

## CELEBRATING 25 YEARS SERVICE

by Sister Brigid Murphy C.P.



Children perform at the 25th Anniversary Celebration in Leeds Town Hall

St. Gemma's Hospice recently celebrated 25 years of service to the people of Leeds and beyond with two special celebrations. Firstly, Bishop Arthur Roche presided at a special Eucharist at the Immaculate Heart Church on June 19th to give thanks for all the blessings received over the years. This was a lovely occasion of celebration involving patients, relatives, staff and volunteers in bringing forward symbols depicting the life of the Hospice. A reflection given by Marie Martin, author of the history of St. Gemma's, on the spiritual meaning of home linked to the theme 'Home from Home' which the Hospice offers to those who have a need for specialist palliative care. It was a very special occasion made all the more memorable because Sister Mary Sloan and Sister Cecilia Foley, both former matrons, were able to be present and participate.

The second event, attended by more than a thousand people, took place in the Town Hall on June 20th. It was an evening of remembering, reflection and celebration. Four of the main choirs from the City of Leeds, under the direction of Ben Saunders and Dr Simon Lindley, combined to fill the Victoria Hall with wonderful music and song. Irish dancers from the Joyce O'Donnell School, Saaz (an Indian Music group) and the Madrigal Group from Cardinal Heenan School, under the direction of Sally Barnes, all gave us wonderful entertainment. Cathy Hendal gathered young people of all ages from around the city into a wonderfully lively Gospel Choir who won the hearts of



Steve Kirk, Chief Executive and Director for Excellence in Nursing; Sr Mary Sloan CP and Sr Cecilia Foley CP, former Matrons; cut the 25th Anniversary cake.

all present. The Hospice story was told by Pauline Dodsworth and Steve Kirk presented the Hospice as seen through the eyes of patients and relatives. Especially moving was David Simpson's reflection on his own experience when his wife was a patient and also of the follow up support that helped him cope with his grief.

Representatives of the religious and civic leadership of the city participated and affirmed the original vision of the Sisters in beginning the Hospice and also the development of that vision by the present Board, staff, volunteers and the many friends and supporters. The Hospice is seen as a real work of collaboration involving people from all sections of the community in Leeds and beyond, centring around the needs of patients

and their relatives. A moment of remembrance was held for all those who had received care from the Hospice over 25 years during which, to the background of harp music, faith representatives lit one candle from many as a symbol of St. Gemma's commitment to the whole community in Leeds. Dr John Sinson, a former medical director, read a psalm in Hebrew symbolizing our long and warm connection with the Jewish community.

Throughout the evening Geoff Druett, of Yorkshire TV, skillfully and sensitively linked the events of the evening into a seamless presentation making it a night to remember. Sister Anne Cunningham, the International Leader for the Sisters of the Cross and Passion, in her thank you focused on the joy she felt that so many young people had participated in the evening. It was an evening of looking back and remembering. Now we look forward to the future. As Sister Anne said, "For 25 years St. Gemma's has been a celebration of life – an oasis of peace and tranquility for many people – it is a service that will continue to be needed at a time when, in our world, there is little value or respect for life. We look forward to the future and are committed to continuing our service to the people of Leeds who may come to St. Gemma's where they will experience care and "Love that knows no measure." We take this opportunity of saying a big thank you to all our supporters from the beginning until now. Every contribution is a thread in the weaving that is St. Gemma's."

# A PERSONAL REFLECTION ON OUR CARING WORK

*a moving speech given by David Simpson at the 25th Anniversary Celebration*

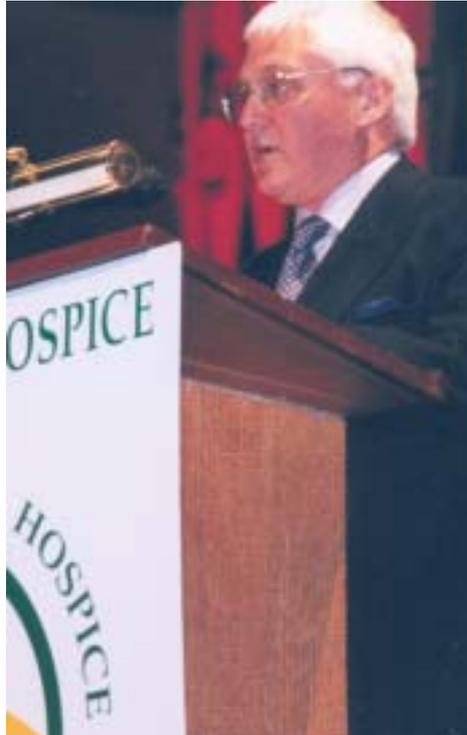
**Grieving is an intensely personal matter but I feel privileged to be speaking this evening on behalf of all those here who, like me, have lost a close relative or friend who has died while in the care of St. Gemma's. It is a daunting task to share with so many my own private reflections on what the loss of my wife Carmel meant to me and in particular the part that those at St. Gemma's played in caring for her during the last few months of her life.**

Carmel died nearly eight years ago; almost exactly a year after her brain tumour was first diagnosed and was found to be malignant. I can remember my own feelings of intense anger at the unfairness of it all. Carmel's approach to her illness was so much more positive than mine. I had known from the outset that her general prognosis was not good but her condition improved considerably for several months after her initial operation. This period was a special one in both our lives. Her concern was for others far more than for herself. Her joy in life was infectious and she helped me to overcome my own negative thoughts of self-pity and anger.

However when it became apparent that the chemotherapy was not having the hoped for effect Carmel asked her consultant outright what her future was likely to be. Realising that she was the kind of person who would expect to be told the truth and could handle it he told her that her life expectancy was a matter of months. I know that it was the answer she had been expecting but it must have been the darkest moment of her life.

It was at this stage that we were referred to St. Gemma's. I can well remember the first visit made to Carmel at home by a member of the Community Care Team. She went into the garden with Carmel and they talked together for perhaps two hours. What they talked about I do not know but it soon became clear that it marked the beginning of the process whereby Carmel was able to come to terms with her fears and concerns over the future for herself and her family. I shall always be grateful to the continuous support at home that Carmel received over the next few months. In retrospect I cannot imagine how we would have been able to cope without it. Most important of all was the fact that it enabled both of us to come to share those last few precious months, to deepen our relationship and say all those things to each other that needed to be said. I knew what she expected of me once she had gone.

When Carmel reached the final stage of her illness she was admitted to the Hospice well aware of the inevitable outcome. By this



time she was in a wheelchair and we both knew that I could no longer look after her at home. As we lived just round the corner she came for the occasional visit but I realised that as time went on she was more content to remain fully at the Hospice. This was not so much for the medical care that she required but more importantly for the love and spiritual support that she was receiving from all those with whom she came into contact as an inpatient, some of whom to this day I may never have met or known. I did not feel that I was letting her go, so much as I was entrusting her to the care of those who enabled her to face her death with dignity and hope. To you all and on behalf of all those here this evening, who have been bereaved in similar circumstances to mine, I say a profound thank you.

I freely admit to being one of those people who used to have a closed mind on the subject of counselling. I have been known to argue that facing one's emotions by opening up old wounds can sometimes do more harm than good. However following Carmel's death, I received great help from the

sessions on coming to terms with bereavement run by the Social Work team. It was perhaps only after a lapse of several years that I began to appreciate fully what St. Gemma's has done for me as my life has moved on. My association continues as a member of the Board of Management. It is for others to judge the value of my contribution but I find this continuing association with the work of St. Gemma's personally one of the most rewarding aspects of my life. There are of course continuing regrets. I feel sad that Carmel did not live to see her children married. Our first grandchild is expected in a few weeks time. A few weeks ago, at a thanksgiving service for the life of one of my relatives, an extract was read from a speech entitled "Modern Man faces Death" made by Metropolitan Anthony Bloom which I found of comfort and inspiration. This speech may well be known to some of you and, in conclusion, I would like to quote from it a few words. "One thing is at the front, with every bereaved person – the sense of separation, of being left alone. One has to accept it creatively and say, "I have a double task to fulfil – the dead person's work and my own. I must be great for two, reveal integrity for two." To the extent that I have been able to aspire to this aim over recent years I owe a huge debt to St. Gemma's and to all those who played a part in its foundation and its continuing work. Thank you all, and may your work continue to flourish in the years to come.

## St. Gemma's Annual Review

The latest Annual Review covering our Achievements for 2002/3 and Aspirations for 2003/4 has been published. As it is our 25th anniversary year, this is a special edition in A4 format and includes photographs highlighting the people, buildings and activities that make up St. Gemma's, as well as the background information about how we have performed over the past year.

If you would like a copy, they are available on request from Pauline Storey: 0113 218 5555.

## Sister Brigid Murphy Awarded MBE

Our warmest congratulations go to Sr Brigid Murphy C.P. for being awarded an Honorary MBE. This honour is conferred on her by Her Majesty the Queen, 'In recognition of the outstanding services you have rendered over many years to the care and support of the terminally ill and their families at St. Gemma's Hospice.'

Sr Brigid will be well known to our supporters as being the Director for Excellence in Spiritual Care and Chaplaincy Team Leader. For those of you who have had the pleasure of spending time with Sr Brigid I'm sure you'll agree it is a justly deserved award. The award itself will be presented to Sr Brigid in London within the next few months.

Sr Brigid says she is happy to accept this award on behalf of the team because, 'It is never one person but all of us working together that can make a difference to the quality of care that people experience at the Hospice.'



## Calling all budding Alans, Rachels, Montys and Dimmocks

The renovation has left us with a wonderful one and a half acre garden. But it has also left Denis, our magnificent gardener, rushed off his feet! We have planned for some time to develop the gardening team at St. Gemma's and now is the right time to move ahead with this.

We now have the basis for developing the garden into a series of different garden areas, but this will take time and people to achieve. Denis is keen to build up a team of regular volunteer gardeners, who can offer as little or as much time as they can, assisting with the work of both keeping the garden tidy and helping with the development of new plants and garden areas.

He would like volunteers to have some knowledge of gardening, but you don't have to be an expert, although if you have a special interest, such as wild flowers or propagation, that would be useful. All the equipment required is provided by the Hospice. Volunteers must be reasonably fit, however, for obvious reasons.

So if you could spare a few hours a week, or could even offer perhaps a day a week or month, please consider offering your services and contact Mavis Davison at our personnel department on 0113 218 5529.

If you would like to see the gardens first or have a chat with Denis, please feel free to turn up during the daytime on Monday to Friday and reception will locate him for you.



## Horticultural Groups

Some of you reading this newsletter may well belong to local horticultural groups. If you do, would your group be interested in helping with some propagation for us or even some plant swaps? Again, Denis is the man to talk to.



## St. Gemma's Leads Development of Academic Group

St. Gemma's is working with other partners in Leeds to develop a formal group that will promote academic palliative care and pain management. The partners are the Chronic Pain Management services at St. James's Hospital and the School of Healthcare Studies at Leeds University.

The group will be called the Pallium Group. The name is derived from the Latin word for a cloak. Our modern use of the word 'palliative' comes from pallium, meaning to cloak or cover symptoms, and hence its relevance to pain management and palliative care services. Pallium is also used to describe the grey matter that 'cloaks' the brain and this further emphasises the academic focus of the group. The group will focus on the following themes:

- i Consolidating and extending research and education initiatives between the partners.
- ii Fostering inter-disciplinary working practices.
- iii Integrating research and education into palliative care and pain management clinical services (for adults and children) in Leeds.
- iv Providing a lead for regional, national and international developments in research and education across these clinical areas.

Academic activity is inextricably linked to improvements in clinical care and this is increasingly recognised within health care services. A service or network with clear academic support is therefore more likely to develop clinically through improvements in research, teaching and training than a service without such support. Potential benefits would include better knowledge to control distressing symptoms and more understanding of the needs of patients who are terminally ill. This knowledge will also be used to teach students and healthcare staff in Leeds and Yorkshire.

Dr Mike Bennett is leading the proposal on behalf of St. Gemma's which will build on a number of research and education initiatives already established. The formation of the group will allow further academic development with the ultimate aim of improving the clinical care for patients.

## Raising the Flag

Our annual Leeds Flag Day takes place this year on Saturday, 11 October in both the City Centre and the suburbs. It is a really important part of the fundraising calendar and we hope it will raise over £8,000 this year. We will be providing entertainment on Briggate, in the City Centre, to attract the shoppers. Many local churches provide us with collectors for the suburbs but we always need more helpers to shake cans, either in their local area or in the city. We would also love to hear from groups of people; i.e. sports, work or social groups, as well as individuals. If you would like to help, please contact Joyce on 0113 218 5565.

# Reception at Buckingham Palace

by Steve Kirk, Chief Executive and Director for Excellence in Nursing

It was the hottest day of the year so far and Staff Nurse Jo Benson, John Smith, Hotel Services and Facilities Manager and I left Leeds expectantly on our way to Buckingham Palace for a reception being held by the Queen for winners of the Queen's Award for Enterprise. St. Gemma's is the first hospice to have won the award for its commitment to staff development, leadership and management expertise and for building a new hospice committed to energy efficiency and recycling.

An unexpected offer from Fabian Hamilton, MP for North East Leeds, to show us around the Houses of Parliament was eagerly accepted and by mid-afternoon we headed past Big Ben to meet him. Asking a frazzled commuter to take our picture was met with irritated frowns but our first picture of a memorable day was in the bag. Fabian was a gentleman and very knowledgeable about the history of Parliament. We had tea on the terrace overlooking the Thames and then a guided tour of Westminster Hall and the Crypt ending up in a cupboard under the stairs! Emily Davison, a suffragette, had hidden there overnight during the census of 1911 to ensure women got the vote. Sadly she died of her injuries when she threw herself in front of the King's horse in the 1913 Derby.

A short walk along Whitehall and we crossed Green Park heading for the palace. By the time we'd had our tenth picture taken – mostly by tourists who couldn't speak English – we were outside Buckingham Palace and showing our passes to the police. Fifteen minutes later and we were being served drinks and eating canapés amongst a stunning backdrop of priceless paintings and antiques in the company of the other 122 organisations in the UK that had won the award. St. Gemma's was one of only ten organisations that had won the Sustainability category. Without much warning we seemed to slip into an orderly queue and on entering the next room the Queen and Prince Philip were shaking our hands and asking where St. Gemma's was. It was a surreal experience and one which seemed to be over in a moment. Making our way back to the main room we stood on the balcony overlooking the palace gardens and chatted about the experience. The Queen's pink dress and gloves, her firm handshake, what we said, and how small they both looked were just some of the talking points.

A discussion with the Master of the Household – a Vice Admiral – ended with him being surprised at the misconceptions he had about hospices and an apology from him for putting 'hospital' on our badges rather than 'hospice'. The evening continued with more drinks and canapés, discussions with business people and organisations

ranging from Primary Pelagic Processors to Hatching Egg Exporters and Cereal Bar Manufacturers to Pharmaceutical Hydrogel for Childbirth – completely different worlds to hospice care but similarities in terms of commitment to their customers and making the best of their organisation and supporting their staff.

Standing around chatting our eyes wandered over classic pictures by Rembrandt and other famous artists completely covering all the walls. Prince Philip, the Queen, and Prince Andrew slowly circulated around the room speaking with award winners. The throng gathering slowly around them as they moved from room to room.

Before we could blink the time was up, it was 8 p.m and we were heading down the red carpet and back through the courtyard to leave the palace. Midnight loomed and passed as we finally arrived at Leeds City Station. We were all exhausted, but pleased to have represented St. Gemma's at a truly memorable event.

## Swap a Box?

A big thank you to all our supporters who have home collecting boxes. However, we now have so many collecting boxes out in the community that we are fast running out of yellow and green ones. We do have a large supply of Coins for Caring boxes in two sizes which are probably more attractive to have in your home. If you would like to swap your plastic box for a Coins for Caring box, please contact Joyce on 0113 218 5565.

## St. Gemma's Hospice

### Personalised Christmas Cards



In partnership with Kingsmead Publications we are pleased to be able to offer a superb range of high quality cards, personalised with your name and address details. Prices from as little as 60p a card

Call today for a full colour brochure 01372 459 579 or visit [www.charitycardsdirect.com](http://www.charitycardsdirect.com) to view the range and order online

Guaranteed returns of 100% to our charity!

## Two More Shops for St. Gemma's!

We have had a busy few weeks in our shop chain. We opened two brand new shops within two months of each other. They are located at King Lane in Alwoodley and Lidgett Hill in Pudsey and are both welcome additions to our ever growing team. Our King Lane shop is small yet very perfectly formed and is rapidly building a reputation for having really fantastic quality donations on sale. Our Manager, Sarah, her Deputy, Mags and all the volunteers have really settled in and are constantly amazed and delighted with the goods we have brought to the shop.

Our Pudsey shop opened in June and is absolutely beautiful – really bright and airy. Amanda and Gill, (the Manager and Deputy) and their team keep the shop really well stocked and looking great and the response from the local shoppers has been fantastic. These two new openings bring our shops total to ten – quite a growth from the two we were operating just five years ago. We rely very heavily on the shops to bring in a big chunk of income for the Hospice and we always welcome donations of goods and offers of help from potential volunteers. Please either call into your local shop for more info, or call the Hospice on 0113 218 5555.

We have recently increased the amount of 'bag drops' around Leeds in order to keep our shops filled with lovely stock for you to buy. We have two vans that visit different areas around Leeds, posting those white official St. Gemma's bags through your letterboxes in the hope that you will be able to fill them for us. We give between three and seven days for you to fill the bags and if you do receive one, the day our drivers will be returning is marked on the back. We are aware that lots of charities post bags now and sometimes you may receive more than one in a week, but they really are one of the most efficient ways for us to get stock, so please do fill them if you can.

## Who gives us eXtra!

We have some staff from Halifax plc working in our Hospice garden. Once a month, a team of six turn up to help hump tons of soil, plant annuals and spread coco-chippings to help stop weeds. It is part of the Halifax's Employee Volunteering Programme, where members of staff put themselves forward to work for a charity of their choice for one day a month. If they are approved by their line manager to do this, they are seconded to the charity and the Halifax also makes a donation to the charity for each person involved. The team will be with us through until December.



**Sister Cecily Mary C.P., who was a cherished member of the Cross and Passion Sisters, died suddenly on July 21st. She will be sadly missed by the Sisters, by her family and by the Hospice. Sister Cecily was one of the pioneers of St. Gemma's in 1978 when she was involved in the Sisters' leadership team. She served on the Board of Trustees and always maintained an interest in its life and developments. Following her retirement from teaching in Bradford and community leadership she came to St. Gemma's Convent in 1992. She put a lot of energy into fundraising for the Hospice. Her great capacity for hard work and enjoyment meant that she lived life to the full and with a commitment that inspired others. May she rest in peace.**

# Forthcoming Events



## ■ TEA AT TWO

The first Tuesday of the month is the regular date for Tea at Two. Held in the Hospice Conference Centre the monthly event has become a must for all our supporters who enjoy a lovely cuppa and the chance to buy quality products from our stalls. The fun starts at 2 p.m and the dates for the next Tea at Twos are: October 7th and November 4th. More information from Giles on 0113 218 5559.

## ■ HAREWOOD HIKE

Thanks to everyone who has signed up to take part in our annual autumn sponsored walk in and around the lovely grounds of the Harewood Estate in north Leeds on Sunday, 14 September. Places are available so if you would like to take part in either the five or ten mile route, enjoying reduced entry to the Harewood Estate whilst raising funds for a good cause, call Laura on 0113 218 5570.

## ■ 3RD ANNUAL ROUNDHAY RUN

The date of this year's Roundhay Run has now been changed to Saturday, 27 September. Why not join us for this enjoyable 5-mile off-road race? All are welcome, whether you are competing for a personal best, trying to get fit or taking part just for fun. Please call Kirsty on 0113 218 5505 for more details.

## ■ SHINEY ROW CONCERT

The world-renowned Shiney Row singers are performing to raise funds for St. Gemma's at Wetherby this autumn. On Saturday, 27 September the choir are taking to the stage at St. James's Church, Wetherby. Tickets and more information regarding this 'must see' event are available from Hospice supporter, Christine Clayton on 01937 583 496.

## ■ GARFORTH COFFEE MORNING

Our friends in Garforth are all welcome to St. Gemma's Coffee Morning at the Miners Welfare Hall on Saturday, 11 October from 10 a.m to noon. In addition to Christmas gifts, cards and calendars we'll have stalls selling jewellery and bric-a-brac. Freda and Christine will be serving their fantastic scones.

## ■ AUTUMN FAIR

Please join us for our Autumn Fair, which will take place at the Hospice on Saturday, 18 October from 10 a.m to 2 p.m. With all our usual high quality stalls selling jewellery, floral arrangements, books, plants, and home baking, this is the perfect opportunity to snap up a few bargains before the Christmas rush! Please call Kirsty on 0113 218 5505 for more details.

## ■ THE 'NIGHT OF A THOUSAND DREAMS' BALL

To celebrate the Hospice's 25th Anniversary, we are holding a very special Ball. The event will take place in a glittering marquee in the stunning grounds of Harewood House on Saturday, 1 November. This black tie event will include a champagne reception, three course dinner and live entertainment. The cost is £750 for a table of 10 guests. For details and corporate packages, please call Nicola on 0113 218 5557.

## ■ LIGHT UP A LIFE

Christmas is always a time for thinking of family and friends, whether they are near or far. Our annual Light up a Life celebration can be a good opportunity to remember a loved one from whom you are separated this Christmas. If you would like to sponsor a light on our Christmas tree, which will be illuminated at our Carol Service on Sunday, 7 December at 4 p.m. Please see the attached leaflet for details or call 0113 218 5555.

## ■ LONDON MARATHON 2004

If you would like to pound the streets of the capital and raise money for a good cause whilst taking part in the world's most famous marathon, we have a limited number of places available. Please contact Kirsty on 0113 218 5505 for more details.

## ■ INTERNATIONAL HOSPICE CHALLENGE

If you are looking for the challenge of a lifetime, why not join the International Hospice Challenge and take part in one of our exciting treks in a host of destinations – including Iceland, Spain and far flung places like the Inca Trail in South America. For more details call Kirsty on 0113 218 5505 or check out the website: [www.hospice-challenge.org.uk](http://www.hospice-challenge.org.uk)

## ■ AND FINALLY...

September is Foreign Coin Month at St. Gemma's Hospice. To find out how you can donate any unused foreign currency, please call Laura on 0113 218 5570.

## St. Gemma's Hospice The First 25 Years

A fully illustrated 72 page book rejoicing in the first 25 years' service of the Hospice is now available. If you would like a copy please return the form below to:-

St. Gemma's Hospice, Book Order,  
Moortown, Leeds, LS17 6QD.

Please allow 28 days for delivery.

I would like to order ..... copies of:  
**St. Gemma's Hospice, The First 25 Years**  
at £4.95 a copy which includes postage.

I also enclose a donation of £.....  
and enclose a cheque for a total of £.....  
payable to 'St. Gemma's Hospice'

Name .....

Address .....

Postcode .....

Telephone .....

# Summer Roundup



## ■ WINDERMERE ROW

Many thanks to the thousand rowers who took part in this year's Windermere Row and completed either the ten or twenty-one mile row along England's largest lake. Those of you who rowed on the second weekend may have enjoyed much better weather than the rainy first weekend but well done to you all for a fantastic achievement – we hope you enjoyed it whatever the weather! To date we have raised over £30,000, and there is much more sponsorship money still to come, so thank you for your fantastic fundraising efforts – if you still have sponsorship money to send us, please mark it for the attention of Nicola and make sure you include the team name you rowed under.

## ■ SUMMER GARDEN PARTY

Thank you to everyone who supported our annual Summer Garden Party in July, particularly our cheerful and hardworking volunteers and supporters who ran stalls, served refreshments and did all kinds of invaluable work behind the scenes. Altogether we raised £10,000 – well done and thank you to all who took part!

## ■ GOLF DAY

The annual Shipley Paints Golf Day goes from strength to strength. Thanks to all the teams who took part and very well done to organisers Richard and Martyn once again for raising a fantastic £5,000 for St. Gemma's Hospice.

## ■ ARTS EXHIBITION

Our thanks go to everyone on the Committee, all those who helped organise the Third Annual Arts Exhibition at Leeds Grammar School and co-sponsors, Godloves and Brown Butler. The event was a great success and raised in the region of £9,000 for the Hospice, almost double last year's amount! Plans are already afoot for next year's exhibition from 15th – 18th July 2004. More details from Giles on 0113 218 5559.

## ■ YORKSHIRE DALES WALK

Many thanks to our intrepid band of walkers who took part in the 16 mile Yorkshire Dales Challenge Walk. We hope you all enjoyed the day. If you have sponsorship money outstanding, please send it for the attention of Kirsty in the Fundraising Department.

## ■ JUMP FOR ST. GEMMA'S!

Let's get 25 Parachute Jumpers for our 25th Year! If you fancy an exhilarating (and daredevil) jump from 10,000 feet, we're the people to speak to. You could jump for free and raise lots of money for the Hospice. Dozens of brave individuals have signed up to take part in our ongoing parachute jumps, and have already raised almost £2,000 this year. If you'd like to take part and experience an exhilarating skydive, please call 0113 218 5570 for a free information pack.

## ■ GRAND SUMMER PRIZE DRAW

Thanks to all who have bought and sold summer raffle tickets. So far we have raised an incredible £20,000 for the Hospice and we couldn't have done it without your hard work and generosity. We sent out more tickets than ever before this summer, but to try and save on costs and conserve our volunteers' energy in future, we are considering changing the price of the raffle tickets. If you would prefer to receive one book of raffle tickets worth £5 rather than five books worth £5, please let us know. This will not have any effect on the odds of winning the raffle, which will remain the same.

At the time of going to press, the Summer Prize Draw had not been drawn. For a list of the winning numbers please ring Laura on 0113 218 5570.



*Sylvia Dunnell enjoys a drink at the Summer Garden Party*

## Website Update

The new St. Gemma's Hospice website, which has been online since November, has now taken over £2,500 in online donations. If we add the value of Gift Aid to donations which qualify, the total comes to over £3,000! An amazing achievement, beyond our expectations. Now that you've had your holiday, it's time to think of Christmas again! To help you, we will be including a selection of our Christmas cards on the website, for you to view before ordering. A printable order form will be included, to make it easy for you to purchase your cards in good time. Watch out for additional features and information being added over the next few months about how we run the Hospice.

[www.st-gemma.co.uk](http://www.st-gemma.co.uk)

## Gift Shop Volunteers Required

Could you spare three hours per week, fortnight or month to help in our Hospice Gift Shop? We need people from 4 to 7 p.m on Saturdays and Sundays. Duties include serving customers and giving directions to visitors. These voluntary positions could suit someone who is not physically active. To find out more please contact Vicki Burnett on 0113 218 5558.

## Labels Please !

If you have any reason to send back your St. Gemma's mailing(s), please cut out and include the label(s) from the envelope(s). We have real problems trying to discover why some people get the wrong mailing or duplicates. If you send back the label(s) we stand a better chance of solving the mystery! Thank you for your co-operation.

Please send them back to: Fundraising Department, St. Gemma's Hospice, 329 Harrogate Road, Leeds LS17 6QD