

# News

Summer  
2014

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



## Hospice SUPERHEROES

Thank you and well done to the 850 ladies who took to the streets in our 8th annual Leeds Midnight Walk in May. A staggering £87,000 has been pledged from the women who took part and every penny will benefit the patients in our care. Each and every walker had their own special reason for taking part – to get fit, to have fun with friends or raising money in memory of loved ones like our Hospice superheroes. Thanks ladies, you're amazing!

## Welcome to our new Matron

We would like to welcome our new Matron, Jayne Upperton, to the Hospice. Jayne is a highly experienced nurse leader who is passionate about patient care. She has worked in a variety of senior nursing roles in Leeds and Harrogate and we are delighted that she joined our team in May. Jayne said:

'I am very happy to be working at St Gemma's - such a well-respected Hospice and team. It is my job to lead the hard-working, highly skilled team who work on our In-Patient Unit and ensure that we deliver the best possible care to our patients and their families. I also have first-hand experience of St Gemma's care, so I know how special and important it is to people at a very difficult time.'

We wish Jayne well in her role at the Hospice.



# 365 Days of Care

Fantastic news, thanks to the generosity of our supporters the St Gemma's specialist community nursing service is now available seven days a week. The extended service has been up and running for its first month and has been very well received. As well as benefitting patients, the service is being particularly valued by other professionals

working in the community who can now call the St Gemma's community nurse specialists for advice 365 days a year. We have raised enough to support this new service for the next year but we want to secure it long term.

Please keep donating to our 365 Days of Care Appeal. Please phone **0113 218 5555** or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk)

# 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. When time is limited, every day matters, and we are very grateful to the following donors for helping us make every day special for our patients and their families:

- Arena Group
- Lee and Alexandra Baines
- Pat Carter
- Collingham Catering Services
- Kathy Gibbons
- Lorraine Haythornthwaite
- ICH Limited
- Ideal 365 Limited
- JH Davenport and Sons Limited
- Mrs Mary Kaye
- Mrs Josephine Kelsey
- Lights4Fun Limited
- Mrs Margaret Mitchell
- NM Rothschild & Sons Limited
- NiSyst – Nirvana Retail Solutions Group
- Roche Healthcare Limited
- Shepherd Group
- Robert and Margaret Stott
- Taskmaster Resources Limited
- Trevor Iles Limited

**For more information please contact Kirsty on 0113 218 5506.**



## New look Hospice

Last year, St Gemma's secured a large grant from the Department of Health to make structural improvements around the Hospice. The refurbishment works in the Hospice building are now complete. Our In-Patient Unit, Day Hospice and main Reception areas have been given a welcome makeover and feel refreshed, modern, light and airy. They also have special new flooring which helps prevent the spread of infection, more privacy areas for relatives to talk to staff and more space for prescribing and dispensing medicines and storing equipment.

Outdoors, we have been busy creating a new memorial area - The Path of Life. This will be a peaceful area to sit and reflect away from the Hospice wards. The Path of Life is situated at the side of the Hospice, next to the St Gemma's Academic Unit of Palliative Care. We expect it to be open this summer.

We are in the process of creating a number of new Walls of Light in this area. If you would like more information about sponsoring a brick in memory of someone special please contact Kirsty on 0113 218 5506. We are grateful to the Department of Health for funding these major changes. Of course, we still need to raise our ongoing running costs of over £20,000 per day, so we continue to rely on your support for this.

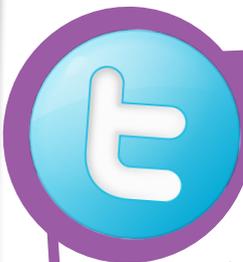


## Palliative Care Congress

Our Medical Director and Consultant in Palliative Care, Dr Mike Stockton, was part of the organising committee of the recent Palliative Care Congress, held at the Harrogate International Centre. The event is held every two years and is a two day, national, multi-professional conference focusing on specialist palliative care research and new ideas.

Mike worked with the committee to help design the conference so that it covered all aspects of care including: physical and psychological symptoms, emotional care and ethics. Discussions also included sessions on managing fatigue and weight loss, breathlessness in heart failure, mindfulness practice and there were insights from Westminster by Fabian Hamilton MP.

The next congress will be in Glasgow, and Mike is already working with the organising committee to make this event as successful.



# Tweet-tastic!

A heartfelt thanks to everyone who rallied together to support our patient who recently got married at the Hospice. Time was against us, so we looked to our social media followers for help. One simple message on Twitter and Facebook and we were flooded with generous offers of help from our fantastic followers. We were offered cakes, flowers, bubbly, photographic services and beauty treatments for the bride. There are too many people to thank here and we would hate to miss anyone out, but thank you to the people of Leeds for doing us proud! You are amazing and the patient and her family were most grateful for your generosity.



@stgemmahospice



/st.g.hospice



## Special wishes

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

Cath Miller, Director of Nursing, said: 'It's quite common for us to receive a special request from a patient or family member. For example, we recently collected a patient's pet rabbit from her home so she could have a cuddle! And we helped to arrange a reunion between a patient and his brother after many years out of touch.'

We have also recently had the pleasure of facilitating and hosting two weddings at the Hospice. One

wedding was for the son of a patient. The family were Jewish so we worked closely with the whole family and their Rabbi to accommodate their wishes and needs. The groom told us afterwards that we had helped them to achieve a very important, joyful family event respectfully and compassionately.

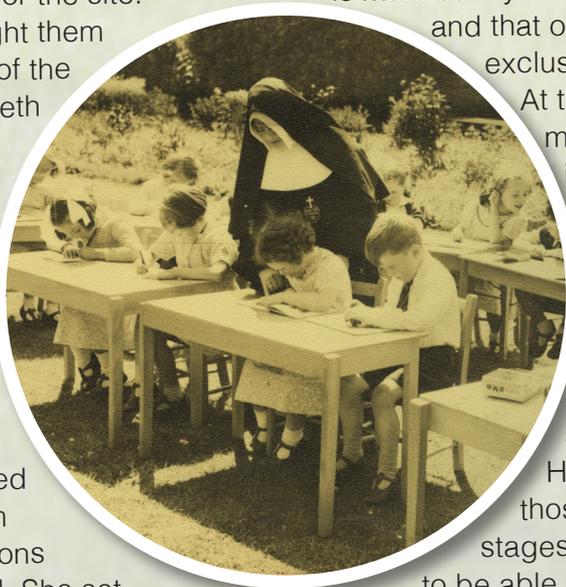
We have also just supported a patient who wished to marry her partner at the Hospice. We helped them to arrange the ceremony and the reception for family and friends. It was a very moving occasion and we were honoured to be part of it.

Hospice care is not just about a patient's clinical needs. It's about the whole person and the people around them. It's what makes us so special.'



# Our vision in the 1970s — by Sister Maire

Many of the older residents of the Harrogate Road area will remember St Gemma's School which served the local community for many years on the site which is now St Gemma's Hospice. When the school closed the Sisters of the Cross and Passion spent much time considering a future for the site. Their reflection brought them back to the Founder of the Congregation, Elizabeth Prout, and to what she might do were she alive. She had been moved by the plight of the poor in Manchester in her time, in the 1850's. She realised that education was needed to lift the people from the wretched conditions in which they existed. She set about opening schools and hostels and training facilities. So began a long history of involvement in education by the Sisters. What would she do now, in the 1970s? What needs would she see? How would she try to meet them? One thing was sure; she would look at the people with the same eyes full of compassion.



'Living life to the full' has become almost a clichéd phrase, being used for all sorts of purposes. But this phrase comes from the Gospel where Jesus told his followers that he had come that they might have life, life that could be lived to the full. The Christian message is essentially one of love, which is manifest by the respect shown to oneself and that of one's neighbour, without exclusion of any kind.

At this time the hospice movement was still in its infancy in Great Britain and there was growing need for the services which could be provided by it. The purpose of a hospice stems from an awareness of the sacredness of human life. Hospices recognise that those who are on the final stages of their journey also need to be able to live their lives to the full, and facilitate this by addressing not only the physical needs of people but also their spiritual and emotional needs. The needs of the families too who are accompanying their loved ones, are also addressed. And so a hospice was believed to be the most compassionate response the Sisters could make to their reflection, and St

Gemma's School site St Gemma's Hospice 1978.

But this was not the case. In the 1990s, religious communities were invited to help with the communities devastated in Eastern Europe. This was reflected on how the Sisters were looking with the eyes of the needs of these communities. To see the need for hospice care, the help of the skilled staff were able to contribute to the hospice movement. The Sisters have always recognised the vital importance of education in the changing needs of the world. They were then delighted that in the years the St Gemma's School of Palliative Care was established at Gemma's in conjunction with the Hospice of Leeds.

'Living life to the full' was the aspiration: it is a reality. St Gemma's continually serves terminally ill people.

**Sister Maire O'Sullivan**

# Our Vision – 2014

We are delighted to be launching our revised Vision, Purpose and Values this summer. The founding purpose and ethos of St Gemma's is still important to us. However, our role as a Hospice and the needs of patients have changed over the years and continue to do so. So we feel it is important to re-state our Vision, Purpose and Values, not with the intention of moving away from our roots or philosophy, but to reflect our vital work today. We are also working with all our valued staff and volunteers to bring this to life in our everyday work.

The review of St Gemma's Vision, Purpose and Values has been led by a group of Hospice staff, volunteers and Trustees who have taken account of the views of colleagues, patients and their families.

## The following are our revised Vision, Purpose and Values:

**Our Vision:** The needs of people living with a terminal illness and those close to them are met with care, compassion and skill

**Our Purpose:** St Gemma's Hospice acknowledges the value of life and the importance of dignity in death. We provide and promote the highest quality palliative and end of life care, education and research

### Our Values:

**Caring** – Treating each person with kindness, empathy, compassion and respect

**Aspiring** – Continually learning and developing; striving for excellence in everything we do

**Professional** – Delivering high standards through team work, a skilled workforce and good governance

## Supporting children across Leeds

The St Gemma's Young People's Service continues to support children and young people from across Leeds where someone in the family is seriously ill or has died. The service, which is supported by BBC Children in Need, includes individual counselling, group support and fun events for children and young people who have had contact with a hospice. We recently held a spring-themed event for children we are supporting at the moment. We had a craft session and a treasure hunt and we encouraged the children to share their stories. It was a really fun day. Our enthusiastic Social Work Manager, Aly Guy (pictured here) spent most of the event dressed as a furry rabbit. Now that's dedication! If you would like more information about the **St Gemma's Young People's Service**, please contact Aly or a member of the team on **0113 218 5500**.



site would soon become  
ice, which opened in

e end of the story. In  
s congregations were  
n the rebuilding of the  
stated by the wars  
The Sisters again  
hey could respond.  
eyes of compassion at  
e countries they could  
ospice care, and with  
lled staff of St Gemma's,  
tribute to the development  
vement in Bosnia.

always been aware of the  
f education in the light of  
ds of communities. They  
ed when in more recent  
ma's Academic Unit  
was inaugurated in St  
nction with the University

ull' is not simply an  
real possibility, and St  
ally facilitates this for  
le and their families.

**Sullivan, CP**

# Events Diary

## Contact Details

**Becky** 0113 218 5505 or [beckyh@st-gemma.co.uk](mailto:beckyh@st-gemma.co.uk)  
**Jenny** 0113 218 5565 or [jennyd@st-gemma.co.uk](mailto:jennyd@st-gemma.co.uk)  
**Nicola** 0113 218 5570 or [nicolah@st-gemma.co.uk](mailto:nicolah@st-gemma.co.uk)  
**Tara** 0113 218 5559 or [tarag@st-gemma.co.uk](mailto:tarag@st-gemma.co.uk)  
**Tracie** 0113 218 5296 or [tracieh@st-gemma.co.uk](mailto:tracieh@st-gemma.co.uk)  
**Danielle** 0113 218 5580 or [daniellel@st-gemma.co.uk](mailto:daniellel@st-gemma.co.uk)

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

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

**Saturday 28 June 10am-2pm**

### Open Garden at St Gemma's Hospice

Visit our Gold award winning gardens where Denis, our Head Gardener, and his team will be on hand to give their expert advice. Also includes a short gardening talk, entertainment, our popular plant sale, refreshments and stalls. Entry £2. **Contact Jenny.**

### All Summer Open Gardens across Leeds

For a booklet featuring the gardens that will be open across Leeds over the summer in aid of the Hospice **contact Jenny.**



**Sunday 13 July 7am**

### Hospice Cycle Sportive

With the Yorkshire Grand Départ inspiring the county to get out on their bikes, now is the time to take part in a cycle challenge yourself. Join us for the first ever Hospice Cycle Sportive. Starting and finishing at St Gemma's Hospice, this 70 mile circular route supports three Yorkshire hospices and will take in the stunning scenery of Yorkshire. **Contact Danielle.**

**Sunday 13 July NEW time 11am – 3pm**

### Garden Party

Stalls, tombolas and entertainment for all the family including bouncy castles and Peppa Pig. Plus the return of the Elvis tribute! Enjoy our BBQ with a Pimms or beer and live music. If you can donate any items or can volunteer please **contact Nicola.**

**Sunday 20 July The Leeds 10K**

We have 4 places remaining in the Leeds 10k. Entry is £26 and participants are encouraged to set their sponsorship target at £200. Whether you're a seasoned runner or a beginner this is a run with a fantastic atmosphere. **Contact Becky.**

**Saturday 9 August 10am-3pm**

### Classic Car Rally

**NEW venue Temple Newsam Park** - A fabulous day out for car enthusiasts with over 100 classic cars on show, a 'best in show' trophy, stalls, raffle, entertainment and refreshments on sale. **Contact Jenny.**

**Sat 6 & Sun 7 September Vintage Fair**

Attend our award-winning Vintage Fair and embrace the character of all things vintage and handmade. Find yourself some original vintage goodies, enjoy a rest in our tea room, get your antiques valued by BBC auctioneer Gary Don and more. Entry is by donation. **Contact Danielle**

**Friday 5th September Yorkshire 3 Peaks**

Join us for this fantastic challenge to climb Yorkshire's 3 Peaks. For details and entry visit [www.stgemmas3peaks.co.uk](http://www.stgemmas3peaks.co.uk). **Contact Tara.**

**Sunday 7 September The Great North Run**

We have 10 guaranteed entry places remaining in the world's most iconic half marathon. Entry is £50 and a minimum sponsorship of £300 is required per runner. Meet new friends and share a motivating experience. **Contact Becky.**



**Thursday 11 September 6pm-11pm**

### 10th Anniversary Questions of Sport Celebrity Quiz & Dinner

**Leeds United Centenary Pavilion**

Celebrate ten years of success with sporting celebrities from the past and present joining us this year. Entertain colleagues, clients or friends, and pit your wits against other teams in the fantastic sports quiz. Book your table now.

**Contact Tracie.**

**Saturday 13 September 10am-12pm**

### Nearly New Sale

**At the Hospice** - We host over 50 stalls selling items aimed at babies, toddlers and mums to be. Entry is £1 per person. Stalls booked at £13 each. **Contact Jenny.**

## 17 - 21 September London to Paris Bike Ride

**(Alternative dates available)** Join us for this incredible journey! Start in London, cycle through the English countryside over to rural France and on to the heart of Paris, finishing under the Eiffel Tower. Take on the adventure of a lifetime whilst raising vital funds. **Contact Danielle.**

## Saturday 20 September 10am-1pm Happy Walk

A new family walk setting off from the education rooms at Roundhay Park! Choose to walk 3.5 or 5.5 miles on this fun and happy event for all, full of celebration. We are sure it will be a day to remember. **Contact Becky.**

## 27 September and 25 October Indoor Car Boot Sales

**10am and 1pm at the Hospice** - Grab a bargain at one of our upcoming sales. Entry is by donation. **Contact Jenny**

## 6 - 12 October Time for Tea

Hold your own tea party and help our nurses to continue caring for local patients. **Contact Tara** for your fundraising pack.

## Sunday 12 October The Plusnet Yorkshire Marathon

Secure one of our guaranteed entry places in the sold out 2014 Plusnet Yorkshire Marathon. We are offering half price entry at just £20 and runners are asked to raise a minimum of £500 in sponsorship. If you're ready to take on a marathon in this beautiful county. **Contact Becky.**

## Saturday 18 October 11am to 3pm Teddy Sale

**At the Hospice** - Lots of teddy merchandise available to purchase, including teddies of all sizes, pin badges, books and waistcoats! All proceeds coming to the Hospice. Come along and grab a teddy bargain, all donated by a teddy-mad supporter! Refreshments and raffle on the day. **Contact Tara.**

## 23 - 26 October Leeds Art Exhibition and Sale

At The Grammar School at Leeds. Over 900 exhibits displayed for you to view and hopefully buy. Look out for full details in our Autumn newsletter or visit our website. **Contact Tracie.**

## Saturday 29 November Flag Day Collection

**All across Leeds** - Thank you to everyone who supported us last year - we raised over £6,200! We now need you to help us raise this again in 2014, watch this space for further details. **Contact Jenny.**

## Saturday 29 November 7pm - 2am Winter Ball

**At Leeds United Centenary Pavilion** This evening extravaganza starts with a sparkling drinks reception followed by a sumptuous three course meal. After dinner enjoy dancing to a live band plus a DJ playing requests until 1.30am. You can share a table with other party goers or have your own private table. Perfect for your office Christmas party or just a great get together with friends and family. £45 per ticket. **Contact Tracie.**

## The Virgin Money London Marathon 2015 Ballot

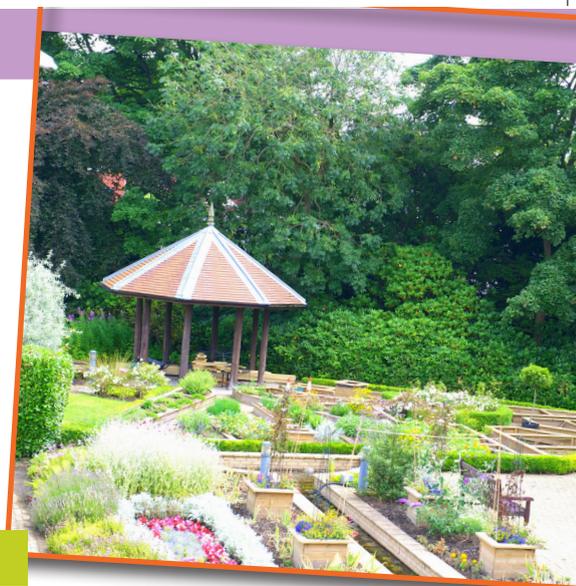
Join our Golden Bond ballot for 2015, to be drawn in October this year. We have 5 sought after places to offer to our supporters. We ask each runner to confirm they can raise a minimum of £1,500 in sponsorship. **Contact Becky.**

## 18 - 28 June 2015 Kilimanjaro Trek

**(Alternative dates available)** Climb the highest freestanding mountain in the world and raise vital money for our Hospice. A tough but spectacularly rewarding route, upon reaching the summit you will feel a sense of overwhelming achievement, and leave Tanzania with memories that will last a lifetime. For more information or alternative dates. **Contact Danielle.**

## Various dates Bungee Jumps / Shark Dives

If diving into oblivion is your thing but you don't want to have to deal with sharks at the bottom then sign up for Bungee Jumps with St Gemma's! Raise £350 and the jump will come free. Indoor and outdoor jumps available. **Contact Nicola.**



## Introducing St Gemma's to the next generation!

Part of the remit of St Gemma's is to engage and educate our local community about the specialist palliative care services we offer. Over recent months, members of the St Gemma's Spiritual Care team have spoken to students from a number



of High Schools in Leeds and further afield. Groups of students from Years 9, 10, 11 and Lower Sixth at Corpus Christi College, Carr Manor High School and Ampleforth College visited the Hospice and met with our Spiritual Care team, Chief Executive and nursing, medical and therapy staff who explained their roles, dealt with issues associated with palliative and hospice care and conducted question and answer sessions.

Tom Keating, our Spiritual Care lead, has also previously conducted similar sessions with Year 11 students at John Fisher High School in Harrogate and Garforth Academy.

All the students showed a keen interest in the work of the Hospice and engaged really well with staff, seeking to gain insight into the experience of life for people suffering with a terminal illness and the impact on their families and loved ones. It was also heartening for them to learn about the diverse variety of services which support people who come into contact with the Hospice.

If you would be interested in learning more about St Gemma's Hospice at your school, please contact Tom Keating on **0113 218 5500** or **tomk@st-gemma.co.uk** or **tarag@st-gemma.co.uk**

## Thanks to our valuable volunteers

National Volunteers Week in June gave us the opportunity to thank our fantastic volunteers for all they contribute to helping St Gemma's care for local people at the most difficult time in their lives. We have over 600 volunteers supporting the Hospice in a variety of roles and we really could not survive without their help and support. Thank you. You really are all brilliant!

For all our volunteering opportunities, please visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) and click Vacancies.



## Lasting gifts...

Last year a very generous gentleman left his whole estate to St Gemma's Hospice in his Will. His estate was worth over **£400,000** and he was totally unknown to St Gemma's.

When clearing the property we were really fortunate to be able to meet and chat to his friends and neighbours. Being able to learn more about the gentleman meant the gift felt more special.

The items which were donated to the Hospice were either sold at our charity shops, vintage fairs or were taken to an auction house. Apples and other fruit were even harvested from trees in the garden to sell at our autumn fair and to give to the chef at the Hospice. With any gift made to St Gemma's, whether it is money, item of furniture or clothing, we ensure that St Gemma's makes the most of every donation.

If you leave a gift in your Will to St Gemma's Hospice, you are not just giving a donation, you are leaving a lasting memorial and ensuring that we are here for people living with a terminal illness in the future.

For more information about leaving a gift in your Will to St Gemma's Hospice, please contact Gail on **0113 218 5506** or **gailc@st-gemma.co.uk**

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 [jennymo@st-gemma.co.uk](mailto:jennymo@st-gemma.co.uk). Thank you for your support. Registered Charity No. 1015941



Become our Friend on Facebook  
[www.facebook.com/st.g.hospice](http://www.facebook.com/st.g.hospice)



Follow us on Twitter  
[www.twitter.com/stgemmahospice](http://www.twitter.com/stgemmahospice)