

# St. Gemma's newsletter

Quarterly for supporters of St. Gemma's Hospice – Spring 2003



## Home from Home Yes! We made it thanks to you

*Dear Friend*

I am pleased to announce that the Home from Home Appeal has reached its target of £1.5 million. This has been a wonderful effort from everyone involved and I would like to extend my heartfelt gratitude to all those who have contributed to raising this magnificent sum. The generosity of local people, organisations and companies has been a clear demonstration of how the work of St. Gemma's Hospice is valued in our community. This special appeal is now closing but the care offered to local people continues day and night. I am pleased to announce that my involvement with St. Gemma's will not end here as I have now become a patron of the Hospice. Please join me in continuing to support this worthwhile cause.

With renewed thanks.

*Yours Sincerely  
Graham*

The Earl of Harewood KBE  
President of the Home from Home Appeal



## WELL DONE AND THANK YOU

A personal thank you from Steve Kirk, Chief Executive & Director of Nursing

By the time you read this newsletter the renovation of St. Gemma's Hospice should be complete. The beautiful and comfortable Hospice which is now available to those local people in need of our care is all a result of your generosity.

Patients and their families who are now enjoying the improved environment and the many more who will do so in the future are not able to thank you personally. Please accept our kind and grateful thanks on their behalf. From the largest donation to the smallest, each penny has been spent wisely and I hope many of you will be able to attend one of our Receptions this year, dates and times to be confirmed, to see the improvements for yourselves.



**We are pleased to announce that 2003 is the 25th Anniversary of the founding of St. Gemma's Hospice. There will be further news and information in our special commemorative issue which will be published in June.**

## SUMMARY OF IMPROVEMENTS

### PHASE I

- ❖ Carpets and a high standard of interior decoration throughout the Hospice.
- ❖ Increase from four to sixteen single bedrooms plus four spacious four-bedded rooms.
- ❖ En-suite facilities for all the bedrooms.
- ❖ Bed-sits for patients' visitors who wish to stay overnight.
- ❖ A new Conservatory that can be used as a meeting place for patients, relatives and friends.
- ❖ A more spacious working environment for ward staff.
- ❖ Improvements to the Day Hospice including a Creative Arts Room.

### PHASE II

- ❖ Welcoming Reception Area.
- ❖ Purpose built Gift Shop.
- ❖ Coffee Shop, staff and visitor Restaurant and Bistro.
- ❖ Larger and fully equipped Library.
- ❖ Improved Kitchen facilities meeting current health standards.
- ❖ Beautiful and accessible gardens.
- ❖ Light and flexible multi-faith Chapel.
- ❖ More efficient working environment for staff.

### NEED A SPEAKER?

Are you a community group or church group that regularly uses outside speakers to address your meetings? If you are, have you thought of inviting someone from St. Gemma's to speak?

There are several members of staff who would be happy to come and share about the work we are doing. We can fit in with your programme; all you need to do is give us some dates, a time and how long you want us to speak. In return, we can bring along some literature or a small display stand outlining the background to St. Gemma's.

If your group would be interested, please contact Graham Richards on: 0113 218 5506 or on email at: [graham@st-gemma.co.uk](mailto:graham@st-gemma.co.uk)

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

# ART AT THE HOSPICE

Clair Thompson, Creative Arts Worker at the Hospice, introduces herself and speaks about her interest in creative art as a tool for affirmation and empowerment.

Hello, my name is Clair Thompson and as Creative Therapist / Arts Worker for St Gemma's Hospice I co-ordinate and facilitate creative activities for patients in our light and spacious Art Room in the Day Hospice. I mostly work with patients who attend the Day Hospice from home, but I also see patients on our wards if someone is unable to get across to our Art Room.

I try to ensure a broad range of creative activities are available for patients to try, such as: glass & silk painting, paper making, mosaic work, collage, needle work, clay modeling, drawing and painting and so on. Sometimes we have group projects, for example making the mosaics for the garden here or seasonal decorations for the main Day Hospice room. Sometimes patients work on their own individual pieces.

I've always enjoyed creative arts. I did my Art Degree as a mature student at Bradford College. Previously I'd been an interior decorator. I also helped co-ordinate and run community art workshops and attended art evening classes. Whilst studying, I managed to get a public art placement, which led to three commissions, one of which is in Chapel Allerton Hospital.

After my degree I did a PGCE in FE at Huddersfield University and worked part time at Thomas Danby College. I taught students (some with learning difficulties) and art classes for people who'd suffered strokes or breakdowns.

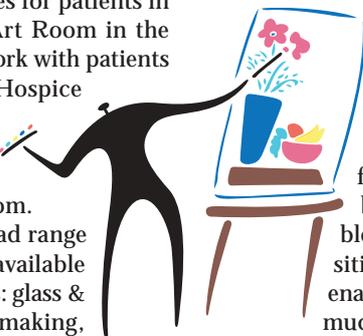
My real interest is in the value of creative arts as a tool for reaffirmation and empowerment, especially where personal

circumstances may have meant creativity hasn't previously been explored. When I applied for the post at St. Gemma's, I had no prior experience of Palliative Care, but also I had no pre-conceptions about working in a Hospice. I felt it important to be open and flexible. Activities need to be adaptable and accessible, and provided with sensitivity and support that enables patients to explore as much or as little as they wish.

As Creative Arts Worker my job is to provide a safe and supportive environment for patients to explore new skills or develop existing interests; a space where patients are enabled to realise their creative potential and find new meaning, purpose and sense of fulfillment. Sometimes engaging in creative activity is purely to provide a diversion, a different focus to help alleviate anxiety or pain, but it can also have a valuable healing effect which goes beyond simply relaxing the body or occupying the mind. In discovering our own creativity, we begin to discover a wholeness and sense of purpose, despite any restrictions that we may be experiencing through physical frailty.

We gain a real sense of achievement through what we create here, I've found facilitating Creative Arts at St. Gemma's a very rewarding job.

*If you would like to see examples of the work created by patients, several of them will be exhibiting at our 3rd Annual Art Exhibition at Leeds Grammar School, from 17-20 July.*



A Civic Reception was held in the Banqueting Hall of Leeds Civic Hall on Wednesday, 4 December by the Lord Mayor of Leeds, Councillor Bryan North, to recognise the valuable contribution that volunteers provide to Hospices and Hospitals in the Leeds area. Pictured above are the fifteen volunteers from St. Gemma's who were nominated by other volunteers to attend the event: From left to right: Malcolm Adams, Winifred Greenall, Eileen Brayshaw, Bob Cooper, Sylvia Land, Christine Hanlon, Julie Hirst, Myra Whiteley, Sara Mack, Pauline Horswill, and Kathleen Beeston, Front Row: Margaret Kemp, Margaret Lammiman and Audrey Smith. Louis Arthur also attended.

## NEW WEBSITE PROVES A "HIT"

With over 700 "hits" and online donations of over £750 in total, the new St. Gemma's website has surpassed all expectations, since it was "re-launched" with a new look at the end of November. It is also proving an invaluable help for overseas donors, who can now make a gift to the Hospice using their debit or credit cards in their own currency.

The feedback we are receiving is very positive. The one thing people do ask for is more photographs, so this is something we are working on to improve.

Since going live, the whole website has undergone a complete makeover, with an even better new 'look' that has increased the speed by which pages load into your browser by 100%!

We have also added some extra features, such as a printable map for visitors of where St. Gemma's is and a calendar of forthcoming events. Our online donations facility now has options for donors to tell us if their donation was an In Memoriam gift and, if so, who it is in memory of, or if it is sponsorship for someone doing a major sponsored challenge.

New features and additions will continue to be added to make it easier for people to interact with St Gemma's. Watch this space – or even better, visit the site:

<http://www.st-gemma.co.uk>

## TEA AT TWO

After 6 months at the Immaculate Heart, Tea at Two is back at our newly refurbished Education Centre, bigger and better than ever! Come and join us for tea, cakes and quality goods in our lovely new surroundings, on the first Tuesday of every month, from 2.00 pm until 4.00 pm. All welcome.



## ST. GEMMA'S PAIN RESEARCH NOW USED GLOBALLY

A pain scale developed at St. Gemma's is helping doctors and nurses to identify pain caused by damaged nerves

Research carried out in 1999 by one of our two consultants, Dr. Mike Bennett, resulted in a pain scale that can help doctors and nurses better identify a certain type of pain. This is called neuropathic pain because it is pain caused by damaged nerves rather than pain caused by damage to normal tissues. It is important to find out if this is the case because different types of painkiller are usually needed. The scale is called the Leeds Assessment of Neuropathic Symptoms and Signs (L.A.N.S.S.)

Dr. Bennett and Dr. Karen Simpson, St. Gemma's Board member, also lead a research group which is a partnership between St. Gemma's Hospice and St. James's Hospital. The research group has used the L.A.N.S.S. scale in a number of research projects in Leeds. These studies have examined the effectiveness of new drugs to treat neuropathic pain. They have also examined patients with painful leg ulcers and found that a high number have severe pain which might be due to damaged nerves. This is an important finding and might lead to improved treatment for these patients.

Since these research findings were published, researchers from USA, Europe and Australia have used the L.A.N.S.S. scale. It has been used to assess a whole range of painful conditions to see if damaged nerves might be causing some of the pain. In the summer Dr. Bennett was asked to present the research in the USA because the American Pain Society want to use the L.A.N.S.S. scale for a research project. This is designed to work out how many people in the American population at large have neuropathic pain.

In the U.K., Dr. Bennett has formed a research study group with experts from Aberdeen and King's College London to carry out a similar study here. The study is expected to be awarded a £75k research grant and will be completed early in 2004. The results will help health professionals and drug companies know how common this condition is, what drugs to test and how best to treat the pain.

## ARTY AND CRAFTY?

Do you have a talent or skill which you would like to share with the Hospice? We are looking for exciting new stalls to complement the volunteer bakers, floral arrangers and other nimble-fingered folk who help at our quarterly fairs. If you think you could help by making goods or running a stall for us, we would love to hear from you. It could be as varied as children's face painting, home-grown plants, any kind of handicrafts, or homemade jams and chutneys. Please call Kirsty on 0113 218 5505.

## COINS, STAMPS, TONER

Don't forget we can still exchange your surplus foreign currency including the old European type! Thousands of pounds have been raised to date, so many thanks. We can also convert your old stamps and used toner cartridges into donations for the Hospice, call 0113 218 5557.

## MALMAISON SUPPORT

Many thanks to hotel chain Malmaison for supporting the 2002 Christmas Raffle. Malmaison Edinburgh kindly donated two nights' accommodation as first prize. This generous donation has helped St. Gemma's Hospice raise over £10,000 in ticket sales. If your company would like to support St. Gemma's by donating a raffle prize, please contact Nicola or Kirsty on 0113 218 5557

## THE BEST WILL IN THE WORLD

Have you ever wanted to make a significant contribution to charity, but felt you couldn't afford to do it? There is a way that most of us can give what might be the biggest donation we ever make and yet it costs us very little, financially! Leaving a gift in your Will means that when the gift is paid, you won't miss it! The only money you will pay out is to make the change to your existing Will (a Codicil) or to write your Will if you haven't yet done so. For information about making a Will and leaving a gift to St. Gemma's, contact Graham Richards on: 0113 218 5506.

## N.I. - THE TRUE FACTS

It's a sobering thought, but the 1% rise in employer's contribution to National Insurance announced in last year's budget, that is due to come into effect this coming April, will cost St. Gemma's an extra £25,000 a year! In effect, we will have to raise an extra £25,000 a year, just to keep pace with what we are doing now. However, we have every confidence in your ability to help us meet this new challenge!

# JOURNEY TO THE ROOF OF AFRICA

Last October Jo Curtis, of Leeds, was our first participant in the International Hospice Challenge. During her nine day trip to the summit of Kilimanjaro in Tanzania, she climbed a breathtaking 19,340 feet. Here are Jo's impressions of her trip.

"The Kilimanjaro trip was certainly the toughest thing I have ever done. I set off wondering was I fit enough? would the altitude affect me? What had I let myself in for? After all, I had never undertaken anything like this before.

With great trepidation, I journeyed to Heathrow to meet my fellow trekkers. I need not have worried. I met a friendly group of all ages and backgrounds – some with no trekking experience at all.

I spent the first few days gazing in wonder at wide African plains. We started walking through rain forest amongst wondrous trees and greenery. We saw the occasional monkey peering at us from above. My team of walkers comprised four girls and eight men. We soon developed a good team spirit, sharing our highs and lows.

Every day we climbed higher, slowly acclimatising. The landscape became barren with sparse vegetation. I was soon wearing thermals and bed socks to keep warm at night. The altitude made me nauseous and eating became difficult. Fortunately our Tanzanian cooks pro-



duced amazing food despite the inhospitable conditions. Breakfast was porridge, omelette, sausage, toast and fresh fruit. Each evening, soup was followed by a meat dish, and even roast potatoes one evening!



After six days we reached the final camp at 16,000 feet. This would be the toughest day. We were under no illusions. After a final briefing, we set off for the summit at midnight our head torches lighting the way. Very quickly, the pace seemed too fast and I began to panic. I remember praying for help. Strangely, at that moment, I knew I was going to reach the top – I just didn't know how! My prayers were answered in the form of Joseph, a Tanzanian Guide, who knew how the altitude was affecting me. Unable to control my legs properly, I must have looked

drunk! Every three steps I had to stop for breath and summon the energy to continue. With 3,340 feet to climb, it was slow going! Joseph stayed with me, encouraging me throughout. We made it to the summit in time to see the sunrise at 6.30 a.m.

Oddly, I felt no elation only disbelief when I realised I had to climb down again. Somehow I'd forgotten that part!

It took two days to descend and arrive at our Lodge on a coffee plantation. Words cannot express how it felt to have my first shower for eight days! We enjoyed a fabulous celebration dinner.

As I prepared for this climb I have made new friends, met new challenges, even astounded myself at times. Throughout, I felt that God wanted me to undertake this journey – someday, I hope to understand why! I have raised £4,600 for St. Gemma's and I have been overwhelmed and touched by people's generosity and good wishes. I would like to thank everyone who so generously sponsored me, particularly everyone at St. Edmunds Church, Roundhay."

Places are now available on the International Hospice Challenge 2003. To find out how you could be trekking to Kilimanjaro, Everest or a host of other exciting destinations, check out: [www.hospice-challenge.org.uk](http://www.hospice-challenge.org.uk) or call Kirsty on 0113 218 5505.

## PRODUCING OUR NEWSLETTER

Graham Richards describes the process of producing and mailing the Newsletter



Supporters sometimes ask us about the Newsletter. How is it put together, printed and posted? Is it expensive?

I am responsible for planning and co-ordinating each issue in a three monthly cycle, commissioning articles for the next issue almost as soon as the previous one is hitting your doormats! Once the articles are in, a first draft is laid up and then proof read by several staff, to ensure there are no errors or typos.

A second draft is produced, which our Chairman and Chief Executive check. The final version is then sent to our printers on a CD ROM. The printers then deliver back the finished product, about 18,000 copies.

We then assemble an army of 25 to 30 volunteers who come to the Hospice over two days to stick labels, collate and stuff all the Newsletters and inserts into envelopes. On the third day we arrange for the Royal Mail to collect the mailbags – about 115 – and take them away for

franking and delivery. Thanks to this wonderful band of volunteers, we keep our costs to a minimum. They save us around £5,000 every year. We also only pay for 2nd class mailing.

The last two mailings, however, have had problems with the Royal Mail failing to collect it as arranged. In November, the Newsletter went out a full 24 hours late. At their own initiative, the Royal Mail offered to send it out 1st class, as a way of making good their failure to fulfil their contract with us. We were grateful for this, but it did lead to some concerns being raised by some astute supporters!

The cost of our Newsletter, about 0.8% of our total running costs, is far outweighed by the income it generates through events, fundraising, legacies, etc. It also serves as a useful medium to communicate about the real work that goes on here at St. Gemma's, namely, caring for patients and their loved ones facing a difficult journey together.

## LIGHT UP A LIFE

Our grateful thanks to everyone who supported this event, and to those who braved the very cold evening in December to enjoy the moving carol service and lighting of the tree lights. A magnificent £25,000 was raised by all of those who bought a light to represent a loved one they wished to remember over the Christmas period. Many thanks to you all.

## STORE COLLECTIONS

We have a dedicated band of volunteers who regularly give a couple of hours of their time to collect in supermarkets and shopping centres in all areas of Leeds. However, we always need more helpers for these collections. If you would like to help, even if only in a store near where you live, please contact Joyce Milne on 0113 218 5565.

Forthcoming collections include:

Wm Morrison, Hunslet	28, 29 March
Asda, Pudsey	5 April
Safeway, Garforth	5 April
Asda, Holt Park	12 April

# INDIVIDUAL PATIENT CARE AT ST GEMMA'S

## Individualised Patient Care?

Individualised Patient Care (IPC) is defined as, recognising, 'the uniqueness of each person and aiming to provide care according to their individual routine offering them choice and empowerment and encouraging them to participate in decisions regarding their care, where this is possible.' (IPC Policy, 2000)

The IPC policy introduced in August 2000 states, 'IPC is offered every time, for every patient by every member of staff within available resources.' This is a tall order. It is easy to ask patients when they would like meals or medicines. It is harder to provide them on the dot due to the constraints of working within a large institution. Evaluating whether care has been tailored to patients' needs is not easy either. By its nature, individualised care does not mean the same to any two people.

Staff at St. Gemma's aim to assess each patient's preferences regarding all aspects of care, physical, psychological, spiritual and social. Both the patient and

care team identify issues and a management plan is negotiated.

## The Audit Process

During 2001, an audit tool was designed. It had 2 aims:

- Whether patients' individualised preferences were being assessed and documented.
- Whether individualised care was actually being provided.

33 areas were included concerning all aspects of care, from daily routine to preferences around death and dying. The auditor systematically reviews at random patients' notes checking their content. She then spends time talking to the patient about the care they have received.

## Audit Results

The first Audit Report was produced early in 2002. Results showed that in most cases, patients felt they were receiving IPC. However, this care was not always so well documented in the notes. Results were fed back to ward staff,

and a number of recommendations for improvements were made with specific action plans for areas where we didn't perform well. The process was repeated.

## Audit Number 2, September 2002

This showed promising improvements. Documentation had improved in 25 out of 33 areas. In discussion with patients, we continued to score very highly with improvements in the feedback received.

## What next?

In the Hospice we continually strive to improve the standards of care we provide. Since the audit began, several initiatives have been introduced to improve the IPC on offer. For example, in the coming year, the introduction of an, 'a-la-carte' menu should enable us to tailor each patient's mealtimes to suit his or her preferences.

These, and other changes will be built into our audit process to ensure that IPC remains central to the care provided to all patients at St. Gemma's.

# PADDINGTON FINDS A HOME AND HARRY DROPS IN

That most famous of Peruvian bears, Paddington, has finally been found a permanent home. St. Gemma's Yeadon shop came across the little fellow, an original 1972 by Gabrielle, when he was handed in to them.

They decided to hold an auction, where customers could come in and make bids. Eventually, the two top bidders fought it out, one in the shop and the other on the telephone. The winner was Mrs Towler of Yeadon, who bought Paddington for the amazing sum of £270.

She then gave it to her one year old grandson, Joshua, to look after until he can pass it on to his children. When he was handed the bear, his face lit up and he gave him a big kiss and a "bear hug"!



Mrs Towler and Joshua being handed Paddington by Anne Farrington, a volunteer at St. Gemma's Yeadon shop

We were delighted to welcome Harry Gratton who opened our 8th charity shop last December. Harry was greeted by a large, enthusiastic crowd at our new Horsforth branch. We had a fantastic opening day and the shop has gone from strength to strength since then. If you are interested in helping out, please contact Deb or Rebecca on 0113 2585761. Alternatively, if you would like to donate some goods or simply come along for a browse, you can find us at 29 Town Street, Horsforth.



# FUNDRAISING EVENTS



## WINTER REVIEW

### Fitness Challenge

Thanks to all who took part in our Fitness Challenge at Esporta in November – and all the staff at Esporta who provided a fun (and not too exhausting!) workout. So far we have raised almost £1,500 – well done!

### Christmas Fair

Our Christmas Fair at the Immaculate Heart Church Hall raised £2,542. Thank you to all who attended and especially our cheerful and hardworking stall holders who made the Queens Hall into a Christmas wonderland!

### Winning Raffle Tickets

135462 : 163805 : 094182 : 001264 : 147359  
017328 : 094670 : 096754 : 122398 : 120292  
Please call 0113 218 5505 if you think you have won a prize.

### Mount St. Mary's

Seventy Year 9 pupils and staff from Mount St. Mary's High School braved Leeds City Centre on 17 December and collected £1,550 for St. Gemma's. This is an annual event organized by Miss Turner from the school and we thank Mount St. Mary's for their continued support.



## SPRING AND SUMMER

### Marathon Running

A Big Thank You and Good Luck to all the brave runners who have already signed up to run marathons in some of the world's most glamorous cities, London, Paris, New York and Leeds! All our Golden Bond places for the London Marathon are now filled, but if you already have a place in any of these marathons and would like to raise funds for St. Gemma's, please get in touch now. We still have places available for the

Great North Run on September 21st and the New York Marathon on November 2nd, call 0113 218 5505

### Spring Fair

Saturday, 5 April at St. Gemma's. Come and see our usual selection of lovely stalls, including homemade cakes, plants, books, jewellery and cuddly toys, in our newly refurbished Education Centre! 10 a.m. until 2.00 p.m. Call 0113 218 5505 for more details.

### Skipton Castle

If you're looking for a family outing over the Easter weekend, why not visit Skipton Castle on Good Friday, 18 April. For the 17th successive year, Skipton Castle are kindly donating the proceeds of their Good Friday admissions to charity, half of which is for St. Gemma's Hospice.

### Abseil

If you have a head for heights and would like to take part in our sponsored Abseil this year, be one of our 25 strong team, to celebrate 25 years of St. Gemma's Hospice. The 100 foot Abseil takes place on 26-27 April at the Royal Armouries and if you raise the minimum amount, you can take part for free! Call Nicola on 0113 218 5557.

### Line Dance Challenge

Join us on Friday, 9 May at Pudsey Civic Hall, 7 p.m. to midnight to dance the night away with the Rockabilly Rebels and raise funds for St. Gemma's. Call 0113 218 5505 for details.

### Roundhay Ramble

Our popular family day out at Roundhay Park takes place on Sunday, 18 May. Join us for our sponsored walk, treasure hunt and teddy bear's picnic in the lovely surroundings of Roundhay Park from 11 a.m. onwards. Call 0113 218 5505 for an entry form.

### Windermere Row

This hugely popular and exciting event takes place over the weekends of 7/8 and 14/15 June. If you would like to book your team or have any queries, please call Nicola on 0113 218 5557.

### London to Paris Sunflower Bike Ride

For the first time ever, we will be offering supporters the chance to enjoy this fantastic four day sponsored bike ride from London to Paris, between June 19 and June 23. All accommodation and Channel crossings arranged. Places are strictly limited and filled on a first come first served basis. Call Kirsty on 0113 218 5505 for more details.

## CUT OUT AND KEEP EVENTS LIST

**Saturday, 5 April – 10 a.m. to 2 p.m.**

Spring Fair at St. Gemma's Hospice

**Saturday, 26 April & Sunday, 27 April**

Sponsored Abseil at Leeds Royal Armouries

**Friday, 9 May – 7 p.m. to midnight.**

Line Dance Challenge at Pudsey Civic Hall

**Friday, 9 May & Saturday, 10 May**

Penny Plain Fashion Sale at St. Gemma's Hospice

**Sunday, 18 May at 11 a.m.**

Family Walk at Roundhay Park

**Weekends, 7 & 8 and 14 & 15 June**

22nd Annual Lake Windermere Row

**Thursday, 19 June**

Ladies Evening at St. Gemma's Hospice

**Thursday, 19 to Monday, 23 June**

Sunflower Bike Ride, London to Paris

**Sunday, 6 July – 1 to 4 p.m.**

Grand Summer Garden Party

**Thursday, 17 to Sunday, 20 July**

North Leeds Friends of St. Gemma's  
3rd Annual Art Exhibition at Leeds Grammar School

**Sunday, 27 July**

Yorkshire Dales Challenge Walk

**Sunday, 14 September**

Autumn Sponsored Walk at Harewood House

**Sunday, 21 September**

Great North Run

**Sunday, 28 September**

5 mile Run in Roundhay Park

**Saturday, 18 October 10 a.m. to 2 p.m.**

Autumn Fair, St Gemma's Hospice

**Friday, 24 October**

Wacky Hat Day

Wear your wacky hat to school for St. Gemma's

**Friday, 5 & Saturday, 6 December**

Christmas Market at St. Gemma's Hospice  
Join us for our biggest ever Christmas Extravaganza of stalls, refreshments, entertainments and fun

**Sunday, 7 December at 4 p.m.**

Light up a Life at St. Gemma's Hospice

Please join us for our annual service of remembrance and switching on our Christmas lights

Sponsored Swim. Date and venue to be confirmed

Fitness Challenge. Date and venue to be confirmed

Parachute Jumping

Ongoing throughout the year. We are looking for 25 participants in our 25th Anniversary year. See the world from 10,000 feet in the air! Free if you raise minimum sponsorship.

For information on how to take part in any of these events, please call the fundraising department on 0113 218 5505

