

News

Summer
2017

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



With you,
we can care in
ALL ways,
EVERY day.

Celebration
of Life
2017

Remember someone
special this June

Our launch event has taken place, but it's not too late to take part in our Celebration of Life Appeal to remember and celebrate the life of someone special.

Everyone who makes a donation to the Hospice will have their loved one's name hand-inscribed on a Memory Marker, which will be planted along the Path of Life at the Hospice. You can come to see it at any time, up until the end of July.

For more details visit
www.st-gemma.co.uk/celebratelife
or call 0113 218 5555.



"Can't thank you enough!"

Meet Jack. Jack was referred to St Gemma's as a day patient in spring. We met up with him during a recent visit and he told us:

"I already knew about St Gemma's when my doctor recommended that I go there for day care. Sadly my wife died at the Hospice four years ago so I had seen St Gemma's care from the other side. When I came as a day patient for the first time, I was nervous and upset – I'd given up on everything really. But I can honestly say that coming for day care has changed the course of my life. The staff and volunteers are brilliant; they have given me so much help and support, kindness and friendly conversation. They have genuinely given me a more positive outlook, despite my failing health and mobility issues.

I will always appreciate what St Gemma's has done for me, more than you'll ever know."



• UNIVERSITY TEACHING HOSPICE •

We're delighted to announce that St Gemma's has been officially recognised as a University Teaching Hospice – the first hospice to achieve this in the UK and the world! This new and

prestigious national status reflects our substantial research and teaching activity in collaboration with the University of Leeds. To find out more about what this means to St Gemma's, check out our Q&A on the back page.

'Care' is such a small word but it makes such a huge difference.

At St Gemma's, we know care means something different to each individual. With no set visiting times, relatives can be with their loved ones from 1 hour to 24 hours a day.

With our 7-days-a-week community nursing service, support is always on hand to patients and relatives in their own homes.

With our specialist bereavement workers and Family Support Team, nobody has to cope alone.

Please help us to care tomorrow, next month and next year by returning this slip with your gift. Please see overleaf.



International Nurses Day!

On 12 May, we celebrated International Nurses Day across the Hospice, and were overwhelmed by the response we received from our supporters.

The globally recognised day is celebrated every year on the anniversary of Florence Nightingale's birth as a tribute to the work that nurses do

year-round.

We shared a photo of some of the team on Facebook and Twitter and asked our followers to help us recognise the amazing work our nursing team does. Here's a selection of the lovely comments:

“ 2 of the nurses in the photo shared my journey, and I mean shared, they laughed, they cried, they listened, they nursed, and they made that journey bearable... You can't put a value on that, but they deserve respect and so much more than they get for the expertise and compassion. Palliative care is an emotional journey that they choose to do... I didn't choose that journey but I am so thankful they did. From my heart they are treasures xx ”

“ Real life angels, every one of you, my Dad was in St Gemma's in 2003, the nurses were amazing, I'll never forget what you did for us. ”

“ These lovely ladies looked after my dad 2 year ago. They were a godsend xx ”

“ All these ladies are amazing and make such a difference to people's lives, they don't just look after patients and make their last days comfortable and a little less scary but they look after the families too, I really can't put into words how much we appreciated you being there for us. ”

“ Absolutely, you guys looked after my father in law 6 years ago. You were fantastic and very supportive of both him and us in a very difficult time. Superstars every one of you x. ”

“ I recognise a couple of those lovely faces. The work that you do with both patients and relatives is amazing. My dad spent three months in St Gemma's with these wonderful people looking after him and although I had to try get on with day-to-day life the time I spent in St Gemma's with him was the only time I felt at peace. It's not just the nurses it's every member of staff. You really are living angels. ”



St Gemma's currently employs a total of 88 nursing staff, who work in a variety of roles in our 32-bed In-Patient Unit, providing vital Day Services and supporting patients in their own homes across Leeds.

Make a Will Month

October 2017

The St Gemma's annual Make a Will Month returns this October! This very popular scheme allows you to have your will written by one of our participating solicitors, in return for a donation to the Hospice.

With new research* showing that

60% of Britons haven't written a will

the St Gemma's Make a Will Month is a great opportunity to get your affairs in order. Having a will ensures that your wishes are carried out and your loved ones are provided for after your death.

**Prudential and Unbiased.co.uk*



help to ensure that St Gemma's is able to carry on caring for local patients in the future.

More information will be available in August. You can register to receive details by visiting the events section of our website www.st-gemma.co.uk or by calling Tara on 0113 218 5506.

There is no obligation as part of this scheme to leave a legacy to St Gemma's Hospice. However, once you have provided for your loved ones, any gift you leave to St Gemma's Hospice - no matter what size - will

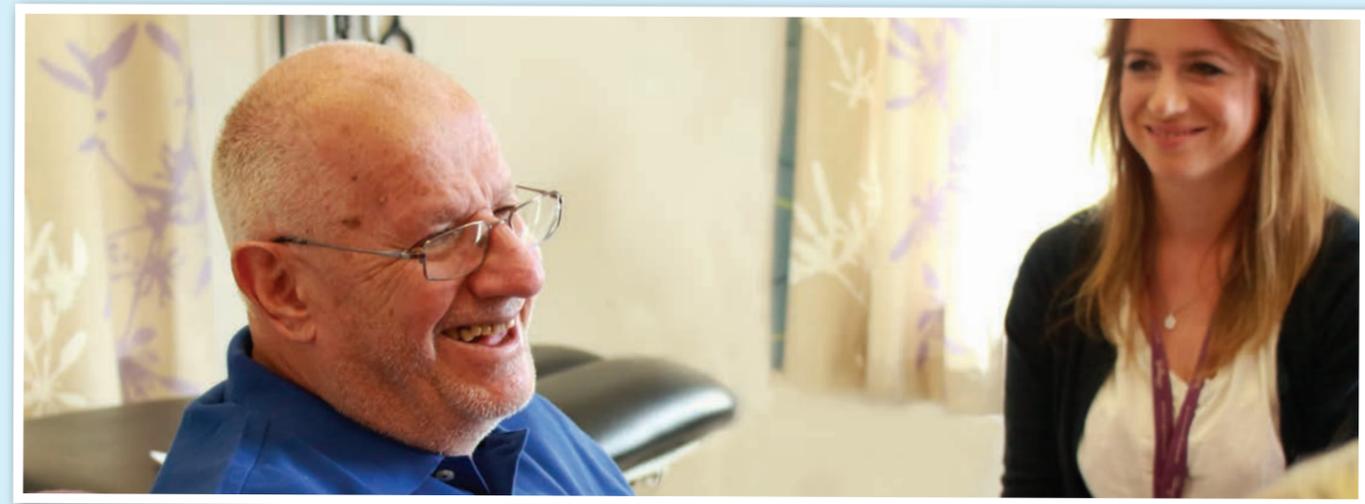
Always Caring - in your community

Rosie is one of the St Gemma's clinical nurse specialists who works across Leeds supporting patients in the place they most often want to be - at home.

Rosie says: 'When it is known that a person's life expectancy is short, time spent at home can become very precious. In my role as a community nurse specialist, I see how much this can matter to our patients and their families every day. We can help to manage complex symptoms, working closely in partnership with District Nurses, GPs and others, and ultimately enable our patients to stay well, at home, for as long as possible.'

Malcolm says: 'I am wholeheartedly grateful for the expert advice and support I receive from Rosie. She phones me, visits me and I feel so thankful that I am getting the special care of the Hospice, in my own house!'

Last year, the St Gemma's community team collectively made over 5,000 visits to patients across the city.



Raising funds to provide outstanding care...

Summer Fête Sunday 9 July, 11am-4pm at St Gemma's Hospice

Our annual summer Garden Party has a new name! Our Summer Fête is held at the Hospice and will be a fantastic day out for all the family rain or shine! There will be live music, delicious hot food, refreshing Pimms, over 50 local gift stalls and plenty of fundraising games to keep you and the family entertained all day long. For more information **contact Emma.**

Classic Car Show and Family Fun Day Saturday 19 August, 10am-5pm

Fasten your seat belts and get geared up for our biggest summer fundraising event! Leeds MG Classic Car club will join us once again at the beautiful Temple Newsam to display hundreds of vintage vehicles. There will also be lots of entertainment including bouncy castles, slides, go karts, music, dancing, face painting, hot food and drinks and plenty more. Everyone is welcome and entry is by donation, for more information **contact Emma.**

Yorkshire Three Peaks Saturday 16 September

There is still time to register for our Yorkshire Three Peaks challenge and reach your peak for local patients. You'll walk with a team of St Gemma's supporters to keep you motivated and be led by professional guides. This is the perfect challenge to do with a group of friends, family or colleagues. Registration is £35 including a fundraising and training pack, and we ask that you aim to raise £200 in sponsorship. Sign up via our website or **contact Fay.**

Leeds Colour Run Saturday 30 September, Harewood House

Leeds, get ready to rock the rainbow as the Leeds Colour Run is happening on Saturday 30th September! This event will be the biggest, brightest, happiest and most colourful 5k Leeds has ever seen with the iconic Harewood House as the backdrop! Along the 5km course you will be met by five different colour stations where you will be showered head to toe in clouds of beautiful colour by our very own Powder Rangers, who will make sure that you pass the finish line a multi-coloured masterpiece! You can sign up via our website or **contact Charlotte.**

Jail & Bail Friday 13 October

Lock up your boss, snitch on a colleague or hand yourself in! Our popular Jail & Bail event returns. Nominate a 'criminal' who will be 'arrested' at their workplace by real Police Officers and escorted to Leeds Town Hall. They will be found guilty in the courtroom and 'locked up' in a Victorian cell! To be released, they'll need to show evidence of aiming to raise £500 sponsored bail money. **Contact Laura.**

Leeds Art & Photography Exhibition & Sale Thursday 26 – Sunday 29 October Kindly Supported by Michael Lewin Solicitors

Our annual exhibition takes place again this October at The Grammar School at Leeds. There will be 900 exhibits on display and all available to purchase. If you would like to enter pieces into the exhibition, or would like to advertise your business in the Art Exhibition brochure, please **contact Becky.**

Saturday 18 November

Taking place at Elland Road Centenary Pavilion, our annual Winter Ball is a black tie affair packed with dancing and entertainment. Tickets are £48 a head and include a 4-course meal, live music, a set from our DJ, and a whole host of chances to win some amazing prizes and help us raise vital Hospice funds. Don't miss out on our most glamorous fundraising event of the year! To book tickets, visit our website or **contact Sophie.**

Flag Day Collection Saturday 25 November

This is the one day of the year we have permission to collect money anywhere in Leeds! We can collect on local high streets, Leeds City Centre and outside one of our 23 charity shops. Our main base will be on Briggate which is where we will have Gemma the Giraffe, dancers, choirs, and some mascots coming along. If you can help collect for an hour or two anywhere in or around Leeds, please **contact Fay.**

Other ways to make a difference...

Organise your own event!

It's easier than you might think to run your own fundraising event, and we're here to help every step of the way. From Bake Sales to Balls, events organised by our supporters are incredibly valuable, raising vital funds so we can care for local patients. Simply get in touch and we can give you the support you need to make your event a success, plus help with posters, balloons, collection buckets and more! **Contact Fay.**

Why not give a gift to St Gemma's patients each payday?

Payroll Giving is a simple, tax efficient way of supporting us directly from your salary. Giving £5 a month will cover the cost of providing a therapy treatment for a patient helping to reduce their stress and anxiety. Ask if your employer has a payroll giving scheme in place or **contact Laura** for a form.

Get your School involved

In the last year £21,575 was raised by fundraising in schools, nurseries and universities around Leeds. This has been raised from non-school uniform days, dance-a-thons, bake sales, sports days and lots more fantastic fundraisers. If your school would like to get involved let us know! We're also very happy to come and give assemblies about our work. **Contact Fay** for more details.

Be a St Gemma's Challenge Champion!

Did you know that St Gemma's organises Skydives, Wing Walks, Overseas Treks and Cycles and has places in lots of runs? If you'd like more information on when the challenges are taking place and how you can take part in one, please **contact Sophie.**



Spring Raffle Winners

Dates for your Diary!

Saturday 9 & Sunday 10 September Vintage Fair Weekend

Saturday 7 October Autumn Fair

Contact Emma for further details.

Thank you to everyone who kindly bought a raffle ticket for our Spring Raffle, helping us to raise over £33,000 towards patient care at the Hospice. All winners have been notified.

The full results have been published on our website and if you have any queries about the raffle **contact Laura.**

Contact Details

Becky 0113 218 5505 or beckyh@st-gemma.co.uk
Charlotte 0113 218 5580 or charlotteah@st-gemma.co.uk
Emma 0113 218 5197 or emmap@st-gemma.co.uk

Fay 0113 218 5565 or fay.richardson@st-gemma.co.uk
Laura 0113 218 5537 or lauraf@st-gemma.co.uk
Sophie 0113 218 5570 or sophieeb@st-gemma.co.uk
General: 0113 218 5555 fundraising@st-gemma.co.uk

events.st-gemma.co.uk



The first University Teaching Hospice

St Gemma's Hospice has become the first formally recognised University Teaching Hospice in the UK. Professor Mike Bennett (pictured), the St Gemma's Professor of Palliative Medicine, explains more:

Q: Can you explain the significance of this development?

A: We have a long-standing relationship with the University of Leeds and our new status as University Teaching Hospice formally acknowledges the quality of research and teaching our Academic Unit of Palliative Care carries out. It reinforces St Gemma's position at the forefront of palliative care internationally and will act as the UK benchmark for integrated clinical and academic palliative care.

Q: What does this new status mean for patient care?

A: All of our research, teaching and training is ultimately aimed at improving patient care and means the people we look after will be treated in the best way possible.

Whether we are researching pain relief, training students or learning more about palliative care developments across the world, as patients' needs change over time, we will always be in a position to adapt because of the new research which will be carried out. Our ongoing research ensures St Gemma's staff and volunteers have the most up-to-date education in standards of care, based on first-hand evidence.

Q: Does this mean the University funds St Gemma's work or vice versa?

A: No. The relationship between the University and the Hospice is not financially based, and will not affect the Hospice's need to raise funds from generous public donations to support its ongoing work.

For more details about our exciting new University Teaching Hospice status, please visit www.st-gemma.co.uk/UniversityTeachingHospice

Celebrate & Donate

Do you have a special occasion coming up - a big birthday bash, wedding day or special anniversary? Would you rather support local patients than receive personal gifts at your celebration? If so, then we would love to speak to you about how you can invite guests to make a donation to St Gemma's rather than giving presents. We can supply ready printed cards on which you simply write the details about your celebration and how guests can donate. We can also supply favours for your wedding day or special celebration, from just £1 each they're a wonderful way to show your support of St Gemma's as you celebrate. Thank you to Lynne & Andy (pictured below) for supporting St Gemma's on their wedding day. **For more information visit www.st-gemma.co.uk/wedding-favours or www.st-gemma.co.uk/in-lieu-of or call Tracie on 0113 218 5296.**



Visit from the Chief Nurse for England

We were delighted to welcome Jane Cummings, the Chief Nursing Officer for NHS England to the Hospice recently. She was keen to see an 'Outstanding' rated hospice in action and spent time discussing nursing challenges and aspirations for the future with members of the team. Jane was impressed with the care and facilities and commended our 'wonderful staff.'



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.



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