

News

Autumn/
Winter
2015

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

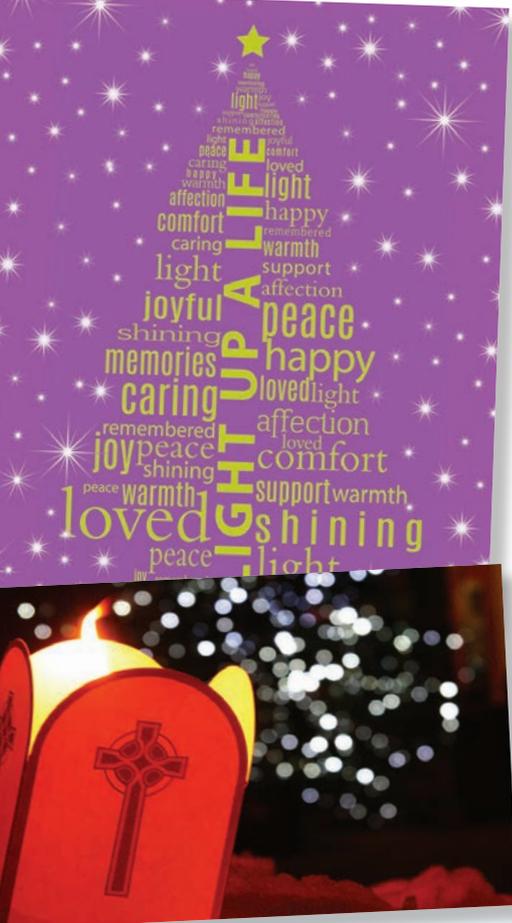


Light up a Life 2015

At St Gemma's we are aware that Christmas is a traditional time of celebration, a time of sharing, a time to reflect with family and friends but it can also be an emotional time for many of us. That is why we would like to invite you to sponsor a light on one of our special trees here at the Hospice as part of our Light up a Life Appeal. The trees will be illuminated with thousands of twinkling lights at an uplifting, outdoor remembrance ceremony taking place on Sunday 6th December at 4pm. A second ceremony will take place at the Immaculate Heart Church on Wednesday 16th December at 6.30pm.

The beautiful lights on our trees are provided each year by longstanding Hospice supporters Lights4Fun of Harrogate, who also kindly support us by sponsoring 12 days of care each year as part of our What a Difference a Day Makes appeal. We'd like to say a huge thank you to Lights4Fun for their generosity, and for making our trees look stunning every winter!

To sponsor a light you can either fill in the Light up a Life leaflet which may be enclosed with your newsletter, visit our website www.st-gemma.co.uk or telephone 0113 218 5555.



Little things go a long way

We had a patient on the In-Patient Unit recently who was very low in mood and it was quite difficult to engage him in conversation. He mentioned to the staff that he was a really keen gardener. The physiotherapist, who had been working with the patient, arranged for the Hospice gardener, Steven, to take him down to the garden and spend some time with him. When he returned to the Ward later that day, he was a totally different man. He engaged with staff and spoke about how beautiful the gardens were and how he had enjoyed his time outside. A few days later, Steven took the patient out again and staff commented what a positive difference it had made to him. He sadly died later that week.

Matron, Jayne Upperton said: 'We really try to do the little things that make such a big difference to people. Whether that be helping a patient down to the gardens, making their favourite meal or simply spending time with them talking about their lives, loves or families. That's what makes us different and special.'



St Gemma's appoints its first Nurse Consultant

St Gemma's Hospice has appointed its first Nurse Consultant. Catherine Malia, formerly Advanced Nurse Practitioner at the Hospice, took up her post this summer.

This is a significant appointment for St Gemma's as we imminently launch a number of nurse-led beds for end of life patients on our In-Patient Unit.

Director of Nursing, Cath Miller explains: 'We are delighted to have appointed Catherine Malia as St Gemma's first Nurse Consultant. Her role is a pivotal new post within our Nursing team and covers: expert practice, leadership, service development and research and evaluation. A minimum of 50% of Catherine's time will be spent in clinical practice.'

'One of the Hospice's key clinical priorities is the development of end of life beds in our In-Patient Unit,

which will be nurse led, but supported by Doctors as required. This important service development is being financially supported by The Health Foundation 'Innovating for Improvement' fund. Catherine will lead this project and her new role will be integral to its success. Her skills as an expert practitioner, non-medical prescriber and Masters level Nurse will continue to be a huge asset to the Hospice and our provision of care at end of life to patients and their families.'

Catherine Malia added: 'I am excited about my new role and am very much looking forward to working with other providers across Leeds, in addition to regional and national networks, to help influence and develop end of life care for patients and their families. Catherine has worked at St Gemma's Hospice since 1999 initially as a staff nurse and Team Leader and latterly as Advanced Nurse Practitioner.



A Day To Remember

St Gemma's Young People's Service, supported by BBC Children in Need, continues to support children from across Leeds where someone in the family is seriously ill or has died.

Here are some photos of a recent fun event where a group of children met with the team and shared memories of their loved ones. Nic Colgan, one of the specialist bereavement workers said: 'The event was a great success. Each child was prepared to contribute and hopefully benefit from exploring a range of difficult feelings in a safe and supportive environment.'



Passionate Patrons

We are very delighted to have a small but dynamic group of Patrons. They are an interesting mix of individuals, all playing an important part in supporting the life and work of St Gemma's Hospice. Some new Patrons have been appointed recently; others have been associated with the charity for many years.

In the last few months we were pleased to welcome the Earl and Countess of Harewood into our group of Patrons and they enjoyed an introductory visit to the Hospice in the summer.

Both the RC and Anglican Bishops of Leeds are St Gemma's Patrons and we are grateful for their continued input. Anglican Bishop of Leeds, Nick Baines, kindly opened our Path of the Life at the Hospice. RC Bishop of Leeds, Marcus Stock, attended a session with our Board of Trustees and senior team to discuss the ongoing national debate about assisted dying and we were most grateful for his contribution and perspective. Bishop Marcus will also be officiating at the Light up A Life service at the Hospice this December.

More recently, our Patron Tom provided the closing speech at St Gemma's annual staff conference. He amused and inspired almost all members of the team with new developments in Leeds and was an important part of St Gemma's patron community. Tom said: 'Leeds is a great place to work and live and I'm very involved with St Gemma's Hospice. It plays such an important role in my life. I thanked the staff for doing an amazing job for a fantastic organisation' and we all appreciated his energy and enthusiasm.

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:

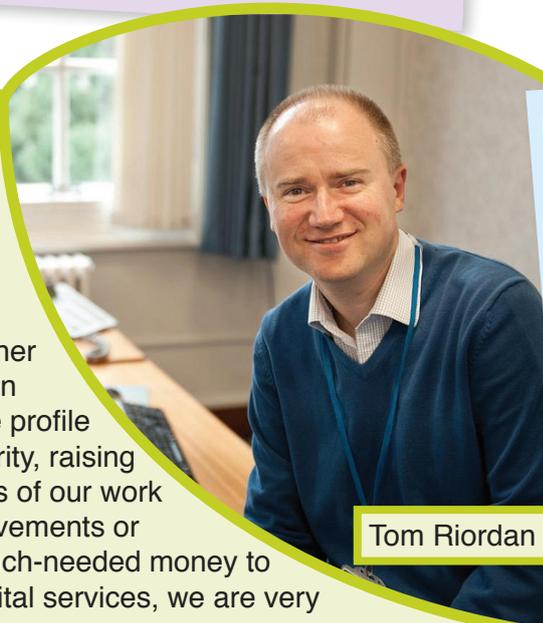
Mr & Mrs Lee and Alexandra Baines, Mr Geoffrey Darby, Mrs Pat Carter, Miss Kathy Gibbons, Mrs Lorraine Haythornthwaite, Mrs Rosemary Heslop, Investec Wealth & Investment, John Alderson & Son Ltd, Mrs Mary Kaye, Mr Mike Lambert, Lights4Fun Ltd, Mr Joe McGuinness, Mrs Margaret Mitchell, Mr Robin Neal, Nisbets PLC, Nisyst Ltd, Mr Bernard Pote, Premier Private Hire, Roche Healthcare, Rothschilds Ltd, The Shepherd Group, Mr and Mrs Stott, JP Wild Ltd, The Lodge of Dawn...

Sponsoring a day is a wonderful way to mark a special occasion like a birthday or anniversary whilst helping St Gemma's Hospice make a difference to patients and their families.

For more information please contact Kirsty on 0113 218 5506 or email kirstyl@st-gemma.co.uk

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and we really
enthusiasm.

All of our Patrons play a significant role; whether they help in raising the profile of the charity, raising awareness of our work and achievements or raising much-needed money to fund our vital services, we are very grateful for their unique contributions.



Tom Riordan

St Gemma's Hospice Green Acres project shortlisted for a top award



The community team at the Hospice have been working in partnership with Green Acres Nursing Home and is delighted to have been shortlisted for a prestigious Nursing Times award in the Enhancing Patient Dignity category.

The project, which has been underway for 12 months, involves the St Gemma's team offering specialist end of life care to patients in a different setting from a hospital or hospice. Staff from the Hospice have worked closely with the team at Green Acres, giving training and support, to provide this alternative setting for end of life care, whilst maintaining high quality care for patients and families. The service has received very positive feedback so far.

We presented our entry to a judging panel in September and the winners will be announced in November. Watch this space!

Give with confidence

You may have seen in the media recently that some charities sell details of their donors to other parties. Some of the big national charities were highlighted. We're proud to say that St Gemma's Hospice **NEVER** sells or passes on names and addresses of donors to any other organisation. This is a commitment we highlight to any new donor and something we strictly adhere to.

Our donors are so important to us and we want you to know that we value and respect you and treat your details confidentially.

The month St Gemma's went global!

This summer, St Gemma's hit the headlines across the world. The story centred around a beautiful vintage wedding dress which was donated to the St Gemma's bridal and occasions charity shop in Garforth. The dress was lovely in its own right, but what made it extra special was a heart-warming note attached wishing the future buyer a long and happy marriage like his. We posted a photo of the beautiful 1950s dress, with the sentimental note attached, on our social media sites and the response was phenomenal. We received enquiries from the USA, Australia and Hong Kong! After a media appeal, we eventually tracked down the kind gentleman who donated the gown. He wishes to remain anonymous but he's absolutely thrilled with the reaction and is overwhelmed that his special donation received global acclaim. The dress was auctioned on Ebay and almost £3,000 was raised towards the vital work of our Hospice.

Nicki Woodgate, Head of Marketing and Communications said: 'The publicity and exposure St Gemma's received across Leeds, the UK and parts of the world was staggering. It's hard to put a price on that and quantify the positive impact it has had on our charity.'

Visit our website www.st-gemma.co.uk and click Video Gallery for a lovely round up of the story and the amazing coverage we received.



LEEDS ART EXHIBITION & SALE 2015

The Grammar School at Leeds:
 29 - 31 October
 10am - 6pm
 1 November
 10am - 4pm



The Leeds Art Exhibition and Sale celebrates its 15th anniversary in 2015. The event is a well-established showcase for professional and up and coming artistic talent from around the country. Whether your taste is for large dramatic landscapes, soft gentle pastels or cutting edge abstract pieces, the Exhibition will have something to wow you! Over 900 pieces will be on display and you will be

able to indulge in the Art Café, enjoying delicious homemade cakes, pastries and quality tea and coffee whilst you view the stunning artworks on show.

This year also sees the launch of our dedicated Photography Exhibition which will be held alongside our main Exhibition.

As always the pieces on show are available to purchase and there is something for

everyone's pocket with pricing starting from £20 to over £1,000. A percentage of the sale price from each piece of art goes to St Gemma's Hospice, to support the work we do in providing patient care to people living with incurable illnesses. Please contact Becky on 0113 218 5505 or beckyh@st-gemma.co.uk 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.

Guilt Free Shopping



Virtual gifts

If you're looking for unusual and ethical gift ideas this Christmas, check out our range of virtual gifts at www.st-gemma.co.uk/onlineshop

Day Hospice receives great reviews!

We always encourage feedback from patients, friends and families across all clinical areas, to see how we are doing. We take comments seriously and this helps us to enhance our care and services. Our Day Hospice recently evaluated the feedback from patients and a family member and the results were really positive and encouraging.

Patients said they would recommend St Gemma's to a loved one and staff were praised for 'treating patients as individuals, not numbers', being friendly, patient and helpful.

One patient, who is currently benefiting from St Gemma's Day Hospice is Jo Stone. Jo said: 'I have never tried anything creative or arty before but Clair, the art worker, has changed all that. Art is now my main hobby, form of pain relief and therapy when I am depressed. I look forward to my visits so much and take a real pride in making things and bringing them home. The art room is a massive asset to Day Hospice and really gives so much joy and a sense of purpose to many people.'



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

You could:

- Choose from our great selection of Christmas cards
- Stock up on extra glasses and crockery for your party
- Unearth a unique vintage item that will make a great gift
- Pick up a bargain party outfit for you or the family

There is something for everyone and all profits support patient care so no need to feel guilty about shopping! For a full list of our shop addresses visit

www.st-gemma.co.uk or phone 0113 218 5556. Visit our online shop www.st-gemma.co.uk

St Gemma's Professor wins BMA Medical Book of the Year 2015

A book co-authored by St Gemma's Professor of Palliative Medicine, Mike Bennett has won the British Medical Association's (BMA) Medical book of the year.

The BMA Medical Book Awards take place annually and recognise outstanding contributions to medical literature. Prizes are awarded in 21 categories, with an overall BMA Medical book of the year award made from the category winners. The winning book, entitled '**Practical Management**

of Complex Cancer Pain' was co-authored by Professor Bennett with three Consultants in Pain Medicine: Manohar Sharma, Sanjeeva Gupta and Karen Simpson.

Professor Bennett said: 'The book provides advice on advanced pain management techniques for cancer pains. Case histories provide comprehensive insight into the complexities of holistic management, with pain being only one of the factors that distress patients and families. The

book also covers cancer pain management for patients in a community setting including the collaboration between pain and palliative medicine.

One of the reviewing panel commented: 'This is a short practical guide which I will absolutely be keeping on my clinic desk.'

Professor Bennett leads the St Gemma's Academic Unit of Palliative Care (AUPC), a partnership between the Hospice and the University



of Leeds. The team undertakes research to develop and evaluate innovative treatments aimed at improving the care of patients who have advanced disease. The AUPC also provides a comprehensive programme of training for clinical and non-clinical staff including nurses, doctors and the wider healthcare community.

Dates for your Diary

29 October – Sunday 1 November

Leeds Art Exhibition and Sale

At the Grammar School at Leeds. See previous page. **Contact Becky.**

Halloween and Christmas Opening Potty Cottage

Visit the ever popular Garforth garden filled with flowerpot creatures and surprises around every corner! The spooky Halloween garden will be open on 30 and 31 October from 10am – 5pm. Following that the Christmas themed garden will be open from 20 to 24 December, 10am – 5pm. Located at 21 Aberford Road, Garforth, LS25 1PZ, entry to the garden is by donation to St Gemma's Hospice. **Contact Emily.**

Friday 6 & Saturday 7 December 10am-4pm & Sunday 8 December 10am-2pm Christmas Gift Sale

We will be showcasing a wide array of wonderful gifts, Christmas goods and Christmas cards suited for all your family and friends here at the Hospice! **Contact Chris on 0113 218 5556.**

Thursday 12 November - 6.30pm Big Hospice Quiz Night

Put your thinking caps on for our fantastic Big Quiz Night! Get together in teams of 4-6 people and come along to the Hospice for a meal, grab a drink at the bar and then take on the challenge of 10 varied rounds of questions. A great night out for friends, families and work colleagues, for only £13 each! To register your team visit www.st-gemma.co.uk/bigquiz or **contact Emily.**

Saturday 14 & Sunday 15 November Vintage Fair Weekend

Our famous quarterly Vintage Fair Weekend is back, 11am-4pm at the Hospice in Moortown. We have 30+ vintage stalls, with stall holders from all over Yorkshire, and a whole room of St Gemma's Hospice charity shop goodies. For more information visit www.st-gemma.co.uk/vintagefair or **contact Charlotte.**

Saturday 14 November Walk in Their Shoes

Walk in Their Shoes is a five mile, sponsored memory walk around the grounds of Temple Newsam. Take in the beautiful surroundings of the Temple Newsam Estate whilst remembering your family, friends and loved ones, and raising money towards patient care. You can register to take part for free at www.st-gemma.co.uk/wits. We also have T-shirts available to purchase for £5. **Contact Emma P.**

Saturday 21 November St Gemma's Festive Bucket Collection

Do something incredible for our patients this festive season by giving a few hours of your time. Take part in our biggest ever Festive Bucket Collection and help us raise £8,000 in 8 hours. Simply sign up, grab a bucket and then head to either your local high street, the city centre or collect outside one of our St Gemma's charity shops. Collect for as long as you'd like to between 9am and 5pm, or if you're part of a choir or band let us know if you'd like to entertain the crowds! Register at www.st-gemma.co.uk/flagday or **Contact Emily.**

Saturday 28 November

Winter Ball, LUFC Centenary Pavilion

Our Winter Ball, sponsored by Lawcris Panel Products, is set to be the biggest and best yet! Don't miss your chance to be a part of this winter wonderland spectacular, perfect for your office Christmas Party or a get together with friends and family. Tickets are £45 each and include a fizz reception, four-course dinner, entertainment, prize giveaways and much more! **Contact Jenny.**

Saturday 28 November Festive Freefall

An amazing experience, so why not take on this exciting challenge today! Raise £400 in sponsorship and jump for free. We also have skydive dates available monthly. **Contact Nicola.**

Friday 4 December 3-8pm & Saturday 5 December 10am-4pm Christmas Market

Come along to the Hospice for our Christmas Market and enjoy a feast for the senses! There will be a treasure trove of presents, crafts, food and treats for your loved ones. Santa will be there both days, so bring your young ones along to visit him. Also, grab yourself a warming mulled wine whilst choosing the perfect Nordman non-drop Christmas Tree.

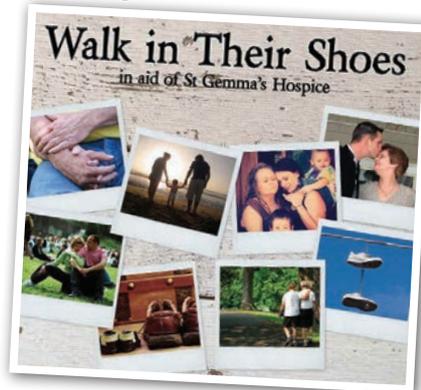
Volunteers and donated items needed. **Contact Nicola.**

Contact Details

Becky 0113 218 5505 or beckyh@st-gemma.co.uk
Charlotte 0113 218 5580 or charlotteah@st-gemma.co.uk
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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
Emma P 0113 218 5197 or emmap@st-gemma.co.uk
Emma G 0113 218 5196 or emmag@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



Sunday 13th December - 10am

Leeds Santa Dash

Ho, Ho, Ho, it's time to dust the snow off your running shoes, limber up, gather the elves together and join us for our sponsored Santa Dash in Leeds City Centre. Lots of Santas are coming to town, so don't miss out! 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. All welcome. To book your place visit www.st-gemma.co.uk/santadash or **contact Charlotte**.



Thursday 7 - Saturday 9 January 2016

Christmas Tree collection and recycling

After the huge success of last year's Christmas Tree collection, we are once again teaming up with Just Helping to bring this service back to our supporters. After the festive period, St Gemma's, along with the support of McCarthy's Removals and Storage and Leeds Commercial Vehicles, will collect your used Christmas Trees and send them to be recycled. Support a community project and raise money for the Hospice. If you have a van and want to help with this fantastic service then please get in touch. **Contact Emma P.**

Saturday 27 February 2016

St Gemma's Got Talent

Have you got Talent? Could you be the next big thing? Show Leeds what you've got and raise sponsorship money to support the Hospice. The show will be held at Queen's Hall, Immaculate Heart in Moortown and we are looking for people of any talent and any age! **Contact Nicola**.

Sunday 28 February 2016

Bark in the Park

Calling all dog owners - join us for our annual sponsored dog walk. Taking place at both Golden Acre Park and Temple Newsam Park, the walk is free to enter and all we ask is that you raise as much sponsorship money as possible. All pooches will receive a free goodie bag and certificate for completing the walk! You can register at www.st-gemma.co.uk/dog or **contact Emma P.**

Saturday 5 March 2016

Sponsored Abseil

Abseil down 10 storeys from the Portland building at Leeds Beckett University. Help us reach our £10,000 target in this amazing challenge. **Contact Tara**.

Saturday 12 March 2016

Strictly Learn Dancing

Have you ever wanted the chance to dance like they do on Strictly Come Dancing? Well now is your chance! We are looking for men and women to don their sequins and feathers, and take part in our exciting competition. You will be trained by professional dance teachers from January and invited to our glittering Grand Finale at the LUFC Centenary Pavilion. Register at www.st-gemma.co.uk/strictly or **contact Emma P.**



Thursday 17 March 2016

A Night at the Races



Hold your horses for our first ever race night at the Queens Hotel, Leeds. Ideal for hospitality, entertaining clients or colleagues, the night will include a fizz reception, four course dinner, race entertainment with cash bets and prizes, photo booth and prizes for the best race attire! Tables of ten are £400 or tables of ten including race sponsorship are £600. **Contact Jenny**.

Other ways to help...

Join the St Gemma's Running Team!

Are you a runner? St Gemma's has places in lots of runs throughout the year - if you would like to join our team for the 2016 Leeds Half Marathon, Leeds 10K, Great North Run or Yorkshire Marathon, **contact Becky**.

Pedal for our patients!

Challenge yourself like the incredible cyclists that took part in Le Tour! Join our team on one of our London to Paris bike rides in April, June, July and September 2016. Embark on the sponsored charity bike ride challenge of a lifetime! For more information visit www.overseaschallenges.org.uk or **contact Charlotte**.

Great Wall of China Trek!

See one of the most impressive manmade structures in the world. Over the 5 days you will be able to experience the sights of the Wall, trekking across vast areas and having the chance to visit remote sections rarely seen by tourists. Various dates in 2016/17. For more information visit www.overseaschallenges.org.uk or **contact Charlotte**.

A Pound Well Spent

Have you signed up to the lottery yet? It only costs £1 per week and not only do you have the chance to win up to £12,000 but you also contribute to the day to day running of the Hospice - now isn't that a pound well spent? To join please ring 0113 278 1500 or join online at www.hospicelottery.co.uk

Dates for your Diary

Vintage Fair Weekend
5-6 March 2016
11am - 4pm

Spring Fair
Saturday 19 March 2016
10am - 3pm

Leeds Midnight Walk
Saturday 18 June 2016.
Register your interest at:
www.leedsmidnightwalk.co.uk or contact Becky

Windermere Row
25 & 26 June 2016

Remember us in your Will?

Not that long ago a newspaper published some of the strangest things people had written into their Wills. They included someone who left money to a florist so they could deliver one long-stemmed red rose to his widow every day for the rest of her life, an aristocrat from Portugal who left his considerable fortune to 70 strangers who were all randomly selected from a telephone directory and a 67 year old man who left a bequest of £3,500 to seven of his closest friends with a proviso that they use it for a boozy weekend!

We are not suggesting that you include such elaborate gifts and surprises in your Will, but a donation to St Gemma's Hospice of any size would make a huge difference to our patients. In the last year, gifts in Wills to St Gemma's have ranged from £50 to a whole house! Any donation is most gratefully received and we assure you that your contribution will provide vital care and support to patients and their families in the future.

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



Festive Fundraising

Carol Singers

We're on the lookout for some festive singers to join us this Christmas for performances around the city. From formal choirs to groups of friends or families, we'd love your support at our Christmas Collections.

Contact Emily.

Letter from Santa

Make a child's Christmas magical by arranging a letter direct from Mr Claus. We can send personalised letters to boys and girls and babies on their first Christmas, in exchange for a £5 donation to the Hospice.

Contact Emma G.

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 and show your support to St Gemma's. **Contact Emma G.**

We are urgently appealing for donations of chocolates, alcohol, soft toys, gift sets, games and any craft items to sell at our fairs. We are low on stock coming up to our **Christmas Market**. If you can help, please bring items to our reception for the attention of **Nicola Harkess**.

Win a Car! Christmas Raffle!



LUSCOMBE SUZUKI LEEDS

Kindly supported by Town Centre Securities and Luscombe Motors. Take part in our Win A Car for Christmas Raffle and you could be behind the wheel of a BRAND NEW Suzuki Celerio this Christmas! Tickets are just £1 each and if you have not received any with this newsletter or for additional tickets please **contact Tracie**.



Wear it Festive!

From your festive woolly pully to your Santa socks, this December we are asking you to Wear it Festive! Take part at work, school or home and help us raise money for our patients this Christmas time. See insert for further details.

2016 New Year, New You!

We have a range of challenges and activities you can get involved with in 2016. Contact fundraising to get a complete information booklet posted to you. Eat guilt free this winter knowing we can help get you in shape in the New Year!

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.

Registered Charity No. 1015941



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