

Tea At Two On Tour

This Autumn there are plenty of chances for you to enjoy a cup of tea and raise money for your local hospice...

Teas From Around the World – 4th October

Join us at the Hospice between 2 and 4 p.m to celebrate World Hospice Day with teas from around the world. As well as the usual opportunities to pick up plenty of bargains there will be the chance to try a worldwide variety of teas and cakes. Help us raise vital funds for St. Gemma's and for our twinned Hospice in Bosnia.

Tea At Two Wetherby Coffee Morning

10 a.m, 29th October. Wetherby Town Hall,

Tea At Two – 1st November

Once again you can join us from 2 to 4 p.m in the Hospice Conference Centre for tea, coffee, homemade cakes and the chance to buy bric-a-brac, jewellery and quality goods at rock bottom prices!

Beeston Coffee Morning – 5th November

St. Andrew's Church Hall in Beeston, 10 a.m. All your favourite stalls will be there and of course there will be plenty of tea and coffee flowing!

For more information about any of our Tea At Two's contact Louisa on 0113 218 5559.



Parachute Jumping

Would you like to see the world from 10,000 feet in the air? Sign up for one of our parachute jumps and have the experience of a lifetime! Jump dates are available every month of the year and if you raise the minimum sponsorship you get to jump for free! Call 0113 218 5570 for an information pack.

Coins for Caring

Thank you to everyone who continues to keep (and fill) the Coins for Caring boxes which were sent out with the spring Newsletter. If your box is nearly full, you can either send us a cheque, hand deliver your box to the Hospice, or phone Joyce on 0113 218 5565 and we can arrange for someone to collect it from your home. If you would like a new Coins for Caring collection box for your home, please call Joyce who will be happy to send one to you.

World Hospice Day

Over 50 million people die each year. Eighty-percent die in the developing world and many have no access to pain control or even the most basic care. It is estimated that 60% would benefit from palliative care such as that provided by St. Gemma's Hospice. In response to this need, the umbrella organisation Help the Hospices is organising the first 'World Hospice and Palliative Care Day'.

There are three main aims:

- ❖ To raise awareness of the needs of people living with a terminal illness and their families.
- ❖ To increase the availability of hospice and palliative care throughout the world to meet those needs.
- ❖ To raise funds for the development of those services, here and around the world.

Regular readers of this newsletter will know that the staff at St. Gemma's already have an ongoing association with the development of palliative care in Bosnia. Over the last five years the Sisters of the Cross & Passion have worked tremendously hard to introduce hospice care to the people of Bosnia. Since the beginning of their work there, St. Gemma's Hospice has assisted the Sisters by providing educational support and a resource for the training of Bosnian personnel. The Sisters have enabled at least eight of St. Gemma's staff to visit Bosnia, some twice or more, to share their expertise and gain experience. St. Gemma's has also hosted Bosnian doctors and nurses who have come on placements to the Hospice to extend their knowledge of palliative care.

It is therefore appropriate that St. Gemma's should become involved in the

very first World Hospice Day. We would therefore like to invite you all to participate in a special 'edition' of Tea at Two taking place on Tuesday, 4th October at St. Gemma's. The event will have an international flavour with food, drink and entertainment contributing to the theme. There will also be the opportunity to learn more about the development of palliative and hospice care in Bosnia. Half of any money raised will be given as a small gesture of support to the project in Bosnia. We hope you will be able to join us for this informal occasion and show your support for those across the world who do not have access to the facilities which will help them end their days with dignity and free from pain.

Archbishop Desmond Tutu says, "Every year, millions of people around the world living with a terminal illness suffer unnecessary pain and distress, either unaware of or unable to access the care they need. Good quality hospice and palliative care, which aims to meet the needs of the whole person, can and does provide an answer. This is an issue that affects literally everybody on this planet – we would all like our lives to end peacefully and comfortably."

This event will be one of many taking place right around the globe so join with us and become partners in the Day.

Gift Shop on the Go!

Many supporters will be familiar with our Gift Shop in the Hospice Reception. We have a wide range of stylish gifts at very reasonable prices and all the profits go directly to helping our patients and their families.

Last year, we started taking our Gift Shop on the road – we visited a number of offices in and around Leeds and set up our stall over lunch breaks. We really enjoyed our time out and about – and it proved a great success. Lots of staff were thrilled to be able to buy great cards and gifts, knowing the money was going to a really good cause.

As we had such a successful time last year, we'd like to repeat it this year. We're looking for companies and organisations (maybe schools, day centres, retirement homes, etc) who would like us to visit with our gifts. We can fit in with your availability and bring as little or as much stock as you like.

Our other new venture for the Gift Shop is for you to hold a party in your own home. We can provide you with stock, a float and all the things you will need to sell our goods – all you need to provide are the friends who would like to buy them! If you're nervous about doing it alone, we can send one of our volunteers along to help you. Our gifts and cards are such lovely presents for Christmas or any time of the year – so why not make shopping easy and fun and help a great cause at the same time? If you would like more information about holding a party or having a sale at your workplace, please contact Sarah on 0113 218 5576.

visit us at our website – <http://www.st-gemma.co.uk>

Forthcoming Events

HAREWOOD HIKE & TEDDY BEARS' PICNIC - 17TH SEPTEMBER

Choose from a one and a half mile Mini Hike, a five mile walk or a ten mile trek through the grounds of Harewood House and surrounding countryside. Plus a Teddy Bears' Picnic with games and activities for children at the end of the walk. Entry is £5 for adults and £2.50 for children and includes free entry to Harewood grounds and gardens for the day. Call Laura on 0113 218 5505 or visit www.st-gemma.co.uk.

GREAT NORTH RUN - 18TH SEPTEMBER

Good luck to all of our 90 runners who will be taking part in the 25th BUPA Great North Run. We hope you all have a fantastic time and look forward to meeting you at the St. Gemma's Marquee after the race.

5 MILE SPONSORED RUN - 24TH SEPTEMBER

Join us for our 5 mile run in Roundhay Park. Organised by St. Theresa's AC and supported by Complete Runner, this is an enjoyable fun run in Leeds' most popular park. Contact Laura on 0113 218 5505 or visit www.st-gemma.co.uk.

LADIES EVENING AT OLIVER'S PARIS - 27TH SEPTEMBER

Oliver's Paris Bar & Restaurant will be the hosts for a delightful evening of beauty and style. With a lingerie and swimwear fashion show by Oops & Downes, live music by Jill Ryder, buffet and welcome drinks and the chance to try massage, aromatherapy, Reiki and buy make up and jewellery, it promises to be a delightful event. Tickets cost £15 and money raised will support St. Gemma's Hospice, Leeds and Breast Cancer Research Action Group. For tickets call Laura on 0113 218 5505 or visit www.st-gemma.co.uk.

MOOR ALLERTON GOLF DAY - 28TH SEPTEMBER

Calling all golfers... the annual Moor Allerton Golf Day in aid of St. Gemma's will be held on Wednesday 28th September. Why not come and have fun with golfing friends or treat your valued staff or clients to a round of golf on this superb course. Contact Elizabeth on 0113 218 5575.

LEEDS METHODIST CHOIR CONCERT - 5TH OCTOBER

Leeds Town Hall will be filled with the sound of sweet music as the Leeds Methodist Choir hold their annual and very popular concert this year in aid of St. Gemma's Hospice. For tickets, contact Louisa on 0113 218 5559.

ANNUAL LEEDS FLAG DAY - 8TH OCTOBER

For one day every year, we are allowed to collect for St. Gemma's all over Leeds. We will be based in the city centre and will provide all-day entertainment to attract passers-by. The success of Flag Day is solely down to the number of collectors we have so if you would like to join us on the day, either in the city centre or in your local area, or you are part of an entertainment group who would like to perform in the city centre, please contact Joyce on 0113 218 5565.

QUIZ NIGHT - 8TH OCTOBER

The Roundhay Friends of St. Gemma's will be hosting a quiz night here in the Hospice Conference Centre at 7.30 p.m. For tickets, contact Louisa on 0113 218 5559.

CELEBRITY SPORTS QUIZ AND DINNER - 13TH OCTOBER

Join us at Elland Road for the 3rd Celebrity Sports Quiz & Dinner which comprises a drinks reception, high tech sports quiz with each round being presented by a sporting celebrity, 3 course meal and more. Tickets cost £45 each so come along and meet some sporting celebrities and test your team's knowledge of sport and win some fabulous prizes. Contact Elizabeth on 0113 218 5575.

AUTUMN FAIR - 15TH OCTOBER

Our Autumn Fair will take place in the Hospice Conference Centre from 10 a.m until 2 p.m. with the usual fantastic selection of stalls and much more. We are looking for donations of bottles for the bottle tombola, home made cakes and unwanted gifts. Please call 0113 218 5570 if you can help.

CHRISTMAS ACCESSORIES SALE - 19TH OCTOBER

Start your Christmas shopping early and browse around our stalls selling jewellery, handbags, scarves, make up and all sorts of other accessories. Come along to the Hospice Conference Centre between 4 p.m and 9 p.m and enjoy wine and dessert while you shop – a pre-Christmas treat! Contact Laura on 0113 218 5505.



HALLOWEEN WALK - 30TH OCTOBER

Our first ever Halloween Sponsored Walk will take place around the beautiful grounds of Kirkstall Abbey. Suitable for all the family, with refreshments available and a Fancy Dress competition for children. Call 0113 218 5570 for details.

THE WINTER BALL - 19TH NOVEMBER

The Winter Ball will take place at the Marriott Hotel, Leeds and it is a Ball with a difference. During the champagne reception magicians will perform intriguing magic tricks and after a sumptuous 3 course meal you can let our special 'celebrity' performer entertain you. Afterwards there will be dancing until 2 a.m and some fabulous prizes can be won during this very special evening. Call Elizabeth on 0113 218 5575.

CHRISTMAS MARKET - 2/3 DECEMBER

Our 2-Day Christmas Market is the place to beat the city centre rush and do your Christmas shopping. Christmas Trees will be on sale, Santa will be in his grotto and there will be the usual great range of gifts. Call 0113 218 5570 for more details.

LIGHT UP A LIFE - 4TH DECEMBER

Christmas is always a time for thinking of family and friends, especially those who can not be with us at this special time. Our annual Light Up A Life Ceremony is a wonderful opportunity to remember a loved one who can not be with you this Christmas. See enclosed leaflet and page 3 for more details.

COMEDY NIGHT AT THE HARD ROCK CAFE - OCTOBER, DATE TBC

Comedians will have you laughing in the aisles at this fabulous city centre venue. Date to be confirmed but call Elizabeth on 0113 218 5575 for more details.

Tree Huggers Wanted!

St. Gemma's Hospice and Wheatfields are delighted to once again join forces with Leeds City Council to open a second joint Hospice Woodland site.

The new site, in the grounds of Temple Newsam, will be opening in November. Supporters are being offered the opportunity to sponsor a tree to mark a special occasion or person. £25 will pay for a tree to be planted and looked after by the Parks and Countryside Division and also contribute to the vital funds needed by both Hospices.

Once the woodland is open you can visit anytime to see how your donation has been spent. Not only does sponsoring a tree in the Woodland help both Hospices, it also helps reduce the effects of pollution, provides homes and food for wildlife, and a place to visit with beautiful scenery for generations to come. Call 0113 218 5570 for more information.

St. Gemma's Hospice, Leeds

newsletter

Quarterly for supporters of St. Gemma's Hospice – Autumn 2005



This one is for you, Mum

Richard Mathers will never forget Boxing Day 2003. The day after Christmas has long held a special place in the calendar for the Leeds Rhinos as the Rugby League team have a tradition of playing big festive fixtures in front of a bumper Headingley crowd.

But 2003's friendly against Castleford had extra significance for Richard, the player wearing the home side's full-back shirt. The stands were full and the terracing at the famous old stadium was packed, but few were aware of what the match meant to Richard.

Less than 48 hours before kick-off, Richard had been at St. Gemma's Hospice at the bedside of his mother, Kim, as she lost her four-year battle against cancer. She was 47. Richard was just 20. "She was my greatest supporter. I spent Christmas Day alone with my Dad talking about what I should do. I wanted to play. Mum was always proud of me, especially when I pulled on my Leeds shirt, and there was no way I was going to let her down. I don't remember much about the match, my head wasn't straight, but I don't think I let anybody down."

Here, too, at St. Gemma's we strive to make sure that, at a time when people are at their most vulnerable, no one feels alone or let down. Our Hospice care is based on a simple idea – that the person is more than the illness. Each of us – sick or well – has unique physical, emotional, social and spiritual needs. Our care and support extends not only to the patient, but to those close to them as well.

Richard, his younger brother Georgie and the rest of his family are especially grateful for the care and support that they and Kim received from the staff here at St. Gemma's. Richard explained, "Before Mum went to St. Gemma's, I thought it was somewhere people just went to die. Even Mum was terrified the day of her first visit, but our fears melted away as we got to know the staff and experienced the caring atmosphere at St. Gemma's."

Kim was admitted several times to our in-patient unit, usually in order to get her pain and symptoms back under control. Her Mum, Stella, recalls the many times



of laughter and joy, as well as the more difficult times. "We were always making new friends, especially with the nurses, who would listen to our personal stories and share theirs with us. They were not just there to give Kim drugs and change her bed, they were always 'coddling' Kim, paying personal attention to her needs. Nothing was too much trouble, no matter how strange the request! For Kim, being in St. Gemma's was the next best thing to being at home."

Between her stays at the Hospice, Kim received help and support at home from one of our St. Gemma's team of Community Nurses and local district nurses. Sometimes she would come to our Day Hospice, in order to have her symptoms reviewed by one of our doctors.

The week before she died, Kim was busy wrapping Christmas presents for the family. She, too, didn't want to let them down. Sadly, she passed away on Christmas Eve. However, she left express wishes that her family and friends were to celebrate her life and at her funeral they did just that. Although she loved watching Richard play for the Rhino's First Team, she never saw him hold up the Championship Cup at Old Trafford in October 2004 when Leeds beat arch rivals the Bradford Bulls in the final.

Those who were present saw him lift up the cup, kiss his finger and raise it to the sky. "This one's for you Mum, was my first thought," he told me. His mum would have been so very proud.

by Dr. Mike Stockton, Consultant

Bed-dazzling Success!

A huge thank you to all those people who, through the Newsletter, the Yorkshire Evening Post, Grant-making Trusts or just by word of mouth, have supported St. Gemma's in replacing all 32 of our ageing Edgerton beds with new, patient controlled Profiling Beds.

Over the summer the money to purchase the last few beds came in and these will be installed shortly. The response has been phenomenal and what had been envisaged to take us 4 to 5 years to achieve, has been done in just 18 months!

The new beds will give patients the freedom to change their own position without help and will therefore give them greater comfort and independence.

We are also still hoping to raise enough money to purchase some very specialised air-mattresses to go on a few of the Profiling Beds, for patients who are extremely ill and require extra support.

So thank you again on behalf of all the patients who will find their stay in St. Gemma's that bit more comfortable and independent as a result of your generosity.



Health Care Assistant, Avril Bennett and Patient, Peter Whitehead using a new profiling bed

The St. Gemma's Hospice Newsletter is produced four times a year and is sent to over 20,000 of our supporters. We hope you find it interesting and informative and if you have any comments we would love to hear from you. If you have a friend or relative who would like to receive a copy of our Newsletter, or if for any reason you would prefer to not receive this or other mail from St. Gemma's, please contact us. You can call 0113 218 5555, e-mail: paulines@st-gemma.co.uk or write to Pauline Storey, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.





Hospice Welcomes New Director of Nursing

St. Gemma's is delighted to welcome Julieann Carter to the post of Director of Nursing.

Julieann joined the Hospice this summer after leaving her post at the Greater Manchester and Cheshire Cancer Network where she was Project Manager for Palliative Care Education.

Julieann, who is originally from Shropshire and was Marie Curie Cancer Care's Nurse of the Year in 2000 said, "I am very pleased to be joining the team at St. Gemma's Hospice as Director of Nursing. I am looking forward to taking up this exciting challenge at St. Gemma's, a Hospice with such a wonderful reputation locally and nationally."

St. Gemma's Chief Executive, David Parr said, "Julieann has significant experience in the field of Palliative Care which I know will be of great benefit to the Hospice and will strengthen the role of professional nurse leadership in the organisation. I am delighted to welcome her to the team and wish her every success in her new post."

Find out more about St. Gemma's

If you would like to know more detail about what St. Gemma's Hospice achieved in 2004/5, 'The Year in Review' booklet is now available.

If you would like a copy, free of charge, please contact Pauline on 0113 218 5555 or e-mail paulines@st-gemma.co.uk.

The UK Year of the Volunteer

As featured in the summer edition of the Newsletter, 2005 is the Year of the Volunteer. Launched by the Home Secretary, Charles Clarke and the Chancellor, Gordon Brown, the Year of the Volunteer aims to celebrate the valued work of volunteers and encourage more people to start volunteering.

St. Gemma's Hospice is very privileged to have a dedicated and hardworking team of over 400 volunteers working in a variety of roles supporting departments throughout the organisation. We are grateful to you all for your valued contribution towards our work.

Focus on Richard Whitehouse

Richard has been a valued volunteer of St. Gemma's Hospice for over three years. He works two days per week supporting the Shops department and is also instrumental in the design and development of the Hospice website which is a valuable source of information to Hospice patients, their families, staff, supporters and the community as a whole.

Richard says, "I am just one of over 400 volunteers at St. Gemma's. We each have our own reasons for supporting the Hospice and we work in a variety of roles throughout the organisation, supporting the work of the staff.

My varied role at St. Gemma's gives me a broad picture of the work that is carried out. As volunteer Treasurer to the Charity Shops chain I have seen the Shops' income go from strength to strength, and it was great to see our twelfth shop open in Oakwood, Leeds in July. I also design and update the Hospice website pages so I see the huge variety of fundraising events being organised and promoted. The list changes almost daily!

I have also been involved in developing our on-line donations facility and I am pleased to say that donations of this kind have dramatically increased during this year. Over £12,000 has been donated via our website in the last year, which is phenomenal; almost the total amount needed to run the whole Hospice for a day.

I enjoy my visits and feel that I make a valuable contribution to the work of the Hospice. In fact, based on the number of volunteers and the average amount of time given each week, volunteers collectively saved the Hospice over £500,000 during the last year, valued at the level of the minimum wage. I am proud to be part of that team, making a difference to the 'big picture'."



Richard Whitehouse Updates the Hospice Website

A Personal Experience of Light Up A Life

by Michael Potter and His Daughters Amanda and Serena

My wife, Valerie, passed away peacefully in the loving care of St. Gemma's Hospice on the 28th of July 2004. She had battled with cancer for nearly five years and never gave up fighting. She was a very strong person in many ways but extremely brave also. She was also the 'bestest' Mum in the world.

After our goodbyes, my two daughters, Amanda and Serena and myself vowed to do everything we could to try to keep her near to us. We hung a leaf in the Hospice Memory Garden which gave us some comfort, but the most fitting tribute was the 'Light Up A Life' service which we attended just before Christmas.

As that first Christmas without Valerie approached, we felt that what was once one of the happiest times of the year for us suddenly became the loneliest and we saw it as one of the most trying times of our lives. It was unthinkable – Christmas without Valerie, the first for me for fifty years. We sponsored a light on one of the Christmas trees and attended the special service in the grounds of the Hospice. It was a beautiful experience and we all felt Valerie to be close by and supporting us. Amidst the many tears and hugs we could see her light twinkling on one of the trees. After the service, the lighting of candles and the singing of carols, we somehow found the strength to carry on.

My daughters, Amanda and Serena, attended the service with me. Amanda told me afterwards, 'I will never forget the feelings going through my body when I attended 'Light Up A

Life'. It was really cold, but somehow you didn't notice it. Everyone looked happy and excited but there were tears in their eyes at the same time. I had goose bumps on my body created by the atmosphere. There was a brass band, carol singers and even some of the patients at St. Gemma's were standing at the windows. The whole grounds of the Hospice where it was held were electric and I felt connected to everyone. I focussed on one light and thought of my Mum. I talked to her in my head and told her I loved her and missed her so much. I think everyone will have done that for their special person.'

We can't wait to go to the service again this year and be part of something so special. Each year from now on, we will feel Valerie is with us throughout the service and afterwards.

One year on it is still difficult to come to terms with, but at least we have 'Light Up A Life' to look forward to each December when we'll feel Valerie close to us again.

God Bless and Keep You, Valerie.



Michael and his wife, Valerie



Daughters, Amanda and Serena

You should have received with this Newsletter a leaflet about how you can become involved with 'Light Up A Life' this Christmas. If you have not, or if you would like any further information, please call Pauline on 0113 218 5555.

In Lieu of Flowers Card

In our experience, some people prefer to ask for gifts to be made to St. Gemma's in lieu of flowers at a funeral. If this is ever something you would like to consider, we can provide you with special cards which can be sent out to family and friends. They are free of charge and any quantity can be ordered. Please call 0113 218 5555 to request them.

Hospice receives HQS Accreditation

St. Gemma's Hospice is pleased to have received the Health Quality Service (HQS) Accreditation for a second period. HQS is an organisation which is able to offer accreditation of health services to an international standard. The Hospice originally received accreditation in 2001 and was re-surveyed in 2004 to ensure we continue to provide the highest standards of care.

Where there's a Will, there's an Award!

Earlier this year, Principles Agency (the Moortown advertising agency who design our legacy posters) won the regional gold award in the Not for Profit section of the Fresh Awards Grand Prix for the "Please give eventually" campaign that began in January 2004. These awards are open to agencies in the advertising sector.

As a medal winner, they were automatically entered for the national finals of the Fresh Awards Grand Prix, held in Newcastle in May 2005. The competition here was much tougher, as it included advertising campaigns from all over the country.

We are especially pleased to announce, therefore, that Principles Agency won the national Gold Award for the St. Gemma's legacy campaign. Our sincere congratulations go to Keith Lishman, the Creative Director, Paul and Jerry who designed the award winning advert and Sarah Woodeson and Emma Cropper, our account managers at Principles. What is more, their work is all free of charge to the Hospice.

As reported in the last Newsletter, we have now launched the 2005 legacy poster campaign, featuring a blue plaque saying, "It isn't just REMARKABLE PEOPLE who can leave a legacy." We feel this is even more stunning and innovative than last year's campaign, so we are confident that Principles will do well again in this year's Fresh Awards Grand Prix!

If you would like more information about leaving a gift in your Will to St. Gemma's, or would like to request our legacy pack, please contact Graham on 0113 218 5506.

CHAT A new regional network for Creative Hospice Arts Therapies



On a very sunny afternoon in June, St. Gemma's Art Workers, Clair Thompson and Susan Bate, hosted an inaugural meeting in the Day Hospice Art Room, the aim being to set up a regional network for Creative Therapists/Art Workers in Palliative care. The afternoon was well attended, with over twenty people coming from across West, North and East Yorkshire. Despite the extremely hot weather that day, the afternoon was declared a success – being not only enjoyable, but also recognisably a much needed and valuable forum for the discussion of issues relevant to the provision of creative and art therapies in palliative care. Everyone attending felt it was an excellent platform for networking and the sharing of ideas, experience and resources.

We pre-planned various suggested topics for discussion, and although the debate was informal, we covered a lot of ground. Several plans of action were settled on. One of these was the creation of an 'area of interest' directory to facilitate skills and resource sharing. The sharing of skills and ideas could also be introduced through holding hands-on workshops at future meetings – usually run by members of the group. One person offered to hold a Qigong (a form of Tai Chi) session for next time! Another visitor offered to share, in more detail, her experience in clinical supervision and reflective practice for the next meeting.

The group decided to meet again at the beginning of November and meet twice a year thereafter. The Artists in Residence from Kirkwood Hospice in Huddersfield offered to host the next day-long session.

We are excited by this new venture. The sharing and support it will provide can only help to further develop and improve the Creative Arts Service for our patients here at St. Gemma's Hospice. *Clair and Susan – Art Workers, St. Gemma's Hospice*

Personalised Christmas Cards

In partnership with Kingsmead Publications we are pleased to be able to offer a range of high quality Christmas cards personalised for yourself or your company.

Call Pauline on 0113 218 5555 for further details and a full colour brochure.

Grand Summer Prize Draw

Thanks to everyone who has bought or sold raffle tickets for us. We have raised over £17,000 for the Hospice which is tremendous. At the time of going to press the raffle has not yet been drawn. We will contact you if you have a winning ticket but if you would like a list of winning numbers, please contact Laura on 0113 218 5505.

Christmas is Coming!

It is never too early to start preparing for Christmas and this year St. Gemma's Christmas cards will be available from September 1st. We have a super range and we are sure there is something for everyone.

Cards and calendars can be purchased through our Gift Shop at the Hospice (open 7 days per week), in our 12 charity shops and via our mail order catalogue. You can also pick them up at any of our fairs. Also don't forget the Annual Christmas Gift Sale which will be held at the Hospice between 10 a.m and 5 p.m on Friday 4th and Saturday 5th November.

100% of the profits from our cards, gifts and calendar support patient care at St. Gemma's.

HEARTFELT THANKS TO:

Lisa Crampton and ECHM Group for raising £1,250 at their annual Fashion Show. The 700 rowers who took part in the 24th annual Windermere Row and our team of Row volunteers – more on this in the next edition. Malcolm Moss for raising £1,100 at his recent Race Evening at Temple Newsam Golf Club.

All who helped at our Summer Garden Party, running stalls or helping behind the scenes. You all contributed to a record breaking £11,000 so well done to you all!

Good luck to Amanda Keighley and Gill Haque of our Pudsey shop who will soon be setting off on the adventure of a lifetime trekking across the mountains and deserts of Mongolia on horseback. They have raised a staggering £6,000.

The North Leeds Friends of St. Gemma's, sponsors Godloves and Brown Butler, all the volunteers, artists, art buyers and patrons who made our 5th Annual Art Exhibition a great success, raising £16,500.

All the Year 6 students who took part in our Yellow Walk in Roundhay Park.

All at Mone Bros. for kindly donating ornamental rocks for the Hospice grounds.

The following have also been busy fundraising for the Hospice over recent months: Alliance & Leicester, Skipton Building Society, Persimmon Homes, Privilege Insurance, Marks & Spencer (Pudsey & Moortown), Casa Mia, Sand Moor Golf Club, Halifax plc, Atkins Design, Institute of Credit Management, D & M Middleton & Sons, Leeds Utd F.C., Skipton Castle, McCarthy & Stone at Rosewood Court, Filipino's United, Anne Sykes and her team of walkers, the Rose & Crown Pub Armley Road, Helping Hands Bingo, Maguire's Pub and the Nags Head in Old Farley.

Well Done HSBC!



Our thanks and congratulations go to all the staff at HSBC Bank, Guiseley who held a 'Grease' themed lucky dip fundraising event. The staff, pictured here, dressed up as characters from the movie 'Grease' and raised over £1,250 during the week-long event. They did this in memory of Albert Herring, one of their lovely customers, who died in St. Gemma's last year.