

# News

Autumn/  
Winter  
2017

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



## Time to remember

The St Gemma's Young People's Service continues to support children from across Leeds where someone in the family is seriously ill or has died.

A huge thank you to Merlin's Magic Wand for kindly providing Sea Life tickets and to LC Vehicle Hire who kindly loaned us the minivan for the day.

We recently took a group of children for a fun day out at Sea Life, with fish and chips, ice cream and plenty of laughs. They also had this great souvenir photo taken featuring Nic and Jacqui from our Young People's team.



The St Gemma's Young People's Service, which is supported by BBC Children in Need, supported over 200 young people in the last year.

For more information about the service please contact Nic or Jacqui on 0113 218 5500.

Days out like this, organised by the team at St Gemma's, provide children and young people coping with a loved one's illness or bereavement the opportunity to spend time with others going through the same experience and make new memories.



## Mayoral approval!

We were delighted to welcome the Lord Mayor of Leeds, Councillor Jane Dowson to the Hospice recently.

She met with staff members and patients to learn more about the services we provide for the people of Leeds. She met with one of our In-Patients, see below, and they talked about the importance of hospice care and how St Gemma's touches the hearts of many local people each year.



Please help us to provide vital support to patients & families this Christmas

## Caring at Christmas

Christmas time is full of traditions. It is a time for sharing a table with loved ones, exchanging gifts and making memories.

When someone is diagnosed with a life-limiting illness, small traditions and time with family become even more important.

For many of our patients, the most important thing this Christmas is being able to spend it at home or in the Hospice, with their family and friends.

With your help, our team of nurses will do everything they can to bring families together this Christmas



Please see overleaf

## Light up a Life 2017

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 on our special trees, please see the enclosed leaflet or contact us on 0113 218 5555.





## There's more to volunteering in our shops than you might think...



Are you great at spotting the next trend? Do you know a quality item when you see it? Our charity shops sold 972,719 items last year, all thanks to our dedicated volunteers who sorted through all donated items and made sure the best ones reached our shelves!

If you fancy joining them, get in touch today on [volunteering@st-gemma.co.uk](mailto:volunteering@st-gemma.co.uk) or visit your local St Gemma's shop. One of our volunteers told us: *"I really enjoy sorting out donations. It's amazing what treasures you come across! Meeting new people and generally helping is a bonus."*



## Day Service Drop-In

**D**id you know it's possible to access our services without a referral or other healthcare professional? Our weekly drop-in service is open to anyone with a life-limiting illness. The drop-in offers advice, information and therapies in a safe, relaxed environment.

Patients can now benefit from St Gemma's day services without the need for a referral from a doctor or advance booking.

Our drop-in service is open between 9am and 3pm every Monday (except bank holidays). It's open to anyone with a life-limiting illness and can offer advice, support and a chance to meet others in a friendly environment.

A range of St Gemma's experts are on-hand including nurses, physiotherapists, doctors and social workers.

No referral is needed and you do not need to be an existing St Gemma's patient. If you or someone you know would benefit from our support, please drop in on a Monday, call 0113 218 5294 or visit [www.st-gemma.co.uk/day-services/drop-in](http://www.st-gemma.co.uk/day-services/drop-in) for more details.



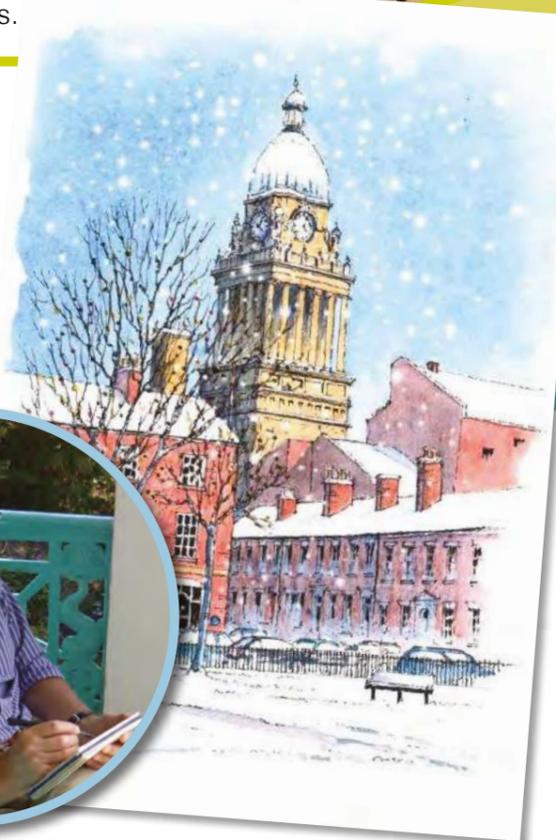
## Christmas Greetings

Our beautiful new range of Christmas cards are now available online, in our chain of charity shops, and by mail order.

We are really pleased to share this exclusive Christmas card design with you this year. The stunning image of Leeds Town Hall was specially painted and kindly donated by local artist, John Edwards ART.

John regularly exhibits at our annual Art & Photography Exhibition. He also kindly volunteers in the Hospice's art room, working with patients who find creative arts therapeutic. John says: *"My volunteering experience is both rewarding and humbling. I am so proud to support St Gemma's."*

To purchase this card, or any other cards in the collection, visit [www.st-gemma.co.uk/christmascards](http://www.st-gemma.co.uk/christmascards) or contact 0113 218 5555 for an order form.



Our myth-busting campaign continues to address some of the most common misconceptions about St Gemma's or hospice care in general.

An important part of our work is to ensure that the community understands what we do, who we care for, how you can access our services and how we are funded. So we are tackling some of the misconceptions out there head-on, and will work hard to spread the 'truths' about St Gemma's and the amazing work we do.

**Myth:** You only go to St Gemma's because you're about to die

**Reality:** End of life care is only a really small part of the work we do here at St Gemma's Hospice. Almost half of our In-Patients come to the Hospice for expert pain relief or symptom control and then they return home. We also care for hundreds of patients each year via a range of Day Services and clinics, all aimed at supporting patients with their individual needs.

Receiving hospice care does not mean giving up hope or that death is imminent.

The earlier an individual receives hospice care, the more opportunity there is to support the patient and address their needs so they can live life to the full.

For a full list of Myths and Myth-Busting answers, please visit our website: [www.st-gemma.co.uk/MythBusting](http://www.st-gemma.co.uk/MythBusting)



## Our busy year in review

St Gemma's Hospice Annual Review is now available so you can 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](mailto:busadmin@st-gemma.co.uk).

Christmas Shopping for a great cause!



The well-known St Gemma's Gift Shop has two festive events coming up to help kick-start your Christmas shopping. All quality items at low prices.

Our Christmas Clearance Sale takes place from Friday 3 to Sunday 5 November. Up to 50% off all new decorations, homeware, gift wrap, bags and much more.

The Christmas Gift Sale takes place from

Friday 17 to Sunday 19 November and will feature a vast array of brand new goods, including Christmas cards, gifts, decorations and other festive essentials.

Both events will take place at the Hospice from 10am-4pm, and all profits will support patient care. For full details please visit [events.st-gemma.co.uk](http://events.st-gemma.co.uk) or call our retail team on 0113 255 7552.

# Raising funds to support our care...

## Contact Details

**Alice** 0113 218 5570 or [alicec@st-gemma.co.uk](mailto:alicec@st-gemma.co.uk)  
**Becky** 0113 218 5296 or [beckyh@st-gemma.co.uk](mailto:beckyh@st-gemma.co.uk)  
**Charlotte** 0113 218 5505 or [charlotteah@st-gemma.co.uk](mailto:charlotteah@st-gemma.co.uk)  
**Emma** 0113 218 5197 or [emmap@st-gemma.co.uk](mailto:emmap@st-gemma.co.uk)

**Freya** 0113 218 5580 or [freyas@st-gemma.co.uk](mailto:freyas@st-gemma.co.uk)  
**Laura** 0113 218 5537 or [lauraf@st-gemma.co.uk](mailto:lauraf@st-gemma.co.uk)  
**Maddy** 0113 218 5565 or [maddyb@st-gemma.co.uk](mailto:maddyb@st-gemma.co.uk)  
**Maria** 0113 218 5196 or [mariaw@st-gemma.co.uk](mailto:mariaw@st-gemma.co.uk)  
**General:** 0113 218 5555 [fundraising@st-gemma.co.uk](mailto:fundraising@st-gemma.co.uk)

### Leeds Art & Photography Exhibition & Sale

Thursday 26 – Sunday 29 October

Kindly Supported by Michael Lewin Solicitors

Join us at The Grammar School at Leeds for our well-established event for professional and up and coming artistic talent from around the country. 900 exhibits will be featured showcasing a variety of techniques including oil, pastel, acrylic, watercolour and photography. Enjoy a drink and slice of cake in our Arts Café while you peruse the diverse range of art, all available to purchase. 30% of all sale fees support the Hospice. Open Thursday to Saturday 10am-6pm and Sunday from 10am-4pm. **Contact Charlotte** for more information.



### Vintage Fair

Saturday 11 & Sunday 12 November

Our final Vintage Fair of 2017 is taking place 11am-4pm at the Hospice. Over 30 stalls will be selling vintage clothing, gifts, books, records and trinkets; why not get a head start on your Christmas shopping? For more information **contact Emma**.

### Winter Ball

Saturday 18 November

Kindly Supported by Lawcris



A night of glitz, glamour and spectacular entertainment, including a fizz reception, 4-course meal, live band, DJ, and the chance to win some amazing prizes, for just £48 a head! Dig out your dancing shoes and come and join us for a memorable evening at the Elland Road Centenary Pavilion! To book tickets, visit our website or **contact Freya**.

### City Centre Takeover

Saturday 25 November

St Gemma's is taking over Leeds City Centre for our biggest collection of the year! This is the one day of the year we have permission to collect donations anywhere in Leeds. Every year our St Gemma's purple warriors go out in force and collect on local high streets, in Leeds City Centre and outside one of our 23 charity shops. Find entertainment from 9am-5pm on Briggate with choirs, mascots, dancers and Gemma the Giraffe! For information or to volunteer **contact Maddy**.

### Wear it Festive

December 2017

'Tis the season to be jolly and Wear it Festive! From bobble hats to novelty socks, reindeer antlers or Christmas jumpers..... wear whatever takes your festive fancy and support our festive fundraiser. For your fantastic free fundraising pack including a Christmas quiz, games, recipes, stickers and much more, register via our website or **contact Maria**.

### Christmas Market

Friday 1 December 3pm-8pm & Saturday 2 December 10am-4pm

Our Christmas Market will be full of festive decorations, gifts, stalls, games and food. Santa will be visiting on both days and a brass band will be performing on Saturday. We will also be selling non-drop Nordic Christmas Trees. For more information or if you would like to reserve a tree please **contact Emma**.

### Light up a Life

Sunday 3 December 4pm

Join us at the Hospice to remember a loved one and sponsor a light on one of our festive trees. We also have a second service at the Immaculate Heart Church on Wednesday 13 December at 6.30pm. For more details see the enclosed leaflet or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk)

### Santa Dash

Sunday 10 December 9.30am

Sleigh bells ring, are you listening? On Lands Lane, we'll be waiting! Come and dash, dance or prance your way along the streets of Leeds dressed as Santa in this fun-filled 1 to 5km sponsored event. A Santa suit will be provided when you register, all ages and abilities very welcome. To book your place visit our website or **contact Alice**.

### Christmas Tree Collection

Tuesday 9 - Saturday 13 January 2018

Santa has been and gone, the mince pies have been eaten and you're left with a sad looking tree in the front room. Let us take care of this for you with our Christmas tree collection service in return for a donation to St Gemma's Hospice. We will collect your tree along with support from McCarthy's Removals and Leeds Commercial Vehicles and take it to be recycled, saving you time and effort. Please register your tree for collection on our website. If you have a van and could help with this fantastic service, then please **contact Alice**.



# Other ways to support us...

## Festive Freefall and other adrenaline filled challenges!

Get out of your comfort zone and get into the dropzone this autumn and take part in our festive freefall on Saturday 26 November. If you're still feeling fearless why not try a wing walk? We have dates available for wing walking and skydiving throughout 2018. **Contact Charlotte** for more information.

## Winter Raffle 2017

You can now play our Winter Raffle online for a chance of winning our £3000 jackpot to help make your Christmas a cracker! There are further cash prizes and Christmas Hampers to be won. Tickets are just £1 each. To buy tickets either visit our website or **contact Laura**.

## Bark in the Park 2018

Our sponsored dog walk will take place in February at Temple Newsam, with new 1, 3 or 6-mile routes for you and your pooch to take part in, to raise as much money as possible for the Hospice. You'll also receive a free goody bag. Register on our website or **contact Emma**.

## 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 2018 Leeds Half Marathon, Leeds 10K, Great North Run, Yorkshire Marathon or Yorkshire 10 mile, **contact Charlotte** for more information.

## Support St Gemma's at work

If you are thinking about supporting a local charity in 2018 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 Becky**.



- Dates for your Diary!
- Superhero Abseil February 2018
  - Vintage Fair Saturday 10 & Sunday 11 March
  - Spring Fair Saturday 17 March
  - Turn Back Time Ball Saturday 19 May
  - Windermere Row Friday 22, Saturday 23 & Sunday 24 June

# Every gift makes a difference

We are incredibly grateful to everyone who chooses to leave a gift in their Will, of any size, to St Gemma's Hospice. If you choose to leave a gift, whether it is a specific item, fixed sum of money or a percentage of your estate, you will be enabling us to care for patients and families when they need us most.

In 2009 we were left a legacy from Mr W, which enabled us to fund the post of Professor Mike Bennett and open the Academic Unit of Palliative Care (AUPC). Since opening, the AUPC has become a renowned centre for improving care of those approaching the end of life through integrated research, teaching and clinical practice. We are incredibly grateful to Mr W for this gift which helped make this possible.



In August 2017 a patient being cared for by the Hospice informed us that he would like to donate his Suzuki Burgman motorbike to us through his Will. The money raised from the sale of the bike will allow us to provide vital care and support to other patients with life limiting illnesses.

Last year we were left a legacy in the Will of Mr S who kindly choose to leave everything he had to the Hospice. This was an extremely generous gift and although we don't know much about his reasons for supporting the Hospice, we believe we cared for his mother many years ago. His gift will help us care for many more patients for years to come.

**To talk to us about leaving a Gift in your Will please contact Tara on 0113 218 5506 or email [tarab@st-gemma.co.uk](mailto:tarab@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](mailto:busadmin@st-gemma.co.uk).  
**Thank you for your support.**

# Wonderful Ways to Show your Support

There are so many ways that you can show your support for the patients and families we care for. Here are just a couple of ways...

Are you celebrating a special occasion? From birthdays to Bar Mitzvahs, weddings to christenings, if you are celebrating something special you can support St Gemma's by asking guests to donate to the Hospice rather than buying gifts. Alternatively we can supply pin badges with or without backing cards that can be used as favours.

For more information call Jo on 0113 306 9170 or email [joannew@st-gemma.co.uk](mailto:joannew@st-gemma.co.uk)

Would you like to give a gift that gives more? Our new range of virtual gifts are now available and give you the opportunity to contribute towards something special like beautiful bulbs in the Hospice garden or an art therapy session for a patient. In return for your donation, we'll send you a card to pass on to your loved one, explaining how their gift has helped patients at St Gemma's.

For more information call Sophie on 0113 306 9165 or email [Sophieb@st-gemma.co.uk](mailto:Sophieb@st-gemma.co.uk)

However you choose to support our patients, we are extremely grateful!



## Festive Thanks

Everyone at the Hospice would like to thank you for your support of St Gemma's during 2017. We are truly grateful. Best wishes for the festive season.



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