

News

Spring
2016

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



Here for the whole family

The Hospice recently secured a grant for £138,000 from BBC Children in Need. This fantastic contribution will partly fund the vital work of the St Gemma's Young People's Service for a further 3 years. The St Gemma's Young People's Service supports many children from across Leeds, where someone in the family is seriously ill or has died. One of the families we have been supporting (including Bethan, Abbie and Dan pictured right with Fearné Cotton) recently featured on the BBC Children in Need appeal show. It was an incredibly moving story about Jo (bottom picture, right) and her daughter Abbie (bottom picture, left). We feel privileged to be providing ongoing support to Abbie and her new family (pictured right). If you wish to see the clip, it can be viewed on our website: www.st-gemma.co.uk/videos

Sadly Jo died in December, but Abbie and her family continue to be supported by St Gemma's Young People's Service and bereavement team. We will be here for them as long as they need us.



Thank You!

In the last year, St Gemma's Hospice supported over **3,000** local people.

1,043 people were newly referred for patient care and more than **541**

individuals spent time on our specialist In-Patient Unit. The St Gemma's Community Nurse Specialists made **4,196** visits to patients in their own homes, or the place they call home, such as a care home. Our team delivered **2,046** bereavement support assessments and follow ups to patients' families.

Providing our expert services is a privilege, a challenge and a responsibility we do not take lightly. The whole team at the Hospice works towards three common values: caring, aspiring and professional. We aim to provide the highest possible quality care, in the best possible way, to anyone who

needs it, in the place of their choice.

We provide it all free of charge – but we need to raise **£25,000** per day to enable us to do this. A patient told me recently that she felt 'lucky' to be in the care of St Gemma's Hospice.

Actually, we at the Hospice feel that we are lucky and extremely fortunate to have such a generous and caring community who enable us to be here. Without you, we would not be able to continue providing our vital services. Thank you for all you do.

Kerry Jackson - Chief Executive





Understanding patients better

This year a group of Hospice staff came together to work on a project that looks to support patients who find it difficult to communicate their needs. This may be for a variety of reasons including confusion, loss of the ability to speak or through extreme frailty and fatigue. The group developed a booklet entitled 'Helping us understand you' which is completed by patients or their family to help the Hospice staff get to know them and the things that are important to them. It has been well received by patients, families and the nursing teams and we will continue with this important work in the future.

You've funded a Nurse!

Thank you to everyone who contributed to our 'Best Supporting Role' appeal, raising money to cover the salary of a Nurse working on our In-Patient Unit. The cost of a Band 5 Nurse's salary is £25,000 so we are therefore delighted to have received over 700 donations, raising almost £27,000 including Gift Aid. We think the Nurses are the stars of the Hospice in the work that they do to support our patients and it is clear that many of our supporters feel the same. Thank you all!



Fancy a London to Paris bike ride?

Or a trek along the Great Wall of China? Why not challenge yourself in 2016 whilst raising valuable funds for the Hospice. Visit:

www.st-gemma.co.uk/overseaschallenges for full details.

Open Garden

We're looking for green-fingered gardeners 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 18 from 10am - 2pm 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 Emma on 0113 218 5565 or emmag@st-gemma.co.uk

We Value Your Views

We are most grateful to everyone who takes the time to give feedback about any aspect of our care or service. Whatever your connections with St Gemma's - patient, family member, visitor to the Hospice or valued supporter, your thoughts are really important to us and help us to improve and develop our services.

We proactively carry out surveys with our patients to gather feedback about their experiences of St Gemma's care. Patients and their loved ones often provide a unique insight into what we do and how well we communicate – and we value, and do our best to act on, their input.

The most recent results from our In-Patient Unit highlight the value of the Hospice's food service. One patient commented that the food and hospitality had been 'like a 5 star hotel!'

We are not able to share everyone's feedback with you, but thought the following encouraging comments and words reflected the sentiments felt by many of you.

Thank you!

“ The words thank you seem so small in comparison to the enormously wonderful kind dignified care for patients and their families. ”

“ You provide the care for our friends and loved ones that we aren't able to offer - we do what we can, but it can't replace professional, knowledgeable care. And dignity of course - your patients retain their personality to show the outside world as the difficult, painful physical things are looked after by you. ”



“ Well done to all the support staff behind the scenes who make it all possible. ”

“ 24/7 clinical and supporting teams are making a difference to 100s of patients and families each day whether in the ward; Day Hospice; Community and bereavement support over the telephone or face to face. ”



“ I will never forget the kindness shown to him. When you are ill, kindness is the main gift to the patient and you all showed it in abundance. ”

Introducing Gemma the Giraffe...

A warm welcome to the newest member of the St Gemma's team – Gemma the Giraffe!

Look out for our new Mascot around Leeds and come and say hello at our Spring Fair on **Saturday 19 March!**



Who would have thought...

That your small change could make such a huge difference! In 2015, your collection boxes and Coins for Caring boxes raised £70,719, providing 157 days of care for an In-Patient. Take a collection box for your home or business, and help us to raise even more in 2016! Contact Emma on 0113 218 5565 or emmag@st-gemma.co.uk



St Gemma's – the Long View

Professor Gerald Richards has been involved with the Hospice for many years. He Chaired the Board of Trustees and is now one of our Patrons. He reflects on his time with St Gemma's:

'When the Sisters of The Cross and Passion founded St Gemma's in 1978 – at first as a nine bed unit with a day centre – they adopted as the Hospice motto 'Love knows no measure.' Although it has since changed to 'Always caring', the vision throughout has been to provide the best possible care for seriously ill people and their families.

The hospice movement was in its early years. For us, they were heady days – with royal visits, prestigious fundraising events and the opening of new Hospice accommodation and the Education Centre. But a hospice is more than its buildings; it is its patients with their families and the staff, volunteers and supporters. Certain names inevitably come to mind when reflecting on past years – Sister Mary Sloan (foundress and first Matron), Sister John Vianney (in the kitchen), Canon Lyons, Dr John Sinson (Medical Director), John Donegan (Secretary to the Board), Steve Kirk (Chief Executive and Director of Nursing) and many, many more.

We can be proud of the way St Gemma's has always striven to be at the forefront of developments in palliative care, whether in treatment, research, education or in reaching beyond its boundaries to patients' homes and care homes – and even to Bosnia through the work of Sisters Anne Cunningham and Rosaleen Murray. Along with the Sue Ryder Hospice in Headingley, we serve mainly the people of Leeds, but also act as a catalyst for the development of services internationally. Hospices are a bright light at a time when respect for life is being



seriously eroded but, because of diminishing financial support from the NHS, it is also a time of increasing dependence on the remarkable generosity of the public.

The late Rabbi Dr Solomon Brown said in 1977: "You are planting the seed well. May they grow into strong plants and may those who follow in this great work be of the same calibre as the valiant women who had the faith and courage to plant the seed." He would have been pleased to see his prayer answered; and I have been greatly privileged to play a small part over the past 38 years.'

Leap into action this Leap Year!

Monday 29 February is a special day this year – it's Leap Year! We're 'proposing' that the people of Leeds 'Leap Into Action' and help us to raise £25,000, the equivalent of funding our whole service for one day. Use this extra day to make a real difference in 2016. Please visit www.st-gemma.co.uk/LeapYearGift for details on to get involved.



News from our Retail team

We have a chain of 22 charity shops which just couldn't function without volunteers. We are currently recruiting to our fantastic team and hope you will be able to spare an hour or two in your local shop. Working alongside the Shop Manager, you'll become part of the team which

generates as much income as possible to support patient care. We have branches throughout the Leeds area so call into your local shop today or phone Christine on 0113 218 5556 for more details.

Easter Cards are on sale now in all branches. Or visit our online Gift Shop www.st-gemma.co.uk/shops for a selection of gifts and Easter treats. Also check out our Ebay shop online for some amazing designer bargains! www.stores.ebay.co.uk/stgemmahospiceshop

Raising funds to provide our amazing care...

Contact Details

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Jenny 0113 218 5296 or jennyd@st-gemma.co.uk
Nicola 0113 218 5570 or nicolah@st-gemma.co.uk
Emma P 0113 218 5197 or emmap@st-gemma.co.uk
Emma G 0113 218 5565 or emmag@st-gemma.co.uk
General: 0113 218 5555 fundraising@st-gemma.co.uk

www.st-gemma.co.uk

Saturday 5 & Sunday 6 March

Vintage Fair Weekend, 11am - 4pm

We have 30+ stallholders from across Yorkshire bringing you the best in retro and vintage clothing, furniture, classic vinyl, quirky homewares, jewellery and artwork all dating from 1920s- 1990s. BBC Leeds Auctioneer Gary Don will be at the fair on Saturday morning 11am-1pm valuing your antiques. For more information visit www.st-gemma.co.uk/vintagefair or **contact Charlotte**

Thursday 17 March

A Night at the Races kindly supported by

Hold your horses for our first ever Race Night at the Queens Hotel, Leeds sponsored by William Hill. Ideal for corporate hospitality, entertaining clients, colleagues and networking opportunities the night will include a drinks reception, four course dinner, race entertainment with cash bets and prizes, photo booth, auction and prizes for the best race attire! Tables for ten people are £400 or tables for ten including race sponsorship are £600. **Contact Jenny.**



Saturday 19 March **Spring Fair**

At the Hospice from 10am-3pm. With a plant sale, Easter Egg Hunt, plenty of stalls, tasty treats, warming food from the Bistro and lots of games and fundraising stalls, it promises to be a day out to put a spring in your step! If you would like to donate items for stalls or would like to volunteer, **contact Nicola.**

Friday 25 March **Visit Skipton Castle**

For the 30th consecutive year Skipton Castle will kindly be donating half of their admission fees on Good Friday to St Gemma's. Why not take your family for a fabulous day out and visit this 900 year old medieval castle. **Contact Jenny.**

Monday 4 April - Monday 27 June **Swim a Marathon Pool Challenge**

Take on the challenge of swimming the length of a marathon in your local swimming pool. Swim 26 miles over 12 weeks, or push yourself to complete it even faster! Take part as a relay team or take on the challenge yourself. Visit www.st-gemma.co.uk/swim or **contact Emily.**

Saturday 23 April **Leeds Bubble Rush**

Brand new for 2016! Join us for Leeds first ever Bubble Rush! This event is a 5k fun run at Harewood House, filled with family friendly, bubbly, fun! There will be 4 different coloured bubble stations along the course to make sure you are covered head to toe in bubbles! For more information and to register visit www.st-gemma.co.uk/bubblerrush or **contact Charlotte.**

Friday 27 May **Go Purple!**

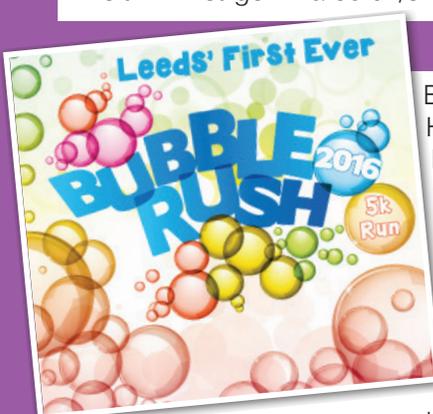
Go Purple! is back for 2016. Do something purple with friends, family or colleagues for St Gemma's. From wearing a purple accessory to holding a purple quiz night, we have lots of exciting ideas and materials to make your Go Purple! event a success. For further details visit www.st-gemma.co.uk or **contact Jenny.**

Wednesday 15 June **Annual Golf Day**

Swing into action at this year's Golf Day held at Moor Allerton Golf Club. Teams of four are £380 or enter a team of four with hole sponsorship for £500. Includes lunch, dinner and prize giving. For full details **contact Jenny.**

Saturday 25 & Sunday 26 June **Windermere Row**

See back cover for more details or **contact Nicola.**



Saturday 18 June

The Leeds Midnight Walk

The 2016 Leeds Midnight Walk

This June sees The Leeds Midnight Walk celebrate its 10th anniversary! Join hundreds of St Gemma's supporters and take on the 7 or 10 sponsored walk all while raising vital funds for the Hospice. Since the event began over £752,431.00 has been raised for St Gemma's! To celebrate our anniversary, we want to light up the streets neon, so all t-shirts will be brightly coloured! We would love to have 1000 walkers in this special year and for the first time, we are also inviting men to take part in this previously ladies-only event.

Setting off from Xercise 4 Less Gym in Kirkstall at 10pm, the route takes walkers past the beautiful Kirkstall Abbey, into Horsforth and onto West Park. There is a half way stop for all participants where drinks and snacks are available to keep your spirits high during the second half of the walk. As you return to the gym at the end of the walk, you'll have your hard earned medal placed around your neck and each walker will receive a small goody bag.

Registration is open now at: www.st-gemma.co.uk/leedsmidnightwalk or call 0113 218 5505 to register over the phone or request a paper registration form. So go on – sign up for St Gemma's flagship event with your friends and family, have a Saturday night out with a difference – and know that you will be making a difference to St Gemma's in 2016.

Kindly supported by:



Saturday 6 & Sunday 7 August

Tough Mudder Yorkshire

Summon every bit of strength and grit you have to complete this awesome obstacle course! With deep bogs, rolling hills and thick mud, this is a real challenge. Sign up and fundraise for St Gemma's. Visit <https://toughmudder.co.uk/events/2016-yorkshire> to register or **contact Emily**.

Various Dates

Skydive for St Gemma's

Fancy taking on a skydive challenge!? www.st-gemma.co.uk/skydives Patients and their families take on challenges every day at St Gemma's- help to make sure they provide the best care possible. Raise £400 and skydive for free! Choose bespoke dates. For more information **contact Nicola**.



Congratulations to our 'Win a Car! Christmas Raffle' winner!

Congratulations to Simone Moran who was the lucky winner of a brand new Suzuki Celerio in our Christmas Raffle. Simone bought her winning ticket from her Mother, Ann Moran. Simone and Ann have both been keen supporters of St Gemma's Hospice for many years and have always participated in St Gemma's raffles and fundraising events. Simone said: 'I can't explain how surreal it feels to get a phone call to tell you you've won a car, even a month later it feels amazing.'



Thank you to everyone who bought or sold our Christmas Raffle tickets helping us to raise nearly £40,000 towards our patient care. The Christmas Raffle was kindly supported by Luscombe Suzuki Leeds and The Merrion Centre. For further details about our Hospice raffles please **contact Jenny**.

ST. GEMMA'S HOSPICE

WINDERMERE ROW

Saturday 25 & Sunday 26 June

This year will be the 35th annual Windermere Row - our longest running event that has raised well over £1.5 million since it began in 1981. It is a fantastic weekend in a beautiful location and we are calling people to get a team together with their colleagues, friends or family!

2, 4, 6, 7 & 8 man boats are available to reserve for Sat 25th or Sun 26th June and you can take on 10 or 21 mile routes to either Bowness or Fellfoot, returning to the Wateredge Inn in Ambleside, where you can enjoy some delicious food, great scenery and a drink to celebrate a fantastic achievement!

Help us to carry on providing our expert care, raise lots of money and have a fantastic weekend at the same time!

**REGISTER YOUR BOAT AT
WWW.ST-GEMMA.CO.UK/WINDERMERE**

**OR CONTACT NICOLA ON 0113 218 5570
NICOLAH@ST-GEMMA.CO.UK**

Join the St Gemma's Running Team!

We have places in various runs through 2016, so come and join our team today!

The Leeds Half Marathon – Sunday 8 May 2016

ITU World Triathlon Leeds, Olympic and Sprint Distances –
Sunday 12 June 2016

The Leeds 10K – Sunday 10 July 2016

Great North Run – Sunday 11 September 2016

Yorkshire Marathon – Sunday 9 October 2016

Call 0113 218 5555 for details.



Dates for your
Diary!

Vintage Fair Weekend
21-22 May 2016
11am - 4pm

Garden Party
Sunday 3 July 2016
12noon - 4pm

Vintage Fair Weekend
9-10 July 2016
11am - 4pm

Skydives Dates
6 March, 8 May, 29 June,
31 July, 10 September,
27 November 2016

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.
Registered Charity No. 1015941



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