

News

Autumn/
Winter
2016

For St Gemma's supporters
www.st-gemma.co.uk



It's official - We are Outstanding!

We are delighted to announce that St Gemma's Hospice has been awarded the top rating of 'Outstanding' following a recent unannounced inspection by the Care Quality Commission.

This is a fantastic achievement for everyone at the Hospice, especially as only 1% of the inspections across adult social care services have achieved this rating. As if this wasn't impressive enough, we achieved an outstanding score in 4 out of the 5 key domains assessed: safe, caring, responsive, effective and well led.

Kerry Jackson, Chief Executive of St Gemma's said: "This is very much a team effort and this wonderful result highlights the quality of our care, our people and the organisation as a whole. I would like to acknowledge the outstanding team of staff and volunteers for their commitment to providing the best possible care and support to patients and their loved ones, both in the Hospice and out across the community. We wouldn't be able to do this without the amazing support we receive from the wider community, our volunteers and fundraisers. Everyone who donates and buys at our charity shops, takes part in our fundraising events, and contributes in any way allows us to continue providing this care. I would like to extend my gratitude to each and every one of you."

We are proud to be here providing outstanding care to the people of Leeds and beyond, 24 hours a day, 365 days a year."

Light up a Life
2016

Our Light up a Life Appeal is a special way to remember your loved ones over the festive season. To take part and sponsor a light please see enclosed leaflet or contact us on 0113 218 5555.



Here for the Whole Family - A time of reflection



St Gemma's spiritual care team cares for the pastoral and spiritual needs of the Hospice community, supporting people of all faiths as well as those who wish to express their unique spirituality. The team often works with the families of our patients as they reflect on questions which can arise after bereavement.

We are only able to offer this service thanks to the generosity of our supporters. Please will you help us to provide this support to people who are bereaved?



One way that our spiritual care team can help bereaved families is through the prayer station in our chapel.

At the prayer station, people choose a pebble or a shell to represent the person they are thinking of. Holding the pebble or shell helps people to concentrate on their loved one. When the time is right the pebble or shell is placed into the pool of water, symbolising putting the people we love into God's hands.

Spiritual care is one dimension of our bereavement services. We help people of all faiths and none. We do not charge for our services but there is a cost to provide them.

Please help us to continue to help people who have been bereaved by donating to our Here for the Whole Family appeal.

**Thank
you**

Here for the whole family Donation Form

Gift Amount £.....

I enclose a Cheque made payable to 'St Gemma's Hospice' or please debit my card detailed below:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Valid From: / Expiry Date: /

Issue No: Security No: (last three digits on back of card)

Signature:..... Date:.....

Please complete your details below

Gift Aid

Add 25% to the value of your donation: Gift Aid is reclaimed by St Gemma's Hospice from the tax you pay in the current tax year. This means we can increase the value of your donation by 25p for every £1 you give. All you need to do is tick the box below and we'll do the rest.

(Please tick box) Yes I would like St Gemma's Hospice to claim back the tax on any donations I have made in the last 4 years and all future donations, until I give further notice. I confirm I am a UK taxpayer and 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 year it is my responsibility to pay any difference.

Date: _____

I am not eligible for Gift Aid.

Title..... First Name.....

Surname.....

Address.....

.....Postcode.....

Telephone.....

Email.....

By giving us your email address, you are agreeing to us contacting you by this method, which saves us money.

I would be interested in finding out more about:

- fundraising leaving a gift in my Will
 running a fundraising event volunteering

**Please return this form to: St Gemma's Hospice,
329 Harrogate Road, Moortown, Leeds, LS17 6QD
or go to www.st-gemma.co.uk to make a donation.**

Sisters say farewell... but not goodbye

Alzheimer's Society's Dementia Friends programme is their biggest ever initiative to change people's perceptions of dementia. The aim is to create more communities and organisations that are dementia friendly so that people affected by dementia feel understood and included.

“Lots of relevant information about dementia and how to recognise and help people.”

We were sad to say goodbye to the remaining Sisters who left the St Gemma's Convent this summer. The Sisters decided that it was the right time for them to move to other locations. Over the years, up to 12 Sisters lived in the on-site Convent at any one time, originally in the days of the former St Gemma's school and as an integral part of Hospice life since they founded St Gemma's in 1978.

St Gemma's Chief Executive, Kerry Jackson said: 'It was emotional to see the Sisters finally vacating the Convent after more than 40 years on site but they felt it was the right time to move to other locations. They may have left the Convent here at the Hospice but our connection with the Sisters of the Cross and Passion remains strong. They still hold a central role on our Board of Trustees and they remain committed to the many projects they support across the world, including St Gemma's Hospice. We are indebted to them for their continued support and contribution to the life of St Gemma's.'

St Gemma's is committed to becoming 'dementia friendly' and we have been running awareness sessions for staff and volunteers. They have been really well received so far and we're looking forward to running more in the future.

Thank you to our amazing Volunteers!

The Hospice is privileged to have over 700 volunteers who support our work. St Gemma's volunteers may be helping at our fundraising events, shopping for patients on the ward, providing complementary therapies, sorting clothes and serving customers in our shops, or providing emotional support to patients and their families. Whichever way our volunteers help, they all contribute to helping St Gemma's care for local people at the most difficult time in their lives. To join our growing team please call 0113 218 5500 or email volunteering@st-gemma.co.uk.



Dr Kate Granger -

Our Tribute

#hello my name is...

The St Gemma's team was privileged to care for Dr Kate Granger MBE recently.

Kate was a local doctor and cancer patient who founded the widely acclaimed #HelloMyNameIs campaign in an attempt to reinforce good communication and kindness in healthcare. Such was the global success of the campaign, Kate became a high profile ambassador for compassionate care. She used Twitter to spread the word to her tens of thousands of followers about her journey as a terminally ill patient and how 'the little things' make such a difference in health care.

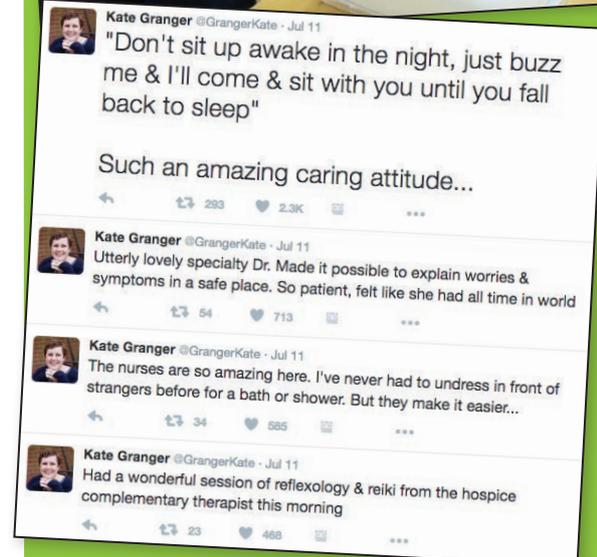
We were honoured that Kate chose to spend her final days in our care at the Hospice before she sadly died in July, aged 34. St Gemma's Matron, Jayne Upperton paid tribute to Kate: "I'd met Kate on a few occasions before she was admitted to the Hospice. Despite her terminal illness and difficult symptoms, she was a positive, funny, kind and inspiring person. We both had the same passion in our professional lives -

a commitment to good communication, compassion and patient-centred care.

When Kate became more seriously ill this year and asked St Gemma's for support, we were honoured to help. Kate was cared for on our In-Patient Unit for a couple of weeks before she died and we were very privileged to have been involved in her care, as well as supporting those important to her.

At St Gemma's, we look after all our patients as individuals and we appreciate that the 'little things' are sometimes so important. I will never take this for granted in my role and will always be grateful to Kate for championing this important message within the wider health community."

Kate's husband Chris said: "In Kate's final two weeks of life she could not have been better looked after. The staff, surroundings and overall compassionate nature of St Gemma's hugely exceeded our expectations and gave Kate the peaceful and loving death she thoroughly deserved. Thank you to all involved from the bottom of my heart - eternally grateful."



Hospice care is....



What does Hospice Care mean to you? It's national Hospice Care week this autumn and we're using the opportunity to find out what Hospice Care really is about. Here are a few examples of what our Hospice means to a whole range of people...

Hospice care is... about fulfilling wishes. A Frank Sinatra tribute singer brought tears to the eyes of a St Gemma's patient recently. Frank, aka Morley singer Phil Fryer, surprised 88 year old In-Patient Nellie, by visiting the Hospice and serenading Nellie and her fellow patients with an uplifting cabaret session of all the toe-tapping favourites. Matron, Jayne Upperton said: 'One of the nurses asked Nellie if there was anything we could get for her and she said 'a visit from Frank Sinatra would be nice!' One of our colleagues said she had seen a fantastic Frank tribute performing in Leeds so we contacted him directly. He arrived in the full Frank outfit, including his trademark trilby, and sang his heart out to staff and patients for over half an hour. Particular favourites were 'New York, New York' and 'The Way You Looked Tonight.' Nellie

and her fellow patients were singing along, she was totally overwhelmed and emotional that we had gone to this extra effort. Jayne continued: 'We do try to go the extra mile for our patients; it's what makes St Gemma's Hospice so special.'

Hospice care is... a safe haven. 'Your gardens are a hidden gem and a safe haven. I loved wandering around them with my friend when she was a patient. Every inch of those grounds is given the same level of expert care and attention that is given to the patients inside the building.' **Patient's friend**

Hospice care is... about the big picture. "From managing someone's pain, to looking after their emotional, spiritual and social needs, St Gemma's supports the whole person, helping them to live their life to the full."
Laura, Senior Sister

"We can provide a care and thanks to you. Thank the patients play"



Not only
all of our
support
people like
thank you for
what you
do!

Hospice care is... not what you

think. "I had the completely wrong impression of what the Hospice would be like. I thought it would be dark, small, quiet and scary and it was the total opposite in every way." **Patient**

Hospice care is...

amazing. 'Every single member of staff that my family and I saw, spoke to, and who cared for my dad were amazing - from the doctors to the cleaners, to the kitchen staff and receptionists, everyone made us welcome!'

Patient's son

Hospice care is... everywhere.

"Hospice care is provided in a wide range of settings, not just hospice buildings. These include day services, care homes and people's own homes. The vast majority of hospice care is provided in people's homes." **Valerie, Head of Day Hospice and Community services**

Hospice care is... for everyone.

"We are working hard with diverse communities across Leeds to tell them what we do and how they can access our services." **Peter, Spiritual Care Manager**

Hospice care is... about creating

smiles. Elvis 'The King' Presley, aka tribute artist Kidd Galahad visited the In-Patient Unit to entertain some of the patients and he certainly rocked the house. Patient, Maureen, was overwhelmed by the visit and said she was really emotional and grateful to the whole team who had arranged the lively half hour session. Some of the staff and volunteers were left 'all shook up' too!

Hospice care is... for the whole family.

'They don't just care for me, they've got my family's interests at heart too. That is such a relief for me.'

Patient

Raising funds to provide our amazing care...

Thank you for all your fantastic fundraising in 2016!

Without your continued support and generous donations we just wouldn't be able to continue providing care for thousands of people in Leeds each year. Thank you for the money you donate, time you give volunteering, challenges you take on and events you attend. Just some of the highlights from the last 12 months include our first Bubble Rush which has now raised over £97,000, Collection Boxes which have raised over £50,000 and individuals taking on a challenge who have collectively been sponsored to the tune of £205,000. Amazing! Thank you all.

Contact Details

Becky 0113 218 5505 or beckyh@st-gemma.co.uk
Charlotte 0113 218 5580 or charlotteah@st-gemma.co.uk
Emily 0113 218 5559 or emilyc@st-gemma.co.uk
Fay 0113 218 5196 or fay.richardson@st-gemma.co.uk
Jenny 0113 218 5296 or jennyd@st-gemma.co.uk
Laura 0113 218 5537 or lauraf@st-gemma.co.uk
Sophie 0113 218 5570 or sophieb@st-gemma.co.uk
Emma P 0113 218 5197 or emmap@st-gemma.co.uk
Emma G 0113 218 5565 or emmag@st-gemma.co.uk

General: 0113 218 5555 fundraising@st-gemma.co.uk

events.st-gemma.co.uk



Thursday 27 to Sunday 30 October **Leeds Art & Photography Exhibition & Sale**

Over 900 exhibits will be featured, showcasing a variety of techniques including oil, pastel, acrylic, watercolour and photography and enjoy a drink and slice of cake in our onsite Arts Café. 27-29 Oct 10am-6pm, 30 Oct 10am – 4pm. The Exhibition & Sale takes place at The Grammar School at Leeds, LS17 8GS. **Contact Becky** for more information.

Friday 4 & Saturday 5 November 10am-4pm & **Christmas Gift Sale** Sunday 6 November 10am-2pm

We will be showcasing a wide array of wonderful gifts, Christmas goods and Christmas cards suited for all your family and friends here at the Hospice! **Contact 0113 218 5555.**

Saturday 19 & Sunday 20 November **Vintage Fair**

Our quarterly Vintage Fair Weekend is back! 11am-4pm at the Hospice in Moortown. We have 30+ vintage stalls. For more information **contact Charlotte.**

Saturday 26 November **Festive Flag Day Collection**

Join us for the one day of the year when we can collect spare change for St Gemma's on every high street in Leeds! You can either collect on your local high street, outside a St Gemma's charity shop or in Leeds city centre. Take part for as long as you want between 9am and 5pm, every hour really does make a huge difference. **Contact Emma G.**

Saturday 26 November **Winter Ball at LUFC Centenary Pavilion**

Join us for the 15th anniversary of our spectacular Winter Ball. Perfect for your office Christmas Party or a get together with friends and family. Tickets are £48 each and include a fizz reception, four course dinner, entertainment, prize giveaways plus much more! For further information or tickets **contact Jenny.**

Friday 2 December 3pm-8pm & Saturday 3 December 10am-4pm **Christmas Market at the Hospice**

Come along to the Hospice for our Christmas Market and enjoy a feast for the senses! Presents, crafts, treats and Santa will be there both days. Grab yourself a warming mulled wine while choosing the perfect Nordman non-drop Christmas Tree. Volunteers and donated items needed. If you would like to help or have any donations please **contact Emma P.**

Sunday 4 December 4pm **Light up a Life**

Remember your loved ones by sponsoring a light on one of our special trees. Plus a second service at Immaculate Heart Church on Sunday 14th December at 6.30pm. For details see enclosed leaflet or visit events.st-gemma.co.uk

Sunday 11 December 10am **Leeds Santa Dash**

It's time to dust the snow off your running shoes, limber up, gather the elves together and join in with our sponsored Santa Dash in Leeds City Centre. A Santa suit will be provided when you register, all ages and abilities very welcome. To book your place visit our website or **contact Charlotte.**



LAWCRIS
Independent strength

Throughout December

Wear it Festive for St Gemma's

'Tis the season to be jolly and Wear it Festive to raise money for hospice care! Bobble hats, novelty socks, reindeer antlers, Christmas jumpers.....wear whatever you like and join in this festive fundraiser. Any day throughout December at work, with friends or at school. Register and receive a fantastic fundraising pack including a Christmas quiz, games, recipes and much more. **Contact Fay** for your free pack.



Make a donation to St Gemma's instead of sending Christmas cards

If you would prefer not to send cards to colleagues, friends or even family this Christmas you can donate to St Gemma's Hospice instead! We can supply you with a festive poster and collection box to write your festive messages on or an e-flyer to e-mail out to your contacts to show your support for St Gemma's. **Contact Laura.**

Monday 9 to Friday 13 January 2017

Recycle your Christmas Tree for St Gemma's!

After the festive period, St Gemma's, along with the support of McCarthy's Removals & Storage and Leeds Commercial Vehicles, will collect your used Christmas Trees to be recycled, for a donation. If you have a van and want to help with this fantastic service then please get in touch. **Contact Emma P.**

Festive Freefall, Ziplines and other adrenaline filled challenges!

Join the adrenaline junkies and take part in one of our daring activities. Festive Freefall on 27 November, diving with sharks on 18 March 2017, Ziplining across Yorkshire Cricket Club Stadium in March 2017 and Wing Walking in May 2017! For more information **contact Sophie.**

Sunday 19 February

Bark in the Park

Calling all dog owners and lovers - join us for our annual sponsored dog walk! Taking place at Temple Newsam Park, the walk will be a 1, 3 or 5 mile sponsored walk and we ask that all participants raise as much money as possible. Register on our website or **contact Charlotte.**



Saturday 22 April

Leeds Bubble Rush, Harewood House

The Leeds Bubble Rush is a family friendly 5k fun run! At every kilometre point there is a Bubble Station where one of our high powered foam cannons will be blowing out 30 cubic metres a minute of frothy coloured bubbles making a 4ft bubble wall! You have to see it to believe it! Register your interest online or **contact Charlotte.**

March 2018

Angkor Wat Trek

Our new bespoke trek to the Angkor Wat temple in Cambodia will take place in March 2018. This day expedition will be packed full of fascinating culture and the beautiful countryside of Southeast Asia. If you are interested in joining the team **contact Emma P** for more information.

Support St Gemma's through your workplace

If you are thinking about supporting a local charity in 2017 please consider choosing St Gemma's! We have a range of fun events, workplace fundraising ideas, sponsorship and volunteering opportunities for you and your colleagues to get involved in whilst raising money towards our patient care. **Contact Jenny.**

Not just any store collections...M&S store collections!

This year M&S in Moortown have kindly selected us as their charity partner for the year and are allowing us to collect every weekend. If you would like to collect on our behalf please **contact Emma G.**

Join the St Gemma's Running Team!

Are you a runner? St Gemma's buys places in lots of runs throughout the year - if you would like to join our team for the 2017 Leeds Half Marathon, Leeds 10K, Great North Run, Yorkshire Marathon or Yorkshire 10 mile, **contact Sophie.**

Pedal for our patients!

Are you suffering from Tour De France fever? You can join the St Gemma's team on one of our London to Paris bike rides in April, June, July and September 2017. For more information **contact Emma P.**

Dates for your Diary!

Vintage Fair
11 - 12 March 2017
11am - 4pm

Spring Fair
Saturday 18 March 2017

Leeds Midnight Walk
June 2017

For more information
contact Becky:
0113 218 5505
beckyh@st-gemma.co.uk

Make a Will, Make a difference

Thank you to everyone who has taken the opportunity to write their Will this October, as part of our Make a Will Month campaign. At the time of going to print, 26 Solicitors across Leeds have kindly offered to provide a free Will writing service for St Gemma's supporters, in exchange for a donation to the Hospice. We know that over 200 appointments have been made so far and we are hoping to raise £28,000 from the initiative, which will fund 62 days of patient care this autumn. Thank you to everyone involved.

If you'd like more information about Make a Will month or leaving a gift to St Gemma's in your Will, please contact Kirsty on 0113 218 5506.



What a Difference a Day Makes



Our 'What a Difference a Day Makes' Appeal invites donors to sponsor a day of care by donating the amount needed to fund a day or weekend of care for one individual in our In-Patient Unit or a day in the Day Hospice. From organising a wedding to having a Frank Sinatra tribute act sing on our Wards, no two days are the same at St Gemma's Hospice. By sponsoring a day at St Gemma's you can ensure that you are making someone's day special. We are very thankful to all of the following donors who have sponsored a day of care at the Hospice:

Mrs Michele Bennett, Mrs Wendy Birks, Mrs Patricia Carter, Mr Geoffrey Darby, Mr Frederick Dietz, Mr Mark Gaftarnik, Mrs Lorraine Haythornthwaite, Mrs Mary Kaye, Mr Michael Lambert, Miss Gloria Leonard, Mrs Margaret Mitchell, Miss Margaret Newland, Mrs Jacqueline Patton, Mr David Sykes, Ms Lynn Thompson, Miss Michelle Thorne, Mr Stuart Thorpe-Douglas, J P Wild Limited, John Alderson & Son Ltd, Nisyst Ltd, Mrs Patricia Kirwan, Roche Healthcare Ltd, Shepherd Group, DMP, Mr Charlie Fallowfield, Miss Kathy Gibbons, Investec Wealth & Investment, Lights4Fun and Mazars Charitable Trust

Sponsoring a day is a wonderful way to mark a special occasion like a birthday or anniversary whilst helping St Gemma's Hospice make a difference to patients and their families. For more information please contact Sarah on 0113 218 5506 or email sarah.harrison@st-gemma.co.uk

St Gemma's Hospice Annual Review is now available if you would like to read about our achievements in the past year. If you would like a copy, please contact 0113 218 5555 or email busadmin@st-gemma.co.uk.

You are receiving this Newsletter because you are a valued supporter of St Gemma's Hospice. We think it is important that we tell you about developments from around the Hospice and how we are using your donations. You can opt out of receiving our mailings at any time, or ask to receive our Newsletter by email. Simply call **0113 218 5555** or email busadmin@st-gemma.co.uk.

Thank you for your support.

Registered Charity No. 1015941



Become our Friend on Facebook
www.facebook.com/st.g.hospice



Follow us on Twitter
www.twitter.com/stgemmahospice

Registered Charity No. 1015941

New Charity Shop in Hunslet opening soon!

We will shortly have a new charity shop in Hunslet. The spacious new store, the 24th in the St Gemma's charity shop chain, is on 88 Church Street, Hunslet, LS10 2AR. It is based on 2 floors and has a whole range of quality donated items, including children's wear, winter fashions and household bargains. The team would be delighted to welcome any donations, offers of help or customers next time you're passing. Or please contact us on 0113 218 5556 or email volunteering@st-gemma.co.uk



Christmas Cards

Our new range of Christmas cards are now available online www.st-gemma.co.uk/christmascards and by mail order form. If you require an order form, more details or if you are able to help by selling some packs of cards on our behalf, please call 0113 218 5556.



You are receiving this Newsletter because you are a valued supporter of St Gemma's Hospice. We think it is important that we tell you about developments from around the Hospice and how we are using your donations. You can opt out of receiving our mailings at any time, or ask to receive our Newsletter by email. Simply call **0113 218 5555** or email busadmin@st-gemma.co.uk.

Thank you for your support.

Registered Charity No. 1015941