

# News

Summer  
2016

For St Gemma's supporters  
[www.st-gemma.co.uk](http://www.st-gemma.co.uk)

**St. Gemma's  
Hospice**  
Always caring

Leeds' First Ever

**BUBBLE  
RUSH** 2016  
5k  
Run

**Raising the money...**

Thank you to everyone who supported our first ever Bubble Rush this spring. Over 3,000 people took part in the sponsored 5k dash through fields of foam and it was a fantastic and memorable event! We are hoping to raise £60,000 from this event, thanks to participants' sponsorship money. You will see throughout this newsletter how donations are used to support the vital work of the Hospice and make a difference to patients and their loved ones.

**Making a difference...**

“One of the St Gemma's community nurse specialists recently cared for our Mum. We want to let you know what a big difference she made to our family and our confidence. None of us had caring experience and she helped us through the difficult journey together.

She was so caring to our Mum. She listened, she gave us great advice and support, what to expect and how we could get in touch. In the end we had a lovely 9 days at home with our Mum. That was priceless to us. We laughed. We cried. We watched Emmerdale, three in a bed drinking sherry! She saw her friends for the last time, sat serenely in her bed ringing her little bell for tea to be delivered. She died in her favourite place - her own bed, her own bedroom, in her own home. We are all devastated but know she had the best death that she could have had thanks to St Gemma's.” (Recent feedback from a patient's daughter.)



# Grief affects us all in different ways at different times.

Whenever one of our patient's loved ones is affected by the pain of loss, St Gemma's staff are there, skilfully helping each individual to learn to live with their bereavement.

It costs £630 a day to keep our specialist bereavement service running.

Please will you consider if you can support those relatives and friends who are going through the trauma of losing someone dear to them and make a donation to our Here for the Whole Family appeal?



Our team of experienced professionals and trained volunteers offer a variety of services to meet the individual needs of each person.



*'St Gemma's was our lifeline when my husband was dying from cancer. They're still continuing to support me through the worst year of my life.'*

We understand that caring for our patients is about more than just treating their clinical symptoms. It's about addressing all aspects of their physical, psychological and spiritual well-being. This includes supporting each patient's relatives and those who surround them; that's why St Gemma's is **Here for the Whole Family** both during the patient's illness and following bereavement.

**Thank you for helping.**

# Here for the whole family Donation Form

**I would like to make a one-off donation**

**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..... DOB.....

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](http://www.st-gemma.co.uk) to make a donation.**

## Special Occasions Planner

We deal with preparing the food, drinks, cake, decorations and anything else we can to make the day memorable.

Melanie Bastow has worked at St Gemma's Hospice for 8 years. She works in the Hospice's Bistro, serving refreshments to staff, volunteers and visitors. But Melanie also has another very special role at the Hospice – organising special events for patients and their loved ones. She explains:

'We are often asked to help arrange a special event for a patient or their loved ones. We've had weddings, Christenings, anniversaries and birthday parties at the Hospice.

I spend some time with the patient and their family to find out their wishes and needs. Time is of the essence for some of our patients so I work quickly with my colleagues to organise the event.

For some people facing the end of their life, it's the little things we can do that can make such a difference.

Whatever someone wishes, the St Gemma's team will do whatever we can to try and make it happen.

It's a privilege to be involved with patients and the events are often very moving. I'm just pleased I can play a part in helping people to celebrate something special at a very difficult time in their life.

St Gemma's is not just about the expert clinical care. It's about helping people to enjoy each day and that is what makes us so special.'

## Parliament celebrates hospices

One of our Healthcare Assistants, Karen Clarke, recently represented St Gemma's at an event to recognise and celebrate the work of hospices at the Houses of Parliament. Karen tells us more:

'I felt very privileged to be asked to represent St Gemma's at the Hospice Celebration Reception at Speaker's House in London recently. I had to be at Portcullis House for 5.45pm to go through security - security was just like going through Manchester Airport. There were approximately 60 other guests, mainly women. We were taken through to the stunning state rooms ready for the reception at 6pm. The speakers included Baroness Illora Finlay of Llandaff and Dr Sarah Wollaston, who are real advocates of palliative care. The speeches were about celebrating and thanking everyone for all the hard work we do in our roles every day. A true appreciation of all we do day in, day out, 24 hours a day, 365 days a year. I felt enormously proud to be part of what we do here at St Gemma's.

After the speeches we were then able to speak to other guests and our MP

representative. Our local MP Fabian Hamilton attended and we spoke about my role within the Hospice and he applauded the amazing work we all do. The aim was to get palliative care recognised for what it does and to make sure it is available to all at the end of life.

Canapés and wine were offered all through the reception and we were all well looked after. The two hours flew by and I thoroughly enjoyed my trip and the reception. I really loved the opportunity to help celebrate the amazing work that goes on at St Gemma's.'

**Karen Clarke**  
Healthcare Assistant



# Nurses on Tour



Members of the St Gemma's senior Nursing team visited branches of our charity shops recently to meet with shops' staff, volunteers and members of the public. We invited people to come along and meet the team and hear more about the work of the Hospice, what we do, who we care for and how patients can access our services.

Matron Jayne Upperton kicked off the 'tour' with a visit to our charity shops in Boston Spa and Wetherby. She said:

'We are really keen for the community to understand what St Gemma's is about and the important services we provide.

So myself and other members of the team have been out and about across Leeds, talking to shoppers and finding out what people know about hospice care. It has been really useful and interesting and we are keen to go 'on tour' again in the near future.'



## New Patron

We are very pleased to report that Arif Ahmad has agreed to become a Patron of the Hospice. Arif was a Trustee of St Gemma's for 4 years, as well as a member of the Finance Committee and we are delighted that he will continue to be involved as a Patron.

Arif is the Office Senior Partner for PwC, the accountancy and advisory firm, in Leeds. He is also a Trustee and Board Member of the Yorkshire Cricket Foundation. We are grateful to Arif for his continued support and contribution and look forward to working with him in the future.

## Give with Confidence

As a local charity that relies on the goodwill and generosity of our loyal supporters, St Gemma's Hospice is committed to fundraising in a way which inspires people to support us and protects our donors and their personal information. We thought you might be interested to hear about how we do this:



- We keep all information that you share with us completely secure.
- We never sell your details to any other organisation.
- All of our communications with supporters offer the opportunity to easily opt out.

- If we plan to telephone a supporter and ask for donations, we will send them a letter beforehand giving them the opportunity to opt out of telephone calls.
- We are especially careful and sensitive when engaging with anyone who may be vulnerable, elderly, bereaved or affected by illness.

We need to raise over £6 million each year in order to care for local people facing a life threatening illness but we never employ aggressive fundraising tactics. All contact with our valued donors, whether by phone, letter or in person is always conducted in a caring, aspiring and professional manner, in line with the Hospice's values.

Thank you to all of you who help us to care for more than 3,000 people each year. We couldn't do it without you.

Please contact us if you have a question about these issues. If you wish to update your communication preferences please phone 0113 218 5555 or email [busadmin@st-gemma.co.uk](mailto:busadmin@st-gemma.co.uk)

## Opt Out

You are receiving this Newsletter as 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](mailto:busadmin@st-gemma.co.uk)

Don't forget you can also follow us on Twitter, Facebook and LinkedIn.

Thank you for your support.

# Reaching out to our community

We recently received funding from the North Leeds Clinical Commissioning Group (CCG) to allow us to run a project to research and develop palliative care services with the Black, Asian and Minority Ethnic communities in the Leeds 7 area. We will be working in partnership with Leeds Involving People to engage with these communities and to better support their palliative and end of life care needs. The project is in its early stages but we look forward to sharing our progress as it proceeds.

## Training future experts

St Gemma's Hospice Academic Unit of Palliative Care has successfully delivered training in palliative care to healthcare professionals in collaboration with the University of Leeds for more than 15 years. Built on this experience, the Post Graduate Certificate in Palliative Care programme is being delivered for the first time this year. On completion of this programme students receive the award, which is 60 credits at a Masters level of study.

The Post Graduate Certificate in Palliative Care is aimed at healthcare professionals who specialise in palliative care or work predominantly with patients requiring palliative care. The programme is taught by academics and clinicians based in the Hospice who are experts in their field of practice. The students undergo a variety of assessments to test both their knowledge and skills. This includes written assignments, a poster presentation and an Observed Structured Clinical Examination (OSCE). In the OSCE

actors are used to simulate actual patients to emulate real situations. This first batch of students will complete their certificate at the end of the year and so far have reported positively on their learning experience.



# Happy National Volunteers Week!

National Volunteers Week is from 1-12 June this year (an extra five days have been added to extend the celebrations!) Organisations across the country will be celebrating the valuable work that volunteers undertake each and every day.

St Gemma's Hospice is privileged to have over **700 volunteers**, who collectively have contributed an amazing **127,000 hours** over the last year, saving the Hospice over **£1.2 million**.

Behind these big numbers is a big contribution. Volunteers are at the heart of the care



## Exciting News!

Our retail department raises more than £2.5 million per year towards patient care. You all help by generously supporting our shops with donations of preloved clothing, furniture, books, electricals and bric-a-brac. So that we can make even more money from all the lovely stuff you kindly give us, we have acquired a warehouse with a shop in Bramley. This will help us to move items around to the shops where they are most needed and to where they will raise the most money. We'll also have more room to expand our online Ebay and Amazon shops and for upcycling furniture.

But we need your help again to make this exciting new venture work. We need volunteers to:

St Gemma's provides to local people. Whether our volunteers help at the Hospice, at events, or in our chain of charity shops, they all contribute to helping St Gemma's care for people at the most difficult time in their lives.

Our volunteers are a shining example of how we can all make a big difference to individuals and communities every day. On behalf of everyone at St Gemma's, a heartfelt thanks to each and every one of our volunteers.

**Kerry Jackson**  
Chief Executive



## Meet our volunteer, Jackie

Jackie (pictured left) has a hearing impairment and has volunteered in the Hospice's Bistro for nearly 4 years, 3 days a week. Jackie told us:

*'I make scones, fruit salads, various meat salads, sandwiches, and cupcakes for special occasions. I think all the staff are lovely. They are even picking up sign language to help communicate with me better. I really enjoy my time at the Hospice.'*

If you'd like to get involved with volunteering at St Gemma's Hospice, please have a look at our current opportunities by visiting [www.st-gemma.co.uk/volunteering](http://www.st-gemma.co.uk/volunteering) or contact Hannah, our Volunteers Co-ordinator, on 0113 218 5193 or email [volunteering@st-gemma.co.uk](mailto:volunteering@st-gemma.co.uk).



- sort donated goods
- serve in the new shop
- test electrical items
- transfer stock to shops alongside our drivers
- help with our online goods
- work on upcycling furniture
- sort and value books.

Days and times can be organised to suit you and full training will be given where needed. For an application form see our website or phone 0113 218 5556.

We will also be opening a new shop in Hunslet shortly. Please get in touch if you would like to volunteer there!

## Mobile Medication

Thank you to the amazing staff at Interior Goods Direct for kindly hand-making some attractive fabric bags, which will be used by our patients to help carry around their syringe driver equipment. Syringe drivers are small, portable pumps that automatically give painkillers or other medication to patients, so these attractive bags will be really useful.

Thanks to all the team for your kindness.



## Join our Reader Panel



We produce many leaflets and documents each year and want to make sure that they are easy to read and understand. To help with this, we will shortly be developing a Reader Panel – a small group of individuals, who would be willing to read and comment on our publications and help us to ensure they are suitable for their audience. If you would like to join this panel, please email [nicolaw@st-gemma.co.uk](mailto:nicolaw@st-gemma.co.uk) or call 0113 218 5557.

Thanks.

## Dates for your Diary!

♥ Autumn Fair - Saturday 8 October, 10am-3pm at the Hospice.

♥ We will be launching our Strictly Learn Dancing competition in August so keep an eye on our website for more information!

♥ Vintage Fairs at the Hospice - Opening Times are 11am-4pm and the next dates are: 9 & 10 July and 17 & 18 September.

# Raising funds to provide our amazing care...

**Saturday 18 June, 10am - 2pm**

## Open Gardens in St Gemma's Hospice Gardens

Explore our award-winning gardens. We'll have live music, a big range of plants and gifts on sale and homemade refreshments. Plus our expert gardeners will be on hand, inviting you to bring along your plants that need sprucing up or re-potting or donate any unwanted gardening tools. Entry fee is only £2! To receive our 2016 Open Gardens Programme, with all the private gardens around Leeds that are opening to the public, please **contact Emma G.**

**Saturday 18 June**

## Leeds Midnight Walk



Your final chance to register for the 10th Anniversary Leeds Midnight Walk. Join our neon themed sponsored 7 or 10 mile walk and have a Saturday night out with a difference.

**Contact Becky.**

**Saturday 26 and Sunday 27 June**

## Windermere Row

Final few boats available for our 35th Anniversary sponsored Row on stunning Lake Windermere. **Contact Nicola.**

**Sunday 3 July, 12pm - 4pm**

## Garden Party at St Gemma's Hospice

Our annual Summer Garden Party in our beautiful grounds and gardens will be bursting with live music, entertainment, plenty of food and drink and lots of stalls and games for everyone to enjoy. Entry by donation. For further details **contact Emma P.**



**July and September 2016**

## London to Paris Cycle Challenge

After Tour De Yorkshire fever took the Dales by storm, now is the perfect time to be inspired and take up a new adventure by signing up for our London To Paris cycle challenge. Starting in London you will get to weave through some of most beautiful English and French countryside before crossing the finish line under the Eiffel Tower! For further details **contact Emma P.**

**August 2016**

## Office Olympics

Here's your chance to win an Olympic medal without leaving your office! Get in touch for our exciting Office Olympics fundraising pack, get your colleagues together and join in with fun games such as 'Bin Basketball' and 'Rubber Band Archery' whilst raising money for our patients, **contact Jenny.**

**Saturday 13 August, 10am - 4pm**

## Classic Car Rally and Family Fun Day at Temple Newsam

The Classic Car Club will be joining us once again in the beautiful Temple Newsam Park to display hundreds of the finest vintage vehicles. With lots of entertainment including face painting, bouncy castles, go karts, vintage and other trade stalls, refreshments, games and much more! Entry is by donation, for more information **contact Emma G.**

**Friday 30 September 2016**

## Jail & Bail

Lock up your boss in our Jail & Bail fundraising initiative! Real Police Officers will 'arrest' your boss (or you!) at their place of work and take them to Leeds Town Hall where they will appear before a 'Judge' and be charged with a 'crime'. Participants will be taken to the old Victorian cells where they will remain until they have raised their 'bail money'. To nominate a 'criminal' **contact Laura.**



**September to December**

## Healthy in 3!

Nutrition, exercise and confidence combined will help you feel fantastic! If you want to make changes to your lifestyle, now is the time. Register today for access to expert nutritional advice, local gyms and classes, group support, and lots more to make you feel fitter and healthier in 3 months! Registration is £40 and everyone taking part will be asked to raise at least £250 in sponsorship. Find more information **contact Emily.**

## Contact Details

**Becky** 0113 218 5505 or [beckyh@st-gemma.co.uk](mailto:beckyh@st-gemma.co.uk)  
**Charlotte** 0113 218 5580 or [charlotteah@st-gemma.co.uk](mailto:charlotteah@st-gemma.co.uk)  
**Emily** 0113 218 5559 or [emilyc@st-gemma.co.uk](mailto:emilyc@st-gemma.co.uk)  
**Fay** 0113 218 5196 or [fay.richardson@st-gemma.co.uk](mailto:fay.richardson@st-gemma.co.uk)  
**Jenny** 0113 218 5296 or [jennyd@st-gemma.co.uk](mailto:jennyd@st-gemma.co.uk)  
**Laura** 0113 218 5537 or [lauraf@st-gemma.co.uk](mailto:lauraf@st-gemma.co.uk)  
**Nicola** 0113 218 5570 or [nicolah@st-gemma.co.uk](mailto:nicolah@st-gemma.co.uk)  
**Emma P** 0113 218 5197 or [emmap@st-gemma.co.uk](mailto:emmap@st-gemma.co.uk)  
**Emma G** 0113 218 5565 or [emmag@st-gemma.co.uk](mailto:emmag@st-gemma.co.uk)

**General:** 0113 218 5555 [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk)

**[www.events.st-gemma.co.uk](http://www.events.st-gemma.co.uk)**





**Saturday 24 September**

## **The Leeds Colour Run**

This colour filled event is back for its second year! Registration will open shortly; in the meantime, register your interest so you're the first to know: [www.leedscolourrun.co.uk](http://www.leedscolourrun.co.uk) or **contact Charlotte.**

**October 2016**

## **Time for Tea**

This Hospice Care Week from 3 - 7 October we're asking you to get together and throw a tremendous tea party with friends, family or colleagues. Your cupcakes, biscuits, scones and cuppas will raise vital funds for end of life care. Take part at work, home or school! Register today for your FREE fundraising pack full of helpful bits and pieces, including invitations, posters, cake labels, balloons, recipes and more! **Contact Fay.**

**Thursday 27 to Sunday 30 October**

## **Leeds Art & Photography Exhibition and Sale**

Join us for another fantastic exhibition this October, with over 900 pieces of Art and Photography on sale. Enjoy a relaxing environment to peruse the exhibits on display and chance to relax in our onsite café. To submit a piece into the exhibition, or for further information, **contact Becky.**

**Saturday 26 November**

## **Winter Ball at LUFC Centenary Pavilion**

**Sponsored by**

Tickets are now on sale for the 15th Anniversary of our spectacular Winter Ball. Tickets are £48 each and include a fizz reception, four course dinner, entertainment, live band 'Sub-Urban', raffle, auction, prize giveaways plus much more! A great night to share with colleagues, friends or family! **Contact Jenny.**



### **Challenge Champions!**

Thank you to everyone who is braving a sponsored challenge this year and a special thank you to those of you who are tackling several challenges in a row to raise money for patient care. **This year, so far, you're running 2,843 miles, swimming 3,172 miles and covering 1,093 miles overseas.**

If you're feeling adventurous, visit our website for more information about Wing Walking, Shark Dives and Skydiving. Sign up and fly through the air strapped to the wings of a biplane, or get thrown in the deep end with sand tiger sharks or experience falling up to 15,000ft from an aeroplane....Interested? **Contact Nicola.**

### **Looking for a 2016 running challenge?**

We have places in:

The Leeds 10K – 10 July 2016

The Great North Run – 11 September 2016

The Yorkshire Marathon – 9 October 2016

The Paris Marathon – April 2017

The London Marathon – April 2017

If you are interested in running for St Gemma's, **contact Becky.**

### **You're Hired One Day Challenge**

Fancy a team building day with a difference? Or do you get a day off from work to volunteer for a local cause and would like to take on a challenge? We are now recruiting teams to take on our You're Hired, Apprentice style one day challenge. This can be done on a date of your choice. For an information pack or further details **contact Laura.**

### **International Challenges 2016/2017**

Whether you're up for hiking across the Icelandic volcanoes and seeing the Northern Lights or trekking the Great Wall of China and restoring a watch tower; you can join one of our charity challenges and have a new and exciting adventure this year! **Contact Emma P.**

# CHALLENGE YOURSELF



# Celebration of Life

Our Celebration of Life is a special way of remembering and celebrating the life of someone who you've loved.

Hundreds of memory markers will be planted along the Path of Life in the Hospice grounds, creating a Field of Memories. You are warmly invited to join us in celebrating the lives of all those who we have loved. In return for a donation to the work of the Hospice, let us know whose life you would like to remember and we will display their name in the Field of Memories.



The Celebration of Life will open on Saturday 18th June as part of our Open Gardens, and you can call in to visit the Field of Memories any day from then up until July 31st. There will be an opportunity for you to collect your memory marker from the Hospice in August.

There are three easy ways to donate and Celebrate a Life:

- 1. Online:** to make an online donation visit [www.st-gemma.co.uk/celebratelife](http://www.st-gemma.co.uk/celebratelife)
- 2. By phone:** to make a credit or debit card donation, telephone 0113 218 5555. Lines are open Monday to Friday 9am – 5pm
- 3. By post:** Just complete the form and send along with your donation to St Gemma's Hospice, 329 Harrogate Road, Leeds LS17 6QD

Your title: .....  
 Your surname: .....  
 Your first name: .....  
 Your address: .....  
 Postcode: .....  
 Your telephone number: .....  
 Your e-mail address: .....

Donation £

1. I would like to celebrate the life of :  
Name: .....
2. I would like to celebrate the life of :  
Name: .....
3. I would like to celebrate the life of :  
Name: .....
4. I would like to celebrate the life of :  
Name: .....



Cheque  Visa  Mastercard  Cash  for £  
 \*Cheques should be made payable to St. Gemma's Hospice

Credit/Debit Card No: .....

Start Date ...../..... Expiry Date ...../..... Issue No: .....

Security No. ....

Signed: ..... Date: .....

### Please Gift Aid your donation

Under the Gift Aid scheme we can reclaim the tax on all donations from UK taxpayers. This means we can increase the value of your donation by 25p for every £1 you give. Gift Aid is reclaimed by St. Gemma's Hospice from the tax you pay for the current tax year. All you need to do is tick the box below and we will do the rest.

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.

## SUMMER RAFFLE

**Win £1,000 in our Summer Raffle!**  
 For just £1 per ticket you could be in with a chance of winning the star prize in our summer raffle plus nine other fabulous prizes. If you have not received any raffle tickets with this newsletter or for additional tickets please contact Laura on 0113 218 5537.



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