

News

Autumn/
Winter
2014

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



The Secret Art Project

National celebrities donate secret art

Online auction opens **Wednesday 22 October**
Visit www.st-gemma.co.uk/SAP for details
or visit the Leeds Art Exhibition & Sale (see inside)

See leaflet
enclosed



Hospice HEROES

Heartfelt thanks to everyone who has supported us during the year. Whether you've attended an event, made a donation, visited one of our shops, volunteered, or taken part in a challenge...THANK YOU! We couldn't do it without you.

Good luck and thanks to everyone taking part in events in aid of the Hospice. Here's St Gemma's Trustee, Morven Whyte (centre) with colleagues from Redmayne Bentley, who are about to take part in the Yorkshire Marathon Corporate Challenge relay race.



Why not drop into one of our 22 charity shops in the run up to Christmas?

You could:

- Pick up a party outfit
- Buy your Christmas cards
- Stock up on extra glasses and crockery for your party
- Find a vintage item that will make a great gift



There is something for all the family. For a full list of our shop addresses visit www.st-gemma.co.uk or phone **0113 218 5556**

Light up a Life

'When someone we love becomes a memory they live on in our hearts'

Each year at Christmas, St Gemma's helps people remember their loved ones with our special Light up a Life appeal. Thousands of lights will shine on special trees at St Gemma's Hospice, each light dedicated to someone special. The lights will shine throughout the festive season from **Sunday 7th December to 6th January** providing a glowing tribute for all to see.

Lights can be sponsored as part of our Light up a Life Appeal and we would like to invite you to dedicate a light to your loved ones. They don't have to have been a patient at St Gemma's, and they could be someone you just can't be without at this special time of year. You will receive a special card for every light you dedicate.

We also invite you to join us at one of our candlelit Light up a Life remembrance ceremonies which allow people to come together and see the lights switched on. The first ceremony is on **Sunday 7th December at 4pm** in the Hospice grounds and the second ceremony takes place at Immaculate Heart Church on **Wednesday 17th December at 6.30pm**.

By dedicating a light and making a donation to St Gemma's, you are making a real difference to our patients and their loved ones this Christmas. Please find a leaflet enclosed with further information. Or contact us on **0113 218 5555** or visit **www.st-gemma.co.uk**.



365 Days of Care

Thanks to the generosity of our supporters the St Gemma's specialist community nursing service is now running seven days a week. The extended service has been up and running since April and it 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. Here is some feedback from patients, families and staff:

'I felt supported over the weekend after I came home from hospital. It was good not to feel alone and get the advice I needed.' **Community patient**

St Gemma's DVD

The St Gemma's Hospice DVD has been updated and is available. The DVD is split into chapters so viewers can choose the section that is relevant to them. It gives a really clear insight into many aspects of our work so it's a useful tool for prospective patients and their families, supporters



and healthcare professionals. We are really grateful to everyone who helped in its production, including patients, staff, volunteers and the great team at The Production Zone

(www.theproductionzone.co.uk) for their sensitivity and expertise.

If you would like a copy of our DVD please contact nicolaw@st-gemma.co.uk or phone **0113 218 5557**. TV clips can also be viewed on our website www.st-gemma.co.uk in the Video Gallery.

New Patron

We are delighted to announce that the new Anglican Bishop of Leeds, the Rt Revd Nick Baines has agreed to become a Patron of St Gemma's. Bishop Nick is an enthusiastic supporter of hospice care and he will be a great asset to St Gemma's. Bishop Nick visited the Hospice recently, in one of his first official visits in post. He spent time with patients as well as gaining an understanding into the work of St Gemma's. Chief Executive, Kerry Jackson said: 'We were pleased to welcome the Bishop of Leeds to the



Hospice. He took time to meet with our staff and patients, and was impressed with the care we provide. We are delighted that he has accepted our invitation to become the Patron of St Ger

Phone campaign boosts 365 Days of Care Appeal

At the end of the summer, St Gemma's undertook our first ever 'telethon' phone campaign. Working with a specialist telephone fundraising company, we contacted a select group of 1,800 donors to tell them about our new weekend community nursing service. Supporters were asked if they would like to take the opportunity to make a donation to our 365 Days of Care appeal, which is raising funds for this important new service.

Thank you so much to everyone who has taken a phone call from our team of callers, regardless of whether or not you were able to donate on this occasion. At the time of going to print, over £35,000 has been generated for this special appeal.

This is a tremendous amount and will fund the weekend community nursing service for a further 12 months.

We appreciate that being contacted by telephone does not appeal to everyone, so we will be carefully reviewing the campaign shortly, taking into account all the comments we have received, to consider whether to repeat this in the future.

n for Hospice



forward to working with him and the whole Diocese to promote the vital work of the Hospice throughout the community.'

Bishop Nick said: *'It was a privilege to visit the Hospice and to see at first hand the important work carried out both at the Hospice and by the St Gemma's team in the community. There is no more important a matter in life than how we live with mortality and death. I am delighted to become a Patron of this vital, local charity.'*

took time to talk to some old patients and he was with the facilities and care. We are delighted that our offer to become a St Gemma's and we look

'Mum wanted to die at home and you enabled this to happen.' **Relative of community patient**

'It is really satisfying working at the weekend as you can clearly see what a difference you are making for patients and carers.' **St Gemma's Community Nurse Specialist**

'A particular patient had very complex needs and his wife needed a lot of support. We were so involved during the week it was good to be able to continue that over the

#Hellomynameis

You may be aware of the '#HelloMyNameis' campaign. It was started by Dr Kate Granger, a medical registrar at Leeds Teaching Hospitals Trust, after she became frustrated with the number of staff in hospitals who failed to introduce themselves to her when she herself was a patient. Dr Granger has terminal cancer but continues to work as an elderly medicine registrar. Since leaving hospital, she has started a campaign on Twitter asking staff to make a pledge to introduce themselves in future to their patients.



Here in the Hospice we pride ourselves on our excellent communication skills and have therefore proudly signed up to support this campaign. This fits in well with our other work in the In-Patient Unit where we are currently focusing on the nationally recognised 6Cs which centre around: Care, Communication, Compassion, Commitment, Competence and Courage. We now have new notice boards on the In-Patient Unit featuring photographs of staff embracing the #Hellomynameis campaign to reinforce the excellent communication skills at the Hospice.

Pictured here is our Matron, Jayne (centre), with Nurses Bea and Moira.

weekend'. St Gemma's Community Nurse Specialist

We are really pleased that the extended service is being well received and the benefits are evident for patients, families, staff and external professionals.

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**.



Behind the scenes...

Everyone plays an important part at St Gemma's. From the 200+ expert staff and 800 dedicated volunteers to the many people in the community who support the Hospice and enable us to continue providing our vital care, each and every individual contributes to the overall experience that patients, families, visitors and others receive when coming into contact with the Hospice. In this Newsletter we highlight the important work of our Estates and Facilities team. The team includes IT, maintenance, gardens, housekeeping, laundry, kitchens and our food service.

From keeping the Hospice's award winning gardens and buildings to a high standard, to cleaning, to cooking and serving meals, to ensuring all the computers, equipment and databases are running, to providing daily fresh laundry to the In-Patient Unit and supporting all the events that take place on site at the Hospice, the team's efforts have an impact and are appreciated across all areas. **These recent comments say it all:**

'When I arrived at St Gemma's what struck me was how well maintained everywhere was. From the gardens to the wards and even in the busy Bistro, it is all kept and cleaned to a high standard.' **Visitor**

'I like talking to the patients to see what we can make for them that they will enjoy and feel satisfied.' **Melvyn, Chef**

'I have been in most of the hospitals in Leeds but I have not come across such understanding about the patients' and visitors'

need for food. Being able to order your food at what time you would like it is quite remarkable, and that my family and friends can go to the Bistro during their visit is a great asset and helps me. The staff are friendly and helpful, they put themselves out to please us. The quality of food is great and to know you can get a cup of tea day or night is a blessing.'

In-Patient

'The effort that goes into the volunteers' 'thank-you' tea parties is clear to see, they are fantastic.' **Volunteer**

'I recently took advantage of a sunny day and enjoyed afternoon tea in the stunning gardens. The experience, and cake, was 5 star!' **In-Patient**

Well done to everyone in the team for making St Gemma's such a special place.



What a Cracker!

This year our joint hospice lottery has come up with a cracking way for people to enjoy Christmas and help Leeds' hospices. We are offering a great range of lottery gifts including Christmas Crackers which each contain a hospice lottery ticket, Christmas cards which double as a £1 lottery entry and also discounted gift subscriptions for those difficult to buy for people.

It's £10 for 6 Crackers, £5 for 5 Christmas Cards or we are also offering special Gift subscriptions: 52 weeks in the lottery for only £45, 30 weeks in the lottery for only £25 or 15 weeks in the lottery for only £13.

These can be bought at the Christmas events, at www.hospicelottery.co.uk or on **0113 278 1500**. They are limited. Lottery entrants must be 16 or over.

October is Make a Will month!

It's not too late to make an appointment with one of our solicitors who will write your Will in return for a donation to the Hospice. Visit www.st-gemma.co.uk/makeawillmonth or call 0113 218 5506 for more details.

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

Investors in People

We are delighted to have been accredited once again by Investors In People (IiP). IiP is a nationally recognised framework that helps organisations to improve their

performance and realise their objectives through the effective management and development of their people. The assessor commented: *'I met some very dedicated, nice people who have a devotion and commitment to providing end of life care.'*

Kerry Jackson, Chief Executive said; 'St Gemma's is a fantastic organisation to work for and it's lovely to have all our good work recognised by an external agency.'



Our achievements in 2013-14

We reviewed and revised our Hospice strategy for clinical services and contributed to a city wide assessment of the health needs at the end of life of the people of Leeds.



We received 1,018 new referrals for patient care.

We continued to make progress in the St Gemma's Academic Unit of Palliative Care in partnership with the University of Leeds. We participated in studies designed to improve prognosis for patients, assess a new painkilling drug and implement a new measure of spiritual well-being. We also delivered an innovative project where volunteers collected data from shop visitors about what they consider to be priorities for research at the Hospice.



Our education programme included the Graduate Certificate in Palliative Care; quarterly learning groups for senior specialist palliative care doctors; and a programme of education for GPs across Leeds.



We refreshed our vision, purpose and values to make them more accessible and meaningful.

Our community team made 3,913 visits to patients in the familiar surroundings of their own homes and in care homes. We extended the service to 7 days a week.



We provided bereavement support to patients' families and friends either individually or through group work with 1,648 attendances at bereavement sessions. We worked with other providers and commissioners in the city to provide bereavement support to those who had not previously had contact with St Gemma's services, supporting patients who were previously on the Cruse Bereavement service waiting list.



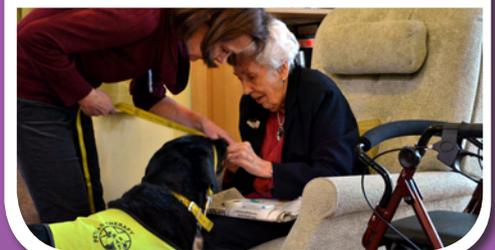
We cared for 564 patients in the In-Patient Unit.



We were inspected by the Care Quality Commission and met all the essential standards for quality and safety.



We provided 1,178 day patient attendances.



Events Diary

Thurs 23 - Sat 25 October, 10am - 6pm
Sun 26 October 10am - 4pm

Leeds Art Exhibition and Sale  Hitachi Capital (UK) PLC

At the Grammar School at Leeds. Now in its 14th year. For more details, please **contact Tracie**.

Contact Details

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Danielle 0113 218 5580 daniellel@st-gemma.co.uk
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Tara 0113 218 5559 or tarab@st-gemma.co.uk
Tracie 0113 218 5296 or tracieh@st-gemma.co.uk
Sarah 0113 218 5558 or sarahd@st-gemma.co.uk
General: 0113 218 5555 fundraising@st-gemma.co.uk

www.st-gemma.co.uk

Online auction opens Wed 22 October and closes at 8pm Fri 31 October **Secret Art Project**

At the Leeds Art Exhibition you'll also find 400 pieces of secret art contributed by famous names such as Ashley Jackson, Stephen Fry, Sir Ian McKellen, Katherine Jenkins, and many more! The secret... we won't reveal which artist created which piece until after the auction ends. So if you think you can tell a Hockney from a Mockney, get bidding and bag yourself a priceless piece! **Contact Danielle**.

Sat 25 October, 10am-1pm **Indoor Car Boot Sale**

Grab a bargain at our next sale at the Hospice. All stalls fully booked. Entry by donation. **Contact Jenny**.

25-31 October & 20-24 December **Potty Cottage Open Gardens**

All openings 10am-6pm, weather permitting. Visit these fabulous award winning gardens at Halloween and Christmas at 21 Aberford Road, Garforth, LS25 1PZ which will be filled with interesting flowerpot characters all dressed up for Halloween and Christmas! Entry by donation. **Contact Jenny**.

Thurs 6 November 6-9pm **Festive Gifts & Crafts at the Hospice**

Learn how to host the perfect Christmas with a variety of hands on workshops teaching you how to make Christmas crafts and festive food plus browse our new Christmas gift range. Tickets cost £5 and include a glass of fizz and canapés. **Contact Sarah**.

7-9 November **St Gemma's famous Christmas Gift Sale**

Our fabulous three day Gift Sale at the Hospice. A range of new gifts, cards and decorations. Everything you need for Christmas under one roof. Friday and Saturday 10am-4pm and Sunday 10am - 3pm. **Contact Sarah**.

Sat 15 and Sun 16 November 10am-2pm **Vintage Fair**

Visit our extremely popular Vintage Fair at the Hospice (**please note the new opening times**). There'll be the usual retro homewares, classic vinyl, vintage clothing, tunes to jive to, vintage tea rooms, and valuation from BBC Radio Leeds auctioneer Gary Don on Saturday morning! Don't forget your ha'pennies for the vintage bargains we have collected from our charity shops! **Contact Danielle**.

Sat 29 November **Winter Ball**

Join us for a truly magical night at the impressive LUFCCentenary Pavilion. Enjoy a fizz reception followed by a sumptuous four course meal where you will be amazed by our very own magic man! After dinner, dance the night away with the feel good party band, Sub-Urban, plus our 'resident' DJ playing requests until 1.30am. The mood is party and the night will be jam packed with exciting treats as well as brilliant prizes in our raffle and auction... and all this for just £45 per person. **Contact Jenny**.

Sat 29 November **Festive Flag Day Collection**

Can you volunteer to collect with us at our annual Flag Day collection? You can join our main collection in Leeds City Centre, collect outside your local St Gemma's Hospice shop or collect on your local high street. As the collection is so close to Christmas we will be having a festive theme with a prize for the best fancy dress! Time slots to suit. **Contact Tara**.

Fri 5 December 3pm - 8pm & Sat 6 December 10am - 3pm **Christmas Market at St Gemma's Hospice**

Embrace the colder weather and gear yourselves up for Christmas 2014! The annual market promises to be a treasure trove of presents, crafts, knick knacks and treats for your loved ones. Perfect for gifts not on the high street! Grab yourself a warming mulled wine and German sausage and bring your kids along to get a present from Santa. Plus, as usual we are selling real quality Christmas trees at very competitive prices. **Contact Nicola**.



Sun 14 December 9.40am Leeds Santa Dash, Leeds City Centre

Dashing through the snow, in a St Gemma's Santa suit. Ho, Ho, Ho, it's time to dust the snow off your running shoes, gather the elves together and join in with our festive sponsored Santa Dash. Dashing one or two miles through the city of Leeds at Christmas is a great way to start the festive season, helping St Gemma's bring joy and cheer to those who need it most. Once registered we provide you with your very own Santa suit to keep and each Santa will receive hot food and drink after the Dash at Little Tokyo. All ages and abilities very welcome. **Contact Becky.**



Fri 9 and Sat 10 January 2015 Christmas tree collection and recycling

A new initiative for this year. We are teaming up with Just Helping to provide our supporters in Leeds with a Christmas tree collection service! Not only can you pick up your real Nordic Christmas tree from our Christmas Market, but you can have it taken away again after the 12 days of Christmas. Recycle the trees, support a community project and raise money for the Hospice in the process! This service has been kindly supported by McCarthy's. **Contact Nicola.**



Sat 21 February 2015 – 6pm - 10pm The Voice of Leeds

At Stylus Bar, Leeds University Union. Register now to take part in our exciting new event for 2015. Be one of 25 amateur musical acts from across Yorkshire and stand the chance of winning a professional recording session. Plus receive advice from the professionals and wow the judges! On finale night, show off your talents and invite all your friends and family to support you. **Contact Nicola.**



Sun 1 March 2015 Bark in the Park

Join us for our annual sponsored dog walk taking place at both Golden Acre Park and Temple Newsam Park. There will be a choice of routes around each of the parks with a goodie bag and certificate for each dog upon completion of the walk. Light refreshments for each walker. Entry is free, all we ask is that you raise as much sponsorship money as possible. **Contact Jenny.**

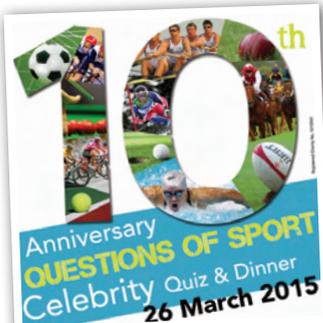
Sat 14 March 2015 Strictly Learn Dancing

Would you like to learn to dance like the professionals? We are looking for men and women to take part in our exciting competition, where you will be trained by professional dance teachers. Dance lessons will commence in January and build up to the glittering Grand Finale in March! **Contact Tara.**

Thurs 26 March – 6pm-11pm

10th Anniversary Questions of Sport Celebrity Quiz and Dinner

At Leeds United. Help us to celebrate ten years of success with sporting celebrities from the past and present. Entertain colleagues, clients and associates as well as pitting your wits against other teams in the fantastic sports quiz. Sponsorship packages are available. **Contact Tracie.**



Overseas sponsored challenges

Cycle from London to Paris, trek the Great Wall of China and place your own brick in the wall, survive the Sahara Desert and lend a hand at a local Hospice afterwards ... whatever you want to do, overseas sponsored challenges are a great way to support the Hospice, meet new people, and take on a magnificent adventure that you'll remember forever! Various dates available throughout 2015-16. **Contact Danielle.**



Hibaldstow Airfield, Brigg. Dates all year round Skydive for St Gemma's

Calling all adrenaline junkies or those who fancy the experience of a lifetime! Help us raise £40,000 this year by taking to the skies for St Gemma's and jump the UK's highest skydive! Raise over £400 and jump for free. **Contact Nicola.**

Festive Fundraising

Donate to us instead of buying 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 large festive poster and collection box to display and write your festive messages on or you can make a minimum donation of £25 to receive our e-card.

Contact Tara.

Christmas Hampers

We are making up some fantastic festive hampers with tempting items such as wine, chocolates and mince pies. If you can take a hamper to raffle off either at work or in your local pub/church/club etc then please get in touch. **Contact Tara.**

Letter from Santa

Make a child's Christmas magical by arranging a letter direct from Mr Claus. We can ask Santa to send personalised letters to boys and girls or babies on their first Christmas, in exchange for a donation to the Hospice.

Contact Tara.

Festive Fridays

Every Friday in December we are asking workplaces, schools, pubs and other local shops and groups to dress up in festive jumpers, pay £1 to St Gemma's and get into the Christmas spirit.

Contact Tara or Tracie.

Christmas Carol Singers wanted

We are looking for groups and individuals who would like to support the Hospice by taking part in carol

singing for the Hospice in various locations across Leeds, or in your local neighbourhood. **Contact Tara.**

Festive Fundraising at Work

Contact us for your free Festive Fundraising at Work pack filled with exciting ideas for you and your colleagues to take part in during the festive season whilst raising funds for your local Hospice. **Contact Jenny.**

Raffle News!

Our 'Win a Car for Christmas' Raffle starts now and we are delighted to announce that 1st prize is a brand new Mitsubishi Mirage worth over £9000! You may have tickets enclosed in this newsletter, but if not or if you require more raffle books, please contact the raffle hotline now on 0113 218 5555. Don't miss out on our best prize draw ever!

Pod Therapy

The Pod in the Hospice's garden is proving popular with staff, visitors and wildlife! Visitors are intrigued by the creation, some describing it as like something from the 'Tellytubbies' TV show! We also heard recently that a couple of herons were seen sitting on the roof, probably eyeing up fish in the nearby pond!

The Pod is regularly used by staff, especially colleagues from the St Gemma's Young People's Service, who support children and young people from across Leeds where someone in the family is seriously ill or has died.

Social Work Manager, Aly Guy, pictured here with a child she is supporting, said: 'The Pod is quirky and informal so it is a fun distraction and often helps children to relax and express themselves better. It has coloured internal lighting, giant bean bags to sit on and views to the sky so it's

a really nice space that I enjoy using in my work.'

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



Dates
for your
Diary

**Adidas Silverstone Half
Marathon at Silverstone
Race Track
Sunday 15 March 2015**

**Virgin London Marathon
Sunday 26 April 2015**

**Leeds Half Marathon
Sunday 10 May 2015**

**Leeds Midnight Walk
Saturday 16 May 2015**

For more information

contact Becky:

0113 218 5505

beckyh@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. Thank you for your support. Registered Charity No. 1015941



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