

## MEMORY FUNDS



*Geoff Wheeler with his wife, Valerie and son, Gerard*

**“Losing someone close to us can appear to be such a negative thing, yet when we hold positive memories of them, it is possible to turn the loss into a celebration of their life and all that they meant to us.”**

These are the opening words in a new St. Gemma's brochure that introduces people to the recently launched St. Gemma's Hospice Memory Funds. The idea behind the Memory Funds is very simple; families who wish to do something positive and specific to remember their loved one and keep their memory alive can now set up a Memory Fund in their name. So, for example, you could have, The Todd Newton Memory Fund at St. Gemma's Hospice.

A Memory Fund is not a charity or trust, it is simply a named fund, into which family, friends, colleagues, etc, can make donations to St. Gemma's and, at the same time, celebrate and honour the life of the person in whose name the fund exists.

Up until now, most people really only had the opportunity to do something like this at a funeral, making a donation to the Hospice rather than sending a floral tribute. But now, through a Memory Fund, it would be possible, for example, to organise sponsored events, hold coffee mornings, set up a regular donation or make an anniversary gift, all in memory of your loved one or friend. In doing this, you would also be directly helping others who are living with terminal illness, through the services and care provided by St. Gemma's.

For those who set up a Memory Fund, printed materials will be freely available to help promote your fund. In addition an optional page can be set up on the St. Gemma's website dedicated to your loved one's Memory Fund where family and friends can make secure online donations and can read about the person. Everyone who sets up a Memory Fund will also receive a certificate and an annual update on how your fund is doing, as well as news about other funds.

One of the first funds to be set up is the Geoff Wheeler Memory Fund at St. Gemma's Hospice. The fund was set up by Geoff's wife, Valerie and his son, Gerard. Here's what Val had to say, "Setting up a Memory Fund in Geoff's name seemed a really good idea. Not only could our family, neighbours and friends support it, but also people like his work colleagues and members of his golf club. So far we have supported Geoff's Memory Fund at St. Gemma's through the Light up a Life Appeal, coffee mornings, personal regular giving to St. Gemma's and the lads at his golf club held a Golf Day, which raised almost £1,900. To date, Geoff's Memory Fund has raised a wonderful £5,000! Geoff would be so proud of what we've achieved in his name. Best of all, everything we raise is helping others to get the same care and attention that he received during his stay in St. Gemma's and from the Hospice's Community Nurses when he was at home."

If you would like further information about setting up a Memory Fund in memory of someone you love, please contact Graham Richards on: 0113 218 5506.

## Events Through The Year

<b>March</b>	.....
15th	House of Fraser Fashion Show
<b>April</b>	.....
5th	Tea At Two
8/9th	Cashmere Clothing Sale
9th	Spring Fair
16th	Army Assault Course Challenge Strensall Army Base, York
17th	London Marathon
19th	Italian Cookery Demonstration
<b>May</b>	.....
3rd	Tea At Two
15th	Leeds Half Marathon
22nd	Sponsored Bike Ride
<b>June</b>	.....
4th	Rugger Ramble & Wharfedale Off-Road Marathon, Yorkshire Dales
7th	Tea At Two
11/12th	Windermere Row, Windermere
18/19th	Windermere Row, Windermere
22nd	Yellow Walk, Roundhay Park
<b>July</b>	.....
3rd	Garden Party
5th	Tea At Two
14-17th	Fifth Annual Arts Exhibition, Leeds Grammar School
<b>August</b>	.....
2nd	Tea At Two
<b>September</b>	.....
6th	Tea At Two
11th	Kettlewell Kanter Sponsored Walk Kettlewell
18th	Great North Run, Newcastle
24th	St. Gemma's Run, Roundhay Park
<b>October</b>	.....
4th	Tea At Two
15th	Autumn Fair
21st	Wacky Hat Day, Leeds
<b>November</b>	.....
1st	Tea At Two
4th	Albert Herring Golf Day & Ball, Harrogate
4/5th	Christmas Gift Sale
19th	Winter Ball, Marriott Hotel, Leeds
<b>December</b>	.....
2nd/3rd	Christmas Market
4th	Light Up A Life
6th	Tea At Two

All events at St. Gemma's unless otherwise stated

visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk) for our latest news and online donations

## St. Gemma's Hospice Announces the Appointment of a New Chief Executive



St. Gemma's Hospice is delighted to welcome David Parr, RGN, MHSM to the post of Chief Executive.

David joined the Hospice in February after leaving his post at East Kent NHS & Social Care Partnership Trust where he was Chief Executive. He had previously been Chief Executive at Lanarkshire Healthcare NHS Trust and General Manager at Pinderfields Hospital in Wakefield.

David, who is originally from Leeds and is married with a daughter and two sons, said, "I am delighted to be back in Leeds and am very much looking forward to taking up this exciting challenge at St. Gemma's, Yorkshire's largest Hospice."

Chairman of the Board of St. Gemma's Hospice, Professor Gerald Richards said, "On behalf of the Sisters of the Cross & Passion, the Board of Management of St. Gemma's Hospice and all the staff and volunteers, I am very pleased to welcome David Parr to the team. He is an experienced NHS Chief Executive and General Manager, with a proven record of success in operational management."

David's appointment follows the recent departure of Steve Kirk who led the team at St. Gemma's Hospice for seven years.

# Volunteering in Chaplaincy

by Sr. Brigid Murphy, C.P. Director for Spiritual Care

In 1997, a decision was made to expand the Chaplaincy team to include lay volunteers as well as having an extended team of Ministers from different faith traditions on whom we can call when we need support. We did this so that the patients and carers would receive spiritual and religious care from within their own tradition if they so wished. A group of volunteers from diverse traditions were recruited and then engaged in several training evenings when they learnt about the hospice philosophy, bereavement needs and communication skills. Since then they have been an immense support in the Day Hospice, in maintaining the Memorial Garden, helping with the bi-monthly memorial services and the bereavement support mornings. Two volunteers offer support on the wards regularly where they listen to those patients who wish to talk and tell their story.

Speaking to the volunteers at one of our recent meetings I invited them to reflect on their experience and perhaps share a little of what it means to them. Four of them have responded and what they say highlights that volunteering is a two way process. They give their time and the patients place trust in them. Hopefully the patient gets the comfort of being listened to and the volunteer is touched by the courage of our patients.

Jean says, "My relationship with St. Gemma's began in 1991 when my daughter was diagnosed with cancer. Until then I vaguely knew about the Hospice as I often passed it when I travelled to and from the city centre but without much interest. Little did I know that I would soon be thankful for its very existence. During our period of profound grief we gained great comfort from medical, nursing and chaplaincy teams. In 1999 my husband became a patient at the Hospice and again we received care and kindness from all concerned. I also had great comfort just sitting in the quiet Chapel. After I had taken time to grieve my losses I wanted to be part of the 'great caring team of helpers' so I applied to be a volunteer within the Chaplaincy service, received some training and since then I have been coming to spend a day with the patients in the Day Hospice, listening and helping in whatever way I can to support the care being given and in turn receiving a lot of care and appreciation."

Sheila writes, "Being a volunteer at St. Gemma's over the past five years has been a very humbling experience, one which has

shown me that working in a community that daily sees the wounds and struggles of those living with a life threatening illness can be a sign of hope. People are helped to become liberated from their fears and in turn give us such a wonderful example of living one day at a time."

Dorothy, whose quiet and sensitive presence is felt on the wards each week, is someone who feels she is simply here to facilitate the agenda of the patient and that she is a bridge for anyone who wishes to receive rites from within their own tradition. Another volunteer, Betty, says her work as a volunteer is very satisfying as she gets to know patients for long and short periods of time and can do any little thing to lift their spirits and give them support. Jenny speaks of the inspiration she gets from being with patients who are coping with illness and she also highlights the dedication of employees and other volunteers.

I know that all our chaplaincy volunteers consider themselves very privileged to be involved with the Hospice. They are fully aware that in every interaction they can make a difference and in turn their contact with patients and colleagues influences them. They feel that their lives and the life of the community as a whole would be the poorer were it not for the service the Hospice gives in the city of Leeds.

Thank you to all our volunteers who give so generously to supporting our employees to give a quality service to patients. They give time which is our most precious gift and they do it with a glad heart.

## Open Gardens Weekend

25th / 26th June

Do you have a beautiful garden that you would like to show off to others or would you like to spend a day strolling around some of the most wonderful gardens in the area?

If so, please contact Giles on 0113 218 5559 to find out how you can take part in our Open Gardens Weekend.

## Tsunami Disaster

During the Christmas period, we were shocked to hear about the Tsunami disaster in Asia. At St. Gemma's, many of the staff were keen to help raise funds to support the relief efforts so they organised raffles, arranged for donations to be collected amongst colleagues and volunteers, and a memorial service was held in the Hospice chapel. Over £140 was raised and we were delighted to send this sum to the Tsunami Earthquake Appeal.



## Odessa Splashes Out for the Hospice

Energetic pensioner and St. Gemma's supporter, Odessa Stoute has made a big splash for St. Gemma's in memory of her husband, Samuel. Since he died in the Hospice in 1992, 75 year old Odessa has raised over £7,000 for St. Gemma's by taking part in a sponsored swim every year. She takes almost an hour to complete 32 lengths of the Scott Hall Leisure Centre pool, but she is determined to raise money for the Hospice which cared for her husband during his illness. Odessa says, "I miss him every day and have to keep getting out and about. Through my swimming I really feel that I am doing something to help. St. Gemma's is a wonderful place and the staff are marvellous. It is a very special place to me and they cared so well for my husband."

Odessa, who moved to Leeds from Barbados 43 years ago, is a well known figure in Chapeltown and Harehills, where she lives. She

is a volunteer and member of many local groups and she swims around 24 lengths every week to ease the pain she suffers from arthritis. Odessa continues, "I must be one of the oldest swimmers in the pool and I don't swim very fast, but I hope to continue swimming, and raising funds for the Hospice, for many years to come."

Odessa says her fundraising efforts are not just about herself; she is doing it on behalf of the Chapeltown and Harehills community. She wants to encourage other people in her community and beyond to get involved with fundraising for St. Gemma's too. So if you would like to take part in one of the Hospice's events or organise a sponsored event yourself, the fundraising team would be delighted to hear from you. Please contact Laura on 0113 218 5505.

*(photo courtesy of Yorkshire Post Newspapers)*

## Morley Shop Opens

On February 3rd, we opened our 11th charity shop at 78 Queen St, Morley. The shop is going great guns and already has a small but dedicated team of volunteers. This year, our shops have raised almost £900,000 for the Hospice – and with Morley added into the chain, we are getting closer and closer to raising an amazing £1 million per year. This fantastic amount of money wouldn't be possible without our wonderful staff, volunteers, donors and customers who support us day in, day out. If you are interested in helping out at one of our shops, call Pauline Storey on 0113 218 5555 or pop into your local branch.

We are always looking for stock to fill our shops. If you have any goods you would like to donate, our shops will always welcome them. You can either drop them into your nearest branch, bring them to the Clothing Bank at the rear of the Hospice or look out for one of our collection bags through your letterbox.

## Website Update

December 2004 saw the second anniversary of the re-launch of our website. In that time it has seen several major updates and overhauls, enabling users to find their way around the site more easily and at far greater speed. It is still the best way to get a real overview of the whole Hospice and all that goes on.

One success story has been our secure online donations facility. This allows people to make a donation using their debit or credit card. Over Christmas we received two large donations via the website, which has brought the running total to over £16,000!

Almost 200 people have signed up for our email Newsletter, by logging onto our website and registering. (It saves us £1.40 per person per year!) Online sponsorship and – soon to be introduced – personal Memory Fund pages also give people the chance to interact with St. Gemma's via our website.

## Profiling Beds

**One of the exciting projects currently underway at St. Gemma's is the replacement of all our beds in the in-patient areas. This is really good news for our patients, as they will benefit greatly from the new beds, which are very user-friendly.**

Our two wards contain a total of 32 beds. The current beds are traditional Egerton solid, metal framed beds. These require manual adjustment in order to sit patients up and require nurses to both lift the patients and alter the bed frames. This may contain health risks for nurses as they could incur back injury. It also makes the patient totally dependent on the nursing staff.

The new electrically operated profiling beds we wish to purchase are fully automatic and can be operated by the patients themselves, using a simple handset. This gives the patient the independence to position themselves as they wish and as often as they want to. The beds also greatly increase patient comfort by automatically preventing the patient from slipping down the bed via an adjustable contouring knee section. The patient is thus enabled and empowered by having more control.

The profiling beds cost £1,325 each. So far we have raised sufficient funds to purchase five of the beds. Two of these have been paid for by families and friends of patients who experienced the "trial" beds that were tested earlier last year. They were so impressed at the improved benefits to their loved ones, they insisted on buying a bed!

We have planned to replace all our beds over the next five years, but are hopeful that if more people see and experience the profiling beds, others will also want to purchase one for us. This way we might be able to have both the wards complete with profiling beds much sooner. If you would be interested in buying a profiling bed, please contact Graham Richards on 0113 218 5506, who can give you more information about them and how to help.

## A personal reflection on profiling beds by Antony McArthur

"St. Gemma's Hospice cared for my partner, Alison, towards the end of her battle with cancer in 2002. At 33, Alison became one of the Hospice's youngest and longest staying in-patients, thanks to her stubborn will, but she sadly passed away in July 2002.

The Hospice provided an incredible level of care 24 hours a day for seven months, which enabled family and friends to concentrate on making a very difficult time in Ali's life a time she was able to enjoy. I cannot even begin to imagine those 7 months without the care given by the Hospice.

Ali was paralysed from the breast down, and was therefore dependent on the nurses or visitors to move her. An electronic profiling bed would have enabled Ali to readjust her position easily by using a handset. I think that providing more electronic profiling beds at the Hospice would be fantastic. The benefits to the patients would be immeasurable."

# Make a Will Month

## April 2005



Most of us like to think we have everything covered and taken care of. Yet at any one point in time, only about 25% of us have got a Will in place. This is slightly worrying, because a Will is the only way you can be sure that what you want happens, after you are no longer around! Those who die intestate (that is, without a Will) may find their Estate does not go to those they wanted it to and could even end up in HM Treasury!

During the month of April 2005, St. Gemma's is holding, 'Make a Will Month' in partnership with several local solicitors. In order to encourage as many of our supporters as possible to think about making a Will, we have negotiated special rates for them to do this.

A straightforward single Will can be written for just £50. A straightforward 'mirror' Will (where a couple have identical Wills) is just £75. A Codicil (a simple amendment or addition to an existing Will) is just £25. These rates are very reasonable, saving about 33% of the usual cost.

A Will is important, because as well as ensuring your loved ones receive what you intend for them and are provided for, it also enables you to say who else you want to make any special gifts to. Increasingly, people who would love to give more to their favourite charities in their lifetime, but cannot afford to do so, are leaving charitable gifts in their Wills. At St. Gemma's, for example, we receive a sizeable proportion of our voluntary income through gifts left in people's Wills. The great thing is, not only can you make the biggest gift you ever give to charity through your Will but you will never miss it! Gifts to charities are also exempt from Inheritance Tax, so you might also find you save your loved ones a nasty tax bill in the process!

To help you prepare for meeting with a solicitor to write your Will, St. Gemma's have produced a simple questionnaire that will save both you and the solicitor time. These can be requested as part of a Make a Will pack, available free of charge from Graham Richards on: 0113 218 5506. If you would like to take advantage of the St. Gemma's Make a Will Month offer, cut out and complete the coupon below and then make an appointment with one of the solicitors listed on this page. Take the coupon with you when you go for your appointment to get the discounted rate. If you have any questions, please call Graham Richards on: 0113 218 5506.

Participating Solicitors	Telephone	Contact
1. <b>McCormicks</b> , Britannia Chambers, 4 Oxford Place, LS1 3AX	0113 246 0622	Sara Rogers
2. <b>Godloves</b> , 258 Dewsbury Road, Beeston, LS11 6JQ	0113 225 8811	Bob Holt
3. <b>Godloves</b> , Beach House, 75 Main Street, Garforth, LS25 1AF	0113 286 8822	Lynn Utting
4. <b>Godloves</b> , 120 Harrogate Road, Chapel Allerton, LS7 4NY	0113 225 8873	Terry Smith
5. <b>Godloves</b> , City Office, 8-16 Dock Street, Bridge End, LS10 1LX	0113 225 8811	Alison Wright/Wendy Furness
6. <b>Spencer &amp; Fisch</b> , 64-66 Austhorpe Road, Cross Gates, LS15 8DZ	0113 264 7603	Philip Shedlow
7. <b>Morely Mitchell</b> , Beech House, Manor Road, Horsforth, LS18 4DX	0113 281 8500	Christina Morley
8. <b>Morrish &amp; Co</b> , 61 High Street, Yeadon, LS19 7SP	0113 250 7792	Probate Department
9. <b>Newstead &amp; Walker</b> , Mercury House, Mercury Row, Otley, LS21 3HQ	01943 461 414	Patrick Milner
10. <b>Hart &amp; Co</b> , 63 James Street, Wetherby, LS22 6RS	01937 586 222	Stephen Hepworth
11. <b>The Lister Croft Partnership</b> , Park Square House, Pudsey, LS28 7RG	0871 220 1222	Probate Department
12. <b>Cramer Richards</b> , Princes House, 635 Roundhay Road, LS8 4BA	0113 200 9120	John Richards



**Clinical Teaching and Research Unit**

*Improving patient care through knowledge*

The Clinical Teaching and Research Unit (CTRU) is becoming well established within St. Gemma's and its development is progressing much more quickly now that Katy McAllister, the Learning and Development Administrator has joined the team.

In the last year, we have written and agreed a strategy for clinical teaching and research covering the next three years and this has already led to several initiatives. For example, last year we made a successful bid to the West Yorkshire workforce development confederation for four library computers to train hospice staff and those of the local primary care trusts. Staff are trained in using the internet to get the most up-to-date research and guidance on treating patients. We have just been awarded funds to buy two more computers to support clinical teaching. We have also developed a range of clinical protocols for use on the inpatient unit as well as within the community team and we have begun updating staff on these new protocols. In December, the CTRU launched regular 'Practice Enquiry' meetings where clinical staff present current research articles and other topics that affect clinical care. This helps us examine our own practice and make changes so that we stay at the 'cutting edge' of palliative care and justify our place as one of the leaders in this field.

Clinical staff continue to be active in teaching and training around Leeds and Yorkshire. On behalf of the CTRU, our community team of specialist nurses has worked hard delivering teaching to local nursing homes. They also organised two successful training days at St. Gemma's where over 80 district nurses attended which will help to improve the palliative care of patients who remain at home.

Just over a year ago, the CTRU teamed up with Professor Jose Closs (Professor of Nursing Research at Leeds University) and Dr Karen Simpson (Consultant in the Chronic Pain Services at St. James's) to form the Pallium Research Group. This has been a highly successful collaboration resulting in research projects, several research awards and publications in pain and palliative care journals. Through this work, the CTRU has been invited to become part of a research consortium (involving Edinburgh University, Leeds University and King's College London) to undertake clinical research into symptoms at the end of life. We are joining forces to apply to the National Cancer Research Institute for funding and are hoping that we will be able to begin this important work later in 2005.

Through our teaching and our own research, the CTRU enables St. Gemma's Hospice to live up to the aim of, 'improving care through knowledge'. We're looking forward to another successful year in 2005!

*Dr. Mike Bennett, Consultant*

### St. Gemma's Hospice – Make a Will Month – April 2005

#### ENTITLEMENT VOUCHER

Please complete the voucher, cut it out and hand it to the solicitor to qualify for the special rates

Title: ..... Forename: ..... Surname: .....

Address: .....

Postcode: ..... Telephone: .....

Email: .....

St. Gemma's Hospice, 329 Harrogate Road, LEEDS LS17 6QD (Registered charity No: 1015941)



The Hospice was delighted to receive a donation of 500 tulip bulbs from the 'Leeds in Bloom' initiative. The bulbs have been planted and will provide a welcome boost of colour in the gardens this Spring. Picture shows Cllr Frank Robinson (Chair of Leeds in Bloom) presenting bulbs to the Hospice Head Gardener, Denis Hainsworth, and volunteers, Emma Broughton and Peter Jewson.



Sixth Formers from Roundhay School get packing at Marks & Spencers to raise funds for St. Gemma's.



## Coins for Caring Boxes

Recently there have been suggestions that the 1p and possibly 2p coins could be abolished. Many people do find these coins inconvenient and heavy, so instead of carrying them around all day, why not put them into one of our coins for caring boxes along with any other loose change you may have.

In this Newsletter you will find one of our coins for caring boxes for your home or office for you to use for spare change. All you have to do, when it is full, is send us the money or arrange for us to collect it – full instructions are on the box.

If you would like any more coins for caring boxes, please contact Joyce on 0113 218 5565.

# Winter Roundup



## MOOR ALLERTON GOLF DAY

Our thanks go to Michael Sorkin and Moor Allerton Golf Club for so kindly holding another Golf Day in aid of St. Gemma's. The hardy golfers braved the pouring rain to raise a magnificent £6,000.

## ALLIANCE & LEICESTER BALL

The Leeds Contact Centre of the Alliance & Leicester organised a Ball to celebrate their 20th Anniversary and kindly held a raffle, which raised £1,000. Subsequent fundraising from the Contact Centre so far has yielded £3,000 for St. Gemma's.

## B.N.I. CASINO NIGHT

The Moortown Chapter of Business Network International held a Casino Night at Minster Jaguar from which £1,880 was raised.

## THE WINTER BALL

Thanks to Malcolm Moss for choosing St. Gemma's as one of the charities to benefit from his Winter Ball. A great night was had by all and over £1,700 was raised for each nominated charity.

## LADIES EVENING OF GLAMOUR AND BEAUTY

Thank you to The Cutting Room and Virgin Vie for providing hair and beauty demonstrations at our Ladies Evening and giving us all lots of ideas, tips and testers on glamping up for the Christmas season.

## CHRISTMAS MARKET

Thank you to everyone who came along and participated in this year's Christmas Market, which raised a magnificent £6,000.

## LIGHT UP A LIFE 2004

Around 2,000 people braved the winter cold to attend our annual Light Up A Life service held at the Hospice in December to see the hundreds of shimmering lights illuminated in memory of loved ones. The event raised over £43,000 and our thanks go to all those who participated.

## MOUNT ST MARY'S CHRISTMAS COLLECTION

Thanks to the 60 Year 8 pupils and members of staff from Mount St Mary's School, who braved the shopping crowds for their annual Christmas street collection, which raised a magnificent £1,905.

## SPECIAL THANKS TO OUR SUPPORT GROUPS FOR THEIR HELP OVER THE WINTER

Wetherby Friends of St. Gemma's held a coffee morning which raised £500. Roundhay Friends held a Murder Mystery Evening which raised almost £2,000. Beechwood WMC and Corpus Christi Social Club also raised money through events and The Fortune River Restaurant welcomed in the Chinese Year of the Rooster with a celebration banquet.

## GET PACKING!

Great thanks to everyone who 'bag packed' at Marks & Spencers, Briggate before Christmas, including many Sixth Formers from Roundhay School (pictured opposite). Our two days in store raised over £1,700 which is a fantastic amount. If you or your group would like to support St. Gemma's in a similar way, please contact Joyce Milne on 0113 218 5565.

## CHRISTMAS RAFFLE RESULTS

Thank you to those who entered our Christmas Raffle and raised over £9,300. The winning tickets are: 91739, 74270, 83815, 38081, 89231, 91722, 09275, 38260, 07424, 43412. If you have a winning ticket, call Louisa on 0113 218 5570.

## BEAUTY & THE BEAST PANTO

A performance of Beauty & The Beast was held at St. Gemma's and was much enjoyed by children and adults alike. Many thanks to SMg Risk Solutions who so kindly sponsored the event.

**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, email paulines@st-gemma.co.uk or write to Pauline Storey, St. Gemma's Hospice, Freepost NEA 9320, Moortown, Leeds, LS17 7YY.**

# Forthcoming Events



## COLLECTION TINS

Each month we shall be visiting different areas of Leeds promoting our collection tins: we shall be at Morley in March, Rothwell in April and Horsforth in May. If you live in these areas and would like a collection tin, or know businesses who would take a tin, please contact Joyce on 0113 218 5565.

## TEA AT TWO – FIRST TUESDAY OF EVERY MONTH

In addition to the very best tea and refreshments in Moortown, our monthly Tea at Two event gives visitors the chance to buy some wonderful goods on the first Tuesday of every month. Tea at Two raised almost £5,000 in 2004, which is fantastic. The next Tea at Two is in the Hospice Conference Centre on Tuesday April 5th, the fun starts at 2 pm.

## THE MARCH MILE – THROUGHOUT MARCH

Spring into action this March by taking part in an event of your choice over one mile. Walk, swim, canoe, roller skate or ski and ask friends and family to sponsor you. Think of the most interesting, entertaining or wacky way to cover a mile and have fun raising money for St. Gemma's. Contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk). If you would be interested in a mile-high parachute jump, please contact Louisa on 0113 218 5570. You can do it at any time of year!

## FASHION SHOW – TUESDAY 15TH MARCH AT ST. GEMMA'S

Book your ticket for an evening of spring / summer fashions this March. Supported by House of Fraser – see the newest fashions paraded along the St. Gemma's catwalk. For more information or to book your ticket, contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## CASHMERE CLOTHING SALE – 8/9TH APRIL AT ST. GEMMA'S

On sale will be an extensive selection of men's and ladies' pure cashmere and lambswool knitwear and accessories, including scarves, hats, gloves, socks and Pashminas, all direct from one of Scotland's finest manufacturers. Save as much as 50% on some items. 10% of proceeds from the sale will be donated to St. Gemma's. Open 8th 10 a.m - 5 p.m and 9th 10 a.m - 2 p.m.

## SPRING FAIR – SATURDAY 9TH APRIL AT ST. GEMMA'S

Join us between 10 am and 2 pm for our annual Spring Fair at the Hospice. All the usual homemade cakes, crafts, bric-a-brac, games and food will be on sale, so come along and grab a few bargains! Contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## ARMY ASSAULT COURSE CHALLENGE – SAT 16TH APRIL, STRENSALL ARMY BASE

YOUR HOSPICE NEEDS YOU! Do you have the strength and determination to take on an army assault course? This is a great opportunity for teams and individuals alike to get fit and challenge your skills: a measure that will sort out the men from the boys (but includes ladies too!) For more information contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## ITALIAN COOKERY DEMONSTRATION – TUESDAY 19TH APRIL AT ST. GEMMA'S

Tickets are sure to sell quickly for this delightful evening of Italian cookery by one of Leeds' premier Italian chefs, Francesco Mazella from Casa Mia. Join us for a demonstration of authentic Italian cooking, the chance to taste fantastic food and buy Italian delicacies. For more information or to book your tickets, please contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## ST. GEMMA'S HOSPICE SPONSORED BIKE RIDE – SUNDAY 22ND MAY

After last year's success, we will be repeating our 31 mile sponsored cycle route, but this year with an added shorter route of 10 miles. Do some fundraising on two wheels and join us for a lovely Sunday morning ride. For more information or to enter, contact Laura on 0113 218 5505 or visit the website at [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## THE RUGGER RAMBLE & WHARFEDALE OFF-ROAD MARATHON – SAT 4TH JUNE

A delightful challenge – walk and fell race through the Yorkshire Dales, organised by Wharfedale RUFC. Starting from their club in Grassington you can enter the 12 or 26 mile walks or the Half Marathon or Marathon fell races which will take you through the glorious countryside and magnificent scenery of the Dales. To take part or for more information contact Laura on 0113 218 5505 or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## WINDERMERE ROW 2005 – 11/12TH AND 18/19TH JUNE

The annual Windermere Row will take place this year on the weekends of 11th & 12th and 18th & 19th June. Teams of rowers, from 2 to 8 people, undertake a sponsored 10 mile or 21 mile row, in the magnificent surroundings of Lake Windermere. This is an excellent opportunity to get fit, undertake team building or just have fun whilst raising money for the Hospice. Last year over £50,000 was raised. To find out more contact Elizabeth on 0113 218 5575 / [elizabethb@st-gemma.co.uk](mailto:elizabethb@st-gemma.co.uk) or visit [www.st-gemma.co.uk](http://www.st-gemma.co.uk).

## Sponsor a Bed Appeal

Our heartfelt thanks go to the following individuals and companies who so kindly supported our Sponsor A Bed Appeal. The Appeal has been a great success and has raised £16,000 so far which is vital revenue to fund our in-patient beds.

- ✿ Bartfields (UK) Ltd
- ✿ Burrow & Crowe
- ✿ Friends and Family of Richard (Ricky) Buckley
- ✿ Audrey Carcone
- ✿ Corn Mill Lodge Hotel
- ✿ Mrs P Carter
- ✿ Ernst & Young
- ✿ Eversheds
- ✿ Stanley Fowler
- ✿ Grenville Smith & Duncan
- ✿ Hydro Aluminium Motorcast
- ✿ Mary Greenhalgh
- ✿ Highways Agency
- ✿ Jacqueline Haggart
- ✿ HGB Construction Ltd
- ✿ HSBC Charity Investment Services
- ✿ HSBC Bank plc
- ✿ D & M Middleton & Son
- ✿ Network Marketing
- ✿ Paul Mallory
- ✿ Premier Licensed Private Hire
- ✿ Rensburg Investment Management Ltd
- ✿ Seacroft Job Centre
- ✿ Shepherd Building Group
- ✿ Shulmans Solicitors
- ✿ Lena Sweeney
- ✿ Maisie Sweeney
- ✿ Time Communication Solutions Ltd
- ✿ Wrigleys Solicitors
- ✿ Carl & Jeanette Vaughan
- ✿ Mr H Worth

It currently costs £262 to sponsor a bed for a day at the Hospice. If you would be interested in sponsoring a bed, please call Elizabeth on 0113 218 5575.

## Skipton Castle

If you're looking for a family outing over the Easter weekend, why not visit Skipton Castle on Good Friday, 25th March?

For the 19th successive year, Skipton Castle are once again kindly donating the proceeds of their Good Friday admissions to charity, half of which is for St. Gemma's Hospice. So why not have a day out and raise money for the Hospice at the same time!