Tim Dowland and his choir, along with readings and poems shared by two Forest Holme volunteers.



During the festive period, the Light Up a Life tree and stall at the Dolphin Centre raised £8,952, which was made possible by the generosity of everyone who volunteered, donated, left an in-memory dedication or supported the craft stall.

Alongside their generous sponsorship, Dawsongroup Finance also gave their time throughout December, working alongside Forest Holme volunteers to help create a welcoming and supportive environment for everyone involved.

Big Give

Thanks to the generosity of supporters, the Big Give appeal exceeded its target, helping to fund the Hospice at Home team, with special thanks to all pledgers and match-fund champion, The Reed Foundation.



Slice of Kindness

Matt and his family from Chulli's Pizza visited Forest Holme to generously provide a delicious wood-fired pizza buffet for staff, patients and families.



Matt wanted to do this in memory of his mum, Virginia, who was under the care of Forest Holme earlier this year.

Recognising and Supporting Carers

Karen Warr, Project Assistant at Forward Carers, explores how community services can support individuals and families during a challenging part of life.

Many people find themselves caring for a loved one without ever consciously choosing the role. A carer can be anyone; a child, young person or adult, who provides unpaid support to a family member, partner or friend due to illness, disability, frailty, mental health issues or addiction. This support can take many forms, from emotional reassurance and personal care to managing medication, attending appointments, household tasks, finances and advocacy.

Not everyone identifies with the term “carer”, and for some families it can feel uncomfortable or unnecessary. Yet recognising “this is what I’m doing” can be an important turning point. Acknowledging the caring role helps open the door to practical advice, emotional support and services that many people do not realise they are entitled to access.

Support is available both locally and nationally. A helpful first step is registering with the carer support service in the area where the person being cared for lives. In Dorset this is Help & Care, and in Bournemouth, Christchurch and Poole it is the BCP Carer Support Service. Once registered, carers can apply for a free Carers ID Card, a national photo ID that helps



verify their role, provides emergency contact details and links to online wellbeing resources, information and peer support.

It is also important for carers to let their GP know about their role. Many practices have a Carers Lead, and registering can unlock additional support and practical benefits. Other sources of help include local carer support groups and cafés, hospital-based services and national organisations such as Citizens Advice, Carers UK, Carers Trust, Marie Curie and Mind.

The right support can make a real difference. Carers often describe feeling less alone, more confident and better able to cope when they have someone to talk to and practical help in place. Even small breaks can help people reconnect with who they are beyond caring, as a partner, parent, sibling, friend or simply themselves.

Without support, carers may become overwhelmed. Signs can include exhaustion, poor sleep, increased anxiety or low mood, irritability, frequent illness, withdrawing from friends and family, or struggling to manage everyday tasks. Early support can reduce isolation, offer reassurance and improve wellbeing for both the carer and the person they support.

When hospice care becomes part of the journey, families often find there is space to step back from constant practical demands and spend time together in a different way. Encouraging people to recognise their caring role and seek support early helps strengthen families long before hospice involvement begins. No one should have to navigate this alone, and support is often closer than people realise.



Useful Contacts

Dorset Council area: Help & Care
Phone: 0303 303 0153



Bournemouth, Christchurch and
Poole: BCP Carer Support
Phone: 01202 128 787



Local

Our Dorset / PALS /
Hospital Passports / SWAN /
Access Wellbeing

Attending local Carer Support
Groups and Carers Cafes,
online or in-person

National

Citizens Advice, GOV.UK,
Carers UK, Carers Trust,
Marie Curie, Mind, and
condition-specific charities

Making a Difference in Your Lifetime

How giving now can help more people, sooner

Many people choose to leave a gift to charity in their Will. This is a generous and thoughtful decision. What some supporters may not realise is that giving during your lifetime can help even more, thanks to tax relief that benefits both you and the charity right away.

Giving now means your support reaches patients and families sooner, and you can see the difference your generosity makes.

How Gift Aid works

A simple way to make your donation go further

When you donate to a UK charity and complete a Gift Aid declaration, the charity can claim extra money from the government at no cost to you

For every £1 you give, the charity can claim an extra 25p



If you pay higher-rate tax, you may also be able to claim money back yourself through your tax return.

Reducing Inheritance Tax

Helping now can also reduce tax later

Money you give to charity during your lifetime is immediately free from Inheritance Tax. This reduces the overall value of your estate and, in some cases, can lead to significant tax savings.

What this means

- *Your gift helps people now*
- *Your estate may pay less tax in the future*
- *More of your money goes where you want it to*

For some larger estates, the tax saving can be substantial, meaning a donation costs you far less than its face value.

Seeing the impact of your generosity

One of the greatest benefits of giving during your lifetime is being able to see the difference your support makes. Whether it helps provide comfort, specialist care or support for families, your generosity can change lives today.

Many supporters value and find reassurance in being able to see the difference their support makes, knowing it is helping people today.

What about businesses?

Businesses can also receive tax relief when donating to charity

Companies:

- *Donations can be deducted from profits*
- *This reduces the amount of corporation tax paid*
- *The charity receives the full donation*

Sole traders and partnerships:

- *Donations are treated as personal gifts*
- *Gift Aid can still apply if you pay enough tax*

The rules vary depending on how a business is set up, but charitable giving remains a valuable and tax-efficient option.

In summary

- *Giving during your lifetime can increase the value of your donation*
- *Gift Aid boosts your gift at no extra cost*
- *Charitable gifts are free from Inheritance Tax*
- *You can see the impact of your support now*

If you are thinking about making a donation as part of your planning, giving earlier rather than later can make a meaningful difference for you and for the people you help.

If you'd like to discuss the tax relief on your own or your business's charitable giving program, please do not hesitate to get in touch.



*Martin Westall
Head of Tax Planning at
Optimum Tax Solutions
Limited*



www.optimumtaxsolutions.com
martin@optimumtaxsolutions.com

Care Beyond the Farewell



For Tappers Funeral Directors and Harbour View, supporting Forest Holme Hospice Charity is about more than fundraising.

It is about supporting families before, during and after loss, and recognising the difference that compassionate care can make at the most difficult times in life.

Tappers is a well established, family run funeral directing business with branches across Dorset and West Hampshire. One of those branches, Harbour View, began as a woodland burial ground and has expanded over the last decade to include its own crematorium and contemporary ceremony halls. Through their work,

the team regularly supports families whose loved ones have previously been cared for by Forest Holme Hospice.

“We find we are constantly helping families taking care of the funeral arrangements for loved ones that have previously been in the care of Forest Holme Hospice,” they explain. “We hear nothing but positive comments about the care the deceased and their families received during their time with Forest Holme, and it echoes the same respect and dignity we strive to offer.”

Their support for the hospice is also deeply personal. Over the years, Tappers has experienced the loss of much loved colleagues who themselves received care from Forest Holme. “Their loss had a huge impact on the staff at Tappers,” the team say.



On a personal level we also wish to give back where we can to a charity that does so much to make the very worst of times as comfortable as possible."

Fundraising activities organised by Tappers and Harbour View are carefully shaped to provide comfort, connection and support. Throughout the year, they host a range of social events including regular coffee mornings, bingo and quiz nights aimed at widows and widowers, memorial remembrance services on key dates such as Mother's Day and Father's Day, and more recently, a men's social evening.

"These events provide a mixture of social, practical and spiritual benefits," they explain, recognising that grief affects people in different ways and that having a safe space to gather can make a real difference.

Bereavement focused events play a particularly important role in their support for Forest Holme Hospice. All Outlook Bereavement events are provided free of charge, with retiring collections taken for the hospice. "Our patrons are more than happy to support Forest Holme," they say. "Many of them have dealt with Forest Holme during this time, so they have received first hand

the compassion and care that we are so keen to support and ensure continues for many years to come."

Alongside organised events, Tappers and Harbour View also contribute through smaller initiatives such as floristry donations and annual recycling efforts. "These are many small contributions that over the year add up to substantial amounts," they explain. "It is little effort on our part, but we understand the massive difference all these small contributions can make."



When asked what they would say to others in the community about supporting Forest Holme Hospice, their message is clear. "Do it. It's a local charity that gives so much to the community, and it's only right that we support them in turn. We never know when we may need them, and it's so rewarding to know that we are making a difference, no matter how small or big."

Upcoming Events

2026/2027

MAR
22

VITALITY BAY RUN

Bournemouth Pier



MAR
26

BINGO

Hamworthy Club



APR
17

SUNSET WALK

Branksome Dene Chine



MAY
14

FOREST HOLME CHARITY QUIZ NIGHT

Hamworthy Club



JUN
06

POOLE PARK DRAGON BOAT FESTIVAL

Poole Park



JUN
13

TIE A YELLOW RIBBON

Poole Park



JUL
04

SKYDIVE

Old Sarum Park, Salisbury



AUG
13

SUMMER BINGO

Hamworthy Club



OCT
10/11

RUN BOURNEMOUTH

Bournemouth Pier



OCT
22

BINGO

Hamworthy Club



DEC
05

LIGHT UP A LIFE

St Peter's Church, Poole



DEC
TBC

CHRISTMAS DINNER & DANCE

The Italian Villa, Compton Acres



DEC
TBC

THE MERRY MILE

TBC



VARIOUS
DATES

ULTRA CHALLENGE SERIES

Various Events & Dates to Choose From



VARIOUS
DATES

RUN FOR CHARITY

Various Events & Dates to Choose From



JAN
11

COUCH TO 5K RUNNING GROUP

Poole Park



JAN
TBC

STRICTLY EXTRAVAGANZA

Lighthouse, Poole



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.

A Thread of Connection

The Remembrance Bracelet Project

by Stephanie Galpin

Bereavement Café
POOLE

The Bereavement Café is often a place where stories are shared, ideas are exchanged and small acts of remembrance take shape. The Remembrance Bracelet Project grew from one such story, shared within the café community.

Stephanie's experience shows how a simple symbol of love, first offered during her mother's final days, can continue to bring comfort and meaning long after loss.

👩👧 In 2016, my mother-in-law, Jackie, was cared for by the district nurses, the palliative care team, and also spent time at Forest Holme Hospice. When she passed away at our home from lung cancer, we were supported by a Marie Curie night nurse during her final hours. The care and compassion we received during that time left a lasting impression on me and my family.

Fast forward to 2023, and my mother, Kate, who lived in Massachusetts, became unwell. I flew to the US in early May to help care for her. For three long months, we searched for answers, but sadly, no diagnosis came. Eventually, in late July, Mom was sent home for hospice care.

Although her body was failing her, her mind was still sharp, and she knew she was home. That was our family's goal, to bring her back to the place she had loved and lived in for over fifty years. As the emergency medical technicians



(EMTs) carried her in, ever the gracious hostess, Mom offered them a drink. That was simply who she was; warm, thoughtful, and endlessly kind.

We were blessed to have her home for eight days. During that time, her house was filled with laughter, love, and tears. Family, friends, neighbours, and colleagues came to visit. Even though she was unwell, Mom loved being surrounded by people. There was always someone by her side, and the hospice nurses came daily to support us.

One of those nurses, Jane, shared something simple yet profound, an act of remembrance using pieces of



coloured embroidery thread. That small gesture brought comfort and connection in those tender final days.

Mom passed away peacefully at home on August 7, 2023, surrounded by her family and friends.

Returning to the UK later that month was incredibly hard. My world had shifted in just a few months. My mom was gone, her house was being sold, and life as I knew it had changed completely. Yet, when I looked down at my wrist and saw the small pink thread tied there, I felt her with me. That thread became a symbol of our bond, a quiet reminder of love that does not end. It stayed with me for nearly four months before it finally fell off. I was lucky enough to be at home when it did, and I have kept it ever since.

Nurse Jane encouraged me to share the idea if it had helped me, and so the Remembrance Bracelet Project was born, in memory of my mom, Kate. It is a way to help others find a small but meaningful connection with their loved ones during such deeply personal moments of loss.

I have also created a Facebook page where people can share their own stories if they wish:

www.facebook.com/RemembranceBracelet

Finally, I want to share something else that has meant a great deal to me. During my mom's last days, I recorded short video clips of us together, simple, unpolished moments of conversation, laughter, and tears. Those videos have become incredibly precious to me. They capture our bond in a way that photos never could.



For anyone going through something similar, I gently recommend taking a video or a selfie clip with your loved one. It may feel emotional at the time, but one day, you will be grateful to have those moving, living memories to hold onto. ”

The Remembrance Bracelet Project

In memory of my mom Kate

Instructions

Pick a colour strand of embroidery thread

Cut two 18 inch pieces of the thread

(If you have a small pre-packaged bag with a single strand of thread in it, cut it in half)

Tie one piece of thread on your loved one's wrist.

When you do this, you can say a prayer, recite a poem, or think of a special memory of them.

Tie the other one on your wrist.

You are now connected with your loved one

Your bracelet will eventually wear and fall off



**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.

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E: fundraising@foresthalmehospice.org.uk

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