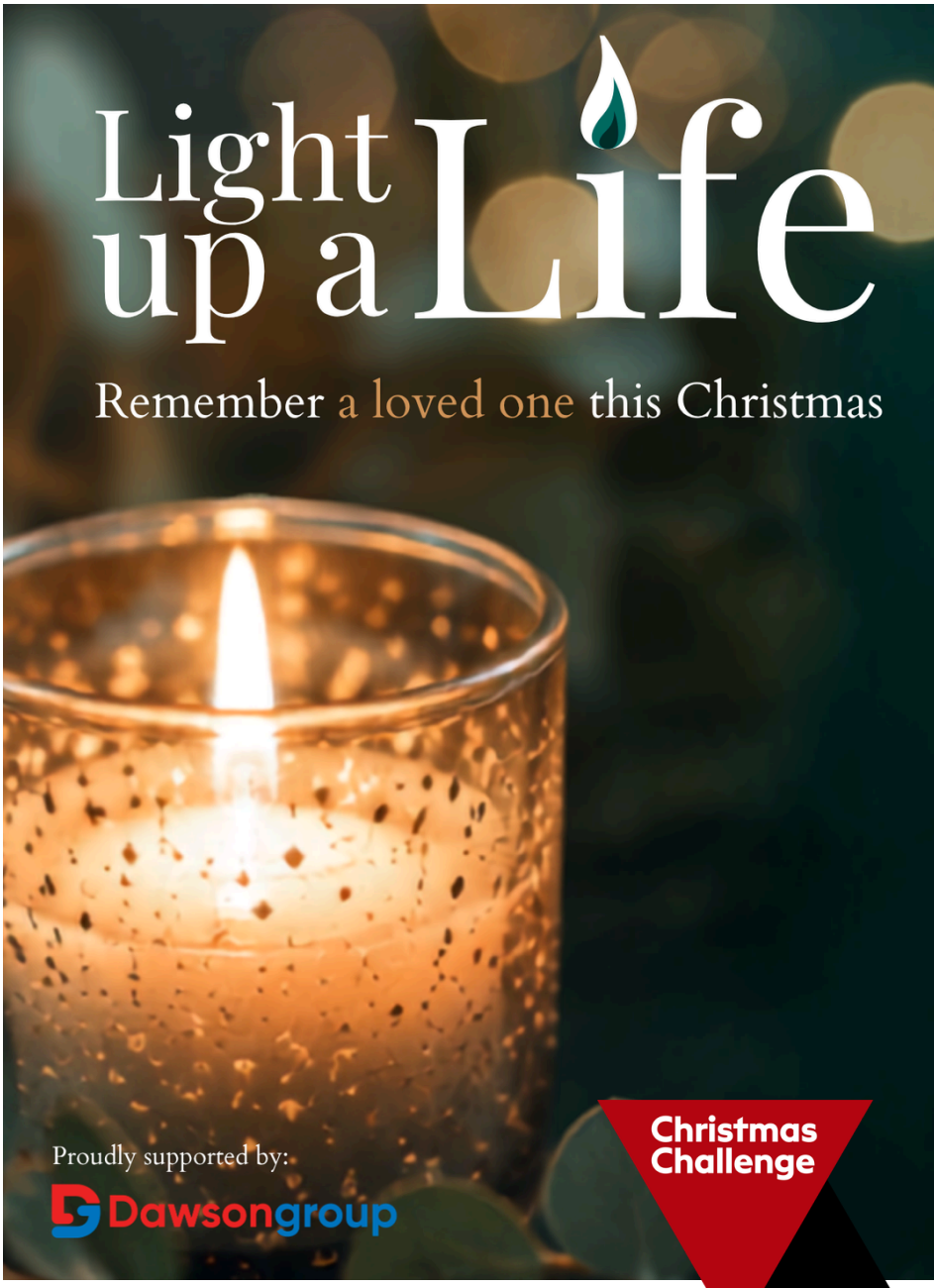
# NEWSLETTER

Winter Issue | 2026

forest holme hospice
Charity Number 1038021

Forest Holme Hospice




1 - 8 December | Save The Date P.10-11

# Welcome




Your kindness and generosity makes a difference.

Dear Friends,

As another year draws to a close, I want to thank everyone who has supported Forest Holme throughout 2026. Your kindness and generosity continue to make an enormous difference to local patients and families when they need it most.

In this edition, we share a moving family story highlighting the difference our Hospice at Home team makes, providing comfort, dignity and specialist care in familiar surroundings. It's this invaluable service we're hoping to raise £70,000 for through our Big Give Christmas Challenge (p.10), where every donation made between 1st and 8th December will be doubled.

Christmas can be an especially precious time for families facing the loss of someone they love, whether at home or in the hospice. It can also be a difficult time for those already experiencing bereavement, as Marcus shares in his touching story about remembering his husband Ryan at Christmas (p.17).

Our annual Light up a Life service (p.14) offers an opportunity to come together, remember loved ones and find comfort in shared memories during the festive season.

From everyone at Forest Holme, thank you for your continued support. Wishing you and your loved ones peace and comfort this Christmas and into the New Year.

Very best wishes,

*Hannah*

Chief Executive
Forest Holme Hospice Charity

Christmas Challenge
BigGive

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# In Memory

by June Gallagher

*June remembers her beloved husband Michael, a larger-than-life character whose love of family, laughter and adventure touched everyone he met, and shares how Forest Holme's Hospice at Home team helped make his final days together with loved ones so precious.*



“Michael was never someone who did things by halves. From the moment we met, life was an adventure, and I quickly discovered that being married to Mike meant expecting the unexpected!

He proposed just eight days after we met, and we married two and a half months later. That spontaneity never left him. Together, we raised four children, moved countries for his work, including a spell living in North Africa, and created a lifetime of wonderful memories.

Mike was fiercely proud of his Irish roots, particularly his beloved County Mayo, where he was born. A practical joker who loved people, he could strike up a conversation with a complete stranger and have heard their entire life story within minutes!



He always used to say,“Think lucky and you'll be lucky”, and that positive outlook shaped everything he did.

Family and faith meant the world to Mike. He was enormously proud of our children and grandchildren and never missed an opportunity to tell anyone who would listen about their achievements.

He loved sport, particularly rugby and Gaelic football, and was an exceptional bridge player, finishing fourth in the world in an online competition just two weeks before he died.

We also shared a love of sunshine and swimming, escaping to Gran Canaria whenever we could. In March, all 14 members of our family travelled to Poole to spend precious time together, knowing it might be our last opportunity for us all to be together.



We returned home from a trip to Gran Canaria on May 24th, but sadly his health deteriorated rapidly.

As his condition worsened, caring for him became increasingly difficult. We wanted Mike to remain comfortable at home, surrounded by his family, but also needed help to maintain his dignity.

That's when Forest Holme's Hospice at Home team came into our lives.

True to form, Mike immediately started chatting to the two lovely hospice staff, asking about their lives and families. Even then, his interest in other people never faded.

The care they provided was extraordinary. They made Mike comfortable, protected his dignity and gave us the reassurance we desperately needed.

The energy, empathy and compassion they brought into our home was incredible. The pressure lifted and I could be a wife again instead of a full-time carer.

Michael died peacefully at home, with his family and the Hospice at Home team beside him.

It meant everything to us that Mike was at home, where he wanted to be, with his family around him. Our children had travelled to Poole from San Francisco, Charlotte and elsewhere in the UK to be by his side.

In his final days, we could concentrate on simply being a family rather than having to care for him as well.

One of the loveliest gestures came after Mike had passed away, when the Hospice at Home team gave each of our children a beautiful red heart, as well as one for me and another to remain with Mike. It was such a thoughtful and touching gesture, and something we will all treasure.

Mike once said, "I won the lottery the day I met you." But I always felt just as lucky.

He lived life to the full, made everyone feel special and brought laughter wherever he went. That's how I will always remember him, and thanks to the wonderful care we received, we were able to spend those final precious days together.”



# Hospice News

## Supporters Breakfast




The charity hosted a Supporters Breakfast, giving guests the opportunity to learn more about the impact of Forest Holme's Hospice at Home service, which enables local people to receive specialist end-of-life care in the comfort of their own home, surrounded by the people, pets and familiar things that matter most.

The event also marked the official launch of this year's Big Give Christmas Challenge appeal, which aims to raise £70,000 to help support the continued delivery of Hospice at Home across our local community.

*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 online Big Give page will be doubled — at no extra cost to you!* *(see p10)*

## New Signage




The hospice entrance has had a fresh new look with new signage, creating a more welcoming first impression.

It also makes the entrance clearer and easier to identify for patients, families, visitors and supporters.

## Fond Farewell





Staff recently said fond farewells to Ruth, who retired after 16 years at Forest Holme, and Dr Rachel, who has moved on after six years. Both will be greatly missed for their kindness, compassion and dedication.

forest holme hospice

Charity Number 1038021

# CHRISTMAS *Prize Draw*

18 December 2026

## £500 Cash Prize!

**Plus festive hampers to be won!**

**ONLY £2.00**

Tickets available online at
forestholmehospice.org.uk/christmasprizedraw
or from the charity office
call: 01202 670644
fundraising@forestholmehospice.org.uk

Kindly sponsored by
WESSEXMARINE

Closing date for purchasing tickets and returning counterfoils to the charity office is Monday 14th December 2026 with the draw taking place on Friday 18th December 2026.

GambleAware

FUNDRAISING REGULATOR

# Wreaths of Remembrance

by Marcus Saunders




A chance conversation with his sister during a Christmas visit to Germany sparked an idea that would grow into something very special. Today, Marcus's wreath-making workshops have become a festive fundraising tradition, celebrating the memory of his husband, Ryan, while supporting Forest Holme Hospice Charity.

Ryan was cared for at Forest Holme in 2017, having initially received care at home before deciding he wanted to move into the hospice. Marcus could see straight away the difference it made to Ryan.

"Immediately his anxiety vanished and he felt safe," recalls Marcus. "The team was amazing, nothing was too much and questions got answered so fast. He cherished that he was treated with dignity, kindness and always a smile."

The care Ryan received inspired Marcus to give something back, and after initially taking on various fundraising challenges, he discovered a new way to support the hospice.

While visiting family in Germany, Marcus helped his sister, a former master florist, prepare Christmas decorations. She suggested he could share his creativity by running workshops of his own, and the idea began to take shape.



After plenty of practice and advice, Marcus held his first workshop in a greenhouse at Ryan's aunt Jill's home in Owermoigne, where he also made wreaths to sell to local villagers.

Since then, the workshops have grown into a popular festive tradition, moving to Lytchett Matravers, where Marcus welcomes participants to enjoy a creative Christmas experience while supporting the hospice.

This year's workshops will take place across a full weekend at the village hall, with three sessions each day accommodating up to 14 people.

Marcus goes to considerable lengths to make the workshops special, sourcing natural materials, creating decorations and personally covering extras including mulled wine, bubbly and festive treats.

He also makes Advent wreaths, table decorations and scented beeswax candles to sell, helping to raise even more funds.

This year, evening workshops will feature live Christmas music from




friends Sarah and Paddy, who are generously giving their time for free.

Although organising the workshops requires considerable time and effort, Marcus remains committed to supporting the charity that cared for Ryan.

"All this keeps Ryan's memories alive for me and the ones around me," he says.

Through his creativity, generosity and determination, Marcus continues to turn his love for Ryan into something positive, helping Forest Holme support other local people and families when they need it most.



# The Big Give Christmas Challenge

# When time is short, home is everything.

**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.**



**For some, this will be their last Christmas together.**

Christmas Challenge
BigGive

## Thank you

# 1 - 8 December | Save The Date

# Double the Donation. Double the Impact.

## 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 1st - 8th**) all donations made through the Big Give platform are matched pound for pound, doubling your generosity and impact!

## What are we raising money for?

This Christmas, we're aiming to raise **£70,000** to support our Hospice at Home service.

Forest Holme's Hospice at Home team provides specialist palliative and end-of-life 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

Christmas Challenge BigGive

**Help give families the chance to spend their last Christmas together at home.**

Donations need to be made during **Big Give Week**, **December 1st-8th,** via our **Big Give platform**.

Please scan the QR code or visit our website below.

**forestholmehospice.org.uk/biggive**



# Hospice News

## Blooming Garden



Barclays at The Helm generously donated a £500 grant, helping to refresh Forest Holme's garden with new plants, potting materials and painting supplies.

Hospice volunteer Jennie and eight Barclays volunteers kindly spent the day painting fencing and garden furniture, helping to keep our outdoor spaces welcoming and peaceful for patients, families, staff and volunteers.

Congratulations also to our wonderful volunteer gardeners, who recently scooped Silver at the Poole in Bloom Awards!

## Caring Partnership

Forest Holme has welcomed a new partnership with Leonardo Carer Support, who are generously sponsoring the Bereavement Cafés through their Leonardo Friends scheme, helping local people experiencing grief and loss.



## Hearts of Love



Lovingly made by supporters, these handcrafted hearts are gifted to Hospice at Home patients and their loved ones.

One stays with the patient, while matching hearts are given to family members as a lasting connection, bringing comfort and precious memories at a difficult time. Each heart is accompanied by a special poem, adding a personal touch to this simple but meaningful gesture.

# Volunteer Celebration






It was an afternoon of celebration, laughter and well-deserved recognition as Forest Holme Hospice Charity came together to say a huge thank you to the incredible volunteers who give so generously of their time to support the hospice.

This year's annual Volunteer Celebration was kindly hosted by Colten Care at its Bourne View Care Home, where guests enjoyed a drinks reception followed by a delicious afternoon tea, complete with homemade cakes lovingly prepared by the Bourne View catering team.

Staff from across Forest Holme shared their thanks and appreciation, highlighting the many ways our volunteers make a difference to patients, families and the wider hospice community.

A highlight of the afternoon was the presentation of our Hidden Heroes Awards, recognising the outstanding contributions of Nigel, Jeanette, Sue, Tony, Roz, Dimitri and Jan. Each received a special award presented by Rae Pitman, courtesy of the Room to Reward charity.

Another special moment saw Georgie, Sue, June, Caroline, Russell, Margaret, Karen and Michael each receive a badge in recognition of an impressive 10 years of dedicated voluntary service to Forest Holme.















# Light up a Life

## Remember a loved one this Christmas



Proudly supported by:

Dawsongroup

## Tree of Remembrance

27th November - 18th December | Dolphin Centre
10:00 am - 3:00 pm daily

## The Big Give Christmas Challenge

Your donation will be matched, making double the difference. Between the 1st - 8th December

## Light Up a Life Service

5th December | St James Church, Poole
4:00 pm

## The Merry Mile

6th December | The Branksome Dene Room
11:00 am

## Order your keepsake

Pre order your Light Up a Life tree decoration.

## Unable to make it?

You can make your donation & dedication online.

# 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:LUAL26/NL/HQN:

Donation Amount

☐ £5 ☐ £10 ☐ £20 ☐ £50 Other Amount

Keepsake order: Please reserve ☐ keepsakes for collection at Light Up a Life Service on the 5th December 2026.

Payment Details

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

☐ Card

Name on card

Card number

Expiry MM YY 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.

Signed _____ Date _____

Write your dedication for the Tree of Remembrance:

Please return this completed form to us via the enclosed envelope or by 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 forestholmehospice.org.uk/privacy.

# Remembering Ryan at Christmas



For many of us, Christmas is a time filled with familiar traditions, treasured memories and moments shared with those we love. But when someone special is no longer there, the festive season can also bring a particularly strong sense of absence.

For Marcus, Christmas will always be closely connected to memories of his husband, Ryan, who died in 2017 after receiving care at Forest Holme Hospice.

The couple first met at Easter in 1997 and later that year moved to Germany, where Marcus introduced Ryan to the Christmas traditions he had enjoyed since childhood.

"Christmas, since I met Ryan for the first time Easter 1997, was his favourite time of the year," recalls Marcus.

Ryan embraced everything about the festive season, from the decorations and preparations to the excitement of welcoming friends into their home.

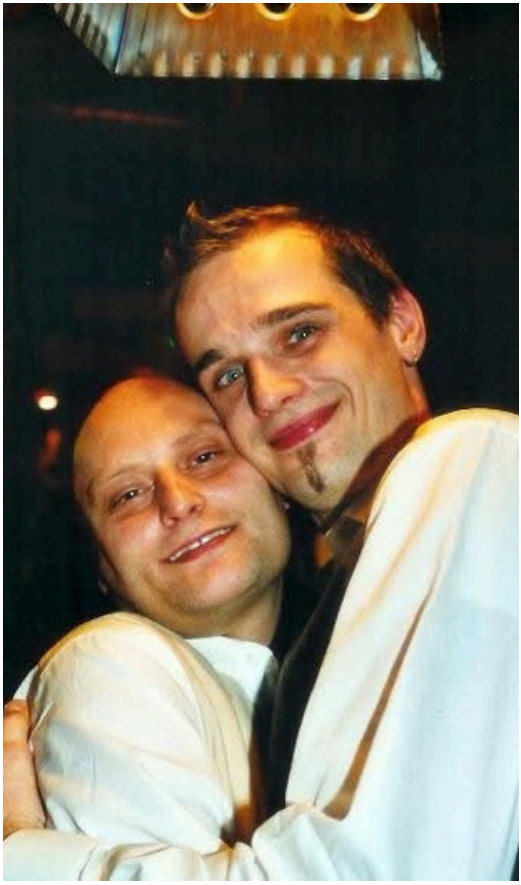
"Ryan loved Christmas sooo much and our home always turned into a Santa's Grotto," remembers Marcus. "It all would turn into a Christmas Extravaganza."

After returning to the UK in 2007, one of their favourite traditions was inviting two friends to join them for Christmas goose dinner. It became such a popular occasion that friends would eagerly hope to be chosen each year.

For Marcus, these memories are about far more than the celebrations themselves. They are reminders of the life they built together over two decades, the friendships they shared and the little traditions that made Christmas so special.

It's often these familiar moments, once taken for granted, that become especially precious when someone is no longer there to share them.





When Ryan became seriously unwell, he was initially cared for at home before deciding he wanted to move to Forest Holme Hospice.

The kindness, dignity and support Ryan received during his final days left a lasting impression on Marcus, who promised himself that when he felt ready, he would find a way to give something back.

Today, Marcus continues to celebrate Ryan's love of Christmas through his wreath-making workshops, bringing people together to enjoy the creativity and festive spirit they once shared.

Christmas after bereavement can be difficult. The familiar traditions may bring both happiness and sadness, while the absence of someone we love can be felt in the smallest moments.

An empty place at the table, a favourite decoration or a familiar Christmas song can suddenly bring memories flooding back.

But as Marcus's story shows, remembering someone at Christmas can also mean finding ways to carry their traditions forward, sharing the memories that make us smile and keeping their place in our celebrations.

Because although the people we love may no longer be beside us at Christmas, the memories we made together remain a precious part of the season.



# 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



A Corfe Christmas
16cm x 11.5cm

2




Three Little Robins
13cm x 13cm

3



Wimborne by Starlight
13cm x 13cm

4



Lights on the Quay
16cm x 11.5cm

5



Robins by the Fountain
16cm x 11.5cm

6




A Winter Welcome
16cm x 11.5cm

7



Christmas Village
16cm x 11.5cm

# £2 LIGHT UP A LIFE BADGES

8



9



10



11



forest holme hospice

# ORDER FORM

| | |
|---|---|
| NAME | |
| ADDRESS | |
| PHONE | |
| E-MAIL | |

| ITEM | DESCRIPTION | QTY | PRICE | TOTAL |
|---|---|---|---|---|
| 1 | A Corfe Christmas | | £4.95 | |
| 2 | Three Little Robins | | £4.95 | |
| 3 | Wimborne by Starlight | | £4.95 | |
| 4 | Lights on the Quay | | £4.95 | |
| 5 | Robins by the Fountain | | £4.95 | |
| 6 | A Winter Welcome | | £4.95 | |
| 7 | Christmas Village | | £4.95 | |
| 8 | Christmas Tree Badge | | £2.00 | |
| 9 | Candle Badge | | £2.00 | |
| 10 | Snowdrop Badge | | £2.00 | |
| 11 | Tree of Life Badge | | £2.00 | |
| | Postage & Packing | 1 | **£4.95** | |
| | Optional Donation | | | |
| | **TOTAL** | | | |

Please return this completed form to us via the enclosed envelope or by FREEPOST to
Freepost RUCG-BZRL-CZRH Forest Holme Hospice Charity, 5 Seldown Road, Poole, BH15 1TS

# Fundraising in Jonathan's Memory



*Family and friends at the Family Fun Day*

The memory of Jonathan Trent has inspired a remarkable year of fundraising at Charles Trent Ltd, as family, friends and colleagues have come together to support Forest Holme Hospice; a place that holds a very special meaning for the Trent family.

The fundraising has taken on added significance as the Poole-based family business celebrates its 100th anniversary, with a host of activities organised throughout its centenary year in honour of Jonathan, who was cared for at the hospice.

Jonathan passed away in 2025, aged 55. The care he received, along with the kindness and compassion shown to his loved ones during such a difficult time, left a lasting impression on the Trent family and inspired them to give something back in his memory.

Jonathan's daughter, Emilie, shared, "Forest Holme will always hold a special place in our hearts. The kindness shown by the Forest Holme team made a lasting impact on the whole family, which is why supporting the hospice as part of our centenary celebrations means so much to us."

Throughout the year, Charles Trent colleagues, friends and family members have embraced a whole host of fundraising activities, bringing everyone together in Jonathan's memory.

Among those taking on a challenge was Rick, who completed the Brighton Marathon in Jonathan's honour, raising £1,080. Charles Trent Ltd then generously matched his fundraising, bringing the total to £2,160.



*Marc and Neil Trent*

Team members and family also joined hundreds of supporters at Forest Holme's Sunset Walk, while 12 colleagues took part in Run Bournemouth, competing across various distances.

There have also been bake sales, sweepstakes and other fundraising activities, with plans already underway to take part in next year's Dragon Boat Festival.

One of the biggest highlights was the company's Charity Family Fun Day in September, organised as part of its centenary celebrations. Bringing together employees, families and the wider community, the event featured live entertainment, family activities and plenty of fun, all while raising £18,000 for Forest Holme.

For everyone involved, these activities are about more than reaching a fundraising target. They are an opportunity to celebrate Jonathan's life, share memories and make a positive difference in his name.

Through their continued generosity and commitment, the Trent family and everyone at Charles Trent Ltd are helping Forest Holme continue providing specialist palliative and end-of-life care, alongside comfort and support for local families at the most difficult time of their lives.

It is a fitting tribute to Jonathan and a wonderful example of how a loved one's memory can continue to make a difference to others.


*Emilie Trent*

forest holme hospice

Charity Number 1038021

# Follow Us on Social Media

Stay connected to the people, families, volunteers and supporters making a difference

facebook.com/forestholme

instagram.com/forestholmehospicecharity

TikTok

tiktok.com/@forestholmehospice

linkedin.com/company/forest-holme-hospice-charity

youtube.com/@forestholmehospicecharity

forestholmehospice.org.uk

# The Merry Mile

SUNDAY 6TH DECEMBER






It's time to dash, dance, skip or stroll 1 mile along our beautiful seafront, before popping into Santa's cosy grotto, courtesy of Haskins Garden Centre!

So dig out your best Christmas fancy dress, round up your festive crew, and join us for a morning that's guaranteed to be snow much fun!

To book, scan the QR code, visit our website, or call our charity office on 01202 670644.

PROUDLY SUPPORTED BY HASKINS

forest holme hospice

Charity No: 1038021

# CHRISTMAS Party AT THE ITALIAN VILLA

Celebrate the festive season with Forest Holme Hospice Charity at our Christmas Party, set in the beautiful surroundings of the Italian Villa.

Thursday 10th December

6:30pm - 11:30pm

The Italian Villa, Compton Acres

Your ticket includes:
Arrival drink
Three-course dinner
Christmas raffle
Tea, Coffee and Mince Pies
DJ & dancing
Casino entertainment

£70.00 per person

We look forward to celebrating with you!

forest holme hospice

forest holme hospice

# Strictly EXTRAVAGANZA 2027

## SATURDAY 23 JANUARY

*Get ready for a fab-u-lous evening of Strictly magic in support of Forest Holme Hospice Charity.*

Join us for a glittering night of entertainment, including a drinks reception, three course gala meal with wine and an unforgettable live dance competition as our 10 Strictly Stars take to the floor with their professional dance partners.

ONE NIGHT. TEN STARS. A WHOLE LOT OF SPARKLE.

COLTEN CARE

*Book your tickets now!*

www.forestholmehospice.org.uk/strictly

Lighthouse, Poole

Scan the QR code for full event details and tickets.



REGISTERED CHARITY NO. 1038021

Registered with FUNDRAISING REGULATOR

forest holme hospice

# Couch to 5k Running Group



Starts Monday 11th January

## Poole Park

Every Monday
6:30pm - 7:30pm

10 week programme

£25.00

Scan here for more info and to book your place

# VITALITY BAY RUN

## CHARITY PARTNERS 2027

forest holme hospice

Vitality Bay Run

**Run for Forest Holme Hospice Charity!**

Half | 10km | 5km | Kids Run



## FREE CHARITY PLACES

**We're offering limited FREE entry places for the 10km and Half Marathon.**

**Please contact claire@forestholmehospice.org.uk**

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

SCAN HERE FOR MORE INFORMATION

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**

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### Ways to donate

By phone: 01202 670644

By post: Scan QR code to download donation form

Scan To Donate

This newsletter is fully recyclable.

Registered with FUNDRAISING REGULATOR

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You are receiving this newsletter as a valued supporter of Forest Holme Hospice Charity and because you opted-in to receive communications from us by post.

If you would like to update your preference, please get in touch by calling the charity office on 01202 670644 or email unsubscribe@forestholmehospice.org.uk