

News

Spring
2015

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



And the winner is...

A patient told us recently, 'If St Gemma's could give out Oscars, the one for Best Supporting Role would go to your team of Nurses!'

What a lovely thing to say. So, in this Newsletter, we'd like to celebrate the vital work of the St Gemma's clinical teams, particularly our amazing Nurses.

Matron, Jayne Upperton says, 'Our Nurses are the stars of the Hospice. Their role is to support our patients and their relatives as they face the challenges of a terminal illness. They are central to the care that is given to our patients whether on our wards, in our Day Hospice or in the patient's own home and without them we simply couldn't keep the Hospice open.'

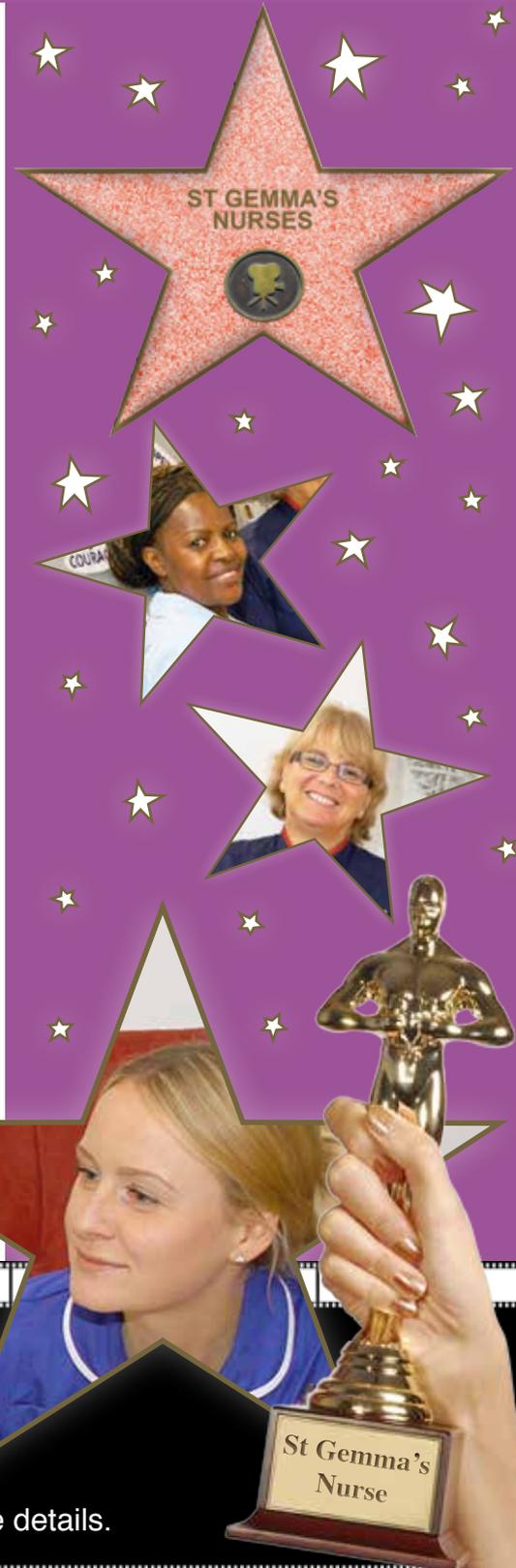
St Gemma's Nurse and Sister,
Ruth Swift (pictured bottom

right) says, 'I've worked at the Hospice for six months now and I'm really impressed by the care, dedication and skill of my colleagues. Working in this environment is sometimes difficult and challenging, but it is also very rewarding and I feel privileged to play a part in people's lives at an extremely testing time.'

St Gemma's patient, Maria, was keen to tell us, 'I can honestly say that St Gemma's Nurses are top class. I've been cared for in a variety of places over recent years but I've never known care like this. They expertly and respectfully look after me and my entire family. The whole team deserves a special award.'

It costs around **£25,000** a year to cover a nurse's salary, depending on their grade. Will you be one of our heroes and make a donation to our 'Best Supporting Role' special appeal, helping St Gemma's to cover the cost of one of our nurses for the next year?

Please see enclosed leaflet or visit www.st-gemma.co.uk/oscar for more details.



Appy Days!



We're delighted to be leading the way this Spring by being one of the few charities in the UK to launch an App. The St Gemma's Hospice App is now available on the Apple App Store for free download. You'll find all our latest news, events and patient information on your mobile devices.

We'd like to thank App designer James Upperton (www.appsbyme.co.uk) for developing this for St Gemma's free of charge. It's taken James hours of hard work and he's helped us through the digital world of Apps brilliantly.

James is not only a great App designer but he's also the son of our Matron, Jayne Upperton.

We hope you enjoy following us on our new App!

New Patrons for Hospice



We are delighted to announce two new Patrons of St Gemma's. Firstly, we welcome the new RC Bishop of Leeds, the Rt Reverend Marcus Stock. Bishop Marcus visited the Hospice in one of his first official visits recently (pictured) and we are pleased that he agreed to become a Patron of St Gemma's. He is most impressed with the facilities and care provided at the Hospice and we look forward to working with him and the whole Diocese to promote the vital work of the Hospice throughout the community.



We also recently welcomed Tom Riordan to the Hospice. Tom too was really impressed with our professionalism and values and he did not hesitate to accept our invitation to become a Patron. Tom is currently the

Chief Executive of Leeds City Council but he will be Patron for the Hospice in a personal capacity.

We thank our new Patrons for their commitment and support and look forward to working with them.

St Gemma's Young People's Service grows!

Our Young People's Service continues to support children from across Leeds where someone in the family is seriously ill or has died. We improve and develop the service all the time and we're pleased to welcome two new recruits to the busy team - Nic Colgan and Jacqui McGuire. What better way to welcome the ladies into their new roles than to take them out bowling with 20 children currently being supported by the team.

One of the children said they were 'lovely and kind but not very good at bowling!'

We wish them well in their new roles and we're sure they will bowl us over!

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 service please contact Nic or Jacqui on 0113 218 5500.

News from our Academic Unit!

One of the very important strands of the St Gemma's Academic Unit of Palliative Care is research. We have recently launched a research study testing a new painkilling drug. The trial is for patients who have cancer pain that is not completely controlled by their normal painkillers. In the trial the new drug will be given in addition to the patient's normal painkilling medicines and is in the form of an oral spray, so it is easy to use. Potentially eligible patients will be fully informed about the trial and the drug, before they decide whether or not to take part.

The drug is already in use in some countries, such as Canada, so it has already undergone lots of testing and is thought to be safe and effective. We are therefore optimistic that once this study is completed, the new drug will be routinely used for patients with hard to treat pain. We take great pride in being able to conduct and be part of such ground breaking work.

Caring for patients and their families remains our priority, however, St Gemma's Hospice believes that the key to making significant improvements in patient treatment is through advancements in medical and other healthcare interventions. This can only be achieved by undertaking high calibre research in the field of palliative and end of life care.

St Gemma's goes bi-fold!



Heartfelt thanks to Express Bi-Folding Doors for donating four new sets of doors to the Hospice. One set has replaced the existing doors in the Hospice's Academic Unit of Palliative Care lecture theatre, while the remainder open out on to the gardens. The product and fitting costs would have set the Hospice back around £10,000, so we're really grateful for their generosity.

Steve Bromberg (pictured left), Managing Director of Express Bi-Folding Doors said, "St Gemma's is an incredible facility with a special team who provide vital care and support to patients and their loved ones. As a family, we've experienced its benefits first-hand so it's a project especially close to our hearts. We're pleased to be able to contribute to their sterling work and hope they get a lot of enjoyment out of the new doors

and the extra natural light." Professor Mike Bennett (pictured right), Professor of Palliative Medicine at St Gemma's Hospice said, "We would like to thank Express Bi-Folding Doors for their extremely generous donation as part of the improvements of our Academic Unit. The new doors greatly enhance the environment, as well as assisting in the growth of the department for many years to come."

Half and Half Appeal

St. Gemma's Hospice would like to pass on our heartfelt thanks once again to the readers of the Yorkshire Evening Post who have been supporting both Leeds' Hospices via the Yorkshire Evening Post's Half and Half Appeal. In December both Hospices were delighted to receive cheques for £14,279.45 which came from donations and money raised from events which took place over the last year.

Below: Staff from the Hospices accept the donations.



Open Gardens

Spring is just around the corner, and we're looking for green-fingered gardeners who are potty about plants to take part in our annual Open Gardens! Welcome the public into your garden for one or a number of days between June and September, and support us by charging a small entry fee for rare access into your private garden. On June 27th we'll also be inviting you to explore our award winning gardens here at St Gemma's Hospice, with stalls, refreshments and much more! Support this flourishing initiative. Contact Emily on 0113 218 5565.



Dying Matters

Talking about dying and death is something people understandably feel uncomfortable about, but it is something we all need to do - otherwise we, or our loved ones, may not die in the way we want. It's never easy to open up this type of conversation, but at St Gemma's we do encourage people to do so.

That's why we are using national Dying Matters week this year (18th - 24th May) to run a special event aimed at talking about and tackling issues related to death, dying or bereavement head on.

Our first ever 'Dying Matters Café' will be on **Thursday 21st May** from 2-4pm at the Hospice in Moortown, Leeds.

Please come along and have afternoon tea with us and speak to our expert team about any issues that are concerning you or that we may be able to help you with. It could be help with writing a Will, recording your funeral wishes, planning your future care and support or thinking of ways to tell loved ones about your dying wishes. If it's on your mind, let's talk it through.

Lack of openness about this topic can really affect the quality and range of support and care services available to patients and families. It also affects our ability to die where or how we would wish.

So come on, Leeds. Let's talk about it! We look forward to seeing you in May.

To help with catering, we'd be grateful if you could let us know if you're attending. Please phone Mel on 0113 218 5500 or email melaniew@st-gemma.co.uk

'How people die remains in the memory of those who live on.'

Dame Cicely Saunders

(founder of the modern hospice movement)

Dying Matters

Let's talk about it



If you've got one of our Coins for Caring boxes, please return it to us as soon as possible, so we can start putting your spare change to good use! Simply drop it into Reception or contact Emily on 0113 218 5565, and we'll provide you with a replacement box.

Support Our Shops

We have 22 charity shops across the whole of Leeds. So whether you're walking in Wetherby, out and about in Otley, or pottering around Pudsey, you're never far away from one of our outlets. Please pop in and pick up a bargain, donate some unwanted items or volunteer to help out. We'd love to see you! Thanks to all our loyal shoppers and volunteers, our shops chain raised £2.5 million towards patient care in the last year. We are so grateful, thank you.

If you donate unwanted items and pay tax, ask about gift aid.



Gift of a Lifetime!

Our latest legacy campaign now features in all of our 22 charity shops. Eileen Coates (pictured) has been connected with St. Gemma's since it opened in 1978. Eileen worked in the Day Hospice when it first opened and now volunteers at events, collections and helps in any way she can.

Eileen is helping St. Gemma's by featuring in our latest legacy campaign.

A gift in a Will is such a generous and thoughtful gesture and so far has raised over £1 million towards patient care this year. Gifts range from £100 to £500,000, every penny helps.

If you would like further information about leaving a gift in your Will to St. Gemma's Hospice, please contact Gail on 0113 218 5506.



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 maggiemorris@st-gemma.co.uk.

Don't forget you can also follow us on Twitter, Facebook and LinkedIn. **Thank you for your support.**

Dates for your Diary

Saturday 7th & Sunday 8th March, 10-3pm

St Gemma's Vintage Fair

Our Vintage Fair returns with a new stash of treasures! You'll have your pick of everything from vintage clothing to costume jewellery, artwork to collectibles. As well as stock from our charity shops, St Gemma's Vintage Fair also invites vendors from across the country to sell their items. So you'll find a vast array of pre-loved fancies. Plus bring in your antiques on Saturday morning for valuation by BBC Radio Leeds auctioneer Gary Don!

Contact **Charlotte**.

Sunday 15th March, Sunday 5th April, Sunday 21st June Skydives

Whether you want to do something different for Mother's Day or Father's Day, take on a challenge in the year or are approaching a milestone birthday, sign up now to do a skydive! You can book any suitable date and if you raise over £400 then you are able to jump for free. Contact **Nicola**.

Thursday 26th March Questions of Sport Celebrity Quiz & Dinner

Join us for the 10th Anniversary of this star studded quiz and dinner at LUFC, hosted by snooker legend and acclaimed sports personality Willie Thorne who will be joined by sporting celebrities of the past and present. Entertain colleagues or clients as well as pitting your wits against other teams in the fantastic sports quiz. Tables of 10 cost £550 or host a celebrity on your table for £1,200. Contact **Tracie**.

Saturday 28th March, 10am - 4pm Spring Fair

Come along to see the Easter Bunny, take part in our Easter Egg hunt in our fabulous gardens or visit our annual plant stall! There will be plenty of fresh and tasty treats, stalls to entice you in and chances to win prizes on all our tombolas, helping us to raise money for patient care. A lovely spring day out for all ages.

Contact **Nicola**.

6th April to 29th June Swim the Channel Pool Challenge

Take on the challenge of swimming the length of the English Channel in your local swimming pool over 12 weeks. Take part as a relay team or take on the challenge yourself. Visit www.st-gemma.co.uk or Contact **Tara**.

Sunday 3rd May Tour de Yorkshire Ride

This mass participation bike ride promises to be one of the most challenging and popular sportives in the British calendar. Visit <http://letour.yorkshire.com/tour-de-yorkshire/sportive> to register then get in touch for a sponsorship pack. Contact **Tara**.

Saturday 16th May Midnight Walk See back page for more information.

Friday 12th June Go Purple!

Do something purple with friends, family or colleagues for St Gemma's. From wearing a purple accessory to holding a purple tea party, we have lots of fun and exciting ideas in our Go Purple fundraising pack. See insert for further details on how to get your pack or Contact **Tara**.

20th, 21st, 27th and 28th June Lake Windermere Row

Teams of 2, 4, 6, 7 or 8 rowers take to the waters of Lake Windermere to row either 10 miles (Ambleside to Bowness and back) or 21 miles (Ambleside to Fellfoot and back). Take part for fun with friends and family or aim for one of our coveted trophies, such as fastest team. We ask each rower to raise a minimum sponsorship amount of £85.

Contact **Tracie**.

Contact Details

Becky 0113 218 5505 or beckyh@st-gemma.co.uk
Charlotte 0113 218 5580 or charlotteAH@st-gemma.co.uk
Emily 0113 218 5565 or emilyc@st-gemma.co.uk
Jenny 0113 218 5537 or jennyd@st-gemma.co.uk
Nicola 0113 218 5570 or nicolah@st-gemma.co.uk
Tara 0113 218 5559 or tarab@st-gemma.co.uk
Tracie 0113 218 5296 or tracieh@st-gemma.co.uk

General: 0113 218 5555 fundraising@st-gemma.co.uk

www.st-gemma.co.uk

4th-7th July & 10th-13th September London to Paris Cycle Challenge

Help us raise vital funds for St Gemma's Hospice by signing up for our London to Paris cycle challenge. Leave behind the bright lights of London as you weave your way through France's beautiful countryside before gliding up and finishing the cycle under the famous Eiffel Tower! For further details contact **Charlotte** or visit www.overseaschallenges.org.uk

Friday 10th July- Saturday 11th July Rugby 7s Tournament

We are partnering up with West Park Leeds RUFC in order to organise a brilliant weekend of rugby, food, beer and music! We will be holding a corporate afternoon on 10th July for businesses and companies to take part in a knockout tournament and then opening the doors to all of Leeds for a sponsored tournament and games on 11th July. Contact **Charlotte**.

1st and 2nd August Tough Mudder Yorkshire

Running over rough, rolling fields, through daringly dense woodlands and into streams, bogs and pools of thick, heavy mud and clay, every step on this course feels like an obstacle in itself. Visit <https://toughmudder.co.uk/events/2015-yorkshire> to register. Take part and fundraise for St Gemma's Hospice. Contact **Tara**.

5th and 6th September Trekfest

The Peaks TrekFest challenging routes of 13, 27 or 54 miles encompassing an impressive network of footpaths and bridleways, beginning and ending in the beautiful Hope Valley. To find out more about Trekfest and other exciting UK challenges contact **Tara**. Contact **Tara**.

3rd-11th October 2015 & 7th-15th May 2016 Great Wall of China Trek

There are many ways to support St Gemma's Hospice but as the Chinese saying goes, 'you have not lived if you have not been to the Great Wall'. Stretching for 6,000km, it zig zags its way across China, snaking across mountains and through valleys. Take on this 5-day Trek and not only will you experience one of the Wonders of the World, you'll also get to place a brick in a section of the wall that is currently being repaired - leaving your mark in history! For further details contact **Charlotte** or visit www.overseaschallenges.org.uk

May 2015 You're Hired corporate challenge

Do you feel inspired by BBC's 'The Apprentice' made famous by Lord Sugar? Now is your chance to show off your entrepreneurial flair by getting together with your colleagues and taking part in our 'You're Hired' Corporate Challenge. We are looking for teams of up to six people, each with a kitty of £50, to devise, plan and complete successful fundraising initiatives in 30 days. If you think you have got what it takes to turn £50 into £500 or more then get in touch. Contact **Jenny**.



Thank you!

Thank you to everyone who registered their tree for collection with us over the new year. The event received an overwhelming response and we received over 680 registrations! The event raised nearly £7,000 for our patients and everyone involved thoroughly enjoyed the weekend. We will be looking at doing this again this year!

Car Raffle Winners

Congratulations to Mr and Mrs Williamson who won a brand new Mitsubishi Mirage in our Win a Car for Christmas Raffle. Thank you to everyone who bought tickets, we are delighted to announce that the raffle raised nearly £58,000 towards patient care. A huge thank you to Luscombe Mitsubishi Leeds for kindly supporting us with this star prize. For the winning numbers or further details please contact **Jenny**.

Join the St Gemma's Running Team in 2015

We have highly sought after guaranteed places in: the Leeds Half Marathon, the Leeds 10K, the Great North Run and the Yorkshire Marathon. If you want to join #teamstgemma this year, contact **Becky**.

Record number of enquiries!

The 2015 Leeds Midnight Walk

Midnight Walk 2015 - registration form

Please feel free to photocopy and pass to your friends or enter online at www.leedsmidnightwalk.co.uk

Name (Mrs/Miss/Ms/Dr etc):

Address:

Postcode:

Contact Tel. No.:

Email (our preferred method of contact) please provide:

Date of Birth:

I would like to walk the 7 mile route

I would like to walk the 10 mile route

T-shirts: S M L XL

I know someone who can volunteer on the night. Please send me further information.

Payment (£15 per person for entry)

Cheque Visa Mastercard Maestro

Issue No.

Credit/Debit Card No.

Start Date...../..... Expiry Date...../.....

Please make cheques payable to St Gemma's Hospice

Where did you hear about this event?

By signing this form I confirm that I commit to raising sponsorship money for St Gemma's Hospice

Signed:

Please return form and payment to:
St. Gemma's Hospice, 329 Harrogate Road, Moortown, Leeds, LS17 6QD

Kindly supported by:  simplyhealth
We can be bothered

The Midnight Walk is one of Leeds' most popular charity events.

It's a ladies only sponsored walk where you can choose between a distance of 7 or 10 miles and pound the streets of the city raising money for St Gemma's Hospice.

Starting at Xercise4Less in Kirkstall on Saturday 16 May, you will walk through to Horsforth or West Park (depending on your chosen distance) and then back to the venue following well lit and safe streets.

Entry is £15 which includes a Midnight Walk t-shirt for you to wear on the night. St Gemma's also provide snacks and drinks both during and after the walk. Entertainment commences at the venue from 8pm. There will be a real party atmosphere to get all the participants in good

spirits and ready for their challenge. In addition to an entry fee, we ask each participant to raise sponsorship for St Gemma's Hospice. Every pound raised will support patients in our care and provide support for their families. Take part in the 2015 Leeds Midnight Walk and know you have done your bit to care for those that really need it. Sign up today to guarantee your place in this special event: Visit www.leedsmidnightwalk.co.uk or complete the form here.

"The event was a lovely, motivating experience."

"I was so proud to cross the finish line with my friends. We had a great night."



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